



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. 12
 Monday 22 September 2008

What's on tonight Monday 22 September 2008

Neel Raman- Author, Presenter and Corporate Consultant
 Better results, right mindset, comfort zones and terror barrier,

Next meeting – Monday 29 September 2008

Club Assembly
 Job talk – Barry Freeman

Duty Roster

This week – Monday 22 September 2008		Next meeting – Monday 29 September 2008	
Chairman	Colin Baxter	Chairman	Tim Bowland
Night Reporter	Rod Crowweller	Night Reporter	Bob Davison
Front Desk	Stan Baseley	Front Desk	Graham Cuthbertson
Front Desk	Steve Baker	Front Desk	Clive Denmark
Steward	Tim Bickford	Steward	Graham Evans
Steward	Dick Bushell	Steward	Brian Furrer

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Birthdays and Anniversaries	Garage Sale	Club Program

From the President's Pen



Wow!! The weeks just fly by, I seem to be at the computer every second day writing this article.

It is good to see a few new faces at our meetings each week, please make these

people feel welcome and go out of your way to get to know them.

I would like to update you on a couple of things, we are getting some responses to the pink sheep flyer that we dropped, so that campaign is getting some response and it is making people in the community more aware of Rotary. We need to take as many opportunities as possible to raise the awareness of Rotary in the community. There are lots of people who don't really know what Rotary does. We need to continually chip away at that problem. One little way to do this is to get some old Rotary magazines into waiting

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.

rooms, so please bring in your read Rotary mags so we can put in our contact details and redistribute them to businesses and Drs etc.

During the week I, along with the President of Pennant Hills RC met with Con Poulos the manager of Woolworths at Cherrybrook. I now have a better understanding of Woolworths commitment to community service. Some of the things we discussed were; the use of the area at the front of Woolworths for a Rotary stand, Running a BBQ at the village sponsored by Woolworths, Gift certificates to help us raise money, RYLA, POW, Apprentice Awards and receiving grants from Woolworths staff to use in the community. I will be discussing these opportunities with the board so that we can accommodate these opportunities.

This weeks thought.

"Do not wait for extraordinary circumstances to do good; try to use ordinary situations" Jean Paul Richter (1763-1825)

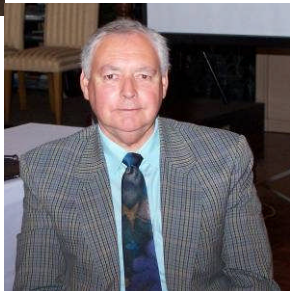
At our last meeting - Monday 15 September

Sergeant Pru called the Meeting to order at 7.00 pm and introduced President Tim Bowland who then took over proceedings for the evening. He introduced our visitors for the evening,

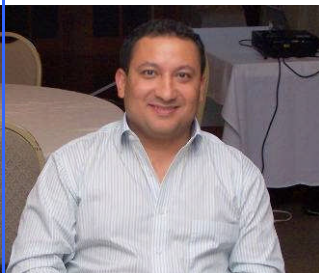
Rob Hamer,



Peter Smith



Hany Gerges,



Michael Tesoriero



and our Guest Speaker Dr Jason Pace.

Apologies were read out by David Turnbull.



HÉLOÏSE - our exchanger student gave members a short talk about her past week's activities - helped to sell some trailer raffle tickets, had an evening with Bob and Beverley Davison and even beating Bob at a game of Pool. Did some shopping with Margaret McGowan and is currently enjoying an extended holiday from school.

DAVID TURNBULL gave us an update on the "Garage Sale" thanking those that helped clean-up around the Guides Hall last weekend. Storage containers have arrived and one nearly filled with collections so far. Looking for help with collections next Thursday night, 7.30 pm, at David's place 18/9. Peter and Ann Garnett already sorting books, records, CDs. Signs are to be erected regarding "Garage Sale" at appropriate places and electric "Coates" sign in New Line Road. Rod Croweller put up his hand to run "Chocolate Wheel" on sale day. Barry Freeman to run hall venue and members need to help on various stalls on both days of sale please.

ALAN PAYNTER - Welfare - informed members that Howard Fleming has had a "Carpal tunnel" operation and is currently recuperating. Trevor Turner is presently not so well and waiting on MRI scan. Miriam Jacka reported taken to hospital whilst in Vanuatu with no further update available.

