



The Rotary Club of West Pennant Hills and Cherrybrook

Club Bulletin

Volume 25

Issue No. 2

Monday 11 July 2011

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Club Assembly (Forum) & Douglas Lam on 'Good Coffee v Crap Coffee'

Monday 18 July 2011

Christmas in July (Partners night)

Duty Roster

This week – 11 July Monday 2011		Next meeting – 18 July 2011	
Chairman	not required	Chairman	Brian Furrer
Night Reporter	Rod Wansbrough	Night Reporter	Rod Crossweller
Front Desk	Graeme Yeates	Front Desk	Bob Davison
Front Desk	Michael Moroney	Front Desk	Michael Moroney
Steward	Peter Cleary	Steward	Col Wright
Steward	Clive Denmark	Steward	Victor Mahoney

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Spring Dance	Art Competition Wrap	Humour
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Up-coming events

10 July 2011
BBQ @ Bunnings Thornleigh
Organiser: Rob Hamer

6 August 2011
1st of two Dinner/Theatre Nights
"The Crucible" at The Pavillion Theatre
Organiser: Carol Russell

17 July 2011
Norby **BBQ Lunch** Southern
Cross Retirement Village
(11-2pm) Organiser: Tony Makin

27 August 2011
Spring Dance @ Epping Club
Organiser: Tony Makin

Meetings

Monday 6.30pm for 7.00pm – Springfield House – 245 New Line Road, Dural

<http://www.wphcrotary.org>

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 book them in. Phone **9439 1422** or email dturnbull@lhogroup.com.au **before 11am** on the day of the meeting.

President's Report



This was my first Meeting as your President for the year and I think it went reasonably well. Nobody died or got injured, so it was a good night.

Many thanks to Barry Freeman for stepping into the breach as Sergeant in Jim's absence. Before the Meeting he asked me what colour I like. "Blue" said I naively (having a blue shirt on). Apologies to everyone that had something blue on. You won't get me on that on again Barry... well not for a while anyway.

Thanks also to Tim Bowland for volunteering to do a Stewards job as well as Photographic duties and projector set up. We have 3 men for the price of one there.

Our guest speaker Michael Sluis from the 'Black Dog' Institute gave a very interesting talk on the various types of depression and their symptoms. I was a bit concerned for a while when he went through a list of the behaviours that identified the various types of depression because I thought almost everyone of those behaviours applied to me. It was a bit of a relief when he said it was normal to experience all of the symptoms occasionally (spontaneous remission), but if they last for more than a fortnight it could be more serious. The big statistic that surprised me was when he said more people die each year as a direct result of depression than they do from motor car accidents. The 'Black Dog' Institute run

workshops and deal in more depth in identifying and dealing with mood disorders and other similar topics. We would need about 30 people to be interested to pull it together and it would be a half day workshop. A small cost is involved.

I mentioned that to several of the Members we went to the Inner Wheel and District Changeovers last week.

Our new DG is David Rands. He has been in Rotary for 37 years, has been in a number of Clubs starting in NZ (Western Hutt) and ending in Beecroft. He has an interesting background in industrial coatings and has a PhD in Chemistry. Our Club is first up on his Official visits, so we will see him on August 27.

This year we were only delivered 11 District Directories, so they have been allocated to the Directors. I will see if I can get some more.

Next Monday we have a member talk from Doug Lam who is going to speak on one of his pet topics "Good Coffee v Crap Coffee....how do you tell the difference". Additionally we have the Club Assembly. If you have something you would like discussed or workshopped by everybody, please drop me a line and I will add it to the Agenda.

At this stage I am still working on an Agenda with the Board during the week, however there are some of the things I want to throw out there are:

- Garage Sale and Golf Day Strategy and Progress and Update
- Spring Dance Change of Strategy
- Partners Night Frequency
- Members Hobbies?
- Community Service- Besides Warrah we need some "new" ideas.
- What would you like to change about our Weekly Meetings?
- What do we like best about being in Rotary?
- What are the most important factors in retaining members?

Please help us build this list.

It will be a work in progress and no doubt change as we develop a range of ideas, but let's start thinking about it.

And next Sunday week (17th July) we are serving lunch to the good folk at Norby Retirement Village. Tony Makin is looking for 6 volunteers and for salads and sweets

to serve about 50 of these good folk. Please contact Tony directly on this. Before I sign off I thought it worth mentioning how interesting this month of July is, as it has 5 Fridays, 5 Saturdays and 5 Sundays. This happens only once in every 823 years.

