



# The Rotary Club of West Pennant Hills and Cherrybrook

## Club Bulletin

Volume 27

Issue No. 4, 29<sup>th</sup> of July 2013



**Monday July 29**

Members Night – Job Talks

**Monday August 05**

Alan MacLean - The Lights of Cobb & Co.

**Monday August 12**

Landscape Photography - Rob Clarke

### Duty Roster

Next Meeting – Monday 29 July		Following Meeting – Monday 05 August	
<b>Speaker Host</b>	Rosemary Clarke	<b>Speaker Host</b>	Keith Ball
<b>Night Reporter</b>	John Fletcher	<b>Night Reporter</b>	Stan Baseley
<b>Front Desk</b>	Brian Furrer	<b>Front Desk</b>	Brian Furrer
<b>Front Desk</b>	Peter Cleary	<b>Front Desk</b>	Cawas Sahukar
<b>Steward</b>	Max Henderson	<b>Steward</b>	Carol Russel
<b>Steward</b>	Alan Paynter	<b>Steward</b>	Gino Savio
<b>Photographer</b>	Bob Myers	<b>Photographer</b>	Ross Ballinger

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### Upcoming Events

<b>Possible - Saturday + Sunday July 27, 28</b> John Purchase Public School Landscaping + Paving	<b>Possible - Saturday + Sunday August 03, 04</b> John Purchase Public School Landscaping + Paving
<b>Saturday August 11</b> Social – Lunch @ Kirribilli Club	<b>Saturday August 24</b> Trivia Night – Cherrybrook Community Centre

### 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](mailto: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



### Presidents Report for Bulletin Monday 29<sup>th</sup> July

It was good to see 5 partners and 2 guests at last night's meeting so we had a goodly number to **welcome Vilde to her first Monday night meeting**. First impressions are that she'll fit in quickly & well- she has a good command of English, plenty of confidence and I think I sensed a good sense of humour. She collected the fines so will soon get to know us. She's staying with Rosemary & Rob for the first 3 or 4 months.

It was good of Peter Tuchin to fill in as our speaker and I thought he came across really well with a part skeleton as his only aid. He gave a thought provoking talk, not only explaining why we get neck and back pain but suggesting some simple ways of changing what we do to minimise the risk of incurring serious pain.

He encouraged two-way banter & it was agreed that it was good to have a well designed chair, that we ensure our computer screens are the right height, that we should build more walking and movement in our day (it was suggested drinking more water has a dual benefit!) & that a gentle manipulation every so often to keep the frame flexible was far less traumatic than ignoring it until we get a severe incident and have to slowly rehabilitate. Ros has suffered such a happening recently so Peter looks like he has acquired a new patient!

**Next week's meeting is a Club meeting** so come with some ideas and an open mind. Rosemary & the **membership committee** are having their first meeting Tuesday 23<sup>rd</sup>, so I have asked her to throw **some of their ideas straight out to the club** to see if we can get some early traction. If all of us get behind them then I'm hopeful we can achieve our target of 6 (net) new members. That will take us back over 40. With travel & work commitments we are averaging about 22 members at meetings so far this year and despite Jim, Ros & Gino now back on home soil we shortly have Colin & Gwen & Peter & Julie heading off overseas.

Rob also plans for **three of us to do a job talk** and will prepare one of his **humour segments**. So it promises to be a lively evening. I'll take a fine if I fail to get it wrapped up by 8.30!

For those who were not at the meeting there are **two Trivia nights** coming up. Winston Hills ( Miriam's club ) is having one this Saturday, any takers phone her or Larry on 0418-690898 & Rob Hamer is getting a table together on 17<sup>th</sup> August at one run by Rotaract MQ.

**If we support them we can encourage them to book a table at ours!**

Douglas informed us that Gino had not been able to get his bobcat in to **John Purchase** so the **Working Bee there has gone back a week to Sat 3<sup>rd</sup>/Sun 4th August**

Last but not least we are having our third garage sale Meeting next Tuesday at 7.30 at David Turnbolls ( Tom, David, Jim, Max Colin S & myself are in to it but there is always room for one more if anyone would like to come- particularly anyone who has been involved in running a school fete in the last 10 years!!! - as we are keen to develop the **Sunday of the Sale as a Family Fun day**.

*President Clive Denmark*

## Night Report

### Minutes Monday 22 July 2013

Unfortunately, there is no night report submitted.

Please refer to President's report for most of the meeting's highlights.

I have written up a summary of Tony's talk with photos on the next page.

For the volunteers of Working Bees at JPPS on the weekend 27<sup>th</sup> & 28<sup>th</sup>, please stay tuned for the progress depending what Gino is able or unable to do.

Douglas Lam

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*IPP Bob presents our Club donation cheque to Peter Thomson of 1<sup>st</sup> Cherrybrook Scout*





*Peter Tuchin*



*Posture 1*



*Posture 2*



*Spine Curvature*

Peter gave us a sobering talk on the statistics of spinal problems. He emphasized on the importance of posture, and breaking habit-forming complacency. Most of us do not address the issue until we suffer from severe pain which by then would take time to remedy. With back care and exercise, it will help with the prevention and treatment of spinal problems and osteoarthritis.

Most office furniture is not designed ergonomically enough for sustained sitting. We should get up and stretch every hour or so to relieve the undue pressure build-up on our spines. Crossing of legs while sitting down is a definite NO-NO. Try telling that to Jill Turnbull ☺.

Peter indicated that osteoarthritis is estimated to affect more than 90% of those over 50 years. (Somewhat alarmingly high!!)

In addition, nearly 50% of the population regularly complain of headaches or migraines, with the, estimated cost to Australia of more than \$2 billion per annum.

