



Rotary Club of West Pennant Hills and Cherrybrook



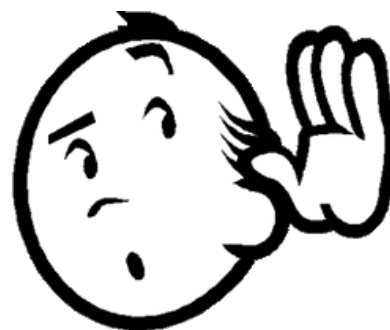
Volume 29, Issue No. 34 – 9th May, 2016

The Next Meetings

Monday 9th May

Pssst.....what did he say?

Hearing Management - Nerida Jackson



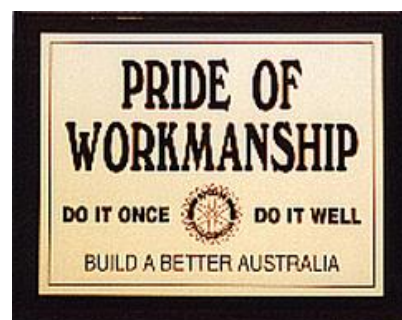
**Monday 16th
May**

Members Talks plus Avi



**Monday 23rd
May**

Pride of Workmanship



Duty Roster

Duty	Monday 9th May	Monday 16th May	Monday 23rd May
Speaker Host	Peter Cleary	Colin Sharpe	Colin Sharpe
Night Reporter	Max Henderson	Colin McGowan	Stan Baseley
Front Desk	Bob Davison	Bob Davison	Bob Davison
Front Desk	Brian Furrer	Brian Furrer	Brian Furrer
Steward	Bernard Chandra	Graham	Peter Cleary
Steward	Ian Roberts	Cuthbertson	Andrew Little
Photographer	Ross Ballinger	David Turnbull Ross Ballinger	Ross Ballinger

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Club Calendar

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Upcoming Events

5th, 10th & 12th May

Bowel Care at Cherrybrook

6th May 2016

Ronald McDonald House - **Meals from the Heart**

29th May 2016

Salvation Army - **Red Shield Appeal**

29th May 2016

Vivid Lights Tour - see below for details

circa July 2016

RAWCS Working Bee in Vanuatu -
contact David Turnbull

BowelCare - Cherrybrook Village May 2016

Did You Know?

Australia has the world's highest incidence of bowel cancer – 1 in 12, both men and women, will be diagnosed with bowel cancer by the age 85. Age is an important factor. The risk begins at age 40, doubling every 5 years and more rapidly as the person gets older. Statistics show 90% of bowel cancers can be successfully cured

if detected at an early stage. Early detection leads to an improved prognosis and less severe treatment.

BowelCare is a not-for-profit Rotary community service program for both men and women over 40 years which commenced in 1990 with the view of providing the general public an affordable annual bowel screening program. This year's Program will be Rotary's 26th year of service in the community.



The Club has booked a table at Cherrybrook for 5th, 10th and 12th May. Volunteers are needed to dispense BowelCare kits. Cawas is looking for just 2 hours of your time. At four sessions by two that's 8 volunteers each day.

Please assist in this worthy cause.

Facebook

We have finally established a Facebook site.

Check it out at by clicking on the symbol.



Ronald McDonald House - "Meals From The Heart"



RMH is located in the grounds of Westmead Children's Hospital. The house has 18 rooms and a further 5 units in a nearby street. The facility caters for sick children and their families that normally reside over 100 kms from the hospital.

We have been invited to provide a Meal from the Heart on Friday 6th May. The main meal is to be cooked at RMH. Deserts can be cooked at home and brought along.

If you can participate either by assisting in cooking the main meal and/or supplying deserts then contact Cawas. If work etc prevents you cooking then assist at meal-time.

I always leave these events in great spirits having achieved both fellowship and assisting families in their time of need.

Please note that **Working With Children** certification is required. (See Secretary Jim if you do not have WWC.)

Salvation Army - Red Shield Appeal - 29th May

Spend a Sunday morning by overseeing children from local schools collecting monies for the Red Shield Appeal



**RED
SHIELD
APPEAL**

Vivid Lights Tour 29th May

What a fantastic opportunity to see Sydney showing off.

If you have not told Colin Sharpe you are attending then please do so.

