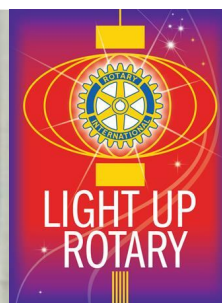




The Rotary Club of West Pennant Hills and Cherrybrook Club Bulletin

Volume 28

Issue No. 26, 16th February 2015



Monday 16th February

Detective Hans Rupp

Monday 23rd February

Youth Night– we hear about our RYLA and RYPEN candidate experiences

Monday 2nd March

Mental Toughness Coach – Rebecca Jaeger

Duty Roster

Next Meeting – Monday 16 February		Following Meeting – Monday 23 February	
Speaker Host	David Turnbull	Speaker Host	Tony Coote
Night Reporter	Ian Roberts	Night Reporter	Nick Chuah
Front Desk	Bob Davison	Front Desk	Bob Davison
Front Desk	Brian Furrer	Front Desk	Andrew Little
Steward	Stan Baseley	Steward	Carol Russell
Steward	Clive Denmark	Steward	Peter Cleary
Photographer	Ross Ballinger	Photographer	Ross Ballinger

Inside This Issue

President's Report	Night Report - photos	Club Program
Anniversaries/Birthdays	Humour	Book Sale update

Upcoming Events

February 13 Phantom of the Opera – Riverside Theatre Parramatta	February 22 Social BBQ with ARV – Kokoda Memorial Walk
February 26 Second Marigold Hotel – Movie Night – for End Polio Now	March 6 Bowel Scan sales commence
March 13-15 Mt Kosciuszko walk with Maxx	March 20-22 District 9685 Conference - Hunter

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 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****

President's Report – 9th Feb 2015



“No Pain...No Gain”

....Anonymous

To start with, I have to apologise to you all since, given the absence of our scheduled Night Reporter, I forgot to ask for someone to take on the task.

On a night like last night with large numbers and a real buzz in the proceedings, it is inevitable that I will miss something and that was one of a couple of items.

No matter. I will cover a bit of the evening, at least the bits I can remember.

Most importantly, we had a very interesting speaker in one Dr Paul Wrigley from the Pain Management Research Institute, based at Royal North Shore Hospital.

This was the reason so many attended last night and I am hoping that they got a lot out of Paul's talk. I am sure this was the case judging by the number of questions and interest shown.

Certainly, for me, I began to understand the complex nature of Pain, in particular “chronic pain”, where there is no fix but a multifaceted approach that involves many aspects and is focused very much on what the individual wants to do in their life.

Of importance, I felt that the good Doctor invited those with a need for assistance in this area to come to his clinic to seek solutions to their pain challenges.

Geoff and Shaan Verco were there to assist Paul and going forward I will talk to the board about how we might be able to contribute to their ongoing quest. So many of us are dealing with pain at the personal level and with our loved ones, this may well be an area that we can do some good work in supporting their quest.

We had another great update from our star exchange student Maxx, who always seems to combine content and humour so effortlessly.

We had updates also from many of our directors. There seems to be a lot of action at the moment, as always.

We have the Book Sale coming up on us very fast. We have Service action about to get going at Warrah. We have the District Conference also, nearly upon us and then there is the terrific “Weekend Away” in May, which I know will be another outstanding weekend due to the great organization by Colin and Diane Wright.

Make sure you take full advantage of that weekend, particularly our newer members, who have not experienced one of these weekends away as yet.

They are just so good and a great way to get know each other whilst having a tremendous experience.

I guess I should comment as usual on the saying of the week.

“ No Pain...No Gain”.

I know it is a bit clichéd, but the fact is we often do our best work when under pressure/ pain. I don't know why that is the case but many times, it just seems to work out that way.

At the end of the day, no matter what our circumstances are, we move forward. It is the Human thing.

That reminds me. It was soooo great to see our mate, Stan Baseley, back on deck, breathing normally, colour in his cheeks and raring to go again. Good on you Stan. You are an inspiration to us all.

Have a brilliant week, everyone.

Barry

Night Report – 9th Feb 2015

President Barry's report says it all, so this week I can only provide pictures, which are worth more than a thousand words – thanks to Ross.