Colin McGowan
President 2011-12

At our last meeting 4 July 2011

Our 'stand in' Sergeant Barry Freeman welcomed our new President Colin McGowan and wished him well for the coming year. President Colin further recognised PP Graham Cuthbertson and presented him with his Directors badge from 2010-2011

We were advised that Ross Ballinger has sold his sign business (congratulations Barry) and that any one wishing to take advantage of Barry (?) should do so before the end of July

President Colin encouraged everyone to participate in the Forum at next weeks meeting

Tony Makin advised the meeting on the upcoming Norby Lunch and asked for volunteers to attend

Rob Hamer was pleased to announce that we have a full compliment of volunteers for the BBQ @ Bunning's on 12 July

Rosemary Clarke's announcements on Youth Exchanges are included later in the Bulletin

Chairman Peter Cleary introduced Michael Sluis from the 'Black Dog' Institute who presented the history of the Institute and outlined the support programs provided by the organisation

He encouraged all members to assist in increasing awareness of depression in our society and referred to the 'self diagnosis' tool on their web site.

Michael emphasised that self awareness is the key to treatment

Barry did a great job as stand in Sergeant, however the jury may still be out in regards to fines relating to the inclusion (or

otherwise) of Trailer Raffle revenue in last years' Club Annual Report
Michael Moroney won heads and tails and Pru Garas won the raffle
President Colin advised that a Chairman is not required for next weeks' meeting

Night Reporter Mark Doran

Photos from our last meeting

President Colin with Michael Sluis from the 'Black Dog' Institute



'Barrel girl' David Turnbull and Sergeant for the evening Barry Freeman



Spring Dance

This will be huge – we have the Beatnix back in response to popular demand and a new venue – the Epping Club. Put the date in your diary to avoid disappointment – Saturday 27th August 2011. More details later from Tony Makin

Theatre Nights

We have two social events coming up over the next few months, namely Theatre nights at the Pavillion Theatre at Castle Hill.

So that I might make accurate bookings, I am seeking expressions of interest in both of these evenings. It will be first in best dressed!!!

The first is "The Crucible" on Saturday 6th August, and can be a Dinner/Show package at \$55 per person with dinner at Nobles Restaurant at the Hills Lodge Motel on Windsor Road, Castle Hill.

Alternatively you may attend just the Theatre at a group rate of \$20 per person.

The next show is "Move over Mrs. Markham" on Saturday 19th November, 2011. Cost I believe is the same as for The Crucible and the Dinner package is available.

Those of you who have visited The Pavilion will know that both of these shows will be top class enjoyable events. . . If you wish to seek more information about each/either of the shows before committing please visit www.thepavillioncastlehill.com.au

Carol now needs to get the numbers together, so please contact her as soon as possible if you are intending to come, particularly for The Crucible which is on 6th August.

Please contact Carol Russell.

Youth Service Update

Our incoming Exchange student Louise Lastein from Denmark arrives on Friday 22 July. Louise is 16.5 years of age and is the second oldest in a family with six children.

Mum owns a helicopter Company and Dad is a pilot with another Company

Tim and Alison Bowland are her Club Counsellors

Host Families are:

- Rob and Rosemary Clarke
Rob and Janet Hamer
- Tim and Sharon Bickford
- David and Megan Gilchrist (Caitlin's parents)

Outgoing update

Brittany Bickford continues to enjoy herself. Her June report follows and her May report is on our web site

Her 2011 activities (and wonderful photos) are available on her Blog/diary @ britix.tumblr.com

Victor Mahoney has agreed to be Caitlin Gilchrist's counsellor - Caitlin is going to Spain in January

National Youth Science Forum

Peter Rugg is awaiting selection

Rosemary is holding a Youth meeting on Tuesday 26 July at her place @7.30pm

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Brittany Bickford

5th June: Today we left Brussels and Belgium and headed to Holland and Amsterdam. When we arrived in Amsterdam, we went on a boat ride through the canals which was really nice, and then we got some time off, but not too long. When we got off the boat, some of the oldies and I had lunch and then one of them and I went next door to the Sex Museum, which was interesting to say the least. We then got souvenirs and walked around for a bit. We never got to the red

light district but we were heading in the right direction. Amsterdam is actually a rather wonderful looking place. We then headed back to the bus and headed on to our hotel, which was two hours out of Amsterdam in a town called Arnhem. We were given permission by our leaders to do as we pleased as it was our last night on eurotour, so most of us went into town for the night.

6th June: The last day of Eurotour, which wasn't very interesting as it was just all spent on the bus heading back to Denmark, with a lot of tears as it was the last time we would be seeing quite a lot of them. So after 18 days, 13 cities, 7 countries, hundreds of photos, a thousand memories and friendships that won't be forgotten, Eurotour came to an end, but it was the most memorable time I have had so far.

