

# The Rotary Club of West Pennant Hills and Cherrybrook

## Club Bulletin

**Volume 27**

**Issue No. 34, 7<sup>th</sup> April 2014**



### Monday 7<sup>th</sup> April

Vocational visit to KIA Homeland - Cnr Windsor Rd & Victoria Av, Castle Hill

### Monday 14<sup>th</sup> April

Mark Wallace – Rotary Down Under

### Monday 21<sup>st</sup> April

Easter Monday – No meeting

### Duty Roster

| Next Meeting – Monday 7 April |                | Following Meeting – Monday 14 April |                    |
|-------------------------------|----------------|-------------------------------------|--------------------|
| <b>Speaker Host</b>           | Not Require    | <b>Speaker Host</b>                 | Graham Cuthbertson |
| <b>Night Reporter</b>         | Alan Paynter   | <b>Night Reporter</b>               | Peter Clearey      |
| <b>Front Desk</b>             | Not Require    | <b>Front Desk</b>                   | Brian Furrer       |
| <b>Front Desk</b>             | Not Require    | <b>Front Desk</b>                   | Douglas Lam        |
| <b>Steward</b>                | Not Require    | <b>Steward</b>                      | Max Henderson      |
| <b>Steward</b>                | Not Require    | <b>Steward</b>                      | Gino Savio         |
| <b>Photographer</b>           | Ross Ballinger | <b>Photographer</b>                 | Ross Ballinger     |

### Inside This Issue

|                   |              |                          |
|-------------------|--------------|--------------------------|
| Presidents Report | Club Program | Photos – Callicoma Trail |
| Food for Thought  | Humour       | Vilde's Calendar         |

### Upcoming Events

|   |   |
|---|---|
| <b>Easter Monday 21 April</b><br>Bunnings BBQ – Dural                                 | <b>Saturday 26 April</b><br>Bunnings BBQ - Thornleigh     |
| <b>Thursday 1 and Saturday 3 May</b><br>Bowel Scan Sale – Cherrybrook Shopping Centre | <b>Thursday 1 to Sunday 11 May</b><br>Vanuatu Working Bee |

### Meetings

Monday 6.30pm for 7.00pm – Springfield House – 245 New Line Road, Dural. <http://www.rotarydistrict9685.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



A number of members have told me how much they enjoyed last Mondays meeting. It's been a while since we inducted a single member in to the club much less two. I was pleased to see such a good turnout of members & partners (41) for the meeting and feel that was the main reason why the room had such a good buzz.

It was really good to welcome Tony & Bernard in to the club & that Tony's partner Glenda was able to join us. Regrettably Bernard's partner Soma was not well but I hope that the flowers Jen gave Bernard for her will make her feel better & that we will meet her soon.

Thanks to past President Barry Freeman for his input to the evening both as Bernard's proposer & as our Speaker Host. He always appears so relaxed and cheerful, which helped me to relax & really enjoy the evening.

Speaker Pam Davis was excellent. Her in-depth knowledge of Alzheimer's & experience helping sufferers came through strongly in her talk. Whilst it was disappointing to hear that there had been little progress in developing drugs to slow down or cure the condition it was encouraging to hear that considerable progress had been made with various forms of therapy. I'm sure we all got the very clear message that a good diet, keeping in shape physically & keeping ourselves active mentally all help in keeping the condition at bay & slowing its progress. I would add that being an active Rotarian is a positive in that respect!

**Next Monday is at KIA Homeland at the cnr of Windsor Rd & Victoria Avenue, Castle Hill.** I understand food will be provided. Keep an eye out for an e-mail from Col Sharpe, (Cawas is on Jury Duty.)

Regards  
Clive

## Night Report

Unfortunately, this week's night report is not available. There are some photos to make up for it. As president Clive pointed out, there was a good turn up tonight to welcome our newest members to the club. Pam Davis gave us a really interesting talk. I have plagiarised some material from Alzheimer's Australia.

### Dementia -- Ten warning signs

This is a checklist of common symptoms of dementia. Go through the list of the symptoms, if there are several that you say 'yes' to, a doctor should be consulted for a complete examination of the person with the symptoms.