Payment is due by 15th May. Cost is \$68 per adult (\$60 for child 14yo and under)
Front Desk will take payment from 2nd May or make a payment directly to the Club.

I am wary of publishing bank details here, so look for the email from Colin Sharpe dated 12th April.





Youth Exchange - Reports from Amelia Craig

Amelia's March report now resides at <http://www.wphcrotary.org/exchange.html>

Information from other clubs

Jazz at the Pines



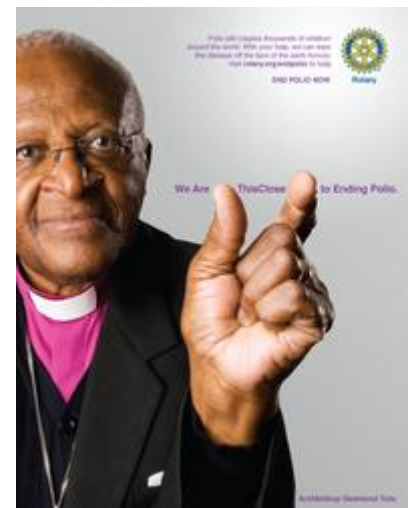
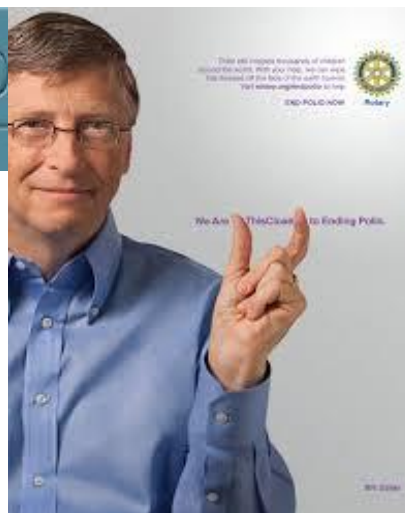
May 15, 12:30pm to 4:00pm
Roughley House
656A Old Northern Rd, Dural

Jazz at the Pines is a project of **The Rotary Club of The Hills-Kellyville** with the support of The Hills Shire Council. The new season of Jazz starts on 20 September 2015 and runs through to May 2016.

Enjoy an afternoon of live jazz within the grounds of the historic Roughley House at Dural, bring your picnic and relax under the beautiful pine trees. Tables can be booked in advance or set up your own chairs or a picnic rug.

More Rotary Graphics

Thought I might follow a theme. These images can be downloaded by left clicking and saving.



Significant Club fundraising events during the year



The Book Sale March 2016. As the result of a lot of hard work the March book fair which was a great success, especially from the organisers Max Henderson, Andrew Little and Clive Denmark. Funds raised were \$14,000. Well done.



The Trivia Night

The Club held a very successful trivia night on Saturday 29 August 2015 at the Cherrybrook Community Centre, raising just over \$5,000 for local charities including: Shine for Kids, Books in Homes Australia, Familial Cancer - Lynch Syndrome Australia, Warrah Society and other charities supported by the club. David cleaning up



The Garage Sale

We had a very successful **Garage Sale** on the weekend of 26/27 September raising over \$24k gross. The weather made it hard to set-up in the lead up to the event, but for the sale the wet weather stayed away. Anne performing for the customers.



Barbecues

The club runs fund raising barbecues throughout the year, mainly at Bunnings - Dural and Thornleigh. Barry (BBQ coordinator, Aviaaja, Neville, Ian and Barry cooking at Bunnings Dural December 12th.

Meetings

Monday 6:30pm for 7:00pm - Springfield House - 245 New Line Road, Dural.

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 2nd May 2016

Fellow members,

I say this often. I'm continually amazed and humbled by the confidence and professionalism in the future leaders we see in Rotary through our many activities. Our Exchange students, Our RYLA and RYPEN candidates, Guest Speakers and of course our sons, daughters and grandchildren. This is the great thing about the youth work we do year after year in Rotary, and why I enjoy so much leading Youth for our club. We see snapshots of young people as they grow in confidence and skill over the years! Our speaker on Monday was right up there. Julian gave us a real insight into his life as an Australian Army recruit, his training, and some of his challenges. He was confident, polished and stood tall, proud to wear his uniform. It was also great to see Gino's pride in his son. Our future is surely in great hands.



I also want to acknowledge Annette's son Nick who came along to our meeting with Tom. I missed doing so on the night. Welcome Nick. Please come and see us again.

