

Rotary



Rotary Club of Chatswood Roseville

District 9685 Australia



**CREATE HOPE
in the WORLD**

The Rotary Club of Chatswood Roseville

2023-2024



ROTARY INTERNATIONAL PRESIDENT

Gordon R. McNally

DISTRICT GOVERNOR

Christine Owen



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PP Andre Hariman

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PP Peter Lewis

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PP Michael MacQuillan

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PP Ross Symons

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PP Peter Kindred

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PP Peggy Yu

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PP Peter Timmermann

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PP Richard Green

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Ian Garrard

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PP Neil Howie

Fundraising Chairman

PP Peter Kindred

Social Chairman

Sue Ward

Welfare Chairman

Diana Wilkinson

Attendance Officers

PP John Hartley

Bulletin Editor

PDG Greg Muldoon

Website & ClubRunner

PP David Williams

Risk Management Officer

Allan Farrar

Club meets:

2nd and 4th Tuesdays at 6.00
for 6.30pm

Roseville Golf Club
4 Links Avenue
Roseville NSW 2069

PO Box 288
Roseville NSW 2069

www.chatswoodrosevillerotary.org.au

Rotary Club of Chatswood Roseville



Scan the QR Code
to access our Club
Website

Bulletin

Volume No 2

Issue No 20

Meeting:

11 June 2024

TONIGHT'S MEETING - 11 JUNE 2024

Club Forum



This is an opportunity to voice ideas, raise any issues, or make suggestions about anything in our Club. Maybe even suggest a new project.

President Elect Peter Lewis plans to talk briefly about the excellent work of the Club Directors and Office Bearers and offer thoughts about the direction of the Club during the next year. He

hopes that this may encourage discussion and debate from the Members.

A Club Forum gives every member the opportunity to have their say in the running of **OUR** Club - don't waste that opportunity!

Tonight is the night to have **YOUR** say.

ATTENDANCE and APOLOGIES

Members must complete the **RSVP response**, or advise **John Hartley**, with your attendance, apology, guests, any special dietary requirements for you or guests, by the **Monday 8 days before a meeting** for catering purposes. If you fail to apologise you will be charged the cost of the meal. Visiting Rotarians, guests or Friends please advise **John** on johnehartley@me.com (**0422 383 583**), by the 8 days before a meeting you intend attending.



FROM THE PRESIDENT

My father, Eddie Hariman, was charter member of the Rotary Club of Malang (Indonesia) in the late 1960's, so all four children were exposed to Rotary ideals since we were young. For the first ten years, the members included Provincial Governor, Lord Mayor, Commissioners of Police and Taxation, and CEOs and Presidents of banks and large companies.



In 1985, the Rotary Club of Chatswood (dinner club) decided to form a new Rotary Club of Willoughby (lunch club). I was invited to be a Charter Member by PP Bob Mugdan and PP Warwick Bateman. When I told my father, his exact words were: "Andre, it is an honour and privilege to be invited." A feeling I have felt ever since.



I married Lita in 1990 and she always felt I love Rotary more than I love her. Everyone knows that Lita loves and spoils Ollie (*left*) more than me, so everything is fine.

My club changed its name to Willoughby City, then to Chatswood Sunrise (breakfast club). It was dissolved in 2020 when our membership reached six. Then I was invited to join the Rotary Club of Chatswood Roseville.

In 2023-2024 Lita has attended more of our meetings than ever before, so did my sons, William and Richard. Even Ollie enjoyed eating sausages and growling at President Elect Peter Lewis at one of our BBQs.

Thank you very much for your wonderful support this year and I wish President Elect Peter and his board a great 2024-2025.



President Andre

NEXT MEETING - 25 JUNE

Club Changeover

See all the details on page 5 of this Bulletin.



MEETING ROSTER

Meeting	Speaker/Event	Introduction	Vote of Thanks
11 June	Club Forum	N/A	N/A
25 June	Club Changeover	President Andre	President Peter
9 July	TBA	TBA	TBA

LAST MEETING ATTENDANCE - 28 MAY

Club Membership	42	Guest Speaker	2
Members Present	20	Guests	6
Attendance Percentage	47.6%	Partners	3
		Visiting Rotarians	3

BIRTHDAYS - JUNE



June

- 7 Arthur MARSHALL
- 16 Mike HARROWELL
- 17 Peggy YU

BUNNINGS BBQs



REMINDER

NEXT BBQs - Saturday 20th July
- Sunday 11th August

Please advise Peter Lefmann ASAP
if you can assist on these days.



