



The Rotary Club of
West Pennant Hills
and Cherrybrook
Club Bulletin
Volume 25
Issue No. 22, 23 January 2012

<p>Monday 23 January Guest Speaker: Ken Peterson - Sydney Norwest Astronomy Group Organizer: Rob Hamer</p>
<p>Monday 30 January Guest Speaker: Barry Gobbe, first ambo to the Granville Bridge Train Disaster Organizer: Rob Hamer</p>
<p>Monday 6 February Club Assembly</p>

Duty Roster

Next Meeting Monday 23 January 2012		Following Meeting – 6 February	
Chairman	Rob Hamer	Chairman	Colin McGowan
Night Reporter	Barry Freeman	Night Reporter	Peter Cleary
Front Desk	Alan Paynter	Front Desk	Rob Wansbrough
Front Desk	Michael Moroney	Front Desk	Michael Moroney
Steward	Graham Evans	Steward	Keith Ball
Steward	Col Wright	Steward	Graham Cuthbertson
Photographers	Ross Ballinger/Steve Baker	Photographers	Ross Ballinger/Steve Baker

Inside This Issue

President's Report	Photos from Our Last Meeting	Humour
Night Report	2012 Book Fair	Birthdays & Anniversaries
'Aussiewood'	Club Calendar	Family of the Week

Upcoming Events

<p>10th February Ronald McDonald House Westmead. Dinner with and for the residents.</p>	<p>26th February NORDBY Retirement folks 10-5, Kokoda Memorial Walkway BBQ area (adjoining Cafe end Killoola St Concord)</p>

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 – 16 January 2012



Happy New Year to all.

Our first meeting for the 2012 year was, despite a lot of people still being away, surprisingly well attended at 31.

Ross Ballinger was back but a bit quieter than normal after his stint in hospital over Christmas for stent surgery.

I guess the good news is that had it not be for this pro active surgery patient outcomes could be very different.

Carol is at home and is still very tender after having a hernia operation but with a bit of luck may be able to drive again next week.

Our guest speaker's topic on depression and bipolar depression will be covered in the Night Report but what struck me was how extremely brave he was to bear his heart as he did and his agony and passion will stick in my mind for

a long time. The statistic of 1 in 5 people having some experience with depression is statistically significant for our Club.

During the week the Store Manager for Woolworths at Cherrybrook contacted me after speaking to Brian Furrer.

Next Wednesday (the day before Australia day) is a very busy shopping day and they have asked us to assist them run a BBQ and raffle at the Centre. They will provide everything. Woolworths Head Office will match the profit and the proceeds from the Woolworths/Rotary effort will go to Warrah.

It would be good to get some advance PR on this. I have asked PE Bob Davison to run this event so he is the go to man for it.

Next week our guest speaker is Ken Peterson of the Norwest Astronomy Group.

Night Report

The evening was a relaxed back from the holiday mode. We started with the usual grace and loyal toast followed by President Col reading out a missive from Chiara. She is well and planning a trip to Japan.

Tim reported that Louise's camping trip could be a bit of freeze over with snowing at Bega and generally around 10°C. Well it was not much better in Sydney.

Clive Denmark talked about the Book Sale – things are going as planned. They have a good response as drop-off points around the area but will be happy to have a few more volunteers. He reminded there would be a meeting from 1600- approximately 2000 at the Fire Station. President Col said he has in possession of a first edition 1850s publication of Robinson Crusoe. Unfortunately, a couple of the pages were torn and stitched back up. It is under professional appraisal hopefully it will be still worth a couple of hundred dollars or more.

Rosemary Clarke reported on Youth and we have a busy programme :-

- Brittany Bickford – our exchange student from last year has returned to Oz
- Caitlyn Gilchrist – our exchange student this year is leaving for Spain next week
- Peter Rugg – is selected to attend the Rotary National Youth Science Forum in Canberra
- Samantha Poynton is at RYLA
- Also greetings to the club from Fabienne Meyer (Switzerland)
- CHTS has sent appreciation for the School Arts Forum
- Wednesday meet for Art Competition @ 1930
- There will be a Exchange Student Dinner @ Ryde Leagues Club On 10th Feb., 2012 – for those who would like to attend, details from Tim Bowland

Bob Davison asked for more volunteers BBQers for Bunnings on 29th Jan. and got Graham C, Ross B, David T and myself putting up hands.

