



# NEWSLETTER

FEBRUARY 25

## STOP TALKIN' AND START WALKIN' AND PLALKIN'

An affordable environmental and community service project available to all Rotary clubs through the Rotary Club of Jerrabomberra.

**Plalkin' My World** is an ideal program to help support your Rotary Club's fundraising efforts while contributing positively to your community's environment.

### Meet Gary France

Gary is a passionate Rotarian behind Plalkin' (pronounced "plawkin'"), a project that combines walking with picking up discarded items. This simple yet effective initiative transforms an everyday activity into a way to enhance the environment and promote personal well-being.

### What is Plalkin'?

The original term for this activity is plogging, which originated in



#### How to Get Started:

- » **Get a Plalkin' Kit:** *Grabber and Bag* available from your local Rotary Club.
- » **Stay Safe:** Use a grabber tool to pick up litter.
- » **Take Small Steps:** Pick up litter during your usual walks—in parks, along trails, or around your neighbourhood. Include dog walks, pram walks, and nature walks.

#### Make It a Habit:

- » Incorporate Plalkin' into family outings or walks with friends.
- » Set achievable goals, such as collecting a bag of litter weekly or focusing on your favourite walking route.
- » Share your efforts online to inspire others and grow the movement using #PlalkinMyWorld.

#### Who Can Participate?

Anyone! Plalkin' is perfect for individuals, families, and friends of all ages. No special skills are needed—just a *Plalkin' Kit* and a willingness to make a difference.

#### Get Involved and Become a Plalkor!

Join the movement to make our world healthier. Take the first step on your next walk and discover how small actions can lead to big impacts. Together, we can create cleaner, more vibrant communities, one walk at a time.

#### More information

Email: [info@RotaryJerra.com.au](mailto:info@RotaryJerra.com.au)



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Sweden in 2016. A combination of 'jogging' and the Swedish phrase plocka upp (meaning 'to pick up'), plogging involves jogging while picking up litter. This eco-friendly fitness trend has quickly spread globally, encouraging people to clean up their surroundings while staying active. It's become a popular activity for individuals, families, and groups looking to make a positive environmental impact.

### The Inspiration Behind Plalkin'

Gary and his partner, Sandy, have been walking their dog, Maxine, around their neighbourhood for years. During these walks, they noticed a growing accumulation of litter, particularly on local walking paths and sporting ovals. Concerned about the environmental impact, they decided to take action. Armed with grabber sticks and a woven shopping bag, they began picking up discarded items like plastic wrappers, vapes, and bottles, disposing of them in public bins or at home.

The immediate sense of accomplishment was rewarding. As time went on, others noticed their efforts, and the community began to take more pride in their surroundings.

Gary shared his idea with the Rotary Club of Jerrabomberra, where he and fellow Rotarian David Hope refined the project for broader implementation.

### The Rotary Four-Way Test

When evaluating whether **Plalkin' My World** aligns with Rotary's values, Gary and David applied the **Four-Way Test**:

- **Is it the truth?** Yes, this is a straightforward initiative that encourages people to make a positive impact in their own neighbourhoods.
- **Is it fair to all concerned?** Yes, the project benefits individuals, families, and the wider community by promoting cleaner spaces and local pride.
- **Will it build goodwill and friendships?** Absolutely. Participating in Plalkin' My World strengthens community connections and fosters teamwork.

**Plalkin' My World**  
*Small Actions, Big Impact*

Plalkin' combines walking with picking up discarded items, turning an everyday activity into a way to improve the environment and your well-being.

Rotary 

*It's a simple, enjoyable way to make the world—and yourself—a little healthier while staying active and engaged in your community.*

• **Will it be beneficial to all concerned?**

Definitely. This project enhances the environment, promotes healthy lifestyles, and nurtures a shared sense of responsibility.

The verdict was clear—**Plalkin’ My World** is a project that embodies Rotary’s core values.

## How Your Rotary Club Can Get Involved

### 1. Purchase Wholesale Plalkin’ Kits from Jerrabomberra Rotary

Each Rotary-branded kit includes:

- A Rotary-branded grabber with a QR code, directing the scanner to a dedicated web page for more information.
- A Rotary-branded, Plalkin’ My World bag for collecting litter.
- A DL card with details for sharing with friends.

**Price:**

Plalkin’ My World Kits retail for \$25 each. This is a reasonable price for an environmental product that helps raise funds for your Rotary Club’s projects.

**Introductory Offer:**

- Purchase 1 box (12 kits) for \$150 + freight (no GST).
- Sell individual kits at \$25 each, doubling your club’s investment.

### 2. Jerrabomberra Rotary Club is Leading the Charge

Jerrabomberra Rotary is leading this initiative by offering Rotary-branded kits at wholesale cost to other clubs. We also provide point-of-purchase materials (such as DL cards, posters and banners) to help your club introduce the project and drive sales at local community events.

## Who Can Participate?

Anyone can be a PLALKOR—no special skills required! Simply grab a Plalkin’ Kit and commit to making a difference.

**PLALKIN’ MY WORLD — Get Involved!**

Join the movement to create healthier, cleaner communities. The next time you head out for a walk, take a moment to pick up litter. Small actions lead to big impacts. Together, we can build more vibrant communities, one walk at a time.

**For More Information:**

Email: [plalkin@rotaryjerra.com.au](mailto:plalkin@rotaryjerra.com.au)

or

Scan the QR code:



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- and much more...