LAST MEETING - 28 MAY

Guest Speaker - Lillian Chen

“Strokes”

Our speakers for the meeting on Tuesday, May 28 were Lillian and Jonathon Chen, retired pharmacists from the Stroke Foundation. Lillian, herself a stroke sufferer at aged 49, used her own case to illustrate how to prevent and treat strokes.



In Australia 1 in 4 of the population will have a stroke at some stage in their lives, either ‘ischaemic’ due to a blood clot in an artery to the brain, or ‘haemorrhagic’ due to a bleed into the brain from an artery.

80% of strokes, we were told, are preventable by paying attention to the risk factors involved, the most important being:

High blood pressure, poor diet, including fast foods and high salt consumption, lack of exercise, smoking and ingestion of excess alcohol.

Once a stroke is suspected, it is very important to recognise the tell-tale signs. To illustrate them, Lillian introduced us to the F.A.S.T. signs of stroke:

F = face drooped

A = arms can’t be raised

S = speech slurred

T = time which is crucial to prevent complications, i.e. call 000 as soon as possible.

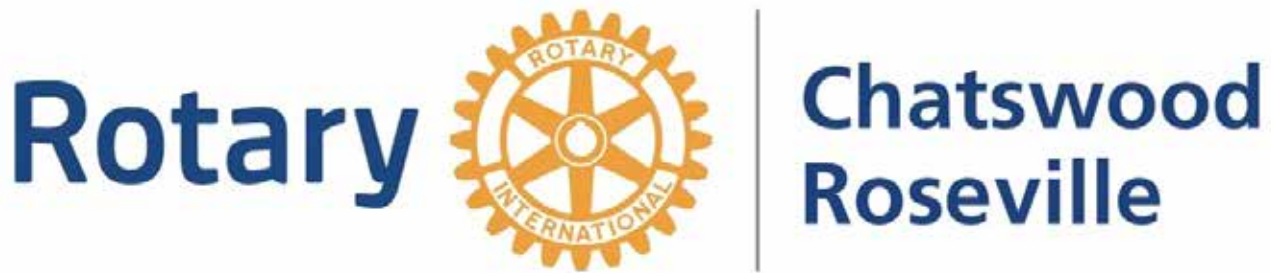
Tony Basten



President Andre presents Lillian Chen and Jonathon Chen with a certificate recognising a tree will be planted in their name at the Rotary District 9685 GroTrees Grove in Lithgow



CLUB CHANGEOVER - 25 JUNE



President Andre Hariman, President Elect Peter Lewis
and all members of our club wish
to invite you to our **Changeover Evening**

Tuesday 25th June 6.00pm for 6.30pm to finish at 8.30pm
Roseville Golf Club – Links Avenue, Roseville

From 2023 – 2024

To 2024 – 2025



Guests will include **DGE Niranjan Deodhar**

Cost: **\$42**/person (1 main course and tea/coffee will be served)

Please transfer to our account stating your name and 'Changeover'

BSB: 032 090

Account: 790 136

RSVP: 15th June to John Hartley johnhartley@me.com



MEMBER TALKS

Tonight we will be hearing from two of our newest members. Yoan Vargas and Bob Madden will both be giving their New Member talks.

We look forward to learning more about Yoan and Bob and making them feel valued members of our Club.



GORDON WATERHOUSE MEMORIAL MUSIC SCHOLARSHIP

Below is an email received from Liam Williams, a parent of one of the competitors in The Gordon Waterhouse Memorial Music Scholarship.

From: Liam Williams

Date: 27 May 2024 at 9:48:58 AM

To: Ross Symons

Subject: Congratulations and Thank You

Hello - I just wanted to congratulate you for the excellent concert last Thursday by the participants in the Gordon Waterhouse Memorial Music Scholarship 2024.

It was fantastic all round. And as the parent of a competitor, I wanted to thank you for your support of the arts in the local community - aside from the prizes, it is also a great opportunity for the participants to play in front of an appreciative audience.

Regards, Liam



JUNE IS ROTARY FELLOWSHIPS MONTH

JUNE DESIGNATION IS

ROTARY FELLOWSHIPS MONTH

"What binds Rotarians together is a unity of desire and a unity of purpose to serve society and to serve mankind..a unity in diversity."