A reminder to all our members to please ensure you notify Jilda or David Turnbull if you will not be attending meetings, or if your guests or partners will be attending a meeting. Also when you notify the Secretary of an intended leave of absence, please also copy Jilda.

Planning is well underway for our annual changeover dinner at Madison on 18th June. It should be a fantastic evening, with our outgoing and incoming District Governors attending. Please confirm your attendance with Teresa if you have not already signed up.

Have a fabulous week.

Yours in Rotary
Tony

Night Report 2nd May

President Tony reported on our combined meeting on the 18th April with Lyons, at the West Pennant Hills Sport Club saying he was pleased with our attendance numbers and that he was inspired by the guest speaker Chris Mc Nicol, who explained the relevance of the current middle eastern conflict from a historical point of view.

Prior notice was given for our Change-Over Night to be held at The Madison on Sat 18th June.

Wed 11th May there is a board meeting at Rosemary's.

Keith was thanked for his efforts re Web site and Membership etc.



Bowel Care is cancelled for Tuesday but there will be a new roster for next week.

Neville gave some preliminary details re The Garage Sale to be held 8th and 9th. October. Start time will be 9am (8am for food) The guide hall will be available to us for the 3 weeks prior.

David sadly informed us that his helper and friend from the last few garage sales Ronalto took his own life last week.

A reminder that we must continue to support our nominated charities re Mental illness.

Colin Sharpe announced the close off date for payment (\$68 pp) for Vivid, is 15th May.

Friendship meals are progressing.

Club Facebook page has been revamped and is up and running.

Look for the "Yellow" Rotary wheel and click "Like"

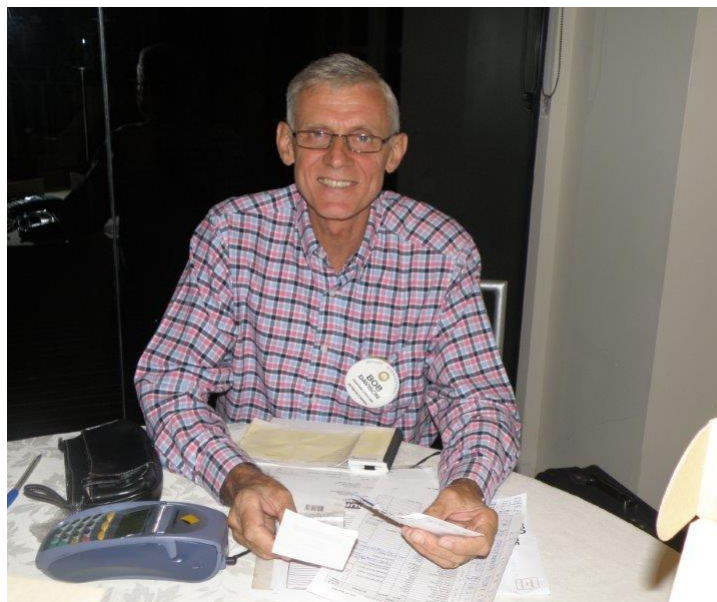
Keith distributed printed Rotary personalised Business cards to each member to use when promoting our club.

Carol mentioned the excellent coverage that was given to Romac on "A Current Affair" explaining how Rotary is helping to bring patients from O/S for specialist medical treatment in Australia.

Avi gave her initial report on her adventures on Safari with the District group of exchange students visiting Port Macquarie, Byron Bay, Airlie Beach, Cairns, Alice Springs, Kings Canyon, Uluru, Cooper Peddy, Port Augusta, Adelaide, Melbourne etc. To cap that off the Davidsons took her to Bali.

After coffee and tea Barry Freeman introduced our guest speaker Julian Savio, son of Gino, who explained the trials and tribulations of being a new recruit into the Australian Army. Julian showed us a couple to short Videos which showed the rigorous training and exercises required by all recruits, with a 48% failure rate. Sign up period is 4years, posted anywhere in Australia..if selected O/S service is required.

Julian spent some time on light duties after an ankle injury but was expected to do some community service programs such as helping



out at the Sydney Dog and Cat Home..Army
uses dogs for explosive detection etc.

Rosemary won the raffle with ticket No 2 Two
up won by Stan —again.