The Second Best Exotic Marigold Hotel – for Polio Plus – Thu 26 Feb

Note: Members can pay this Monday night

Movie Night for Polio Plus

Movie: The Second Best Exotic Marigold Hotel
Time & Date: 8:30pm. Thursday 26th February 2015
Where: Events Cinemas Castle Hill
Cost: \$25.00 Includes Coffee/Tea and cake

Profits from this night will go Polio Plus. This is an easy way to raise funds to eradicate polio from the world while enjoying an evening in the company of fellow Rotarians and friends. **So don't forget to invite your family, friends and work mates to come along and join us for the evening.**

For Bookings and Enquiries:

Dudley Mercer
 Assistant Governor - Northwest Zone
 Mob: 0418 664 550
laol@myisp.net.au

2015 Book Sale Update – it's on 27-28 March

Report from Andrew Little.

- 3 book sale committee meetings have been held to date, the next is Tuesday 10 March
- 9 banners are up at Cherrybrook, Pennant Hills, West P H and Castle Hill
- A4 flyers have been sent out to local schools and Probus clubs
- Publicity for the sale has commenced with some of the local papers and community news magazines. We would appreciate it if **members distribute the flyers** that were emailed to them so that the book sale gets maximum publicity, not only for book donations, but also the sale itself. Please also note that we are also looking for donations of records, CD's and DVD's
- The phone holder roster is: Andrew & Desley Little: 2-16 Feb, Lynn & Max Henderson: 17-28 Feb and Bob & Bev Davison: 1-27 March
- Have had around 45 calls from people donating books so far and these are now being dropped off at the designated drop off houses
- **First major sort will be on Saturday 28 February** at the Uniting Church hall in New Line Road & we have around 25 people who are coming to help.
- The **second major sort will be held on Saturday 14 March** at the Church hall and there are around 20 people have indicated that they will help on this day. If you didn't tick the request form at the last Monday meeting and you are available to help on this Saturday, please let Andrew Little know
- The **third and final sort will be held on Tuesday 24 March**. At the meeting of 9 March (partner's night) we will be calling for volunteers to help on the Tuesday and also for the preparation for the book sale from Wednesday 25 & Thursday 26 March, as well as for the actual book sale on the Friday 27 and Saturday 28 March
- We are still looking for **volunteers to help manage the various book categories** – please let Andrew Little know if you can help with this. (it just means focussing on one category)
- We would also appreciate it if members and partners **collect fruit boxes** for the book sale as we will need a lot more.

50th Anniversary – Rotary Club of Castle Hill. – Wed 18 Mar

It is exciting times at the Rotary Club of Castle Hill as we prepare to celebrate the 50th anniversary of our chartering on Wed 18 March 2015, exactly on the date of the anniversary.

We have arranged for our member, Frank Anisse, to hold the event at the Madison Reception Centre in Dural, gathering for fellowship at 6:30pm with the proceedings commencing at 7pm.

We would be delighted if you and your members would consider joining us in this “once in a life time” celebration of the “Golden Anniversary”. The cost per Rotarian/partner has been set at \$50 per person.

Please contact Mike Hallen (mhallen@ozemail.com.au 0418 466900) for further details.

Yours in Rotary Service,
Mike Blair, President Rotary Club of Castle Hills.

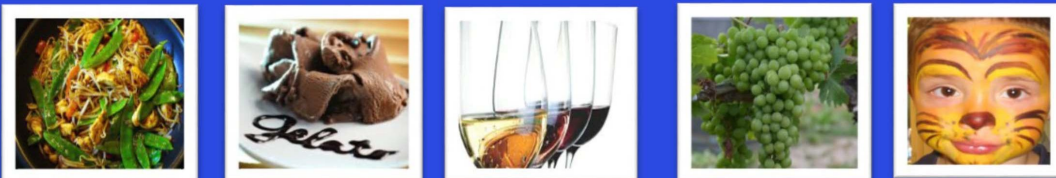
St Ives Food and Wine Festival – Sunday 1st March

SUNDAY 1ST MARCH 2015

10 AM—4 PM

St Ives Food and Wine Festival

St Ives Village Green



FOOD—WINE—LIFESTYLE

Over 35 International Food Stalls
19 Spectacular Wineries and Boutique Beers
Over 30 High Quality Lifestyle Stalls