7th and 8th June: Just relaxed, caught up on sleep, unpacked, washed clothes and worked on my blazer. I also went to Rotary on the 8th where there was a presentation on Water and Sanitation.

9th June: This evening I went to Tivoli with one of the exchange students and her friends as it was her birthday celebration. Tivoli is one of the famous amusement parks in Copenhagen. We went on a few rides and then went to the Hard Rock Cafe for dinner. We then went back to Tivoli again until it closed at 10pm. It was a good evening.

10th June: Went to a dinner with my host family to one of their family friend's places. It was a good evening

11th June: Today we went to Jylland to a town called Silkeborg to celebrate my host mum grandmother's 90th birthday. For the celebration we went on the oldest steam paddle boat in Denmark called Hjejlen. We took to boat the highest point in Denmark: Himmelbjerget, which is so high with its highest point at a massive 147m above sea level. There was a tower on top of the hill which I climbed and had a view of the surrounding area. On the way home we stopped at the Jelling Stone which is the 'birth certificate' of Denmark, then we continued home.

12th June: Today I went with my host family on their boat and we rode through the harbours of Copenhagen and they took me on a tour of Copenhagen by the water. We went through Christiania, Christiansborg, Christianhavn, and Copenhagen Harbour. I saw the little mermaid, the replica little mermaid, the naval base, some of the forts, Mary's apartment before she was engaged to Frederick, the royal boat, the original bridge of Chritiansborg as the rest was all burnt down, and many other things. They then dropped me off at the docks near the acting theatre and I headed toward Nørreport to meet one of my friends from school. We then went to the festival that was going on in Copenhagen this weekend. When we arrived though, instead of being Brazilian dancing like there is at night, there was a lot of African dancing and reggae music. Eventually I went home and had dinner and then I went back into town again and hung out with some of the exchange students and it was the last night for some of them. I then stayed the night with one of the exchange student.

13th June: Today I hung out with one of the exchange students as I had stayed at her place the night before. We went and saw Pirates of the Caribbean 4 at the local cinema and then I headed home again.

Art Competition Wrap

Many thanks to Larry Jacka for managing the publicity which included acknowledgment of the sponsors. The winners have been sent a copy of the Art Show Bulletin

Rotary Foundation Update

The new Trustee Chairman, PRIP Bill Boyd states, I am excited, and I hope you are too, as we move into the new Rotary year. Our clubs and districts have new leaders, and we've set new goals for the year ahead. Everything we appreciate in Rotary remains constant, but the people and roles change. Similarly, our Rotary Foundation has new trustees and a new chair, but our

mission remains the same: to enable Rotarians to advance world peace through the improvement of health, support of education, and alleviation of poverty. This year, we've set three goals for the Foundation – not to replace our vision for the future, but to give us focus for the year. Our first goal is to complete the eradication of polio. We took great steps forward in 2010. We cannot relax, however, as the outbreaks in Tajikistan and the Republic of the Congo remind us. Each of us can make a contribution to this, the greatest achievement in the history of Rotary. Our second goal is that every one of us should feel that we own The Rotary Foundation. We can do that through our service and our contributions. This should be our Rotary Foundation. The third goal is to make our Foundation more effective and efficient by testing and refining our Future Vision Plan. After a very positive first year, we need the pilot districts to tell us what works and what could be improved, and to develop new ways to serve. This also will be a preparation year for nonpilot districts. Think now how your district structure will change and how you will make decisions on grants and audits.

Centurion Corner

I am still concentrating on making all members a Centurion. The program remains the best way for Rotarians to support the Foundation. Your AUD\$100 per annum contribution becomes the easiest way to ensure the continued viability of the Foundation. Please consider joining the program. Come and see me, if you wish to do this in installments, we can do that. The Club, as of the new Rotary Year has 25 Centurions. For \$100 per year, we should be doing better. Let's renew our vigor to have more Centurions in the Club.

