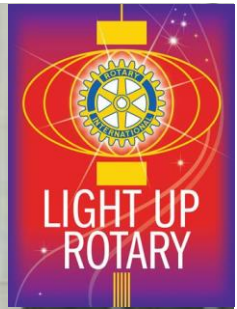


# The Rotary Club of West Pennant Hills and Cherrybrook

## Club Bulletin

Volume 28

Issue No. 36, 11<sup>th</sup> May 2015



### Monday 11<sup>th</sup> May - **Partners Night**

Vocational Awards – Pride Of Workmanship

### Monday 18<sup>th</sup> May

Operation food For Life – Dennis Perry

### Monday 25<sup>th</sup> May – **Partners Night**

Kokoda Experience – Rob & Michelle Clarke

## Duty Roster

Next Meeting – Monday 11 May		Following Meeting – Monday 18 May	
<b>Speaker Host</b>	Colin Sharpe	<b>Speaker Host</b>	Roslyn Savio
<b>Night Reporter</b>	Alan Paynter	<b>Night Reporter</b>	John Tchetchenian
<b>Front Desk</b>	Ian Roberts	<b>Front Desk</b>	Ian Roberts
<b>Front Desk</b>	Brian Furrer	<b>Front Desk</b>	Brian Furrer
<b>Steward</b>	Colin Baxter	<b>Steward</b>	Clive Denmark
<b>Steward</b>	Gino Savio	<b>Steward</b>	Tom Westcott
<b>Photographer</b>	Teresa Janowski	<b>Photographer</b>	Teresa Janowski

## Inside This Issue

President's Report	Night Report	Club Program
Weekend Away – Bateman's Bay	ANZAC Parra-Amble	GI Cancer Awareness week

## Upcoming Events

<b>April 18</b> Friendship Dinners commence
<b>May 13</b> Board Meeting @ Lam's
<b>May 16-17</b> Weekend Away

<b>May 11</b> Pride Of workmanship Awards
<b>May 14</b> Bowel Scan Sale/Promo @ CVSC
<b>May 31</b> Salvation Army Red Shield Appeal

## 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\*\***

## President Report 4<sup>th</sup> May 2015



**“Just when the Caterpillar thought the world was ending, it turned into a Butterfly”**

*Proverb*

Just from some of the looks on your faces last Monday evening when I read out this little “motivational” item, it was evident that for many the question was hanging in the air.....

**Why is he even saying/ using this one?**

It is a fair question and often, when I choose a saying for the week, I just choose it because I like the sound of it or it just grabs me in some way.

However, in this case, I was looking at quite a few and had to agonise over whether or not I would use THIS one.

My thinking was this.....

Many of us are moving into another part of our journey through life, the journey of older age. For many, this is a great time of change where lots of new opportunities unfold.

For some it is not such a great time, whether it be because of health, money, circumstances within the family, attitude etc. There are quite a few reasons why this part of the journey may not be viewed as so great when compared with the full speed ahead of those earlier years.

These are the thoughts that drove me to use the Caterpillar/ Butterfly proverb.

I think it is a perfect one for this time of life because it can help us to **look for the good stuff and not dwell on the negative**. It can help us to know or anticipate that around the next corner something great is going to appear.

My great mate, Cliff Patrick in Melbourne, told me years ago the very simple adage of....

**“What IS will PASS!”.**

There will always be change.

There will always be opportunity.

It is just a matter of what we see and what we do about it.

Anyway, enough of my ramblings for now.

We have a pretty active month or so ahead of us with a number of important meetings in the program about to happen, one of which is the all-important “Change Over “ meeting on June 20<sup>th</sup>.

I am pretty sure I can promise you a, hopefully, quite different format and an interesting one. For a start, it will be the first time in our history that we will be exiting 1 President and Installing 3 Presidents at the same time. We can do something with that.

The new board is assembling their plans for the New Year and many of you are involved already in that process.