#### Recent memory loss that affects job skills

- It is normal to forget meetings, colleagues' names, or a business associate's telephone number occasionally, but then remember them later.
- A person with dementia may forget things more often, and not remember them later.

#### Difficulty performing familiar tasks

- Busy people can be so distracted from time to time that they may leave the carrots on the stove and only remember to serve them when the meal has finished.
- A person with dementia might prepare a meal and not only forget to serve it, but also forget they made it.

#### Problems with language

- Everyone has trouble finding the right word sometimes.
- A person with dementia may forget simple words or substitute inappropriate words.

#### Disorientation of time and place

- It is normal to forget the day of the week or your destination for a moment.
- People with dementia can become lost on their own street, not know where they are, how they got there or how to get back home.

#### Poor or decreased judgement

- Dementia affects a person's memory and concentration and this in turn affects their judgement.
- Many activities, such as driving, require good judgement and when this ability is affected, the person will be a risk, not only to themselves, but to others on the road.

#### Problems with abstract thinking

- Balancing a chequebook may be difficult for many of us.

- Someone with dementia could forget completely what the numbers are and what needs to be done with them.

### **Misplacing things**

- Anyone can temporarily misplace a wallet or keys.
- A person with dementia may repeatedly put things in inappropriate places.

### **Changes in mood or behaviour**

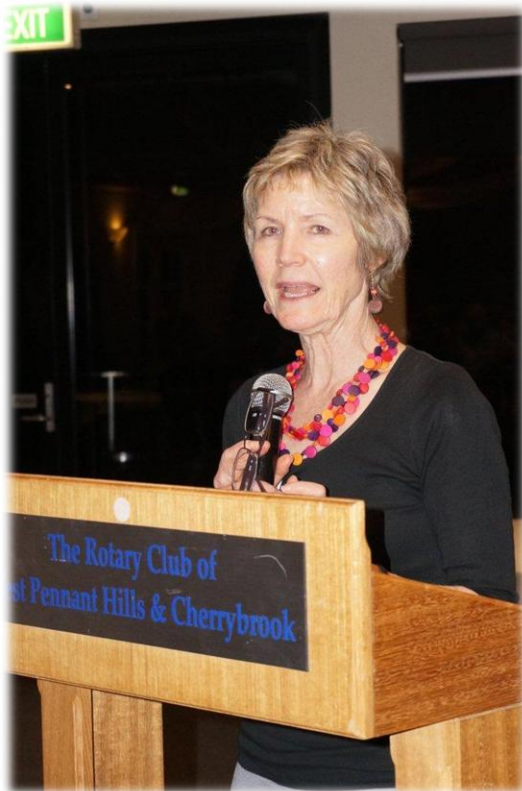
- Everyone becomes sad or moody from time to time.
- Someone with dementia can have rapid mood swings from calm to tears to anger, for no apparent reason.

### **Changes in personality**

- People's personalities can change a little with age.
- A person with dementia can become suspicious or fearful, or just apathetic and uncommunicative. They may also become dis-inhibited, over-familiar or more outgoing than previously.

### **Loss of initiative**

- It is normal to tire of housework, business activities or social obligations.
- The person with dementia may become very passive and require cues prompting them to become involved.



*Speaker of the Night -- Pam Davis*









## Callicoma Walk

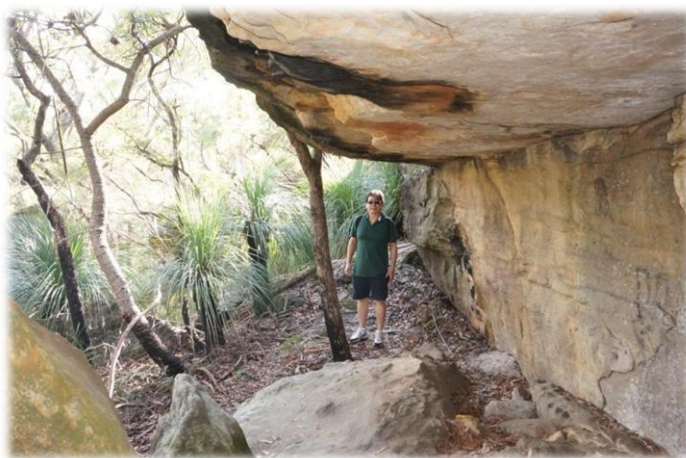
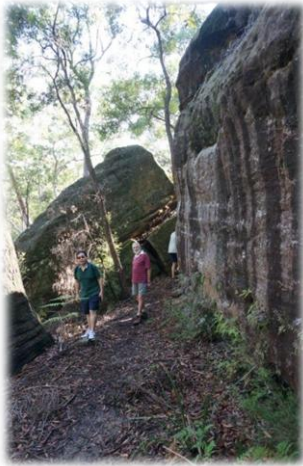
On Sunday 30<sup>th</sup> a few of us enjoyed a walk along the Callicoma Trail and had a fun time except for a few blood suckers. The coffee afterwards was good and made up for the loss of blood. We should do it again some other time. Don't forget to contact me if you have any suggestions of how we may improve the trail as a community project.













