



# SPOKES

**Rotary**  
Club of Pennant Hills



**Rotary Opens  
Opportunities**

## CLUB CONTACT INFORMATION

PHONE ENQUIRIES:  
0444 565 780

EMAIL:  
rotaryclubpennant  
hills@gmail.com

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

**Rotary**  
District 9685



## THIS WEEK

Michele Bell CEO Ku-ring-gai Neighbourhood Centre  
Dementia Cafe

## PRESIDENT'S CORNER

This week we welcome Michelle Bell, CEO of Ku-ring-gai Neighbourhood Centre (KNC) based at St Ives. KNC is a volunteer not-for-profit organization providing a range of services to the aged and disabled across a large area of the northern suburbs of Sydney.



They receive most of their funding from the Federal Government as they are providing services which assist people to remain in their homes for as long as possible. Michelle will give us a snapshot of the work of KNC and then tell us about the D Caf project providing an opportunity for people living with dementia and their family carers to enjoy an outside outing to socialize, relax and discover ways to live well with dementia. This should be an interesting talk.

At last week's meeting we heard from Jason Terry, president of the provisional Rotaract Club of Pennant Hills/Cherrybrook being jointly sponsored by our club and the West Pennant Hills/Cherrybrook Rotary Club. They have 7 members at present and are out looking for more as they need 15 to be chartered. If you know of any young people who could be interested, make sure you connect them with this club. I have contact cards which I will give all members this week.

Can I also say thank you to those who helped make last week's meeting such a success. Jim Fraser did a great job particularly taking on the zooming task which seemed to go well for the most part. Thanks to Phil Stanton for handling the arrival desk so efficiently and Terry Pankhurst who took on the photographer role on the night and produced some fine photos.

The highlights for me were obviously the induction of Ida and the presentation to Dr Minal Menezes of the District Vocational Excellence Award, plus, of course, the talk by District Governor David Clark. Finally, I would like to thank Nicole Tanner and the golf club staff on another well catered function!

**President David Firth**

## MEETING REPORT

PP Jim Fraser introduced AG Robert Erskine as our MC for this combined meeting with Epping on the occasion of the DG's visit. Robert welcomed DG David Clarke, PDG Monica Saville, the presidents of Epping and Pennant Hills, Dr Minal Menezes and Jason Terry from Rotaract.

PDG Monica Saville toasted Rotary International with the good news that there had been no cases of polio in Africa for the past four years, declaring Africa to be now free of polio. Monica went to India in 2010 to assist with vaccinating and since then India has been free of polio. She turned to the theme of RI President, Holger Knaack – 'Rotary Opens Opportunities' and related the theme to the restrictions arising from COVID-19. She gave examples Epping had initiated.



DG David Clarke responded and gave an example of how a Rotarian can acquire the support of a Rotarian around the world. His son needed extensive hospital care in Thailand some years ago and a member of the Bangkok Club made himself available for many of David's needs.



MC Robert invited Toulia Serna, President of Epping, to speak and Jim Fraser initiated Zoom to connect members not able to attend this meeting. Toulia opened with ways her Club had reacted to COVID restrictions – taking care of one's self and fellow members. They had cancelled projects, there were limited fundraising opportunities and there was the risk of losing members. The Club became aware of the impact on their community – anxiety, isolation, mental health and the risk of poverty. Epping developed walking groups, getting quality speakers for their Zoom meetings and Zoom trivia.



David Firth followed with how Pennant Hills had responded to this year's problems. The Club sought to continue with traditional projects such as golf day, Tree of Joy, Trailer Raffle, Pride of Workmanship and Youth projects. Internationally we will be supporting RYLA and RYPEN in East Timor. New projects include red poppies for Remembrance Day as a method of promoting the Club in Pennant Hills.



We plan to collect discarded I-pads and tablets to give to aged care residents to allow them to keep in touch with families. Next week we will look at setting up a Dementia Cafe in Pennant Hills and we have Council approval for an Australia Day concert in Ruddock Park.

Kaye Carter then introduced our new member, Ida Xiandi Shi for her induction into our Club. Ida was greeted with the objects of Rotary, some benefits of membership and a bunch of flowers.



