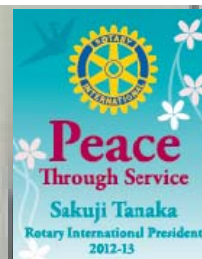


The Rotary Club of West Pennant Hills and Cherrybrook

Club Bulletin

Volume 26

Issue No. 27, 11th of February 2013



Monday 11 February

Farzaneh Kay - Author "One Day at a Time". Her story of 'MS'

Monday 18 February - Partners Night

Meeting at Binet Homes

Monday 25 February - Partners Night

Youth Night

Duty Roster

Next Meeting - Monday 11 February		Following Meeting – Monday 18 February	
Speaker Host	Barry Freeman	Speaker Host	Tim Bowland
Night Reporter	Keith Ball	Night Reporter	Alan Paynter
Front Desk	Jim Simpson	Front Desk	Graham Cuthbertson
Front Desk	Brian Furrer	Front Desk	Brian Furrer
Steward	Tim Bowland	Steward	Peter Cleary
Steward	Max Henderson	Steward	Colin Baxter
Photographer	Steve Baker/Ross Ballinger	Photographer	Steve Baker/Ross Ballinger

Inside This Issue

Presidents Report	Birthdays	Humour
Night Report	Anniversaries	Club Calendar
Photos from the last Meeting		Miska's Program

Upcoming Events

Sunday 24 February Norby Picnic Day Kokoda Memorial Rhodes	Monday March 4 Jim Kehoe, Author - "From Whites to Muddies"
Wednesday/Thursday March 6/7 Book Sale set Up 2013 District	March 15-17 Conference Evening - "Soar into History"

Meetings

Monday 6.30pm for 7.00pm – Springfield House – 245 New Line Road, Dural. <http://www.rotarydistrict9680.org.au>
Rotary Club of West Pennant Hills and Cherrybrook Inc. PO Box 103 West Pennant Hills 2125 Australia

APOLOGIES: If you are unable to attend or are bringing a guest (even if they are your partner) you must notify Jilda.
Phone 9439 1422 or email accounts@lhogroup.com.au before 11am on the day of the meeting.

****If you are expected and do not show you may be required to pay for the meal****

Presidents Report



At our Club meeting we had Miska return and give his first update since the Christmas meeting. He was very appreciative of the Christmas presents the Club members gave, in particular the Driza-Bone jacket which was unfortunately a bit short in the arms – I'll change it for the next size. He also had a great time with the Bickford family at Narooma – a very different experience. Miska has five months before he returns home, so if you haven't invited him out, even for a simple meal at home, think about it now.

The speaker was Brian Hornby from Gentle Care Chiropractic on fall prevention. As we get older we are more prone to serious injury through falls. We are getting older (no surprise) hence there was a lot of interest and a lot of questions were asked.

I was contacted by Miriam Jacka asking for funds to help supply several truck loads of hay fodder for fire ravaged farms around the Warrumbungles. In mid-January a major blaze started near

Coonabarabran, believed to be caused by lightening. About 54,000 hectares were destroyed near the town and 53 families lost their homes. The project to supply hay is being run by a club in Orange, and we will get a full report when it is completed. We had a unanimous show of hands to donate \$500, which will certainly help the surviving stock. It will obviously take a lot more to rebuild all that was lost in the area.

The book fair book sorting was washed out last Saturday so has been rescheduled to next Saturday 9th. We need all the volunteers we can get to help – set-up starts 7:30am with sorting from 8am.

There was a Conference planning session at David Turnbull's Tuesday night. We have nine members (including Miska) going to Nowra on 15-17 March. The Saturday night theme is "a Night at the Museum" which is where we will be for dinner. I am expecting a great Conference.

This Thursday we are providing a meal for the residents of Ronald McDonald House. Douglas is coordinating with Ross and Helen Ballinger organising the food, with about six people cooking the roast meal from 2pm, and a few more assisting with serving up from 6. This is a worthwhile project that we do every year, though the OH&S requirements have made things a bit different this year.

The speaker at our next meeting is Farzaneh Kay, who recently wrote the book "One Day at a Time", her story of MS. She should be interesting.

The following week, 18th Feb, we have a special meeting at a Binet display home. The meal will be catered and Rob is organising a quality menu (the meal cost is \$30). The address is Kingscott Place, Castle Hill. It's a partners night – we will be exploring this brand new home.

We had a dinner at Lemon Chello in the program for Sat 16th Feb. This has been cancelled due to the partners meeting at Binet, and may be rescheduled at a more suitable time later in the year.

Graham Cuthbertson is still organising a Snowy walk as in previous years. The date hasn't been fixed yet, so talk to Graham if you are interested in going.

