



Rotary theme 2008/09
Rotary International
 1.2 Million Members worldwide
 32,500 Clubs in 207 Countries
 Rotary members serve those in need
 and our Motto is "Service above Self"



The Rotary Club of West Pennant Hills and Cherrybrook Club Bulletin

Volume No. 22
 Issue No. 11
 Monday 15 September 2008

What's on tonight Monday 15 September 2008

Dr Jason Pace MBBS FRANZCP (Psychiarist)

Dr Pace consults on a wide range of adolescent and adult psychiatric conditions.

Job Talk – Tim Bickford This is new in my My Business

Next meeting – Monday 22 September 2008

Neel Raman- Author, Presenter and Corporate Consultant

Better results, right mindset, comfort zones and terror barrier, Dr Pace consults on a wide range of adolescent and adult psychiatric conditions.

Duty Roster

This week – Monday 15 September 2008		Next meeting – Monday 22 September 2008	
Chairman	Michael Moroney	Chairman	Colin Baxter
Night Reporter	Colin Wright	Night Reporter	Rod Croweller
Front Desk	David Turnbull	Front Desk	Stan Baseley
Front Desk	Alan Paynter	Front Desk	Steve Baker
Steward	Keith Ball	Steward	Tim Bickford
Steward	Ross Ballinger	Steward	Dick Bushell

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From the President's Pen



Congratulations to all involved in the Spring dance, Great Effort and Great Result. I look forward to next years event, it will be exciting to have a post mortem and to see what the

plan is for the next one.

The garage sale is happening. David tells me the phone calls are coming in, thanks to those who have delivered flyers. If you still have yours get them out there asap please. I met David in the dark of night last night at the back of the fire station to plan where our two containers will go. Alison came along as she will be the site supervisor to make sure they get dropped in the right place. Also, thanks to Alison I have managed to drop all my flyers (presidential

Meetings

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

<http://www.wphcrotary.org>

Rotary Club of West Pennant Hills and Cherrybrook Inc. PO Box 103W 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 before 11am** on the day of the meeting.

delegation) and she did such a good job on the first two areas I have organized a third area for her to drop over the weekend. Unfortunately it is not adding any steps to my pedometer.

I encourage all members to get involved in the pick ups for the garage sale. It is a good hands on fun activity for everyone. For the newer members who have not done one before we meet at the Turnbull's and Jill assigns you to a pick up that is in line with you capability and your vehicles capability. You then head off, usually with another Rotarian and do the pick up and bring it back to the fire station or Turnbull residence. How simple is that!

On the Friday Saturday and Sunday of the sale you all need to be on deck helping. So if you have any weddings or funerals to go to.... cancel them, your needed here. Really, it is a huge event and everyone must pitch in, its hard work but so rewarding. You will feel buggered and elated all at the same time after the sale is over on Sunday afternoon.

"an integral part of being a star is having the will to win. All the champions have it"
Betty Cuthbertson (1938)

President Tim

At our last meeting - Monday 8 September

Once again we had the pleasure of having several guests and partners at our meeting.

It would seem that quite a number were not booked in and this naturally created a problem for Frank and his catering team – it's as important to pre-book guests as it is to apologise for non-attendance.

- Héloïse gave us a summary of her activities during the past week, which included going to see "In Bruges" at the cinema (as Bruges is in Belgium), but she found the film disappointing. On the other hand, President Tim and Alison were not disappointed by the Belgian chocolates that Héloïse presented to them at the meeting ... but those who missed out (everyone else) were!
- President Tim reported on the success of the Spring Ball and congratulated Graham Coles and all those who helped in the organisation.

