

# OFFICIAL JOURNAL OF THE ROTARY CLUB OF NORTH SYDNEY



CHARTERED 16<sup>TH</sup> AUGUST 1928. CLUB NO. 18035, DISTRICT 9685.

(Please Note: No meeting on the last Thursday of each month). ISSUE NO 4001 Thursday 1st August 2019



## Board Members for Rotary year 2019-2020

**President:** Lily Clarke **Secretary:** Tony d'Arbon **Treasurer:** Doug Garner  
**Administration:** Ross Waugh **Youth Counsellor:** David Field  
**Community Service, Membership & Public Relations:** Jenny Thomas  
**International Service:** Samantha Lee & Jiji Lee, **Youth Service:** Peter Lulic  
**Vocational Service & Speaker Program:** Geoff Pritchard  
**District Conference/Verification Officer & Project 90+:** Denis Booth  
**Rotary Foundation:** John Taylor **Bulletin Editor:** Mal Sharpe

### President's Message:

It's **Time To Vote!!!** Our Grant now depends on how many votes we get to show support for our Community Project.....please vote.



**Rotary**  
North Sydney



\* Connect our community by improving youth mental health & helping kids flourish!

\* Vote for our project by logging into [mycommunityproject.nsw.gov.au](http://mycommunityproject.nsw.gov.au)

\* You will need to register for an account if you do not have one already and a Medicare number to validate your vote.

\* Voting is open to NSW residents aged 16+ living in the Willoughby Electorate.

\* Voting is open Monday 15th July- 15th August. Winners announced September.

**VOTE FOR OUR COMMUNITY PROJECT TO HELP US BRING THE GREATFULNESS PROGRAM TO 500 PRIMARY SCHOOL STUDENTS ON THE LOWER NORTH SHORE!**

[www.facebook.com/rotarynorthsydney/](http://www.facebook.com/rotarynorthsydney/)



**"For Good Food, Good Fellowship and the Opportunity to serve through Rotary, we give thanks".**



---

## President's Message It's Time To Vote cont.....

The above is the Facebook page created by Jacqui. [www.greatfulness.com.au](http://www.greatfulness.com.au)

Greatfulness – Be Your Own Hero is a programme designed and delivered by Founder Jacqueline Jones. The program consists of 6 lessons for age 9-12 years with the vision of teaching the participants techniques to increase confidence, build self-esteem and develop a toolkit to use when faced with future challenges. The techniques taught are all focused on guiding our younger generations to be our future leaders and to reach their full potential in life.

The Rotary Club of North Sydney has sponsored an application with Jacqui for a Community Project made possible by the NSW Government utilising the NSW Generation Fund. Our Application has applied for funding to deliver the programme to 500 students within our electorate. If successful we will receive a Grant of \$25,000 and this project will come to life.

From many applications received, our Project was successful in reaching the final stage – the public vote. Voting is open to the public from July 15 to August 15. The projects with the most votes receive the available Grants.

Successful projects will be announced in September.

Projects are published online at [mycommunityproject.service.nsw.gov.au](http://mycommunityproject.service.nsw.gov.au)

### How to vote

Log onto your **MyServiceNSW Account** and **provide your Medicare card details and your residential address.**

Using your MyServiceNSW Account and Medicare card ensures each person can only vote once.

By entering your residential address your vote verifies you are in the applicable electorate and your Medicare card details verifies you are over the age of 16.

If you live in the Willoughby electorate in any one of the following suburbs you should be eligible to vote: Artarmon, Cammeray, Castlecrag, Castle Cove, Crows Nest, Chatswood, Chatswood West, Lane Cove North, Middle Cove, Naremburn, Neutral Bay, Northbridge, North Cremorne, North Sydney, Roseville, St Leonards and Willoughby.

Please ask all your friends and family to vote for us.

**It's time to Vote, please take the time to vote and support our Community Project - Greatfulness.**

---



## Photos from Xmas in July 2019

### Email from Jenny

Dear Lily, Bruce, Doug, Anne, Tony, Phillip, JT, Jeff McDougall, David & Toni, Peter, Mal and Geoff

A big 'thank you' for an outstanding effort today – it is a great feeling knowing that so many of our Seniors have gone home 'happy' with a beautiful luncheon, great music and a visit from Santa. No words can express my personal thanks as without your help this day doesn't happen. I trust you were all able to get your 'guests' home safely and I hope the 'missing' guests turned up 'somewhere'.

Santa was a 'stand out' hit today – our Chinese guests couldn't get enough photos of him – he will be being remembered for a long time.