PRESIDENT TIM made a presentation to Steve Baker and Peter Cleary of Appreciation Certificates regarding the successful "School Art Competition".



BRIAN FURRER spoke to members regarding "The Tree of Joy" at Christmas asking for a committee to help run the wonderful exercise. A quick response showed Brian had plenty of member support to form a committee and they will meet shortly with Brian.

BOB DAVISON informed members of how the "Trailer Raffle" is progressing with ticket sales totaling \$5,662.00 and on target to reach the goal.

COLIN MCGOWAN told members of a young lad who approached him while selling trailer raffle tickets last weekend who donated \$59.72. He had raised this by himself selling "lemonade drinks" and wanted it to go to our trailer raffle charity. Colin suggested our club issue him with a "Certificate of Appreciation" for his kind donation.

PETER GARNETT advised of "Garage Dinner" at WPH Sports Club on Saturday night, 27th September. Wanting realistic numbers next week for our weekend to Goulburn in early November, indicates 42-44 willing starters so far. Peter also asked members to put 30/11/08 in their diaries for "Rotary Christmas Lunch", destination unknown at this stage.



TIM BICKFORD gave members a short job talk. Tim has been with SUNCORP for around 18 months and works in "supply and asset

management" area which keeps a tab on assets for Suncorp. Suncorp are the 5th largest bank in Australia and number one or two in insurance in Australia. They have 600

people working in the "IT" area and a further 600 contractors assisting. They also contract with "IT" specialist in India whom consult "IT" on a world wide basis to the commercial world.

Dr JASON PACE, Guest Speaker. Michael Moroney introduced Dr Jason Pace, a Psychiatrist from "The Hills Clinic" at Castle Hill and Hornsby.

Dr Pace spoke on the following topics :

ASYLUMS = in the early days most asylums were established near water to keep patients away from the public eye.

TREATMENTS = Tranquillising Chair
Laboratory Treatment

"ECT" Electroconvulsing Therapy
Lithium

Prozac Nation – Antidepressants

DEINSTITUTIONALISATION

ANTI-PSYCHIATRY MOVEMENT

WORLD HEALTH – REPORT 2001 = Mental illness affects 25% of all people sometime in their lives.

PSYCHIATRY IN OUR COMMUNITY = "Beyond Blue" – help now available.

CONCLUSION = Mental health can no longer be ignored or hidden away.

A very interesting talk given by Dr Jason Pace and acknowledged by the questions asked by members at the conclusion of his talk.

LUCKY DOOR – Won by Bob Davison

Sergeant Pru as usual extracted money from just about everyone.

HEADS AND TAILS – no winner – all spun out.
Meeting closed.

Night Reporter – Col Wright

Travelling Members

The Editor is not aware of any current travellers

Birthdays and Anniversaries



Anniversaries



None this week



Birthdays



None other than El Presidente himself
Tim Bowland – 23 September

Stan's on the air !!

Our last non-email member Stan Baseley has finally stumped up the cash with a brand new Dell sitting in the Baseley study ready and able to receive emails. His new email address is sbaseley7@bigpond.com
Get it into your mail books before he changes his mind.

Up-coming job talks

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

This weekend:

Sat 8:30am Westfield, North Rocks - just outside main entrance (Michael, please correct if elsewhere)

Pru Daras, Steve Baker

I will deliver trailer

Sat 11:30am - 3pm

Michael Moroney (from 10:30), Rod Crossweller

I will pick-up about 3pm, and drop off at Colin's (he will leave chain and padlock to secure)

Sun 9:00am - 1pm

Dural Mall Round Corner

Graham Evans, Colin Wright, and possibly Peter Cleary.

Colin to bring trailer, and take home after. I will pick up after the Youth Exchange BBQ. (about 4pm)

Could those scheduled for the garage sale weekend please confirm they are available. David needs all hands for the garage sale, but I also need 3 people per shift at Cherrybrook shops. Bev & I are available Sat pm, and Sunday. So there is scope for a few to do the Garage sale instead.

Tom has arranged for a free coffee to customers who buy \$10 worth of tickets (we

cover \$1.50 cost) - as an experiment to boost volumes.

Total sales so far are \$5,663.65 - we are just below target for about half way through the schedule.

Thanks to those who sold tickets last weekend: Colin McGowan, Michael Moroney, Bob & Bev and Héloïse, Bob Myers and Graham Cuthbertson, raising a total of \$1,013 for the weekend. This included a money box that a young boy contributed containing \$59.75.