Paul Harris Society

The Paul Harris Society is a special district recognition program designed for Rotarians who wish to support The Rotary Foundation in a more substantial way each year. A contribution of USD\$1000 per annum is required, and this can be completed on a monthly basis by direct debit from your bank account. See me for the forms. Join me in supporting the Foundation
New World President 2011-2012

The new Rotary year heralds changes: A new Rotary year is set to begin, and with it several programs aimed at supporting and strengthening clubs and districts. In addition, a fresh slate of leaders will take over at the club, district, and international level. Kalyan Banerjee, of the Rotary Club of Vapi, Gujarat, India, will become Rotary's 101st president, and the third from India, on 1 July. Read a profile of Banerjee from *The Rotarian*. William B. Boyd, of the Rotary Club of Pakuranga, Auckland, New Zealand, will take over as Rotary Foundation trustee chair. John Hewko will become Rotary International's 12th general secretary on 1 July. He has said his priorities include improving Rotarians' connections with the Secretariat and increasing awareness about what the Secretariat can offer. Other changes include: Four pilot programs will begin 1 July, designed to improve recruitment and retention, allow for flexibility in club operations and structure, and give clubs an opportunity to explore new and innovative ways to promote member diversity -- all goals of the [RI Strategic Plan](#). For each of three pilot programs – corporate member, associate member, and innovative and flexible Rotary club -- 200 clubs have been selected to participate, and about 125 will take part in a satellite club pilot program. .

The Changemaker Award will accompany the Presidential Citation during the 2011-12 Rotary year. The award will encourage Rotarians to focus on change and will recognize clubs that make an extraordinary impact through their work in the Avenues of Service. Learn more.

The World Community Service and Rotary Volunteers programs will be phased out as of 30 June, replaced by a new model designed to expand the resources available to clubs for connecting and partnering with one another. The RI Board approved a shift to a resource and support model for RI programs to reinforce the priorities and goals of the RI Strategic Plan.

Efforts to enhance Rotary's public image will be undertaken by 49 Rotary public image coordinators (RPICs) working in partnership with their zone's RI director, regional Rotary Foundation coordinator,

Rotary coordinator, and district governors. RPICs, who are selected by the RI president or Rotary Foundation trustee chair, have professional expertise in public relations, journalism, or communications and will help support the RI Strategic Plan by conveying effective public relations practices to district leaders.

The Rotarian magazine launches its digital edition with the July issue. Subscribers can now choose to receive either the print or digital edition, or both. This would be a good time to buy a subscription for your Interact or Rotaract club, to inspire them with Rotary's breadth. Learn more.

Rotary clubs' annual per capita dues to Rotary International will increase to US\$51 in 2011-12. The 2010 Council on Legislation also set dues at \$52 for 2012-13 and \$53 for 2013-14.

Rotary at a Glance (as at 31 March 2011)	
Members	1,217,668
Clubs	34,049
Rotaract Members	195,040
Rotaract Clubs	
8,480	

Contributed by PG Larry Jacka, Foundation Information Officer

International Conference 2012

More details will follow, however please note that Rotarians from around the world will meet in Bangkok for the International Conference May 6th-9th 2012

Food for Thought

'The great thing is this world is not so much where we stand as in in what direction we are moving'
Oliver Wendell Holmes Sr

Anniversaries and Birthdays



Anniversaries



Colin and Dianne Wright – 14 July



Birthdays



Clive Denmark – 16 July
Dianne Simpson – 17 July

Humour

Puns for Educated Minds

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas

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and pepper spray is now a seasoned veteran.
 17. A backward poet writes inverse.
 18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
 19. When cannibals ate a missionary, they got a taste of religion.
 20. If you jumped off the bridge in Paris, you'd be in Seine.
 21. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
 22. Two fish swim into a concrete wall. One turns to the other and says 'Dam!'

23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
 24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
 25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcend dental medication.
 26. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

Contributed by Rob Hamer (yes, he's to blame)

		Club Programe 2011-2012		revised 4 July	
Jul-11		District Projects Month		Partners	Organiser
Sun	10	BBQ Thornleigh. Rob Hamer organising in Barry's absence.			Rob Hamer
Mon	11	Member talk, Doug Lam- Good Coffee V Crap Coffee - How do you tell the difference? and Club Assembly (Forum)			CMcG
Sun	17	BBQ Lunch provided to Southern Cross Retirement Village (12-2pm)			Tony Makin
Mon	18	Christmas in July		Yes	Prue
Fri	22	Exchange Student expected arrival in Australia from Denmark			
Mon	25	Guest Speaker-Hans Rupp- Detective Inspector attached to the Homicide Squad			CMcG
Tues	26	1st Spring Dance Meeting 7.15 for 7.30pm			Colin McG resid
Aug-11		Membership Extension Month			
Mon	1	Talk -Sydney Heritage Fleet - Allan Charlton (Bank Holiday)		Yes	CMcG
Tues	2	2nd Spring Dance Meeting 7.15 for 7.30pm at CMcG's place			CMcG
Sat	6	Dinner/Theatre ("The Crucible" at The Pavillion Theatre- tbc); Bank Holiday.: New Host Parents briefing			Social
Mon	8	Talk- 11 bloody days-Battle of Milne Bay. Assoc Prof Brian Boettcher (Medicine) has confirmed.			CMcGowan
Tues	9	3rd Spring Dance Meeting 7.15 for 7.30pm			Colin McG resid
Wed	10	Club Board Meeting 7.15 for 7.30 at CMcG's place			CMcG
Mon	15	Keith Rowntree-Author of 4 Books-"Fraud- how to protect yourself", "Smart money tips for retirees" etc			CMcG
Tues	16	4th Spring Dance Meeting 7.15 for 7.30pm at CMcG's			CMcG
Mon	22	District Governor David Rands attending Meeting			CMcG
Tues	23	5th Spring Dance Meeting 7.15 for 7.30pm			Colin McG resid
Sat	27	SPRING DANCE at EPPING CLUB- BEATNIX , Guide Hall Maintenance for Garage Sale		All	Tony Makin