Rob Hamer reminded us of the up-coming District Conference in March. Further communication will be emailed to members from him.

He then introduced us to our guest speaker for the night, John Cranfield.

John is married with 2 girls and has been in sales for 15 years, part of which was in cars. Cawas met his match and presumably became one of the only two “honest car salesman” ever.

John bravely overcame his anxiety to give us a passionate talk about Bi-Polar disorder and Severe Depression. He recounted how his mother, who suffered from depression, may have affected him as the disorder is 50% hereditary and 50% life circumstances. At one stage, he was suicidal and attempted to end his life by drowning himself and jumping off the cliffs at Berowra and broke his ankle. Fortunately, he survived these ordeals but about 10% of sufferers would succeed in taking their own lives.

He urged us to not be judgmental and call for professional help if we encounter symptoms of big ups and downs in mood swings. Apart from medical and psychiatric help, there are support from organizations such as Life Line and Black Dog.

The raffle was drawn with our esteem President the winner. Sandy Burrage won the 2-up. The evening concluded with another distinctive rendition of Advance Australia Fair.

Night Reporter Douglas Lam

‘Aussiewood’ Social Event

The President of The St. Ives Rotary Club Bhuvan Unhelkar is pleased to inform us of their upcoming event "AussieWood" (as against HollyWood or BollyWood).

This evening promises to be a fascinating combo of Fun, Food, Friendship, and lots of Aussie Entertainment and Dancing.

Bhuvan requests that we keep this date in our diary and will send more information and flyers as soon as available.

More importantly, it will be great to not have another major activity in our district on that night.

Details of the program are as follows:
Date & Day: 24th March, 2012. Saturday
Time: 6:30pm to 10:30pm

Place: Hornsby RSL

Theme: AussieWood (Aussie Bush Dance and other entertainment).

Motivation: Raise funds for (a) Polio Plus (b) Cerebral Palsy project (c) Youth Exchange (RYLA, NYSF, YES..) and (d) other worthwhile Rotary causes.

Looking forward to your help, support and participation.

Bhuvan Unhelkar YIR, PhD, FACS

Photos from the Last Meeting

Members listening to our Guest speaker Jon Cranfield who is with Pres. Colin (r)



Rob Hamer thanking John Cranfield



Book Fair 2012- Update from Clive Denmark

This year's Book Sale is to be held on Friday 2nd & Saturday 3rd March 2012

- *This event is critical for the club's fundraising in the second half of the year*
- *Last year's Book sale was our first. It was well planned, it involved a lot of hard work and it was financially successful, raising some \$8000+ net, thus making it the clubs second largest fundraiser after the Garage sale.*
- *The Lamberts & the Bowlands who were the driving force behind the sale last year have indicated they'd like other members to run it this year. Other members made valuable contributions and we'd like to encourage them to get involved again.*
- *Tony Makin & myself have agreed to organise it but we need lots of help & support.*

Our Basic Strategy

- *We have met with the Bowlands & the Lamberts & agreed broadly on what needs to be done & by when. We agreed on areas which can be improved & will be working to try to come up with ways to achieve those improvements. We will be looking for ways of adding value to try to increase the funds raised.*
- *Our club programme already has an indicative time table that notes a meeting in mid January & weekly meetings in February – this have been accepted as the basic structure, although individual dates may be altered closer to the time.*
- *We agreed that signage (9 banners) needs to be put up in mid January & that we will man the club's "garage sale phone" from then till the week of the sale.*
- *It was agreed that the setting up of drop off points across the likely areas of calls worked reasonably well last year & should be expanded if possible*
- *e.g. my house in Castle Hill was a nominated drop off house. Callers from the Castle Hill area were asked first if they could drop off books at my house. If they were unable to do so their address was taken & given to me & I picked them up. I did a first cull of books, discarding those in categories or condition that were not acceptable & put them straight in my recycling bin. I put reasonable books in fruit boxes and delivered them to a main sorting point when asked.*
- *We also need to identify members or places where we can do large scale sorting into categories & pull out near new books for special sorting/ pricing*
- *We have booked the Church garage that we used last year for the sale and have extended the period of access from Monday 27th February to Saturday March 3rd*
- *We propose to have a preliminary meeting after Mondays meeting (5th December) to elicit offers to get involved & will follow up with e-mails to all members , including those not present at Mondays meeting*

