



SPOKES

Rotary
Club of Pennant Hills



Rotary Opens Opportunities

CLUB CONTACT INFORMATION

PHONE ENQUIRIES:
0444 565 780

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TO NOTIFY MEETING APOLOGIES & GUESTS:
9294 2107
before Noon on Monday

Rotary
District 9685



THIS WEEK

Welcome District Governor David Clark Official Visit

PRESIDENT'S CORNER

Welcome to our District 9685 Governor, David Clark. Our meeting this Monday, instead of Wednesday, is a joint one with our fellow Rotarians from the Epping Club, and their President, Toula Serna. The meeting is also available on zoom – the link is <https://zoom.us/j/9886604775> - and will be available from 7.30pm so those on zoom won't have to watch us at the meeting eating dinner!



I'm sure many of you will have seen or heard the announcement made last week by the World Health Organisation and Rotary International that the African Region has been declared wild-polio free. The press release from Rotary said in part – 'The milestone comes four years after Nigeria – the last polio-endemic country in Africa – recorded its final case of wild poliovirus following decades of effort from GPEI partners, local and national leaders, and health workers throughout the African region. Over the course of the effort, 9 billion doses of oral polio vaccine have been administered, hundreds of millions of children have been immunized, and 1.8 million cases of wild poliovirus have been averted throughout the region.'

The RI President commented – "In the face of a pandemic, the world has had very little good news to celebrate in global health this year, and the challenges ahead are formidable," said Rotary International President Holger Knaack. "That is why we must recognize this great achievement and commend all of the people who played important roles in eradicating wild polio in the African region."



President David Firth

ROTARY DISTRICT 9675/85 VOCATIONAL EXCELLENCE AWARDS 2020

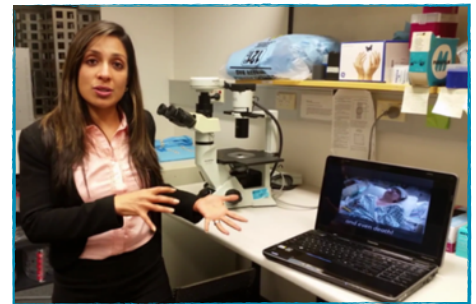


Dr Minal Menezes

Dr Minal Menezes is a Senior Research Officer in the Department of Anesthesia at the Children's Hospital Westmead and is a Senior Clinical Lecturer at the University of Sydney. In her spare time she heads research at the Children's Hospital Westmead into Phenylketonuria or PKU, a rare birth defect disease that left untreated can lead to brain damage, intellectual disabilities and behavioural symptoms or seizures.

Her research focuses on trialling novel treatments for PKU and she received the Early Career Kick Start Grant from the University of Sydney for her work on PKU. Dr Menezes recently presented her research at the European Society of PKU conference in Turkey last November.

Rotary Districts 9675 and 9685 are honoured to recognise Dr Minal Menezes with a 2020 District Vocational Excellence Award.



WELCOME OUR NEW MEMBER IDA XIANDI SHI



Members of the Rotary of Pennant Hills
Welcome new member Ida Xiandi Shi to the club.

MEETING REPORT

This is my brief report of the social night at the Pennant Hills Bowling Club. Members filled two tables of ten without much ado. Members abided by the club's requirement not to stand and mingle at the tables. An enjoyable night was had by all feasting and drinking with warm social interaction at the tables. The night served its purpose of members and spouse/partners learning more about each other in a relaxed atmosphere. It was lovely to see Terry Pankhurst back with Maureen.

Reporter Kaye Carter



FACE TO FACE PROJECT



Do you have an unused iPad, tablet or laptop that you can donate?

Our aim is to supply used IPADs, Tablets or laptops for elderly residents currently in care. They would be able to talk face to face with family members and friends while in current lockdown due to Covid.

If you can help and do have a device to donate, here's how you can contribute:

- ◆ Please ensure your iPads or Android tablets for donation are no more than 5 years old (laptops older than this are OK), Camera needed.
- ◆ Please ensure the device is in good working order, cleared of all data and restored to factory settings,
- ◆ Alternatively you could donate cash which would allow us to purchase IPAD/Tablets

REMEMBRANCE DAY PROJECT

Below is a sample of the card that we intend to distribute to reach out and engage the local community on Remembrance Day. These will be mainly delivered to the local businesses etc in the Pennant Hills area. Apart from the knitted and crocheted poppies, we will also attach some lovely paper-made poppies on cards for distribution at the railway station and for commuters at the shopping centre. **Contact Kaye Carter** further information.

Easy Ribbed Poppy Knit Pattern

Red 8 ply wool and a set of 4 No4 needles.

Cast on 44 stitches (16 on first needle, 16 on second needle, and 12 on third needle.)

1st row: Knit 2, purl 2, to end.

Rows 2 – 8: K2, P2.

9th row: Knit 2 together all way round. (22 sts)

10th row: K2 tog all way round (11 sts)

Cut wool, leaving a tail, thread tail through needle and pass needle through each stitch. Gather and cast off.

Centre, with black wool. Crochet three chain, join with a slip stitch. Three chain, then 9 treble into ring. Join with a slip stitch. Fasten off, leaving a tail. Use tail to sew centre inside red poppy.

Crochet Poppy Pattern

Red 8 ply wool and 4mm crochet hook.

Make a slip ring with 3 or 4 chain.

1st row: 3 chain, 9 treble into ring. Slip stitch to top chain to join.

2nd row: 3 chain, 1 treble into first treble, 2 treble into each following treble. Slip st to top chain to join.

3rd row: 3 chain, 2 treble into first treble, 3 treble into each following treble. Slip st to top chain to join.

Fasten off.

Centre, with black wool. Crochet three chain, join with a slip stitch. Three chain, then 9 treble into ring. Join with a slip stitch. Fasten off, leaving a tail. Use tail to sew centre inside red poppy.

Date	Program	Speaker	Chairman	Reporter	Member 5 min talk
Aug 31 Monday	DG Official Visit Golf Club Joint meeting Induction of Ida (Xiandi Shi) Presentation to Dr. Minal Menezes	DG David Clark	Pat Ainslie	John Ellis	None
Sep 2	No Meeting				
Sep 9	Dementia Cafe	Michele Bell CEO Ku-ring-gai Neighbourhood Center	David Firth	Theo Glockemann	John Ellis
Sep 16	Parramatta Mission	Davyn de Bruyn	Phil Stanton	Terry Pankhurst	Jack Reid
Sep 23	Planning Night	No speaker	David Firth	Adrian Bell	Ahmadul Ameen
Sep 30	Social Night at Pennant Hills Golf Club	John Ellis Sailing Expeditions	Ian Huckel	Ida Xiandi Shi	Terry Pankhurst
Oct 7	Four Way Test Speech Competition	Ken Broadhead	David Firth	Phil Stanton	Claud Rigney
Oct 14	Planning night	No speaker		John Ellis	Pam Hudson by zoom?

GUESTS

nil

BIRTHDAYS

ANNIVERSARIES

INDUCTION ANNIVERSARIES

8 August Jack Reid (1963)

ATTENDANCE

67%

APOLOGIES

Ian Chappel

Pam Hudson

Theo Glockemann

Ameen, Ahmadul