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Mon	29	Speaker Lisa Sthalekar- Australian Womens Cricket Team. Garage sale brochures handed out	Yes	Ross Ballinger
Sep-11		New Generations Month		
Mon	5	Guest Speaker- Didgerioo , history, making and playing. Speaker confirmed.		CMcG
Mon	12	Youth Debate	Yes	Rosemary Colin McG resid
Wed	14	Club Board Meeting 7.15 for 7.30 at CMcG's place		
Sun	18	8am BBQ Bfast at Guide Hall then grounds clean up before Garage Sale next weekend+ Sorting books etc	Yes	
Mon	19	Membership Night + Talk?		Carol Russell
Fri	23	Garage Sale- Move Items to Fire Stn	All	
Sat	24	Garage Sale- at Fire Station	All	
Sat	24	Garage Sale-Dinner at Bivianso's Italian Restaurant (New Line Rd Dural)	All	G Evans
Sun	25	Garage Sale- at Fire Station	Yes	
Mon	26	4 Way Speaking Competition (Based on the Rotary 4 Way Test)		P Cleary
Oct-11		Vocational Service Month		
Mon	3	No Meeting - Labour Day Pub Hol		
Sun	9	Hawkesbury Race Meeting- Food and Wine Festival	Yes	CW/CR
Mon	10	Speaker Andrew Howard, Howard & Sons Pyrotechnics		Rob Hamer
Wed	12	Club Board Meeting 7.15 for 7.30 at CMcG's place		
Mon	17	No Meeting- See Tuesday Night		
Tues	18	Dinner at Oatlands Golf Club with guests and Hunters Hill Rty Club following Golf Day		Tim Bowland
Sat	22	Chinese Lantern Festival. Date to be confirmed		Tom Westcott
Mon	24	Guest Speaker, Christopher Snellng "Powerhouse Discovery Centre , C Hill. Confirmed		CMcG
Sun	30	Porsche Car Club at the Amory Homebush. BBQ and Coffee. Date to be confirmed		Tim Bickford
Mon	31	Melbourne Cup Night (Finger Food and Cocktail Party)	Yes	Social
Nov-11		Rotary Foundation Month		
Mon	7	Youth Night and Exchange Student Presentation	Yes	Rosemary Clarke
Wed	9	Club Board Meeting 7.15 for 7.30 at CMcG's place		CMcG
Sat	12	Warrah Working Bee proposed Sat am (or some other Community Service event)?		Tony Makin
Mon	14	Dominic Perrottet State Member for Castle Hill		Rob Hamer
Sat	19	Dinner Theatre ("Move over Mrs Markham") - Pavilion Theatre C Hill. (tbc)		Carol/Prue
Mon	21	Guest Speaker David Chambers, Regional Controller SES. Confirmed 7/4/11		CMcG
Sat	26	BBQ Dural		Barry
Sun	27	Christmas lunch - Castle Hill Country Club (confirmed)	Yes	Social
Mon	28	Schools Four Way Speaking Competition (3 speakers /school- 4 Way Speaking Test)	Yes	Pete Cleary

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Dec-11		Family Month		
Mon	5	AGM	No	Barry Lambert
Wed	7	Club Board Meeting 7.15 for 7.30 at CMcG's place (1 week early)		CMcG
Mon	12	Christmas Meeting (Khris Kringle-gifts'). X'change student blazer presentation?	Yes	Social
Wed	14	Tree of Joy- Santa's Workshop at Turnbulls	Yes	Brian Furrer
Mon	19	No Meeting		
Mon	26	No Meeting		