We have got the May weekend away for many of us.... Really looking forward to that. I have never experienced a less than brilliant one of those, and I know Colin and Diane have put together another ripper.

So....onwards and upwards.

Have an incredibly great week and I will look forward to seeing all you [next Monday night for our “Pride of Workmanship” evening.](#)

*Barry*

## Night Report 4<sup>th</sup> May 2015

Sergeant Graham opened the meeting and introduced President Barry.

Barry lit the candle, followed by his saying for the week.

“Just when the Caterpillar thought the world was ending, he turned into a butterfly”.

Tom said “Grace.” Stan presented the “Loyal Toast”.

Teresa mentioned the recently born Princess.

Jan Duffy (Glenhaven Club) Incoming District Assistant Governor outlined the new zone for our Clubs area.

Maxx reported on his big week. Moving to Barry’s house, taking his friends to the city and watching the local AFL game.

Rosemary calling for helpers and a co-ordinator for the Bric-a-brac stall and an organizer for the plant sale at the coming Garage Sale.

Col Wright gave an update on the weekend away at Batemans Bay. 35 attending.

Col Sharpe report on the social functions and the Dural Musical Society show.

Membership meeting Tuesday night. Incoming Club Presidents meeting Thursday to discuss Club Change Over 2015.

WPH Public School working bee 23<sup>rd</sup> May. See Alan Paynter.

Guest Speakers from the North West Rail Link Project.

Introduced by Colin Mc.Gowen --

Phil Leijten and Katherine Martin. Presented a video on the proposed Sydney Rapid Transport (SRT) Detailed the North West Rail project, the route, the tunnelling progress, complete 2017 and the opening mid-2019. Cost \$8.3 Billion.

Questions from members followed.

Raffle won by Colin. Two up won by Jim.

Jan snuffed out the candle.

Closed the meeting with the National Anthem.

*Howard Fleming*

## Ronald McDonald House Dinner 8<sup>th</sup> May 2015

On Friday, we prepared a roast beef dinner for the residents and staff at the Ronald McDonald House at Westmead.

We managed to peel, chopped and cooked 4 x 3kg rump roasts with roasted potatoes, pumpkin, corn cobs, cauliflower, broccoli, carrots and peas, served with gravy and a special Desley-Barry cheese sauce.

Cheese and nibble plates with crackers and dips were beautifully prepared by President Barry.

All were well received and desserts of cheese cakes, mud-cake and Keith's apple pies went down a treat. We packed up more than 25 take-away containers of food for later consumption.

The drama of the night was the fire alarm went off and we all have to clear out of the building. Security and the fire brigade turned up to assess the safety of the house before we were let back in. Thank goodness it wasn't due to my caramelised pumpkin.

A job well done thanks to a great team, including President Freeman, Keith Ball, Tony and Glenda Coote, Andrew and Desley Little, Ian and Jeanette Roberts, John Tchetchenian and Kaija.