Market Stalls - Live Music

Kids Activities

ENTERTAINMENT and FUN

FOR THE WHOLE FAMILY

Follow us on our WEBSITE: www.stivesfoodandwine.com

FACEBOOK: www.facebook.com/stivesfoodandwinefestival

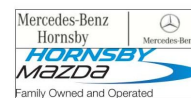


**SPECIAL THANKS
TO OUR SPONSORS**

GOLD SPONSOR

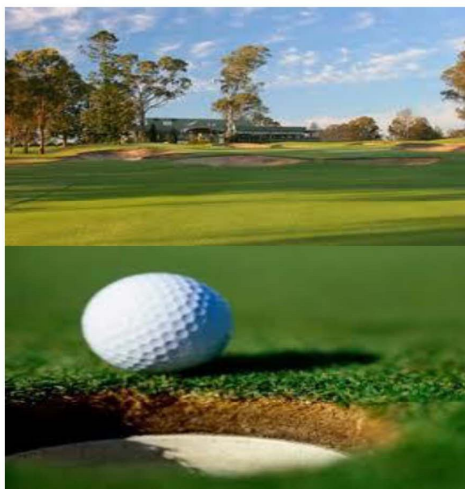


SILVER SPONSORS



All proceeds from this event will be donated to Rotary Projects and Room to Read
Entry \$2.00 Donation

Glenhaven Charity Golf Day – Tuesday 17th February



Glenhaven Rotary Club **Charity Golf Day**



Tuesday 17 February 2015
Castle Hill Country Club

- **Registration 11.00am**
- **Tee-off 12.30pm**
- **Lunch**
- **Dinner & Entertainment**

Castle Hill Country Club
Windsor Road, Baulkham Hills

Major Sponsor



CommonwealthBank

Other proud sponsors



RESMED

WPH SPORTS CLUB



**CASTLE HILL
COUNTRY CLUB**

Glenhaven Rotary Club, together with our major sponsor the Commonwealth Bank, would like to invite you to our charity golf day.

The majority of the proceeding raised will be donated to **Glenhaven Rural Fire Service (RFS)** and **The Hills State Emergency Services (SES)** to help maintain their capabilities to respond to our bush and grass fires, house and structure fires and motor vehicle accidents.



These organisations have more than 150 volunteers in our district regularly involved in life threatening activities. At other times they engage in fire hazard reduction and preparing the community and their properties for potential fires, storms or flooding.

They are continuously taking part in fund raising and other community activities to assist with equipment, improvements and the efficient operation of their respective units.



Birthdays and Anniversaries



nil



11th Feb – Jeanette Roberts
19th Feb – Barry Freeman
21st Feb – Alison Chuah

Humour – thanks again Barry (L)

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop pissing me off!

Old age is coming at a really bad time!

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I like my middle finger best because it always sticks up for me!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself, sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