On Sun 24th Feb we have the Nordby Picnic at Kokoda Memorial, Rhodes. Douglas has been speaking to Nordby retirement village, and they are very interested. Douglas will be looking for volunteers at our next meeting.

President Bob Davison

Night Report

President Bob Davison presided over the meeting with Steve Baker as Photographer, Douglas Lam as presenter and Bryan Hornby (Chiropractor) as guest speaker

Miska has returned to school as of last week and gave us an update of what he has been doing during the school holidays including "Natural watersliding" 30 klm bike rides, visiting Manly, Palm and Bondi Beaches, camping, mountain climbing and of course with camping when the inevitable rains come "Board games"

Christmas for Miska included TWO huge Christmas meals (and a slightly warmer Christmas than he is used too) Miska also thanked the club for his Xmas present which he will exchange for a slightly bigger size !! (well, he is growing)

This week he visited Canberra's War memorial and the museum.

Miriam Jacka has requested the club help with 2 semi-trailer loads of hay to be sent to the Victorian Farmers, victims of the recent bush fires. A show of hands from members will lead to a donation of \$500.00

Rosemary mentioned that in 3 weeks time there is a Youth night, during which Caitlan Gilchrist will give us a presentation regarding her experiences. There will be a science talk and Adam will give us his experiences of RYLAR.

Clive asked for volunteers for the book sort this Saturday and apologised for last Saturdays washout.

Rob Hamer gave us a reminder of the Binet home meeting on the 18th February. Cost is \$30.00 and also a reminder of Macdonald house for this Thursday 7th February and a call for more sweets. Enough helpers have volunteered at the moment, so thanks to all the volunteers.

President Bob advised that District has requested a copy of our gaming licence, audited accounts and working with children forms. In relation to the working with Children forms, Bob will email the form to any members who haven't already signed.

Ian gave us an update on the Club's Annual audit, stating that all had been completed and audited satisfactorily until 30/06/2012 he also mentioned his up coming 4 weeks holiday in Dubai and India. Have a great holiday Ian and Family.

Our guest Speaker Bryan Hornby gave a fascinating insight into the world of Falling in particular aged people falling and what can be done to prevent such falls.

The scary thing is that 1 in 3 over 65 year olds will fall and break a hip and that 24% of those will die within a year (usually from infections or post operative complications)

Some causes of falls may not be apparent, some were obvious, but the ones I personally hadn't realised included:

- Eyes and ears
- Smoking can affect
- Vitamin B deficiency
- Muscle tone - walking is good, but 10 to 15 minutes of daily Jogging is recommended
- Sunlight - 5 minutes per day is good, but obviously not too much
- Abnormal blood pressure.
- Shoe heels – small is okay,

Bryan also advised that there is no more “bone cracking” Several handouts were given out and also a discount offer for new clients.

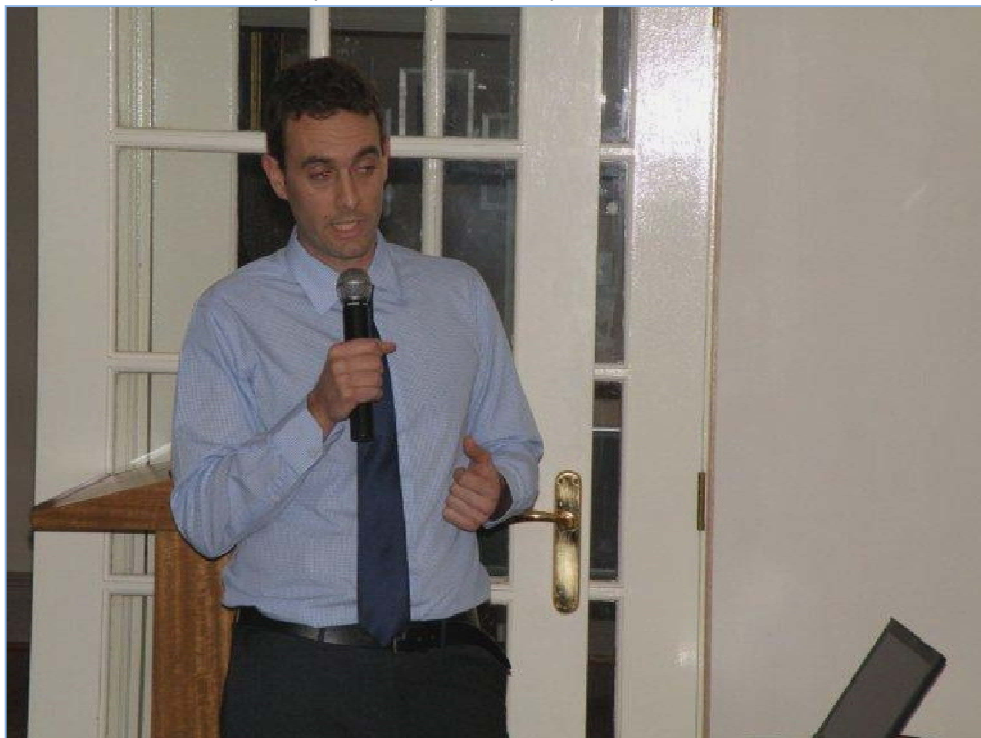
This week's raffle was won by Sergeant at arms Tim who also fined me over the “practise falling question” for the Guest Speaker