## Birthdays and Anniversaries



### Anniversaries

*Steve & Jean Baker 9<sup>th</sup> April*

### Birthdays

*Helen Ballinger 8<sup>th</sup> April*

*Colin Sharpe 9<sup>th</sup> April*

## Food for Thought



“For the things we have to learn before we can do them, we learn by doing them.”

— Aristotle

## Humour

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are "limbs," therefore painting them would cost the buyer more. Hence the expression, "Okay, but it'll cost you an arm and a leg."

As incredible as it sounds, men and women took baths only twice a year (May and October)! Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term "big wig." Today we often use the term "here comes the Big Wig" because someone appears to be or is powerful and wealthy.

In the late 1700s, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The "head of the household" always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the "chair man." Today in business, we use the expression or title "Chairman" or "Chairman of the Board."

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, "Mind your own bee's wax." Should the woman smile, the wax would crack, hence the term "crack a smile." In addition, when they sat too close to the fire, the wax would melt ..... Therefore, the expression "losing face."

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the "Ace of Spades." To avoid paying the tax, people would purchase 51 cards instead.

Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't "playing with a full deck."

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to "go sip some ale" and listen to people's conversations and political concerns. Many assistants were dispatched at different times. "You go sip here" and "You go sip there." The two words "go sip" were eventually combined when referring to the local opinion and, thus we have the term "gossip."

One more: bet you didn't know this!

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem...how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a "Monkey" with 16 round indentations. However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make "Brass Monkeys." Few landlubbers realize that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, "Cold enough to freeze the balls off a brass monkey." (All this time, you thought that was an improper expression, didn't you.)

*Contributed by Stan Baseley (edited for space)*



**Vilde's Calendar** – invite her out if date not yellow

## April 2014

| M         | T         | W         | T                              | F                             | S         | S         |
|-----------|-----------|-----------|--------------------------------|-------------------------------|-----------|-----------|
|           | 1         | 2         | 3                              | 4                             | 5 Forster | 6 Forster |
| 7         | 8         | 9         | 10 Safari                      | 11 Safari                     | 12 Safari | 13 Safari |
| 14 Safari | 15 Safari | 16 Safari | 17 Safari                      | 18 Safari                     | 19 Safari | 20 Safari |
| 21 Safari | 22 Safari | 23 Safari | 24 Safari<br>Family<br>arrives | 25 Safari<br>Massi<br>arrives | 26 Safari | 27        |
| 28        | 29        | 30        |                                |                               |           |           |