Bob Davison

As at 15 September 2008

DATE	Venue	Session 1	Session 2
20-Sep	North Rocks Westfield	Prue Daras, Steve Baker	Michael Moroney (10:30), Rod Crossweller
21-Sep	Dural Mall Roundcorner	Graham Evans, Colin Wright, Peter Cleary?	
27-Sep	Cherrybrook Shops	Peter Garnett, Colin Baxter, Stan Baseley	Steve Baker, Carol Russell
28-Sep	Cherrybrook Shops	Jim Simpson, Tom Westcott, Pierre Tennant	
4-Oct	Pennant Hills Marketplace	Colin Baxter, Peter Cleary	
5-Oct	Flowerpower Glenhaven	Tim Bickford	
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

Last year's Garage Sale in review

For some of our newer members, here is the Bulletin report from last year's Garage Sale to give you an idea what it is all about.

"Fellows, the flyers are now ready so please don't go home tonight without taking your lot". Announce David Turnbull, "The maps are there too, so make sure you take at least one because all the flyers need to be out there this week." " I will be at the door to make sure everyone takes their lot" He added. Our "beloved" Garage Sale has survived another year of "will-we-or-won't-we" controversy and was off and running again for 2007, 13 years on from the first Garage Sale in 1994.

Some of the keen walkers get their flyers out quickly with President Barry drawing "first blood" with a pick-up from his drop off area. The calls initially come in slowly with pickup teams starting to fill Jill and David's garage. "The calls are a bit slower than in the past but some of you have not yet delivered your flyers !" David tells us in his weekly update "I don't think we will have as much stuff as in the past" he forecasts.

The last weekend before the sale rolls around and the tempo really start to hot up. Hard working pick-up teams were in action during the week. Thanks to David's firm exhortations at the last meeting, a strong team of picker-uppers and trailers swung into serious action on Saturday morning. Clive Denmark even rolled up with a trailer he had hired at his own expense because his "borrow-from-a-mate" arrangement had fallen through.

Jill ran the incoming call centre with skill and precision and would easily put other professional command centres to shame. "Thank you very much for your kind offer" she would purr as she skilfully sussed out what was on offer, where it was, what was needed to pick it up whilst politely declining any suspect or unwanted items. Pick up slips were sorted into areas and pickup needs (car, trailer, needs two etc) ready for the next team to return to base and unload their booty ready for the next pickup. By the end of the weekend, David's worry about "not enough stuff" had switched to, "where the hell are we going to put all this stuff".

Come Sunday night, the Turnbull garage, lounge room and family room were packed to the gunnels. That horrible sinking feeling "will we ever get rid of all this stuff !!" was undoubtedly starting to creep into the Turnbull household.

Monday night before the sale rolled around and David is in red alert mode, "pick ups still to be done"; "no more space at home"; "we need a humungous effort on Friday to shift and organise all the stuff"; "we need a 100% turn-out on the weekend" David announces at the meeting, obviously feeling the strain from this emotional roller coaster we call our Garage Sale.

All this while, books have also been finding their way to the Garnett household for sorting, classifying and packing. By the Friday before the sale, Ann had almost single-handedly sorted thousands of books before packing them into over 130 boxes which were stashed in their garage and almost every nook and cranny throughout their house. Peter and Anne were also starting to wonder if they would ever see their house again.

The Friday morning before the sale finally rolled around and we started to move into the most critical phase of the sale. The big bogey "Rain" becomes our main worry. Contrary to David's worst fears, a solid team of removalists, boosted by our recent retirees complete with four trailers plus Michaels Moroney's van, showed up for duty at the allotted time. We started moving the Bric-a-brac into the guide hall with a large team of ladies also showing up during the morning to give us the best start we have ever had to getting this key part of our sale organised. Come lunch time (kindly provided by Olive Turnbull backed up with some great sandwiches prepared by Helen Lambert) the guide hall was almost ready to go, a feat unprecedented in the annals of Garage Sale history and a credit to all those who contributed.

Our larger goods and furniture did not fare so well. We could not get access to the Fire Station until some time in the afternoon so we started to dump a lot of the smaller stuff on the tarmac in front of the fire station. Come early afternoon, we had a humungous pile stacked on the tarmac with the consensus that it had no hope of fitting into the fire station when we finally got access to it later in the day. There was still heaps of furniture waiting for pick-up at David and Jill's and we had not even touched all the overflow stuff in other garages. The trailers were loaded with some of the larger furniture ready to drop into the fire station as soon as we got access to it.