DG David followed, welcoming Jason Terry and Dr Minal Menezes from the Research Centre of the Westmead Children's Hospital where she is leading the continuing research for a palliative for PKU. Her work was then recognised with the District Award for Vocational Excellence.

She responded saying that the research was a collaborative affair and hoped that her team would be successful in finding a cure for PKU sufferers.



David then moved on to say that Clubs should work together and that a Club should develop a strategic plan. He went through the background to Rotary's development of End Polio when, in 1980, 1000 children a day were going down with the affliction. RI was advised they would need \$100 million to get started and then it wasn't long when \$250 million had been raised. Now, 40 years later, polio exists only in Pakistan and Afghanistan. David moved on to membership and ways that Clubs are now operating in quite different ways to earlier days. A Club in Katoomba meets once a month. He suggested empty nesters, who had been involved in community work in their local school, could be a useful source of new members. Above all, he stressed members should have fun in Rotary. He outlined plans for virtual contact with the next District Conference and International Conference. He outlined his involvement in a project in the Philippines where there is no social security. Life for retirees is grim should they lose family support.

## MEETING REPORT CONT.

For \$1500 they built small houses with the assistance of the potential occupant. Such houses could provide for up to ten people. The locals said the project gave them hope. David mentioned that our banks now have tap and donate machines to replace cash donations in buckets. He ended with continuing plans for R100 to celebrate 100 years since Rotary came to Australia.

The MC invited Jason to report on his new Rotaract Club. Jason advised they now have seven members and a project to collect children's books.



These will go to the Australian Literacy and Numeracy project. The books will go to disadvantaged communities, especially Aboriginal communities to encourage education.

The Lucky Door prize went to Toulia Serna and Jim Fraser then closed the meeting with the National Anthem.

**Reporter John Ellis**



**FACE to FACE**  
DONATE A SCREEN



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

***This week we have received six iPads and two laptops Thank You***

***More are needed for other residential care seniors***

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

## ARE YOU OK? WEEK



**1. Ask**



**2. Listen**



**3. Encourage action**



**4. Check in**

If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're saying or doing – trust that gut instinct and

take the time to ask them "Are you OK?" If someone says they're not OK, make time to listen, encourage action and check in. That conversation could change, or even save, their life.



**LIFT THE LID  
ON MENTAL ILLNESS  
BY HOSTING A HAT DAY EVENT  
THIS OCTOBER!**



1 in 5 Australians suffer a mental illness every year  
100% of proceeds will go towards funding  
vital mental health research

Register for Hat Day:  
[www.hatday.com.au](http://www.hatday.com.au)  
[info@hatday.com.au](mailto:info@hatday.com.au) | 02 9837 1900  
Join the conversation:  
#LiftTheLidOnMentalIllness #HatDay20



Date	Program	Speaker	Chairman	Reporter	Member 5 min talk
Sep 9	Dementia Cafe	Michele Bell CEO Ku-ring-gai Neighbourhood Center	David Firth	Phil Stanton	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	Kaye Carter	Claud Rigney
Oct 14	Planning night	No speaker	David Firth	Jim Fraser	Pam Hudson by zoom?
Oct 21	Speaker TBA Poppy workshop			Ian Huckel	David Firth
Oct 27	Golf day				

### GUESTS

**AG Robert Erskine**  
**DG David Clarke**  
**PDG Monica Saville**  
**Dr Minal Memezes**

**Jason Miles** (Rotaract Provisional Club  
of Pennant Hills/Cherrybrook), **Leon**  
**Edena**  
**Georgia Glockemann**

**Julie McDonald**  
**Andrew McDonald**  
**Maureen Pankhurst**  
**Jeanette Rigney**  
**Ida Shi**

### BIRTHDAYS

**7 September Kaye Carter**  
**13 September Wendy Bell**  
**21 September Ruth Reid**

### ANNIVERSARIES

**5 September Adrian & Wendy Bell**  
**24 September Beverley & Ian Chappel**

### INDUCTION ANNIVERSARIES

**8 September Claude Rigney**  
**10 September Pat Parker**

### ATTENDANCE

**74%**

### APOLOGIES

**Ian Chappel**  
**Pam Hudson**  
**Ian Huckel**  
**Terry Pankhurst**