We are especially keen to identify members (& especially newer members) who are keen to participate in the planning or who are willing to commit to being drop offs point (both in our heartland of Cherrybrook / West Pennant Hills and in more outlying areas) or willing to volunteer as sorters (this will involve a fair amount of time and commitment, some interest in & knowledge about at least some types of books would be a definite plus)

From Clive Denmark

Sergeant Jim Simpson's 'Paraprosdokian'

"When tempted to fight fire with fire, remember that the fire department usually uses water"

Birthdays and Anniversaries

Anniversaries

Rosemary and Rob Clarke – 29th January

Birthdays

None this week

Humour

Late one night, when taking a short cut through a cemetery a man became frightened when he heard a tapping sound.

As he walked the tapping became louder and his fright grew into terror.

Suddenly he came across a man crouching down, chiseling at a gravestone.

"Oh thank goodness," he said with great relief. "You frightened me. I didnt know what that noise was. By the way, what are you doing?"

The other man turned his face into the moonlight and said, "They spelt my name wrong."

Food for Thought

"Action may not always bring happiness, but there is no happiness without action"

Benjamin Disraeli



Family of the Week Program

Louise Lastein - Denmark 2011-2012			
Week Ending Sunday	Host Family	Planned Activities	Louise with You
	Hamer		
4th DECEMBER	Hamer		
11th	Bickford		
18th	Bickford	16th - Xmas party	Gladesville
25th	Bickford		
JANUARY 2nd	Bickford		
8th	Bickford		
15th	Bickford		
22nd	Bickford		
29th	Bickford		
5th FEBRUARY	Bickford		
12th	Hamer	Welcome Home Dinner - Friday 10th	District
17th - 19th	Hamer	Kosciusko Weekend	
26th	Hamer	Umina Beach weekend (Fri- Sun)	Umina
4th MARCH	Hamer		
11th	Hamer		
16TH - 18th	Hamer	Conference - Wollongong (Fri- Sun)	Club
25th	Hamer		
1st APRIL	Gilchrist		
8th	Gilchrist		
15th	Gilchrist		
22nd	Gilchrist		
29th	Gilchrist		
6th MAY	Gilchrist		
13th May - 2nd JUNE	Gilchrist	SAFARI (13May - 2nd June)	District
	Gilchrist		
	Gilchrist		
3rd JUNE	Gilchrist		
10th	Gilchrist		
17th	Gilchrist		
24th	Gilchrist		
27th		Depart Sydney for Denmark	

		Club Program 2011-2012		Partners	Organizer
Jan-12		Rotary Awareness Month			
Wed	18	1/5 Book Fair Meeting			TBA
Mon	23	Ken Peterson - Sydney Norwest Astronomy Group		Yes	Rob Hamer
Thurs	26	Australia Day Holiday			
Mon	30	Barry Gobbe, first ambo on site at the Granville Bridge Train Disaster.			Rob Hamer
Feb-12		World Understanding Month			
Mon	6	Club Assembly			
Tues	7	2/5 Book Fair Meeting			
Wed	8	Club Board Meeting 7.15 for 7.30 at CMcG's place			CMcG
Fri	10	Ronald McDonald House Westmead. Dinner with and for the residents.		Yes	CMcG
Mon	13	Speaker - David Cook, Freelance Journalist. 4 wheel driving/caravanning in the Oz outback.		Yes	Rob Hamer
Wed	15	3/5 Book Fair Meeting			
Fri	17	Loiuse's Kosciusko Walk.		Yes	Graham Cuth
Sat	18	Loiuse's Kosciusko Walk.		Yes	Graham Cuth
Sun	19	Loiuse's Kosciusko Walk.		Yes	Graham Cuth
Mon	20	Nigel McDonald Cherrybrook RFS			Rob Hamer
TUES	21	4/5 Book Fair Meeting			
Sun	26	NORDBY Retirement folks 10-5,Kokoda Memorial Walkway BBQ area (adjoining Cafe end Killoola St Concord)		Yes	Tony Makin
Mon	27	Youth Night -RYPEN, RYLA, NYSF reports		Yes	Rosemary Clarke
Tues	28	5/5 Final Book Fair Meeting			