"The guy is there now !" David was told at around 2pm when he rang to check and the removalist team galvanised into action. This was

followed by several hours of intense packing to cram a seemingly endless pile of large furniture and all manner of other items into the relatively small garage. Somehow, with some highly innovative packing techniques we managed to cram an unbelievable quantity of stuff into the fire station garage. Meanwhile, some of the ladies were back at the Turnbull's sorting through the huge quantity of clothing that remained in their garage.

Come 4pm Friday we were as ready as we were ever going to be (this was the first year ever where we did not need to work into the night) so we all toddled off home for a well earned drink and a fitful nights sleep before the sparrow start at 6am in the morning.

Dawn cracked on Saturday morning as we bounded out of our beds to check the weather "cloudy with some showers forecast for the morning" said the radio. Our hearts sank but we were now well and truly past the point of no return so, we set off for the Sale.

At the fire station and guide hall, things were happening in all directions. In typical Rotary fashion (everyone is a boss) everyone just got in and did what was needed without being told. Gazebos were erected, trailer loads of books were picked up, the bulk of our bigger stuff was extricated from the jam packed fire station and laid out on the apron, trailer loads of overflow furniture arrived from backup garages, the clothes stall, soft furnishings and cake stalls were set up whilst the barbeque was fire up and delicious bacon and eggs smells wafted over the entire site.

This all happened in the furious 2 hours prior to the allotted 8am start time. By 7am crowds had started to gather with the security team led by David working valiantly to keep the zealous bargain hunters at bay. All the while, we studiously ignored the ominous clouds in the hope that they would go away.

Come 7.45am, thanks to the great work from the previous day, we were ready to go. The clouds continued to look threatening, the bargain hunters were getting restless and David gave up his King Canute impersonation, threw his hands in the air and shouted "Oh alright!!!, come on in!!" Our 2007 Garage Sale was officially on!

The next two hours were fast and furious and probably accounted for 50% of the entire takings for the weekend. Deals abounded with hardened bargain hunters

finding their match with some of our harder nosed sellers such as Barry Freeman, Cawas Sahukar, Rod Crowweller, Colin McGowan and the stoic Keith Ball. The experienced buyers, however, soon found our weak spots and revisited deals with other, less determined price setters. Col McGowan had a repeat performance from last year with one such buyer but yours truly took the prize by selling Graham Coles's \$1,000 + stereo for a mere \$10 in the few moments that Graham had taken his eyes off it.

Thankfully, the rain heeded our steadfast refusal to acknowledge its existence and, with the exception of a few terrifying spits, remained aloft.

The volume of buyers subsided at around 10am to a steady stream for the rest of the morning. This gave us the chance to enjoy one of Douglas's bacon and egg sandwiches and grab a well earned breather.

The sale progressed steadily through the day with our collective relief increasing each time buyers left with bulging car boots, station wagons, trailers and trucks. The home delivery teams were also in full swing, loading trailers and delivering the large purchases in a flash whilst performing Herculean removal feats up and down stairs before the intrepid buyers had a chance to change their minds.

The 1st day pack-up started around 4pm which was completed in time for us to duck home for a clean up prior to our traditional Garage Sale Dinner at West Penno Sports and Rec Club. In usual fashion, we had more people turn up for the dinner than had booked. This gave Anne and Peter some initial heartburn, particularly in light of the dire warnings previously given by the proprietor about his inability to cater for any extras. In typical Rotary fashion however, chairs were shuffled, extra places set and around eight extra people were soon seated, without fuss, within the group.

The universal feeling of relief that we had broken the back of the sale, the rain had stayed away and we had taken in excess of \$10k on the day pervaded the group and created a great environment for everyone to relax and unwind. A terrific night was had by all with war stories abounding to gales of laughter.

Finally, we all wearily wended our way home for a well earned nights sleep prior to backing up again tomorrow for day two. The second day started at 7am with the focus of the day now on disposing of goods at any price. The buyers trickled through during the morning and our pile of stuff got steadily smaller.

Come lunch time, our minds switched to packing up and disposal. The two dump bins were carefully packed so as not to leave one tiny bit of unused space, unwanted crockery was gleefully condensed, clothing was dispersed to the various charity bins, left-over books were recycled to Beecroft Rotary for their forthcoming book fair with the site almost clear bar the bins and their surrounding by a collection of leftovers and the pile of "free, please take me" items on the footpath.