Meeting closed at 8.40pm
Alan



Anzac Reprise

Dear Cawas,

With pleasure I attach the photo set of the Anzac Dinner below - you just right click on the icon & then copy to your folder. Thanks you for including memories of the evening in your Club Bulletin. Please let me know if you need more assistance.

Just to let you know about our next project, we have decided to do a fund raiser to help in the fight against domestic violence for the Lisa Harnum Foundation with proceeds to help the Foundation's work in the Sydney Hills & North West. You may remember the case where Lisa was thrown off the balcony of a 15 floor apartment (she died instantly) in July 2011 by Simon Gittany - he got 26 years for her murder.. We are holding a Trivia evening at the Sport Club on 25th June hoping to raise \$3/4000. Our information that domestic violence in our area is a real problem. There is a need for a case worker in our area. It's a sad fact that three quarters of all women killed in NSW die at the hands of their loved ones.

We would like to know about some of your club's upcoming projects with the view of supporting / contributing in some way.

Our very best wishes to you and Rashna again.

Geoff & Marie.





Birthdays, Anniversaries and Humour

Birthdays



Nil

Anniversaries



Nil

This Week's Humour

LIONS SEX



Two old men are drinking in a bar. One says, "Did you know that lions have sex 10 to 15 times a day?"

"Aww, darn!" says his friend, "... and I just joined Rotary!"

Stan

The Back Nine - this may make you think!!!!!!!!!!!!!!

THE BACK NINE

I FIRST STARTED READING THIS EMAIL & WAS READING FAST UNTIL I REACHED THE THIRD SENTENCE. I STOPPED AND STARTED OVER READING SLOWER AND THINKING ABOUT EVERY WORD. THIS EMAIL IS VERY THOUGHT PROVOKING. MAKES YOU STOP AND THINK. READ SLOWLY!

AND THEN IT IS WINTER

You know ... Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... **The back nine of my life** and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though I'm on the back nine, and I'm not sure how

long it will last...this I know, that when it's over on this earth..it's over. A new adventure will begin! **Yes, I have regrets.** There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether you're on the back nine or not!

You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. **LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY ! HAVE A GREAT DAY** Remember "It is health that is real wealth and not pieces of gold and silver. LIVE HAPPY IN 2016

LASTLY, CONSIDER THIS:

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good.. Coming home is better!

~You forget names.... But it's OK because some people forgot they even knew you!!!

~You realize you're never going to be really good at anything like golf.

~The things you used to care to do, you aren't as interested in anymore, but you really do care that you aren't as interested.

~You sleep better on a lounge chair with the TV 'ON' than in bed. It's called "pre-sleep".

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ...

"what?"... "when?"... ???