*Douglas*

## Weekend Away – Bateman's Bay – 16-17 May 2015

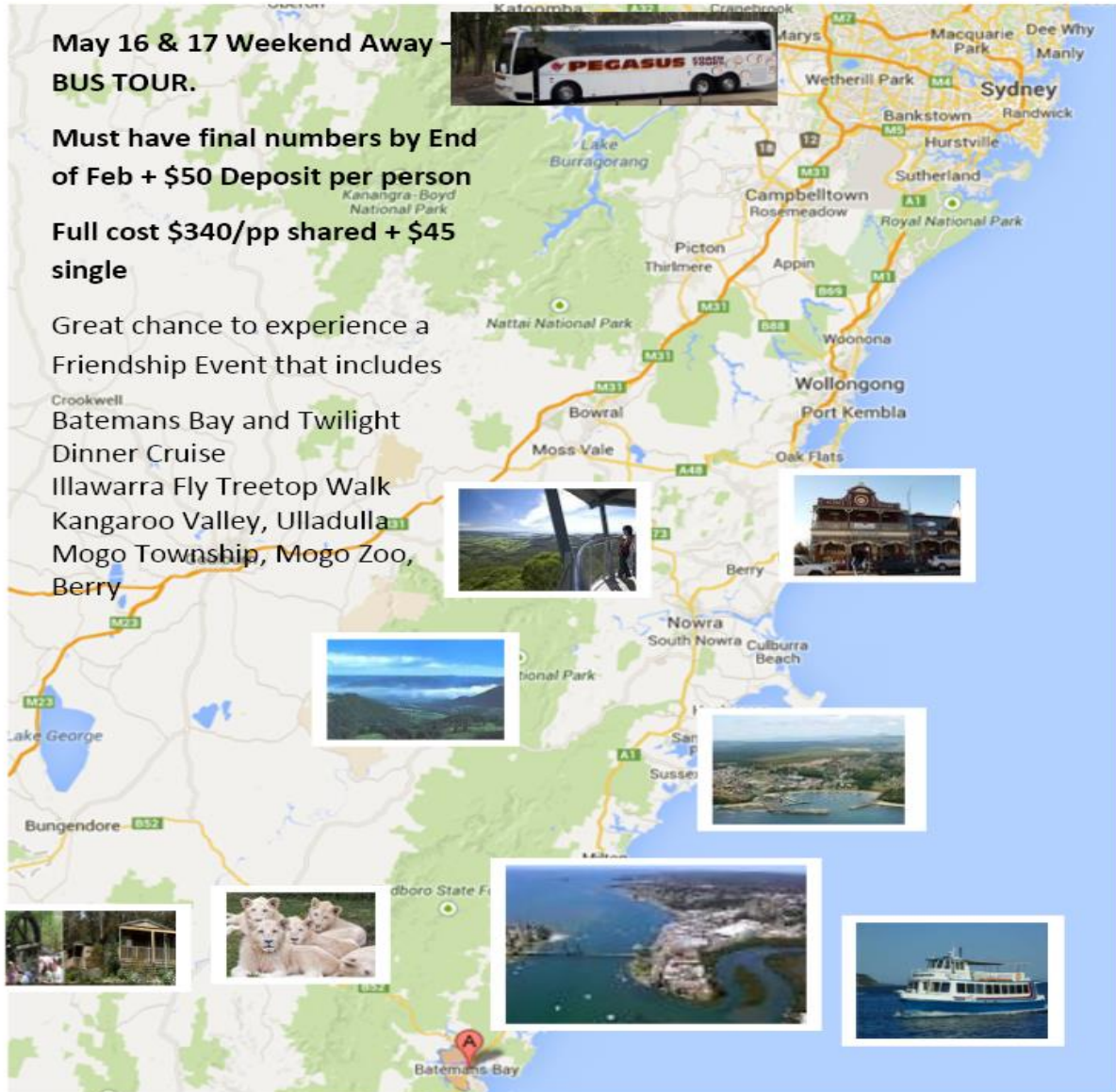
### May 16 & 17 Weekend Away – BUS TOUR.

**Must have final numbers by End  
of Feb + \$50 Deposit per person**

**Full cost \$340/pp shared + \$45  
single**

Great chance to experience a  
Friendship Event that includes

Batemans Bay and Twilight  
Dinner Cruise  
Illawarra Fly Treetop Walk  
Kangaroo Valley, Ulladulla  
Mogo Township, Mogo Zoo,  
Berry



**All Set and ready to Rock'n'Roll.  
Meet at Greenway Park Carpark  
Bus leaves @ 0800 Sharp**

## BowelCare 2015 – Celebrating 25 years!

### Pharmacy Sales: Saturday 18<sup>th</sup> April to Saturday 27 June 2015 (10 weeks)

As a BowelCare supporter club in past years we would like to inform you of changes to our future Programs. We are very pleased to announce that BowelCare 2015 – our 25th year of service in the community – will see the introduction of a new bowel screening test kit.