Past RI President C.P.H. Teenstra 1965-66



TAKE ACTION: rotaryfellowships@rotary.org



WILLOUGHBY SYMPHONY ORCHESTRA



Fun and Fellowship with the Willoughby Symphony Orchestra
Saturday 27th July 7.00pm 9.00pm
At the Concert Hall, The Concourse, Chatswood



Conductor Dr. Nicholas Milton A.M.

Pianist Konstantin Shamray

Presents a truly outstanding program, the best for years!

Borodin- Prince Igor Polovstian Dances – 13 minute of light classic popularised by the song 'Stranger in Paradise'.

Rachmaninov – Rhapsody on a Theme of Paganini op.46 – the pianist will be the award winning Konstantin Shamray – 26 minute of most delightful light classic popularised in the movie 'Somewhere in Love'.

Shostakovich Symphony No 5 in D minor Opus 47 – his most famous symphony – 53 minute of magnificent orchestra – heavy classic.

10 booked together \$53.50 (normal adult price \$75.00)

20 booked together \$52.50

Optional - Pre Show Dinner in Westfield Food Court - many Asian cuisines including Indonesian – approximately \$20 per person, we start at 5.45 p.m.

RSVP by 11th June 2024 – once booked, please do not cancel.

For more information please contact me - Andre Hariman

0479 178 999 ahariman@tpg.com.au aandrehariman4@gmail.com



5 WAYS WE CAN PRIORITISE OUR PUBLIC IMAGE



Five ways our Club can prioritise our Public Image

1. Appoint a Public Image chair to coordinate the sharing of our Club's stories with our community.
2. Set goals to enhance our Club's Public Image in Rotary Club Central, where you can conveniently record Club goals and track progress.
3. Watch the '*Getting Started with the Brand Centre*' video to get an overview of the tools available to help you tell our Club's stories.
4. Take one – or more! – public image courses in the Learning Centre. Among them are '*The Rotary Brand*' course, which conveys the benefits of a consistent, recognisable brand, and '*Our Logo: Representing Rotary*', which demonstrates how to use Rotary's logos consistently and correctly.
5. Use the People of Action messaging and materials in the Brand Centre to build awareness and understanding of Rotary and the difference our Club makes.

See the article at:

<https://rotarydownunder.com.au/category/rdu-editions/2024/april-2024-670/>



ARE YOU CONTRIBUTING?



Have you sent anything to be included in our Bulletin?

If not, why not?

Your article could be here.

Any interesting stories, articles, facts or photos/images that could be of interest to our members are welcome.



ROTARY'S DESIGNATED MONTHS

July	Maternal and Child Health Month
August	Membership and New Club Development Month
September	Basic Education and Literacy Month
October	Community Economic and Development Month
November	Rotary Foundation Month
December	Disease Prevention and Treatment Month
January	Vocational Service Month
February	Peacebuilding and Conflict Prevention Month
March	Water, Sanitation, and Hygiene Month
April	Environmental Month
May	Youth Service Month
June	Rotary Fellowships Month



FRIENDS OF OUR ROTARY CLUB

Friends of our Rotary Club are always most welcome to join in, or volunteer to participate in, any of the Club's activities, including assisting at the Bunnings BBQ's, School Mothers and Fathers days, and attending any of the social events and other outings of the club.

Or to come to a dinner meeting and experience the friendship of the Club and interesting guest speakers.

All events appear in the Bulletin (see *Club Calendar*), so if you notice an event or activity you would wish to help with or join in, contact Andre Hariman on 0479 178 999, or by email at ahariman@tpg.com.au



Friends are always most welcome at a dinner - just use the contacts shown under **"Attendance and Apologies"** on page 1 of the Bulletin.



THE FOUR-WAY TEST



THE FOUR-WAY TEST

Of the things we think, say, or do

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.