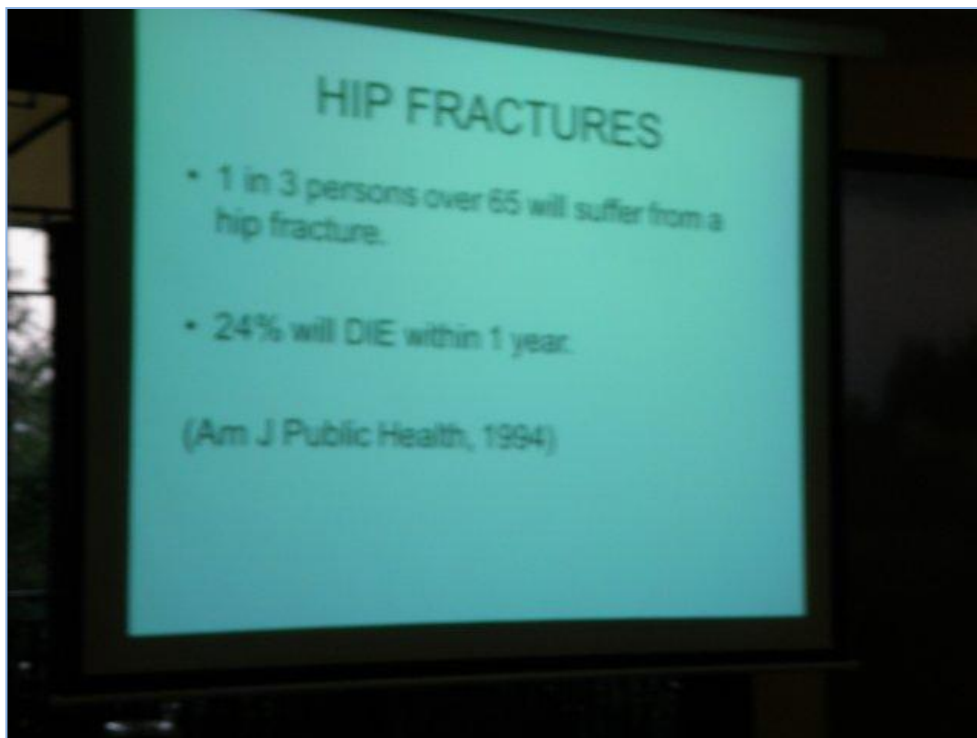
Heads and tails was won by Keith Ball 😊

Night Reporter John Fletcher

Photos from the Last Meeting

Guest Speaker Bryan Hornby





Miska telling everyone about his recent experiences and activities – one of which didn't seem to include a haircut?



President Bob and Sergeant Tim



Birthdays and Anniversaries



Anniversaries - None this week

Birthdays - Jeanette Roberts – 11 February

Food for Thought

Experience is a wonderful thing: it enables you to recognize a mistake everytime you repeat it



Humour



Greenies". .ya gotta love em

The head Greenie, a Tree Hugging Lady Activist, who was responsible for getting horses banned from National Parks & State Forests, was climbing a big tree to have a look out over the forestry when a Tawny Frogmouth Owl attacked her for invading its nesting site.

In a panic to make her escape, she slid down the tree, getting many splinters in the crotch of her designer shorts.

In considerable pain she hurried to the nearest Doctor, told him she was an environmentalist and how she got all the splinters.

The Doctor listened with great patience and then told her to go into the examining room and he would see if he could help her.

She waited for three hours before the Doctor reappeared.

The angry woman demanded: "What took you so long?"

He smiled and then told her: "Well, I had to get permits from the Environmental Protection Agency, the Forestry Service, National Parks and Wildlife Service, Rural Fire Service, and Conservation and Land Management, before I could remove "Old Growth Timber" from a recreational area
.....I am sorry but they turned me down."