Throughout Australia, Rotary has chosen to update to the latest technology to screen for occult blood using a Faecal Immunochemical Test (FIT).

The Australian made brush-based test is very easy to use, requires no faecal samples, and there are no dietary or medication restrictions. Participants only need to take two samples from two separate days.

When participants complete their test they will mail the sample card back to the pathology laboratory in the pre-addressed envelope provided with the kit. Results are received within 14 days.

### Sales Period and Cost of Kit:

- o With the introduction of our new kit we have extended pharmacy sales from 4 weeks to 8 weeks so as to give participants more time to take up this new program.
- o *All Rotary kits throughout Australia will be sold for \$15.00 each. This price covers pathology testing and notification of results to both the participant and their nominated Doctor.*

As in the past, I will be responsible for collecting program stock (from Murray Farm Primary School) and delivering same to their club's nominated pharmacies just prior to commencement of the program. Again at the end of the program I will be required to collect all unsold kits and sale proceeds and return same to BowelCare (Murray Farm Primary School).

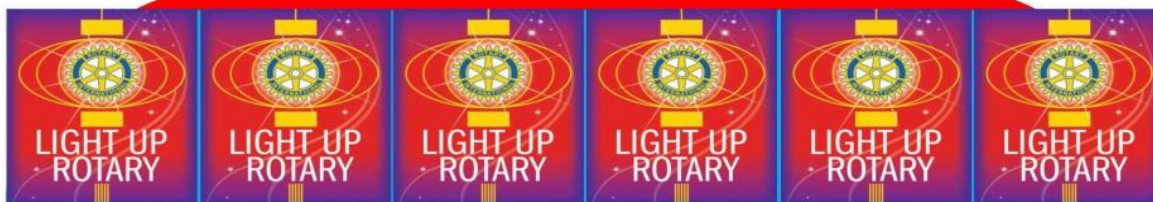
With this new kit, participating pharmacies will no longer have a pathology collection bin for completed test kits. *Consequently coordinators will not at any time during the program be required to take kits for testing to pathology.*

At BowelCare we do appreciate your dedication and support and we believe Rotary's decision to adopt a new kit will simplify the program for all involved.

Our Club will be promoting the kits at Cherrybrook Village Shopping Centre on Thursday 14<sup>th</sup> May, Saturday 30<sup>th</sup> May and Saturday 13<sup>th</sup> June. I will be looking for volunteers and organising the roster in early May.

Barry Lambert

**Volunteers required to man  
Information Desk at Cherrybrook Shopping Village  
on Thursday May 14<sup>th</sup> 8AM to 8PM – Contact Barry Now**



# District Governor Ian Scott & District Governor Elect Gina Growden

Have much pleasure in  
Inviting you to Rotary International District 9685's

## District Changeover

27th June 2015 at 6pm for 6.30pm.

Hornsby RSL, 4 High Street Hornsby

Cost \$50 per head

Please register on line at : <http://changeover.rotarydistrict9685.org.au/>

By 17th June 2015



 **Parra-Amble**

**CHECK OUT THE WEB SITE.....**  
[WWW.PARRA-AMBLE.ORG](http://WWW.PARRA-AMBLE.ORG)


**A Reaffirmation of the Anzac Spirit!**



**CONTACT : TERRY DAVIES**  
**AUSTRALIAN ROTARY HEALTH**  
 0412229994 or 02 88338338.

**100 YEARS OF ANZAC** **THE SPIRIT LIVES 2014 - 2018**

The Spirit of ANZAC was suggested by official war historian C.E.W. Bean to have 'stood, and still stands, for reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship and endurance that will never own defeat.' The Spirit was epitomised in the deeds of Simpson with his donkey at Gallipoli - comradeship, courage and sacrifice: others before self. It also encompasses the laughter, the pride and the love of life that is in every Australian. To really understand this Spirit one must delve back into our country's past.