The Tokens were another great success and it is always great to have Greg Smith – he adds an extra dimension to the group. Thanks David – a 'stop' watch will be being supplied at Christmas!

Unfortunately 'set up' helpers missed the boat this time. I really do need help to set up and without the bus driver we would have been running late.

Again my sincerest thanks again for your help, the food was all delivered hot and was enjoyed by all. A good feel day for all.. Bruce graduated and we will be looking forward to having him with us at Christmas – thanks for joining in – I loved having you with us.

Warm regards and thanks again

Jenny



A very special thanks to PP. Jenny Thomas for the magnificent effort that she puts in every time.

## Photos from Xmas in July 2019



## North Sydney Rotaract

Rotary Club Partner

North Sydney  
**Rotaract**  
*Rotary Club Partner*



It was a pleasure to attend a recent meeting of members of Rotaract North Sydney. The purpose of my visit was to thank them for their participation and present a Certificate in recognition of their participation in the Salvation Army Red Shield Appeal Fund raising day which was held the last Sunday in May.





---

## Guest Speaker from 18th July

David Gordon, from the organisation TAD, standing for Technical Aids for the Disabled, spoke to us on the many aids that his group of talented designers and builders have provided over the years to help the less fortunate amongst us, make life more easy.

David split the range of appliances into three categories, the first being “Freedom Wheels” which are various adaptations of bicycles to allow more freedom, mobility and exercise for those unable to ride a normal bike. A great slide showing a disabled small boy hugging the Governor-General, Sir Peter Cosgrove on being given a specially adapted bike was brilliant in its spontaneity. The various bikes are designed to grow with the owner and still provide safe riding. Tricycles and even reclining bicycles were also shown as available.

The second category was “Adaptable Solutions” where various everyday functions could be adapted to help the disabled. Walkers and bath seats with special attachments solved the problem. The third category was “Unique Solutions” where the technical expertise and ingenuity of the designers really came to the fore. Pram locks and supports, baby cot assists, vehicle entry assists and even a device to allow a person with limited mobility to put on their own shoes and socks were illustrated.

All these solutions show what can be done by people who think about their less fortunate neighbours and it would be excellent if the availability of these one-off devices could be more generally publicised and given more support now we have the NDIS in place. Thank you David for showing what can be done by the caring for the needy



---

## An email from our Scone friends.

Hi Jenny,

The hay arrived yesterday.

A big thank you to you and

North Sydney Rotary. You have some farmers very happy.

I will ring them and let them know it is here.

Many thanks for your huge effort.

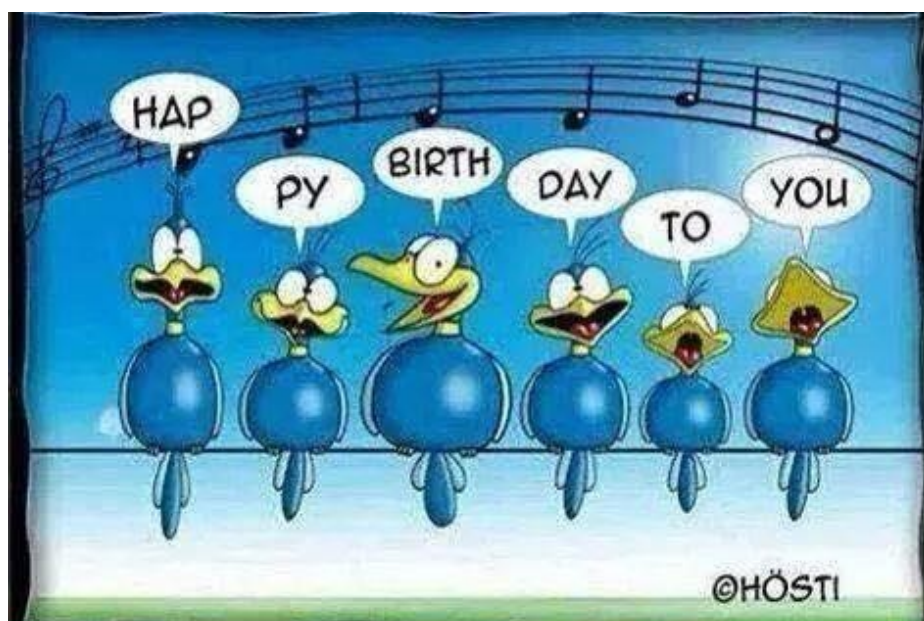
Cheers, Anto





## Upcoming Events for your diary

Date	Speaker	Subject
1st August	President Lily Clarke	Update Club on Strategic Plan and Background
8th August	Dr Michael Bendon	The ANZAC's in Greece. The Untold Story
15th August	TBA	
17th August	Crows nest Markets	
22nd August	Kalma McLennan	District Governor's Visit
29th August	No Meeting	
6th November	North Shore Business Awards	Sponsored by our Club. Kirribilli RSL



