

## THIS WEEK'S PROGRAM

# *Assembling of Red Shield Appeal Collection Kits*

**DIRECTOR: Theo Glockemann**

**CHAIRMAN: President Adrian Bell**

**REPORTER: Phil Stanton**

The kits we will be assembling are for the door knock appeal on Sunday May 26. They are looking for drivers for that morning and we have also undertaken to run the counting house on that day at the usual place - Pennant Hills Holden show-room.

If you are unavailable on that day, they are also looking for volunteers to man static collection points in the Thornleigh and Pennant Hills area on Saturday & Sundays - May 18, 19 and 25, 26. Let Theo know when you can assist.



"Rotary is so simple that many people do not understand it, and some even misunderstand it. Rotary is not a philosophy...not an all-embracing world point of view which answers every question...and satisfies all the dictates of the heart and mind. Rotary is merely an association of business and professional men united in the ideal of service."

Paul P Harris - Address to 1938 Rotary Convention, San Francisco, California, USA

**NEXT WEEK**

**CLUB FORUM**

**Chairman: President Adrian**

**Reporter: John Ellis**

  
**ROTARY CLUB OF  
PENNANT HILLS**

Chartered March 14, 1960



District 9685  
NSW, Australia

**Rotary**   
District 9685



## **CLUB CONTACT INFORMATION**

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**TO NOTIFY MEETING**

**APOLOGIES &  
GUESTS:**

**9294 2107**

**before Noon on**

**Saturday**



President Adrian started the night off with an unusual comment about his daughter made by his wife; good news, Katie is back from her visit to Egypt and is safe in Beirut! Not something that would normally have been said. He also spoke of our candle lit dinner at the Joint Meeting where the speaker was fantastic and the West Pennant Hills/Cherrybrook club managed the power outage well. There was the usual history lesson on what happened on this day such as the birthday of Duke Ellington and the Berlin Wall coming down. It was then time for director's reports.

Pat Parker outlined the date for the next Ronald McDonald house event and asked everyone to confirm their availability for June the 12th. We will be cooking a Barbeque for about 150 people so we will need lots of help. John Ellis spoke of the 1 application we have received from Pennant Hills High for the National Youth Science Forum. The candidate is Emily Sykes and John is awaiting a copy of her year 10 certificate so her nomination can be submitted. David Firth spoke of Pride of Workmanship and that he has had a good month for sales but has also had to replenish stock. His display at District Assembly had some good response with a past district governor showing interest in promoting the program. We also received a newspaper article from the Rotary Club in Cooma highlighting a recent POW night which turned out to be a very successful evening. Pennant Hills Rotary Club has been asked back to Springfield house on the 27th of May for a joint meeting where we are to be a rent a crowd for a POW night WPH/Cherrybrook are running. Ian Chappell spoke of a phone conversation with Pam to give us an update of how her treatment was going and we all wished her well. Ian then outlined a report he received about the Australian Rotary Health program where he was surprised at the amount of effort being put into the program. The detail of the report included a report from the Chairman, the CEO, the Corporate Manager and information from 9 directors. Some of the items included that the building in Parramatta had been sold and they are supporting the Purple House program which provides dialysis in remote communities so people receiving support can be close to their families rather than travelling days or many hours to a facility. Some of their funding programs include a Golf Day which was very successful as well as bequests from companies or from wills which can provide up to 20% of annual funding. ARH is also supporting Dementia research. To raise awareness they do speaking events at Probus Clubs, have updated their leaflet hand out and have had 75 articles published to show ARH is looking for ways to improve people's wellbeing.

Theo Glockemann reported on the recent meeting held to plan for the Rotary Event to support the opening of the NorthConnex tunnel. 8 or 9 clubs were involved and 14 people showed up. They have elected Greg Keighran from Beecroft as the chairman of the committee. The plan is to look at event options available to allow for raising funds. Event ideas included a bike ride through the new tunnel; a fun run; a dinner hosted in the tunnel. There is a need to define what event and what resources are required. There is some urgency to ensure the Tunnel builder is on board with Rotary. Theo also reminded us of the Red Shield appeal on the last Sunday in May where we will be manning static stations as well as assisting in driving collectors around. He asked that we stay back next meeting to assist in putting together the donation collection kits.

It was then over to Phil to introduce our speaker, Richard McDermid. Richard, our space camp attendee Tarryn's father, who is a lecturer in Astronomy at Macquarie University and spoke about how his group goes about measuring super massive black holes in space using giant telescopes and lasers. Now this fellow had a challenge in explaining a very complex program in basic terms. He started out by outlining what a Black Hole is - a region in space having a gravitational field so intense that no matter or radiation can escape and then explaining how gravity works. The example he used was depending on how much velocity a ball has if shot off the top of a globe like earth, if it does not have enough speed it will just fall back to earth, if shot off with enough speed it can enter orbit like a satellite and keep spinning around the globe. If some kind of warping or distortion occurs the energy, light and matter gets drawn into the globe causing it to become heavier and heavier pulling more matter to its surface and increasing its size and weight. He commented that most galaxies have a black hole in the centre which keeps light and matter nearby. The weight of a black hole in the Milky Way is 4 million times heavier than the sun. To find new black holes and attempt to study them further scientists have to get clearer views or pictures. Because of the distortion caused by the earth's atmosphere, scientists had to come up with Adaptive Optics (AO) as a way to measure distortion in the earth's atmosphere and correct it so they can more accurately track stars. AO changes the mirror focus up to 1000 times a second to give a clearer picture. To calculate the amount of distortion added by the Earth's atmosphere, they create a bright star against the band of sodium 90km up by shooting a laser and based on the measurements of that light they can figure out the distortion and use that to configure the AO. A new galaxy was recently found using the AO technology and using 7 telescopes located around the globe. The best views are available from Hawaii and Chile because of their location and atmosphere, Australia is too low down. Scientists use infrared light to track the star movement where scientists look at the colour of the star. The light they emit is called a Jet which is the energy emitted by the star reflecting off particles near the star. The image of the star is broken into colour where red is a star moving away from you and blue is moving towards you. Lots of red means lots of movement near a heavy spot like a black hole so the more movement the bigger and heavier the black hole. They use some extremely sophisticated equipment to calibrate the movement as the light has travelled for many millions of light years for us to see it. As an example it takes 8 minutes for the light from the sun to reach your eye here on earth. Scientists also take into consideration the movement of the earth and to measure that, they have created two lengths of fibre optics at 90 degrees. If the earth is rippling by