Contributed by Mark Doran

		Club Program 2012-2014	RED YES = PARTNERS on a meeting night.	
		Updated 05/02/2013 by RWH	Tentative date hold only	
Feb-13		World Understanding Month		
Mon	11	Farzaneh Kay - Author "One Day at a Time". Her story of MS.		Keith Ball
Mon	18	Meeting moved to Binet display home Barbeque – Partners Night	Yes	Rob Hamer
Wed	20	Club Board Meeting - Bob Davison's home.		Bob Davison
Sun	24	Nordby Picnic day at Kokoda Memorial at Rhodes.	Yes	Douglas Lam
Mon	25	Youth Night	Yes	Rosemary Clarke
Mar-13		Literacy Month		
Mon	4	Jim Kehoe, author - "From Whites to Muddies" a history of Rugby Union in the Royal Australian Navy. Confirmed 25/10/2012		Rob Hamer
Wed	6	Book Sale Setup		Clive Denmark
Thu	7	Book Sale Setup		Clive Denmark
Fri	8	Book Sale		Clive Denmark
Sat	9	Book Sale		Clive Denmark
Mon	11	Bryan O'Shannassy from Erina club on Ethics.		Peter Cleary
Wed	13	Club Board Meeting - Bob Davison's home.		
Fri	15	2013 District Conference Evening - "Soar into History"	Yes	David Turnbull
Sat	16	2013 District Conference Day 1	Yes	David Turnbull
Sun	17	2013 District Conference Day 2	Yes	David Turnbull
Mon	18	Steven Carruthers - Naval Historian - "First Salvo" Japanese Midget sub attack on Sydney 1942.		Rob Hamer
Mon	25	Anne Harcombe - Dress for Success	Yes	Rob Hamer
Apr-13		Magazine Month		
Mon	1	Easter Monday - No meeting		
Mon	8	Gary Musgrave - Cancer Council NSW		Rob Hamer
Wed	10	Club Board Meeting - Bob Davison's home.		
Sat	13	DIK Working Bee. Minchinbury	Yes	Bob Davison
Mon	15	An expose of the current work of the Royal Flying Doctor Service. Greg Woodward. Confirmed 01/12/2012		Rob Hamer
Mon	22	Anzac Meeting - our own Larry Jacka on Albert Jacka VC, MC and Bar.	Yes	Rob Hamer
Thu	25	ANZAC DAY		
Mon	29	The Kimberley at the Crossroads - Lynn McColl - The Wilderness Society Sydney. confirmed 06/12/2012		Rob Hamer
May-13		Community Service Month		
Sat	4	Weekend away		Social Comm.
Sun	5	Weekend away		Social Comm.
Mon	6	Youth Night - Reporting on their MUNA experience.		Rosemary Clarke
Wed	8	Club Board Meeting - Bob Davison's home.		
Mon	13	Club's (26th) Anniversary meeting (Past Members night).	Yes	Ross Ballinger
Mon	20	Philip Smith - ROMAC (Rotary Oceania Medical Aid for Children) presentation		Rob Hamer
Mon	27	David Rosenberg - Inside Pine Gap: The Spy Who Came In From The Desert - confirmed 06/12/2012		Rob Hamer

Please don't forget to book an outing, dinner or activity with Miska
miska-95-@hotmail.com or mobile 0431 166 636

Miska's Family of the Week Program

2012-2013			
Week Ending Friday	Host Family	Planned Activities	Miska with You
Sunday 10 February	Ferguson	Sailing Day - St Ives Club	
Fri. 22- Sun. 24 February	Ferguson	Umina Beach Weekend for Inbound students – Umina Club	
Fri 15- Sun. 17 March	Ferguson	District Conference - Nowra	
17 March	Davison		
April/May	Davison	Safari briefing – St Albans Anglican Church – Lindfield -TBC	
Sun 5 May – Sat 25 May	Davison	Safari - Confirmed	
15 June	Davison	Farewell to students - TBC	

Directors 2012-13**Rotary Club of West Pennant Hills and Cherrybrook**

President	Bob Davison	0413 008 574
Past President	Colin McGowan	0438 810 773
Secretary	Barry Lambert	0412 465 819
Actg Secretary	Keith Ball	0401 895 333
Treasurer	Ian Roberts	0401 898 989
Membership	Carol Russell	0418 431 157
Club Services Director	Rob Hamer	0400 335 091
Youth Services Director	Rosemary Clarke	0439 819 965
Community Services Director	Douglas Lam	0419 421 659
International Director, Foundation and PR	PDG Larry Jacka	0418 690 898
Vocational Director	Peter Cleary	0419 499 827
Fundraiser Director and President Elect	Clive Denmark	0400 425 210
Club Welfare Officer (non executive)	Stan Basely	9634 1084
Social Committee Leader	Pru Daras	0412 441 052