Mar-12		Literacy Month			
Thurs	1	Moving of Books from garages and containers to Church carpark		All	
Fri	2	Book Fair (starts 12 noon, Uniting Church, NLRd, Cbrook)		All	
Sat	3	Book Fair 8-12 noon		All	Rob Hamer
Mon	5	Rex Langthorne Director Special Olympics			
Thu	8	Bowel Scan sales commence at Cherrybrook Shopping Centre (through to Friday 16)		Yes	Barry Lambert
Mon	12	Paul Jeffress from MIVAC (Mines Victims and Clearance Trust)			Rob Hamer
Wed	14	Club Board Meeting 7.15 for 7.30 at CMcG's place			CMcG
Frid	16	District Conference- Wollongong- Go for Gold at the Gong		Yes	Rob Hamer
Sat	17	District Conference- Wollongong- Go for Gold at the Gong		Yes	
Sun	18	District Conference- Wollongong- Go for Gold at the Gong		Yes	
Mon	19	"Managing Conflict at work (and at home). Mark Rosenburg, Balanced Curve			Rob Hamer
Sat	24	Hills Home Show BBQ Fund Raiser			Tony Makin
Sun	25	Hills Home Show BBQ Fund Raiser			Tony Makin
Mon	26	Miriam Jacka - Vanuatu			CMcG
Apr-12		Magazine Month			
Mon	2	Meeting			
Mon	9	Pub Hol- Easter Mon			
Wed	11	Club Board Meeting 7.15 for 7.30 at CMcG's place			
Sat	14	Friendship Dinners Round 1			Tony Makin
Mon	16	Professor Nigel Hope, Orthapod at SAH			Rob Hamer
Sat	21	Friendship Dinners Round 2			Tony Makin
Mon	23	Meeting (Anzac Day on 25th)-looking for a speaker (Possible move of meeting with Lions)			
Mon	30	Robin Baird - CEO, Sydney Hills Business Chamber		YES	Rob Hamer
May-12		Community Month			
Wed	2	Club Board Meeting 7.15 for 7.30 at CMcG's place			
Mon	7	Ross Ballinger past members night- Speaker required (David Ellyard approached 08/12)		YES	Ross Ballinger
Wed	9	Combined Club Board Meeting at 7.30			
Mon	14	Ladies run meeting tonight+ International Night		Yes	
Sun	20	Salvation Army Red Shield Appeal			Tony Makin
Mon	21	Meeting- looking for speaker			
Sat	26	Weekend away- highlight of the year		Yes	Carol/Prue/ Mike
Sun	27	Weekend away- highlight of the year		Yes	Carol/Prue/ Mike
Mon	28	Vocational Awards -Pride of Workmanship		Yes	Pete Cleary

Jun-12		Rotary Fellowship Month			
Mon	4	Meeting		Yes	Rosemary Clarke
Mon	11	Pub Hol- Queens Birthday			
Wed	13	Club Board Meeting 7.15 for 7.30 at CMcG's place			CMcG residence
Mon	18	Louise's final presentation (or 25th). Louise departs on 27th		Yes	
Mon	25	Youth - Art Competition Prizegiving ; RYPEN		Yes	Rosemary Clarke
Fri	29	Club Changeover Dinner- Epping Club- all members - suit/black tie		Yes	CM/RH
Mon	2 Jly	No Meeting (on first meeting Day after Changeover)			

Directors 2011-12

Rotary Club of West Pennant Hills and Cherrybrook

President	Colin McGowan	0438 810 773
Past President	Graham Cuthbertson	0419 277 704
Secretary	Barry Lambert	0412 465 819
Actg Secretary	Keith Ball	0401 895 333
Treasurer /Actg Membership	Carol Russell	0418 431 157
Membership and President Elect	Bob Davison	0413 008 574
Club Services Director	Rob Hamer	0400 335 091
Youth Services Director	Rosemary Clarke	0439 819 965
Community Services Director	Tony Makin	0411 248 865
International Director	Clive Denmark	0400 425 210
Vocational Director	Peter Cleary	0419 499 827