**ANZAC PARRA-AMBLE**

  
[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)




**SUNDAY 24 MAY 2015**

 **Question:** What was the complement (number of crew members) of HMAS Parramatta I?

**Memorial to the Men of the HMAS PARRAMATTA**  
 Originally at the Parramatta Bowling Club, Parramatta Park, this memorial is now at Queens Wharf Reserve near the location of the other HMAS Parramatta. On the 23 November, 1986 this memorial was rededicated together with a memorial service for the crew of HMAS Parramatta II.

**What is the ANZAC Parra-Amble?**  
 It's a discovery walk to answer questions around Parramatta by visiting all the sites with reference to 1915 and the aftermath of the Great War in celebration of 100 years of the Anzac Spirit! Parramatta City Council and Australian Rotary Health have the opportunity to celebrate the ANZAC SPIRIT in the MODERN ERA!



**"PRO TANTO QUID RETRIBUEMUS"**

The Royal Gate at St John's Cathedral bear the latin quote "PRO TANTO QUID RETRIBUEMUS". Thousands of people walk past this monument each day in the Parramatta Mall without knowing that it is asking the question about the list of the deceased .....

**"In return for so much, what shall we give back?"**



**PARRAMATTA CITY COUNCIL**

## AMBLE DAY

- Turn up at Parramatta Town Hall at 9:30 am for check-in and registrations.
- When told, SMS the word "GO" to 0488 7 AMBLE (0488 726 253)
- You will get an SMS answer giving your first COMPULSARY Checkpoint and that your three hours have started. Report this to an official at the Start and you will be given your Checkpoint Clue Sheet.
- Use the map on the other side to find where this checkpoint is located.
- At this Checkpoint the Team Captain will be given a Checkpoint Challenge card with a multiple choice question to be answered.
- Immediately you have decided on the answer, SMS it to 0488 7 AMBLE.
- You will receive an SMS back telling you if you have the right answer, how many points you have scored and the Ambling time left.
- Then you can head for the next Checkpoint of your choice from the Clue Sheet - take a minute to plan the most effective sequence.
- Once you have finished return to the Town Hall for entertainment and prize giveaways.

## HOW TO DO IT

When you have the answer to your Checkpoint Challenge, SMS it to 0488 7 AMBLE (0488 726 253)

Text the Question Code leave a space and add the answer letter.

For example: AJ2 B



## REMEMBER THE RULES!

No running - it can be dangerous  
No splitting your team up  
You can walk, wheel chair or use the Shuttle Bus  
Respect the sites

## CHECKLIST

- Mobile phones fully charged
- Sufficient phone credit for submitting Checkpoint Challenges
- Bibs pinned to each Team Members' front
- Hats, sunscreen, sun glasses (or rain gear) - dress for the conditions and be prepared
- Bottles of water to keep hydrated along the way
- Comfortable walking shoes are a must
- Way-out costumes - give your team a chance to win the Fanciest Dressed Prize!



## free shuttle



## GOING MANUAL

What should I do if my mobile stops working?  
Record your answers on each Checkpoint Challenge Card and hand them in at your LAST Checkpoint

## THE PRIZES

- What your team could win -
- Highest Scoring Team Prize
  - Participating Team Prize
  - Best Costume Team Prize
  - Fundraising Prize
  - Various novelty prizes

## POINTS SYSTEM

Points for Checkpoint Challenges are related to the distance from the starting point.

- Within the Green Circle - 10 points
- Within the Maroon Oval - 15 points
- Outside the Maroon Oval - 20 points
- Bonus Questions - 25 points



### SPONSORS:



ANZAC PARRA-AMBLE  
RAISING FUNDS FOR HEALTH RESEARCH

## Birthdays and Anniversaries



NIL



**Andrew Little - 13<sup>th</sup> May**  
**Jenny Denmark - 14<sup>th</sup> May**  
**Colin Wright - 17<sup>th</sup> May**

## Humour

Learning to speak Irish

The reason there are so many Irish jokes is because the Irish have a quaint way with words

Like the Irish patient who hobbled into the Surgery waiting room. I hope to God the doctor finds something wrong with me because I'd hate to feel like this if I was well.