## May 2014

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## June 2014

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

|               |    | <b>Club Progame 2013-2014</b>  | RED YES = PARTNERS on a meeting night. | hols                           |
|---------------|----|--|--|--------------------------------|
|               |    | Updated 3/3/2014 by RWH  | Tentative date hold only               |                                |
| <b>Apr-14</b> |    | <b>Magazine Month</b>  |  |                                |
| Tues          | 1  | Club Board Meeting 7.15 for 7.30 - Makin's home  |  |                                |
| Mon           | 7  | Vocational visit to KIA Homeland - Cnr Windsor Rd & Victoria Av, Castle Hill                                   | Yes                                    | Colin Sharpe                   |
| Mon           | 14 | Mark Wallace Rotary Down Under   | Yes                                    | Rob Hamer                      |
| Mon           | 21 | Bunnings BBQ - Dural   | Yes                                    | Barry Lambert                  |
| Mon           | 21 | No Meeting - Easter Monday   |  |                                |
| Sat           | 26 | Bunnings BBQ – Thornleigh  | Yes                                    | Barry Lambert                  |
| Mon           | 28 | Anzac meeting – Lieutenant Colonel John Pritchard - Royal Aust Engineers (Ret'd)                               | Yes                                    | Rob Hamer                      |
| <b>May-14</b> |    | <b>Community Month</b>   |  |                                |
| Thur          | 1  | Bowel Scan Sales – Cherrybrook Shopping Centre   |  | Barry Lambert                  |
| Thur          | 1  | Vanuatu RAWCS trip – through May 11 <sup>th</sup>  | Yes                                    | Tony Makin                     |
| Sat           | 3  | Bowel Scan Sales – Cherrybrook Shopping Centre   |  | Barry Lambert                  |
| Mon           | 5  | Anniversary meeting – past members night   | Yes                                    | Ross Ballinger, Alan Paynter   |
| Mon           | 12 | Nadia Messiha – Hills Family Lawyers. A bird's eye view of Family Law – Property, Parenting & Grand-parenting. | Yes                                    | Rob Hamer                      |
| Tues          | 13 | Club Board Meeting 7:15 for 7:30. Combined current and incoming Boards @ Barry Freeman's                       |  | Clive Denmark<br>Barry Freeman |
| Mon           | 19 | Philip Smith – ROMAC (Rotary Oceania Medical Aid for Children)   |  | Rob Hamer                      |
| Sun           | 25 | Salvation Army Red Shield Appeal   |  |                                |
| Mon           | 26 | Vocational Awards – Pride of Workmanship   |  | Colin Sharpe                   |
| <b>Jun-14</b> |    | <b>Rotary Fellowship Month</b>   |  |                                |
| Sun           | 1  | Rotary International Convention – Homebush   | Yes                                    | David Turnbull                 |
| Mon           | 2  | Rotary International Convention – Homebush   | Yes                                    | David Turnbull                 |
| Mon           | 2  | No Meeting   |  |                                |
| Tue           | 3  | Rotary International Convention – Homebush   | Yes                                    | David Turnbull                 |
| Wed           | 4  | Rotary International Convention - Homebush   | Yes                                    | David Turnbull                 |
| Mon           | 9  | Public Holiday – Queen's Birthday – NO MEETING   |  |                                |
| Wed           | 11 | Club Board Meeting 7.15 for 7.30 Combined current and incoming Boards  |  | Clive Denmark<br>Barry freeman |
| Mon           | 16 | The Great Debate - Rotarians vs Rotaryannes - subject "TBA"  | Yes                                    | Jim Simpson                    |
| Sat           | 21 | Club Changeover Dinner   | Yes                                    | Barry Freeman<br>Clive Denmark |
| Mon           | 23 | Mike Thomas Exec Officer of Ronald MacDonald House   |  | Rob Hamer                      |
| Mon           | 30 | No meeting following Changeover  |  |                                |



## **Directors 2013-14**

### **Rotary Club of West Pennant Hills and Cherrybrook**

|   |                 |              |
|---|-----------------|--------------|
| President                                 | Clive Denmark   | 0400 425 210 |
| President Elect                           | Barry Freeman   | 0414 400 100 |
| Past President                            | Bob Davison     | 0413 008 574 |
| Secretary                                 | Barry Lambert   | 0412 465 819 |
| Acting Secretary                          | Keith Ball      | 0478 599 155 |
| Treasurer                                 | Ian Roberts     | 0401 898 989 |
| Membership                                | Rosemary Clarke | 0439 819 965 |
| Club Services Director                    | Rob Hamer       | 0400 335 091 |
| Youth Services Director                   | Bob Davison     | 0413 008 574 |
| Community Services Director               | Douglas Lam     | 0419 421 659 |
| International Director, Foundation and PR | PDG Larry Jacka | 0418 690 898 |
| Vocational Director                       | Colin Sharpe    | 0408 810 463 |
| Fundraiser Director                       | Jim Simpson     | 0439 465 725 |
| Club Welfare Officer (non-executive)      | Stan Basely     | 02 9634 1084 |
| Social Committee Leader                   | Colin Wright    | 0409 393 027 |