Date	Birthdays	Date	Anniversaries
	Nil	14th August	Philip and Wendy Brook

Date	Front Desk & Room Set Up	Attendance Required from 12:00pm
1st August	David & Toni Field	
8th August	Doug Garner	
15th August	Samantha & Lily Lee	
22nd August	Peter Lulic	
29th August	No Meeting	

## Visitors & Apologies for 18th July 2019

### Visitors

David Gordon Guest Speaker  
Alacoque Welsh - E Club Sydney  
Mal Sharpe - Honorary Member

### **Leave of Absence:**

Robert Lau

### Apologies

Doug Garner  
Jeff McDougall  
Jiji Lee  
Samantha Lee  
Lily Lee

**We are grateful to: Rotary Club of North Sydney Supporters**



**Kennards Self Storage - Artarmon**

PHONE +61 2 9413 3377

ADDRESS 452-458 Pacific Hwy, ARTARMON NSW 2064

Entrance via: Norton Lane

EMAIL [artarmon@kss.com.au](mailto:artarmon@kss.com.au) WEB <http://www.kss.com.au>

**‘Keep It At Kennards,  
The People Who Care’**

---

## Humour by Geoff Pritchard

Paddy had been drinking at his local pub all day and most of the night, celebrating St Patrick's Day.

Mick, the bartender says, 'You'll not be drinking anymore tonight, Paddy'.

Paddy replies, 'OK Mick, I'll be on my way then'. Paddy spins around on his stool and steps off. He falls flat on his face.

'Damn' he says and pulls himself up by the stool and dusts himself off. He takes a step towards the door and falls flat on his face, 'oh bloody damn!'

He looks to the doorway and thinks to himself that if he can just get to the door and some fresh air he'll be fine.

He belly crawls to the door and shimmies up to the door frame. He sticks his head outside and takes a deep breath of fresh air, feels much better and takes a step out onto the sidewalk and falls flat on his face.

'Be-Jesus... I'm in bloody trouble,' he says.

He can see his house just a few doors down, and crawls to the door, hauls himself up the door frame, opens the door and shimmies inside.

He takes a look up the stairs and says 'No bloody way....'

He crawls up the stairs to his bedroom door and says 'I can make it to the bed'. He takes a step into the room and falls flat on his face. He says 'damn it' and falls into bed.

The next morning, his wife, Jess, comes into the room carrying a cup of coffee and says, 'Get up Paddy. Did you have a bit to drink last night?'

Paddy says, 'I did, Jess. I was bloody pissed. But how did you know?'

'Mick phoned ... You left your wheelchair at the pub.'

---



---

# Upcoming Events for your diary

Crows Nest Market Saturday 17<sup>th</sup> August



Visit our website: [www.northsydneyrotary.org.au](http://www.northsydneyrotary.org.au)

Please see District 9685 website for full details



March 20-22 Wollongong

Combined District 9685 & 9675 Conference



# Upcoming Events for your diary



## Dinner with Rotary International President Mark Daniel Maloney

Rotarians and friends in Districts 9670, 9675 & 9685 are invited to join us for a special dinner with Rotary International President for 2019-2020, Mark Daniel Maloney

### Monday, 23 September 2019



- VENUE:** The Deckhouse, The Dock, End of Clarke Road, Woolwich  
(A 5-Star venue on beautiful Sydney harbour which is part of the Dedes Group of Venues)
- DATE:** Monday, 23rd September 2019
- TIME:** 6.30 pm for 7.00 pm
- COST:** \$70 pp - two course meal & welcome drink on arrival
- DRESS:** Business Attire
- REGISTRATION:** [www.trybooking.com/523543](http://www.trybooking.com/523543)  
Registrations close 15 September  
Seating is Limited—book early!



*This is a rare opportunity for Rotarians and guests from our three Districts to meet and be inspired by our International leader whilst enjoying the location, hospitality and catering of one of Sydney's premier venues.*

For more information contact PDG Gina Growden 0412 128 106 or [gina.growden@bigpond.com](mailto:gina.growden@bigpond.com)

Note: you need to book using the trybooking system

[www.trybooking.com/523543](http://www.trybooking.com/523543).

No money will be taken.