(Ed.- apology for the quality of the photos taken with my phone as our resident photographer is not available)

## Birthdays and Anniversaries



**Anniversaries**

*NIL*

**Birthdays**

*Beverley Davison – 2<sup>nd</sup> August*

## Food for Thought



**Confucius Said”I will not be afflicted at people’s not knowing me; I will be afflicted that I do not know people.”**

## Humour

### **Cricket Explained to a foreigner**

You have two sides, one out in the field and one in.

Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out. Sometimes you get men still in and not out.

When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in. There are two men called umpires who stay out all the time and they decide when the men who are in are out. When both sides have been in and all the men have been out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game.

Contributed by Tony Makin

## Notices

**27<sup>th</sup> August 2013 – Winston Hills Trivia Night (detail from Miriam/Larry Jacka 0418-690898)**

**13<sup>th</sup> August 2013 -- Ronald McDonald House Westmead Annual Golf Day (Flyer attached)**

**17<sup>th</sup> August 2013 -- Macquarie Rotaract Trivia Night (Flyer attached)**

		Club Program 2013-2014	RED YES = PARTNERS on a meeting night.	
Jul-13		Rotary Fellowship Month		
Sat	27	John Purchase Public School – Paving + Landscaping		Douglas Lam
Sun	28	John Purchase Public School – Paving + Landscaping		Douglas Lam
Mon	29	Members Night – Job Talks		Rob Hamer
Aug-13		Membership Extension Month		
Sat	3	Possible - John Purchase Public School – Paving + Landscaping		Douglas Lam
Sun	4	Possible - John Purchase Public School – Paving + Landscaping		Douglas Lam
Mon	5	Alan MacLean - The Lights of Cobb & Co. Confirmed 05/05/2013		Rob Hamer
Tues	6	2nd Trivia Night Meeting 7.15 for 7.30pm		Rob Hamer
Sun	11	SOCIAL – Lunch@ Kirribilli Club	Yes	Social
Mon	12	Landscape Photography Rob Clarke	Yes	Rob Hamer
Tues	13	Club Board Meeting 7.15 for 7.30 @ the Clarkes'		Clive Denmark
Tues	16	Final Trivia Night Meeting 7.15 for 7.30pm		Rob Hamer
Mon	19	Membership Night - Special Guest Speaker - Dominic Perrottet MLA	Yes	Rob Hamer
Sat	24	Trivia Night - Cherrybrook Community Centre	Yes	Rob Hamer
Mon	26	Club Assembly		Rob Hamer
Sep-13		New Generations Month		
Mon	2	Councillor Dr. Michelle Byrne, Mayor, The Hills Shire Council	Yes	Rob Hamer
Sun	8	Meet at Fire Stn 9.30am for * Guide Hall grounds clean up		
Mon	9	Looking for speaker + G/Sale Pickups handed out if any left over from previous week.		
Tues	10	Club Board Meeting 7.15 for 7.30 @ the Hamers'		Clive Denmark
Mon	16	Membership Night		Ross Ballinger
Tue	17	Garage Sale - Meet at Fire Stn at 7pm for pickups.	Yes	
Wed	18	Garage Sale - Meet at Fire Stn at 7pm for pickups.	Yes	
Thur	19	Garage Sale - Meet at Fire Stn at 7pm for pickups.	Yes	
Fri	20	Garage Sale- Move Items to Fire Stn	Yes	
Sat	21	Garage Sale- at Fire Station. 6am start.	Yes	
Sat	21	Garage Sale-Dinner at Bivianso's Italian Restaurant (New Line Rd Dural) 6.30 for 7.00pm VENUE TBC	Yes	
Sun	22	Garage Sale- 8am at Fire Station for 9 am opening. Finish and clean up at 1.00pm	Yes	

Mon	23	No Meeting post Garage Sale - Rest night!		
Wed	25	DG Visit, Joint meeting Zone Clubs		Clive Denmark
Oct-13		Vocational Service Month		
Mon	7	No Meeting - Labour Day Pub Holiday!		
Mon	7	BBQ Bunnings Dural LONG WEEKEND MONDAY		
Tue	8	Club Board Meeting 7.15 for 7.30 at Bob and Bev Davison's		
Mon	14	No Meeting- See Tuesday Night		
Tues	15	Golf Day Oatlands Golf Club with Hunters Hill Rotary Club		
Tues	15	Dinner - Golf Day Oatlands Golf Club with Hunters Hill Rotary Club		
Vilde's Family Program				
2012-2013				
Week Ending Friday	Host Family		Planned Activities	Vilde with You
	Clarks 19-07-2013 to 30-11-2013			
	Davisons 01-12-2013 to 21-03-2014			
	Fergusons 22-03-2014 to 18-07-2014			
Directors 2013-14				
Rotary Club of West Pennant Hills and Cherrybrook				
President	Clive Denmark		0400 425 210	
Past President	Bob Davison		0413 008 574	
Secretary	Barry Lambert		0412 465 819	
Acting Secretary	Keith Ball		0401 895 333	
Treasurer	Ian Roberts		0401 898 989	
Membership	Rosemary Clarke		0439 819 965	
Club Service Director	Rob Hamer		0400 335 091	
Youth Service Director	Bob Davison		0413 008 574	
Community Service Director	Douglas Lam		0419 421 659	
International Service Director	Tony Makin		0411 248 865	
Foundation and PR	PDG Larry Jacka		0418 690 898	
Vocational Service Director	Colin Sharpe		0419 499 827	
Fundraiser Director	Clive Denmark		0400 425 210	
Club Welfare Officer (non-executive)	Stan Basely		9634 1084	
Social Committee Leader	Colin Wright		0409 393 027	