~You notice everything they sell in stores is
"sleeveless"?!!!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of
which you will never wear.

~~~But Old is good in some things: Old Songs, Old  
movies, and best of all, **OLD FRIENDS!!**

Stay well, "OLD FRIEND!" Send this on to other "Old  
Friends!" and let them laugh in AGREEMENT!!! It's  
Not What You Gather, But What You Scatter That  
Tells What Kind Of Life You Have Lived.

TODAY IS THE OLDEST YOU'VE EVER BEEN;  
YET THE YOUNGEST YOU'LL EVER BE, SO  
ENJOY THIS DAY WHILE IT LAST

Stan

|               |    | Club Program 2015-2016 <small>Updated 4/5/2016</small>                | Partners |
|---------------|----|-----------------------------------------------------------------------|----------|
| Fri           | 6  | Ronald McDonald House - <b>Meals from the Heart</b> - 4pm to 10pm     |          |
| Mon           | 9  | Pssst....what did he say?? Hearing Management - Nerida Jackson        |          |
| Wed           | 11 | Club Board Meeting at Clarke's                                        |          |
| Mon           | 16 | Members Talks plus Avi                                                |          |
| Tue           | 17 | Youth Committee Meeting                                               |          |
| Mon           | 23 | Pride of Workmanship                                                  | Yes      |
| Tue           | 24 | Satellite Committee Meeting                                           |          |
| Sun           | 29 | Salvation Army Red Shield Appeal                                      |          |
| Sun           | 29 | Vivid Sydney Bus trip inc arvo tea & dinner - leave 2pm home 10:30 pm |          |
| Mon           | 30 | <b>No Meeting after Vivid Trip</b>                                    |          |
| Tues          | 31 | Membership Committee Meeting                                          |          |
| <b>Jun-16</b> |    | <b>Rotary Fellowship</b>                                              |          |
| Mon           | 6  | Caught in the Nepal Earthquake - Jan Pryor                            |          |
| Wed           | 8  | Club Board Meeting at Turnbull's                                      |          |
| Mon           | 13 | Youth Night Outgoing Students Final Presentation                      | Yes      |
| Sat           | 18 | Club Change over Amigos to Rosemary @ The Madison                     | Yes      |
| Mon           | 20 | <b>No Meeting after Change Over</b>                                   |          |
| Mon           | 27 | Antarctica Talk and Video - Howard Fleming                            |          |
| Tue           | 28 | Satellite Committee Meeting                                           |          |
| <b>Jul-16</b> |    |                                                                       |          |
| Mon           | 4  | Prevention of Domestic Violence                                       |          |
| Tue           | 5  | Membership Committee Meeting                                          |          |
| Mon           | 11 | Club Assembly                                                         |          |
| Tue           | 12 | Youth Committee Meeting                                               |          |



|               |    |                                                       |     |
|---------------|----|-------------------------------------------------------|-----|
| Wed           | 13 | Club Board Meeting                                    |     |
| Mon           | 18 | CareFlight                                            | Yes |
| Mon           | 25 | Controlling and Managing Aged Care                    |     |
| <b>Aug-16</b> |    |                                                       |     |
| Mon           | 1  | Growing the Best-NSW Farmers Dave Bannan              |     |
| Tue           | 2  | Membership Committee Meeting                          |     |
| Mon           | 8  | Possible Fair Trade Speaker                           |     |
| Wed           | 10 | Club Board Meeting                                    |     |
| Sun           | 14 | Container Clean Out for HSC pick-up at 1300 hours     |     |
| Mon           | 15 | Youth Night                                           |     |
| Mon           | 22 | Ben Goulie                                            |     |
| Sat           | 26 | Trivia Night                                          |     |
| Mon           | 29 | Looking for speaker                                   |     |
| <b>Sep-16</b> |    |                                                       |     |
| Mon           | 5  | Looking for speaker                                   |     |
| Tue           | 6  | Membership Committee Meeting                          |     |
| Mon           | 12 | Our Language-Macquarie Dictionary - Sue Butler        |     |
| Wed           | 14 | Club Board Meeting                                    |     |
| Mon           | 19 | Looking for speaker                                   |     |
| Mon           | 26 | Looking for speaker                                   |     |
| <b>Oct-16</b> |    |                                                       |     |
| Sun           | 2  | Bunnings BBQ - Dural                                  |     |
| Mon           | 3  | <b>No Meeting - Labour Day</b>                        |     |
| Tue           | 4  | Membership Committee Meeting                          |     |
| Sat           | 8  | Garage Sale                                           |     |
| Sun           | 9  | Garage Sale                                           |     |
| Mon           | 10 | <b>No Meeting after Garage Sale</b>                   |     |
| Tue           | 11 | Youth Committee Meeting                               |     |
| Wed           | 12 | Club Board Meeting                                    |     |
| Mon           | 17 | Looking for speaker                                   |     |
| Sat           | 22 | Chinese Lantern Festival                              |     |
| Mon           | 24 | Looking for speaker                                   |     |
| Mon           | 31 | Looking for speaker                                   |     |
| <b>Nov-16</b> |    |                                                       |     |
| Tue           | 1  | Membership Committee Meeting                          |     |
| Mon           | 7  | Looking for speaker                                   |     |
| Wed           | 9  | Club Board Meeting                                    |     |
| Mon           | 14 | Looking for speaker                                   |     |
| Mon           | 21 | Looking for speaker                                   |     |
| Mon           | 28 | Looking for speaker                                   |     |
| <b>Dec-16</b> |    |                                                       |     |
| Sat           | 3  | Bunnings BBQ - Dural                                  |     |
| Mon           | 5  | Looking for speaker                                   |     |
| Tue           | 6  | Membership Committee Meeting                          |     |
| Sun           | 11 | Xmas Lunch plus KK at Springfield - 11:30am to 3:30pm |     |
| Mon           | 12 | <b>No Meeting following Xmas Lunch</b>                |     |
| Wed           | 14 | Club Board Meeting                                    |     |
| Mon           | 19 | Looking for speaker                                   |     |
| Mon           | 26 | <b>No Meeting - Boxing Day</b>                        |     |