Date	Day	Meeting, Speaker, Event, Activity	Organiser
JUNE 2024			
11 June	Tuesday	4.30pm Board Meeting	President Andre Hariman
		6.30pm Club Meeting	President Andre Hariman
25 June	Tuesday	7.00pm Club Changeover Meeting	President Andre Hariman/PE Peter Lewis
JULY 2024			
9 July	Tuesday	4.30pm Board Meeting	President Peter Lewis
		6.30pm Club Meeting	President Peter Lewis
20 July	Saturday	Bunnings BBQ	Peter Lefmann
23 July	Tuesday	6.30pm Club Meeting	President Peter Lewis
AUGUST 2024			
11 August	Sunday	Bunnings BBQ	Peter Lefmann
13 August	Tuesday	4.30pm Board Meeting	President Peter Lewis
		6.30pm Club Meeting	President Peter Lewis
20 August	Tuesday	Books in Homes Trivia Night-Turramurra RC	Andre Hariman
27 August	Tuesday	6.30pm Club Meeting	President Peter Lewis
SEPTEMBER 2024			
10 September	Tuesday	4.30pm Board Meeting	President Peter Lewis
		6.30pm Club Meeting	President Peter Lewis
24 September	Tuesday	6.30pm Club Meeting	President Peter Lewis
27 September	Friday	Ockoberfest Dinner	Peter Timmermann



More Interesting Facts about Chickens

7. Chickens bathe by covering themselves in dirt

While this may seem contradictory, the dirt is essential to helping chickens stay clean! Chickens have an oil gland on their back that is used to spread oil over their feathers to make them waterproof. Over time, the oil goes stale, and chickens need to wash the old oil off through dust bathing. Dust bathing is when chickens crouch on the ground and spread dirt or another dusty material over their body. The stale oil sticks onto the particles of dirt, and gets shaken off. Chickens can then spread fresh oil onto their feathers.



8. Chickens have a pecking order

Chickens live in groups called flocks. The social structure of these flocks depends on a hierarchy called a pecking order, which is an order of dominance. All chickens know their place in this order, and it helps to maintain a stable, cohesive group.

9. Egg shell colour can be determined by the hen's earlobe

Ever wondered what causes the difference between brown and white eggs? It depends on the breed of the hen, but it's not feather colour that tells you what colour the egg shell will be. It's the colour of the hen's earlobes! Generally, hens with red earlobes will lay brown eggs, and hens with white earlobes lay white eggs (with a few exceptions of course). Although the colour of the eggs may differ, the nutritional content or flavour does not.

10. Chickens are very intelligent animals

Studies have shown that chickens are self-aware and can distinguish themselves from others. They learn from one another, such as a chick learning from her mother which foods are good to eat. Chickens can also demonstrate complex problem-solving skills.



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Watermark Residences prioritises wellness as an essential aspect of daily life, supporting your journey towards healthy ageing and enabling you to continue enjoying your lifestyle. Our residents will enjoy convenient access to a hydrotherapy pool, a well-equipped gym, and dedicated wellness areas. Additionally, we offer exclusive exercise classes designed to enhance and sustain your strength and fitness levels. We are creating a place where you can enhance your overall wellbeing and foster connections with friends.



BY PARITER AND
WATERMARK LIVING

You may have to pay a departure fee (also referred to as the deferred management fee) when you leave this community.

RESIDENCES
128 Beaconsfield Road Chatswood, NSW 2007



INTERNATIONAL CARGO EXPRESS

- Air freight
- Sea freight
- Customs Brokerage
- Marine Insurance



Australian Freight Forwarders

STORAGE FACILITY



1-7 Mann Street, Chatswood

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COMMUNITY SUPPORTER AND SPONSOR OF OUR BUNNINGS BBQS



PAST PRESIDENTS

2020-21	David Brand/Peter Kindred
2021-22	Michael MacQuillan
2022-23	Norm Gibson

ABOUT ROTARY



Paul Harris

The world's first service club, the Rotary Club of Chicago, Illinois, USA, was formed on 23 February 1905 by Paul Harris.

Rotary is a worldwide organisation of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. More than 1.2 million Rotarians belong to over 35,000 Clubs in 210 countries and geographical areas. Rotary Club membership represents a cross-section of the community's business and professional men and women. The world's Rotary Clubs meet regularly and are non-political, non-religious, and open to all cultures, races, and creeds.

The Rotary motto is ***Service Above Self.***

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST. The development of acquaintance as an opportunity for service;
- SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

ADVANCE AUSTRALIA FAIR

Australians all, let us rejoice,
For we are one and free,
We've golden soil and wealth for toil
Our home is girt by sea;
Our land abounds in nature's gifts
Of beauty rich and rare;
In history's page, let every stage
Advance Australia Fair.
In joyful strains then let us sing
Advance Australia Fair.



ROTARY THANKS

For the community, friendship, and the opportunity to serve through Rotary, we give thanks.



THE FOUR-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?