**Page 2 continued** gravity there will be a different measurement of time from each of the two legs which they use to modify the calculations. Richard finished his talk by talking about the benefits of Astronomy in that it is great for getting students interested in Science because of the discoveries and the technology it develops in the attempts to do and see more. Phil thanked Richard for his presentation and the meeting was closed at 8:45.

**Reporter: Jim Fraser**

**Anyone who has any difficulty understanding this report or any of Richard's talk, Jim Fraser is happy to give you a detailed explanation. Full marks to Jim for his report! Editor**

## AUSTRALIAN ROTARY HEALTH MENTAL HEALTH RESEARCH GRANTS

From 2014-2016 [Dr Carolyn Schniering](#) from Macquarie University was awarded an Australian Rotary Health Mental Health Research Grant to test whether a new treatment for anxiety and depression in adolescents called Chilled Plus is effective when given over the internet.



***"This study made a real difference to the students that we treated. It made me so happy to see people using the techniques to beat their anxiety and depression."***

During the project Dr Schniering found:

- Anxiety and depression are serious problems in adolescents, however very few people receive the right help to overcome these problems.
- New treatments have been developed that target anxiety and depression together in adolescents, such as Chilled Plus, at the [Macquarie University Centre for Emotional Health](#), however these have only been available face-to-face with a therapist.
- This study showed that the program for anxiety and depression, Chilled Plus, could be delivered to adolescents over the Internet with no significant loss in effectiveness compared to traditional treatments face-to-face.
- Results showed that compared to adolescents who did not receive the treatment, adolescents who completed Chilled Plus showed significant improvements in anxiety and depression.
- Delivering the program over the Internet, with only phone support, has a lot of benefits for young people with emotional problems, including better access, increased flexibility and reduced cost.
- Further efforts are needed to inform people in the community about the burden of anxiety and depression in adolescents, and the treatments that are available.

*Fellows, this past week, some of us were able to attend two funerals of folk who were connected to our club and Rotary.*

*On Tuesday last, a Thanksgiving Service was held for Bob Adcock, a charter member of Beecroft Club. He died a week earlier at the great age of 97 - and he was still a regular attender at Beecroft Club!*

*On Friday, several of us attended the funeral of Vi Coulthard, wife of past club member John Coulthard. Vi had finally succumbed to an aggressive cancer, having had health problems in recent times.*

*Both services were well attended and were fitting farewells to Bob and Vi.*

## FOOD FOR THOUGHT

A heart surgeon took his car to his local garage for a regular service, where he usually exchanged a little friendly banter with the owner, a skilled but not especially wealthy mechanic.

"So tell me," says the mechanic, "I've been wondering about what we both do for a living, and how much more you get paid than me.."

"Yes?.." says the surgeon.

"Well look at this," says the mechanic, as he worked on a big complicated engine, "I check how it's running, open it up, fix the valves, and put it all back together so it works good as new.. We basically do the same job don't we? And yet you are paid ten times what I am - how do you explain that?"

The surgeon thought for a moment, and smiling, replied, "Try it with the engine running.."





# THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
May 13th	Club Forum	Members	President Adrian	John Ellis
May 20th	Pride of Workmanship Awards Partners Night	Rev Alan Lowe	Pat Parker	David Firth
May 27th	Joint Meeting with WPH & Cherrybrook Partners Night	POW Night	President Colin Sharpe	Kaye Carter
June 12th	Ronald McDonald House 'Meals from the Heart'	Organiser Pat Parker	We need as many	helpers as possible
June 24th	Club Changeover Partners Night	Venue to be confirmed	TBA	David Firth

## BIRTHDAYS & ANNIVERSARIES

### BIRTHDAYS

Pat Parker - May 5th

### ANNIVERSARIES

Nil

### INDUCTION ANNIVERSARIES

Terry Pankhurst - May 29th



## PRIDE OF WORKMANSHIP AWARDS NIGHT

Our Pride of Workmanship Awards night is on Monday, 20th May at Beecroft Bowling Club. The cost will be \$45 each.

Our guest speaker is Rev Alan Lowe who, as most of you know, is a past member of our club and was the Senior NSW Police Chaplain.

So we are now starting to receive nominations. If you have one to submit please send it to David Firth ([davefirth@bigpond.com](mailto:davefirth@bigpond.com)) as soon as possible.

We also need to know numbers that will be attending, remembering that this is one of our showcase functions where we have a large number of community people in attendance. It's an ideal night to invite guests and potential members.

## ATTENDANCE AT OUR LAST MEETING

### Member Attendance

81.25%

### Apologies:

Pam Hudson, Terry Pankhurst,

### Guest Speakers:

Richard McDermid

### Visitors:

Nil

## QUOTE OF THE WEEK

"The man who thinks he can and the man who thinks he can't are both right.  
Which one are you?" — [Henry Ford](#)