- Graham thanked everyone for helping. There were 141 attendees and we expect to clear around \$6000 after expenses. The ideal combination of fun and fund raising.
- Steve Baker is still looking for more nominations for apprenticeship and pride of workmanship awards.
- David Turnbull asked for volunteers from 8.00 a.m. on Saturday 13th September to help clean up in and around the Guides Hall and the Fire Station in preparation for the garage sale. David also requested maximum participation in collecting garage sale donations.
- Bob Davison advised that our trailer raffle sales to-date amounted to \$4,650, which is about 80% of where we planned to be at this stage.
- Alan Paynter gave us an update on Siva's health. Siva is now permanently confined to a wheelchair and is also having difficulty sleeping because of constant pain. Pierre Tennant also gave news of Henry Elliott, a former member of the club for many years and a most witty sergeant-at-arms, who is quite unwell too.

The guest speaker was Brian Daniels from the Alzheimer's Australia NSW organisation. Brian is a member of the Lions Club of West Pennant Hills and Cherrybrook and a past District Governor.



Brian gave us a presentation of strategies for risk reduction of dementia entitled "Mind your Mind", based around seven principles: Minding your diet (low fat, green vegetables, berries, etc.), your body (exercise, promotes blood flow to the brain), your brain (mind games, card games, hobbies, conversation), your health (body weight, blood pressure, cholesterol, blood sugar, etc.), your head (wear seat belts, head gear) and your habits (don't smoke, reduce stress, get a good night's sleep, no excessive

alcohol consumption – but two glasses of red wine a day is recommended as a good antioxidant).

“Within 20 years, dementia will become the No.1 killer of Australians”. Current research funding is insufficient: for every dollar spent on research into dementia, \$70 is spent on heart disease research and \$200 on cancer research. Alzheimer’s is the most common form of dementia and affects more women than men: of 18,100 new cases in 2005, more than 11,000 were women.

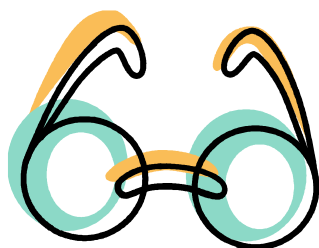
An interesting, if concerning, topic. More information is available at www.alzheimer.org.au or at the National Dementia Helpline on 1800 100 500.

The evening ended with a lively fine and counter-fine session, the latter making judicious humorous use of the gender imbalance in dementia.

Night reporter – Pierre tennant

Put you old Glasses to good use

One last time ! This is reminder from Tony for those who forgot to bring along their old, unwanted glasses to assist the Lions Club in last week their



programme to distribute glasses to poorer countries. Please bring them along and give them to Tony on Monday.

Travelling Members

The Editor is not aware of any current travellers

Birthdays and Anniversaries



Anniversaries



None this week



Birthdays



None this week

2008 Spring Dance a great success

Our 2008 Spring Dance was held on Saturday 5 September at Dural Country Club with around 150 in attendance. Dinner music was provide by the Cherrybrook Technology High Swing Band led by their dynamic Musical Director, Anthony Felton.

The band received a standing ovation for their great performance.

The musical duties were then taken over by Solefull Strut who helped us dance the night away. The hall decorations were a feature of the night with special mention going to Diane Wright for the huge effort she and the team put into making the night a success. Special mention should also go to our generous major sponsors for the evening, Lark Hoskins.

Preliminary indications are the night raised between \$7,000 and \$8,000 for this year's chosen charities, Lucas gardens Special School (Link to Lucas Gardens website) and ROMAC ((Link to ROMAC website)

(Read the full article on www.wphcrotary.org)





What's Héloïse up to?



photo of Héloïse entertaining some groupies at a Probus wine and cheese night.