CLUB PROGRAM – as at 7Feb2015 – updates to Peter Cleary please

Feb-15		World Understanding Month		
Sun	1	Family Charity Picnic		Barry Freeman
Sun	1	PRT Meeting 10am.		Barry Freeman
Mon	2	No meeting due to family charity picnic	Yes	
Mon	9	Dr Paul Wrigley - Sensory-Neurophysiology Research Unit at the Pain Management Research Institute	Yes	Barry Freeman
Tues	10	Book Fair Meeting		
Weds	11	Club Board Meeting 7.15 for 7.30		Barry Freeman
Mon	16	Detective Hans Rupp Partners Night	Yes	Tony Coote
Sun	22	Club social Barbeque with guests from ARV. 10am-2pm, Kokoda Memorial Walkway BBQ area (adjoining Cafe end Killoola St Concord)	Yes	
Mon	23	Youth Night -RYPEN, RYLA, NYSF reports.	Yes	Tony Coote
Mar-15		Literacy Month		
Mon	2	Mental Toughness Coach - Rebecca Jaeger	Yes	Peter Cleary
Thurs	6	Bowel Scan sales commence at Cherrybrook Shopping Centre. Date TBC		Barry Lambert
Mon	9	The Great Debate - subject "TBA" - Partners Night	Yes	
Weds	11	Club Board Meeting 7.15 for 7.30		Barry Freeman
Fri	13	Exchange student's Mount Kosciuszko walk	Yes	Graham Cuth.
Sat	14	staying at North Perisher	Yes	Graham Cuth.
Sat	14	Book Fair - Major Sorting at Church Hall.		Max Henderson
Sun	15	Ski Lodge	Yes	Graham Cuth.
Mon	16	Alan Barge - University of the Third Age		Barry Freeman
Fri	20	District 9685 Conference		
Sat	21	District 9685 Conference		
Sun	22	District 9685 Conference		
Mon	23	Lee Ussher-Surviving Facebook and Twitter	Yes	Barry Freeman
Tues	24	Moving of Books from garages and containers etc. to Church carpark and setup	All	Max Henderson
Wed	25	Moving of Books from garages and containers etc. to Church carpark and setup	All	Max Henderson
Thurs	26	Moving of Books from garages and containers etc. to Church carpark and setup	All	Max Henderson
Fri	27	Book Fair - Uniting Church, New Line Road, Cherrybrook	All	Max Henderson
Sat	28	Book Fair - Uniting Church, New Line Road, Cherrybrook	All	Max Henderson
Sat	28	Book Fair "Post Mortem" Dinner	All	Max Henderson
Mon	30	No Meeting - R&R following Book Sale		
Apr-15		Magazine Month		
Sun	5	PRT Meeting 10am.		Barry Freeman
Mon	6	No Meeting - Easter Monday	Yes	
Weds	8	Club Board Meeting 7.15 for 7.30		Barry Freeman
Mon	13	Pre Anzac meeting - Peter Sweeney invited 16/06/2014 - Partners Night	Yes	
Mon	20	Looking for speaker - Centenary of Gallipoli Landing remembrance.	Yes	
Mon	27	Frontier Services- Help for the Outback NSW		
Mon	28	Club Assembly		Barry Freeman
May-15		Community Month		
Mon	4	Looking for speaker		
Mon	11	Looking for speaker	Yes	
Weds	13	Club Board Meeting 7.15 for 7.30 Combined current and incoming Boards		Barry Freeman
Sat	16	Weekend away- The social highlight of the year	Yes	Social Comm.
Sun	17	Weekend away- The social highlight of the year	Yes	Social Comm.
Mon	18	Looking for speaker		Annual booking
Mon	25	Vocational Awards - Pride of Workmanship	Yes	Colin Sharpe
Sun	31	Salvation Army Red Shield Appeal		
Jun-15		Rotary Fellowship Month		
Mon	1	Victor Chang Speaker	Yes	
Mon	8	No Meeting - Queens Birthday. Many Happy Returns!		
Weds	10	Club Board Meeting 7.15 for 7.30 Combined current and incoming Boards		Barry Freeman
Mon	15	Exchange Student's final presentation - Partners Night	Yes	
Sat	20	Club Changeover Dinner. The Madison, Dural	Yes	Barry Freeman,
Mon	22	No meeting following Changeover.		
Mon	29	Looking for speaker		

Maxx's Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Feb 2015						1 Family Picnic
2	3	4	5	6	7	8
9 Rotary Mtg	10	11	12	13	14	15 Lunch – Davison's
16 Rotary Mtg	17	18	19	20 Umina Beach	21 Umina Beach	22 Umina Beach
23 Rotary Mtg	24	25	26	27	28	

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mar 2015						1 St Ives sailing day
2 Rotary Mtg	3	4	5	6	7	8
9 Rotary Mtg	10	11	12	13 Mt Kosciuszko	14 Mt Kosciuszko	15 Mt Kosciuszko
16 Rotary Mtg	17	18	19	20 Conference	21 Conference	22 Conference
23 Rotary Mtg	24	25	26	27 Book Sale	28 Book Sale	29
30	31					

Rotary Club of West Pennant Hills and Cherrybrook – Club Positions

President	Barry Freeman	0414 400 100
Presidents Elect	Cawas Sahukar	0432 692 602
	Teresa Janowski	0459 761 123
	Tony Coote	0412 812 624
Past President	Clive Denmark	0400 425 210
Secretary	Jim Simpson	0439 465 725
Treasurer	Bob Davison	0413 008 574
Membership	Keith Ball	0478 599 155
Club Services	Douglas Lam	0419 421 659
Youth Services	Tony Coote	0412 812 624
Community Services	David Turnbull	0408 246 669
International	Cawas Sahukar	0432 692 602
Foundation	Ross Ballinger	0418 868 026
Vocational/Social Services Director	Colin Sharpe	0408 810 463
Fundraiser Director	Max Henderson	0404 020 985
Public Relations	Carol Russell	0418 431 157