Murphy dropped dead the moment he arrived home from a vacation in the tropics. He was laid out in the coffin for friends and neighbours to pay their last respects. He's got a great tan, Mrs Doolan from next door mused. The holiday did him the world of good. And he looks so calm and serene, said Mrs McGuinness.

That's because he died in his sleep. explained Mrs Murphy, and he doesn't know he's dead yet, but when he wakes up, the shock will kill him.

Your glass is empty O'Flaherty, will you be having another?  
And why would I be wanting two empty glasses replied O'Flaherty.

Murphy arrived home late from the pub, well-oiled and ready for trouble.  
Is that you Murphy called his wife.  
Byjasus It damned well better be

Two tough union men were working on a building site when Murphy fell from the second floor scaffolding.  
Are ya dead cried Gallagher from above.

To be sure I am, replied Murphy.

You are such a liar Murphy that I don't know whether to believe you or not! called Gallagher. That proves I'm dead, said Murphy's voice from the rubble below, because if I was alive you wouldn't be game to call me a liar

Dublin's contestant in an international quiz was waiting for his first question.

First, what's your name and occupation The compere asked.

Pass", came the reply.

Paddy and Shamus were hitchhiking. It's best if we split up," said Paddy. "I will meet you in the next city under the town hall clock.

Later that night Shamus was waiting at the appointed place when Paddy drove up in a swank car. Where the hell did you get that?

Paddy explained that he had just walked a little way when a beautiful woman picked him up. She drove into the woods, got out and took all her clothes off. She said I could have anything I wanted, so I took the car, said Paddy.

Good choice too, said Shamus. "You'd look ridiculous in her clothes.

PADDY If you can guess how many chooks I have in my bag, you can have both of them.

"Three Suggested Shaun.

*Stan Basley*

Club Programe 2014-2015				
		Updated 23/4/2015 by PHC	Partners	Co-ordinator
<b>Apr-15</b>		<b>Magazine Month</b>		
Sun	26	Bunnings BBQ Dural		Barry Lambert
Mon	27	Frontier Services- Help for the Outback NSW	Optional	Peter Cleary
<b>May-15</b>		<b>Community Month</b>		
Mon	4	Northwest Rail Link Update		Peter Cleary
Fri	8	Ronald McDonald House Dinner preparation		
Mon	11	Vocational Awards - Pride of Workmanship	Yes	Peter Cleary
Weds	13	Club Board Meeting 7.15 for 7.30		Barry Freeman
Thurs	14	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		Barry Lambert
Sat	16	<b>Weekend away- The social highlight of the year</b>	Optional	Social Comm.
Sun	17	<b>Weekend away- The social highlight of the year</b>	Optional	Social Comm.
Mon	18	Operation Food for Life - Dennis Perry	Optional	Peter Cleary
Sat	23	West Pennant Hills Primary School Working bee		Alan Painter
Mon	25	Kokoda Experience- Rob & Michelle Clarke	Yes	Peter Cleary
Tues	26	Garage Sale Logistics meeting at Rosemarys		Rosemary
Sat	30	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		
Sun	31	Salvation Army Red Shield Appeal		
<b>Jun-15</b>		<b>Rotary Fellowship Month</b>		
Mon	1	Victor Chang Speaker	Optional	Peter Cleary
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
Sat	13	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		Barry Lambert
Mon	15	Garage Sale on Site meeting Traffic Management Plan		Tony Coote
Mon	15	Exchange Student's final presentation - Partners Night	Yes	Tony Coote
Sat	20	Club Changeover Dinner. The Madison, Dural	Yes	Barry Freeman,
Mon	22	No meeting following Changeover.		
Mon	29	Buying & Selling Real Estate in the current Market-Daniel Tan	Optional	Peter Cleary

### 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