Up-coming job talks

Tim Bickford This is new in My Business
Sept 15 up to 5 minutes

Barry Freeman This is new in My Business
Sept 29 up to 5 minutes

Tony Makin This is new in My Business
Oct 13 up to 5 minutes

Pru Daras This is Me and My Business
Oct 27 up to 10 minutes

Gino Savio This is Me and My Business
Nov 10 up to 10 minutes

Trailer Raffle Roster

As at 1 September 2008			
DATE	Venue	Session 1	Session 2
6-Sep	Castle Towers	Jim Simpson, Barry Freeman	Peter Cleary, Tony Makin
7-Sep	Flowerpower Glenhaven	Alan Paynter, Clive Denmark Colin McGowan, Michael Moroney	
13-Sep	Kellyville Shopping Cent	Bob Myers, Graham Cuthbertson	Rod Crossweller
14-Sep	Bunnings Dural		
20-Sep	North Rocks Westfield	Pru Daras, Steve Baker	Brian Furrer
21-Sep	Dural Mall Roundcorner	Graham Evans, Colin Wright, Peter Cleary	
27-Sep	Cherrybrook Shops	Peter Garnett, Colin Baxter, Stan Baseley, Barry Freeman	Steve Baker, Carol Russell
28-Sep	Cherrybrook Shops	Jim Simpson, Tom Westcott, Pierre Tennant	
SESSION TIMES			
SATURDAYS		8.30am to 11.30 am	11.30 am to 3.00 pm
SUNDAYS		9.00am to 1.00pm	none

Garage sale

COMMUNITY GARAGE SALE

27th 28th SEPTEMBER
At the Cherrybrook Fire Station.

Donate your unwanted household goods

FREE pick up of goods.

Call Jill 9875 3055

FUNDS RAISED WILL BE IN AID OF:

- ROMAC (MEDICAL AID FOR CHILDREN)
- LUCAS GARDENS SCHOOL FOR THE DISABLED
- And other Rotary activities

ROTARY CLUB OF WEST PENNANT HILLS & CHERRYBROOK

Directory changes

As you know I have returned from my roaming around half of Aust. and am back in GO GO land. Please revert my email back to flemingh@bigpond.com . Thanks for your support. Howard.

Report from the RI Secretary General

July 2008

TO THE BOARD OF DIRECTORS, RI
From : Ed Futa, General Secretary

SUBJECT: ACTIVITY UPDATE FOR THE
QUARTER ENDED 30 June 2008

Dear Fellow Rotarians:

I am pleased to bring you up-to-date on some of the major projects and accomplishments of RI during the fourth quarter of 2007-08. All divisions in RI have their routine tasks, those every day responsibilities that keep the Secretariat running smoothly.

(Want to read the full article? Visit www.wphcrotary.org)

Rotary Information

Katolo School-Kenya

Some time ago I introduced the Club to a group of young, then Architect Undergraduates, under the name of bricksandcartwheels, who were designing and then building a school for girls at Katolo in Kenya. I have been mentoring them through the RAWCS experience.

To refresh your memory, the proposal was to establish, in conjunction with the local community a secondary school for girls. The school will serve the needs of girls in the community who have little opportunity to be educated at the moment. The school will have a total floor area of 4300 sq mtrs, and will enrol 320 secondary students in a four year education to prepare for university and the future.

The school will have full boarding facilities and residences for the highly qualified teaching staff. The school will attract infrastructure to the community such as access to clean drinking water, a multipurpose hall and recreational facilities and provide employment opportunities both during construction and ongoing operations of the school.

I had a meeting with them last Sunday morning to discuss Foundation Matching Grant application processes, and they

informed me that they have secured some \$25K to date in donations.

The table of events being:

2008 Secure land tenure and a number of them are travelling to Kenya in the next month to complete this

2009 Begin construction-Stage 1

2010 Stage 1 Complete

2011 Stage 2 Complete

2012 Stage 3 Complete

2013 Stage 4 Complete

2014 Stages 5 & 6 Complete More next week

Past Governor Larry Jacka Rotary Information Officer

Foundation Facts

Trustee Chair Jonathan Majiyagbe states that the Foundation Future Vision Plan is an exciting initiative that promises to bring our Foundation new success and greater recognition. This visionary yet practical plan responds to Rotarian's assertions that our Foundation is too bureaucratic, that we need to simplify our efforts and align our programs. The new grant structure does just that. Two kinds of grants will be available, Rotary Foundation District Grants will give Clubs and Districts more flexibility in carryingt projects locally and abroad. Rotary Foundation Global Grants will offer opportunity to implement projects with more significant and sustainable outcomes, often in collaboration with other prominent organisations, and will support larger projects in one of six areas of focus that align with the Foundation's mission.