Scavengers hovered even as we gathered for our end-of-sale drink and fellowship at around 5pm prior to dispersing.....along with our many self purchases and left overs.

At 11.30am on Monday morning, all the bins and furniture had been removed and with the exception of one lone table, you would never know we had been there. A truly amazing feat.

Will we do it again next year?, who knows, but one thing is for sure, everyone who participated will remember the 2007 Garage Sale with affection and pride and our Club, its members and our chosen charities will all be substantially better off because of it.

Ed "

Tree of Joy off and running again

Our Tree of Joy program is off and running again ably organised by Brian Furrer supported by his committee, Alan Paynter, Stan Baseley and Dick Bushell. For those in our Club who are not aware of the Tree of Joy program the following is an overview of the program written by Allen Paynter in 2001.

" Most of us are aware of our Tree of Joy project our club arranges at Cherrybrook Shopping Village each year but how many of us know what is really entailed in this fantastic project and what a great contribution it makes to the needy each Christmas.

This great project was started by our club over 10 years ago (*Now 17 years ED*) and has gone from strength to strength each year since. The project has two aspects to it. The main part centres around receiving cards from around 8 charitable organisations. Each card briefly describes a

needy child or person and the type of gift this person would love to get for Christmas. The cards are placed on several Christmas trees we erect in Cherrybrook Shopping Village. Generous members of our community select and take cards from the tree and return the card along with a suitable gift for the person described. Last year (*2000 ED*) we collected over 900 gifts which would have cost at least \$20 each with a total value in excess of \$20,000. We collect all these gifts from the Village, replace all the cards then take them to the initiating organisations for distribution to the people concerned. In addition to this, four of our local schools arrange for their students to bring donations of tinned food to school to help make up Christmas hampers for those in need. We collect a huge amount of tinned food from the schools which is then distribute between Meals on Wheels and Anglicare. The value of this food would be easily many thousands of dollars. In terms of the value of goods donated and community impact, this is easily our biggest and most significant project Because it is largely organised through the week by some of our hard working retired members it gets little exposure with the majority of our members. Just to give everyone an idea of what is involved, the following is a summary of the club program in the months leading up to Christmas.

TREE OF JOY PROGRAM

1st week of September

- ◆ Confirm with Cherrybrook Village Shopping Centre that we can proceed
- ◆ Circulate sheets for member's involvement
- ◆ Contact schools to confirm fax numbers etc.

3rd week of September

- ◆ Followup club members
- ◆ Order request and greeting cards (1500 each) – Snap Printers
- ◆ Letter to schools re food collection and dates for Rotary to collect

1st week of October

- ◆ Deliver cards as required

3rd week of October

- ◆ Follow up delinquent organisations re return of card requirements

1st week of November

- ◆ Cards start to be returned
 - ◆ Follow up organisations for returned cards
- Confirm with Rotarians who will help attach cards/collect presents/collect food/re-label/deliver to recipients

3rd week of November

- ◆ Confirm collection dates for food items with schools

- ◆ Christmas Trees assembled at the Village ready for cards. Cards to be replenished daily and presents removed from here on.
 - ◆ Daily – Presents to be re-labelled and sorted for delivery to organisations – needs a small committee
- 1st week of of December
- ◆ Start collection of food from schools
 - ◆ Thank you letter to schools
- 2nd week of December
- ◆ Start delivery of presents and food
- Christmas Eve
- ◆ Final collection from tree
- Post Christmas
- ◆ Complete delivery of items
 - ◆ Thank you letters to all people involved
 - ◆ Complete report to Rotary Club”

District Paul Harris Fellows Luncheon

A reminder that this year’s District Paul Harris Fellows Luncheon is being held on 18 September 2008 conducted by the Rotary Club of Brookvale.

The invitation is available through your President or Bulletin Editor for any PHF’s who would like to attend.

If you have any queries, please don’t hesitate to contact me.

Mark MacMillan
Secretary
Rotary Club of Brookvale (: 0414 977 886
E-mail : rotary@markmacmarine.com

Club Officers and Club Honour Roll

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

Good evening Fellow Rotarians

Club Programme 2008/2009				05.09.08
Sep-08		September Activity- New Generations	Partners	Organiser/ Contact
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