Centurion Corner

No change the Club total of Centurions still stands at 18, and applications and enquiries have slowed down. Lets not let the momentum slacken; becoming a Centurion remains the easiest and the most affordable way to ensure that the Foundation survives. It will also give you great satisfaction in knowing that your \$100 will do fantastic things. Let's keep the momentum going. Keep asking me the questions. Please assist in maintaining the good work of the Foundation. A donation of AUD\$100, which is fully tax deductible is all that is required. Your recently issued Foundation Money Boxes can be used for this. Fill your boxes and give to the Treasurer. He will lodge it with the Club until you reach the full figure.

Club Bulletin

Winston Churchill once said "We make a living by what we GET. We make a life by what we GIVE".



Permanent Ponderings

I am an optimist; I am still waiting for an enquiry. I will, however, continue my push because it is important to the Foundation. The Permanent Fund is to Secure Tomorrow. It is Rotary's endowment. The principal is never spent, and a proportion of the earnings are directed toward Foundation

programs. Donations can be outright gifts, securities, bequests, or life-income agreements. All I seek is the Bequests, where you can make a contribution to the Foundation. Come and see me.

PDG Larry Jacka
Foundation Chairman

Club Officers and Club Honour Roll

This information is now located n the Club Website
www.wphcrotary.org

Club Programme 2008/2009				05.09.08
Sep-08		September Activity- New Generations	Partners	Organiser/ Contact
Mon	15	Dr Jason Pace MBBS FRANZCP (Psychiarist) Dr Pace consults on a wide range of adolescent and adult psychiatric conditions. His areas of interest include mood disorders, grief and psycho-oncology. His other interest is teaching where he spends a great deal of his time teaching trainees, GPs and the community.	optional as always	Michael Moroney
Tue	16	Club Board Meeting		Tim Bowland
Mon	22	Neel Raman- Author, Presenter and Corporate Consultant -better results, right mindset, comfort zones and terror barrier		Barry Lambert
Fri	26	Garage Sale- Move Items to Fire Stn	Yes	David Turnbull
Sat	27	Garage Sale- at Fire Station	Yes	David Turnbull
Sat	27	Garage Sale- Dinner	Yes	Peter Garnett
Sun	28	Garage Sale- at Fire Station	Yes	David Turnbull
Mon	29	Club Assembly		Tim Bowland
Oct-08		October Activity- Vocational Service	Partners	Organiser/ Contact
Mon	6	Labour Day long weekend – No meeting		
Sun	12	Sausage Sizzle- Bunnings Dural		Graham Cuthbertson
Mon	13	Meeting at Ronald McDonald House (BBQ and wine tasting)	Yes	Tom Westcott/Clive Denmark
Mon	20	DG Tony Castley visiting Club		Tim Bowland
Tue	21	Club Board Meeting		Tim Bowland
Mon	27	Martin Porteous- Inala School		Larry Jacka
Nov-08		November Activity- Rotary Foundation Month	Partners	Organiser/ Contact
Sun	2	Trailer Raffle- last day		Bob Davison
Mon	3	Melbourne Cup Night + Trailer Raffle Draw	YES	
Sat	8	DIK Working Bee		Bob Davison
Sat	8	Weekend away- Goulburn district, Irish Music/Dancing Festival, Waterworks Museum, Berrima historic homestead tour		Peter Garnett
Sun	9	Weekend away- Trappers Motel accom- voted best 4.5 star motel in Australia		Peter Garnett
Mon	10	Pride of Workmanship Awards Night	YES	Steve Baker

Details of the Club program for the remainder of the 2008-2009 year can be found in the Club website
www.wphcrotary.org