



# 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

Parramatta Mission  
Davyn de Bruyn

### PRESIDENT'S CORNER

Director Pam has been hard at work on the Face to Face Project, collecting used I Pads, Tablets and Laptops, initially for Elouera Gardens Retirement Village. Depending on the success of this, we will look to provide these for other villages in our area. So Pam, with the assistance of Ida Shi, took the first lot of items last Thursday and received a very warm and appreciative response. Pam has more units promised, particularly from rotarians she knows in other clubs. Well done Pam!



Our Guest Speaker this week, Davyn de Bruyn, is from Parramatta Mission who we have been supporting through the Tree of Joy each year for about 10 years. I'm sure he will have an important talk to present, given the increased demands on their services due to the Covid pandemic.

I thought last week's talk about the D Caf project gave us enough incentive to look seriously at preparing for such a project here in Pennant Hills. At the next Board Meeting we will be deciding if we should proceed, so if you are not on the board and would like to have your say, by all means speak to me or any other board member.

Finally, I just want to emphasise the new registering requirements at the Golf Club each week. I have forwarded to all members their new requirements. Anyone needing assistance with this electronic registering please see either another member or a staff member from the golf club.

The other important requirement is that we are not allowed to stand around and talk – please pay your dinner fee and take a seat – you can go and get a drink of course. All these rules are so the golf club can comply with the government regulations and avoid substantial fines.

**President David Firth**

## MEETING REPORT

The meeting opened with Pres David providing a special note of welcome to our newest member, Ida and to our guest speaker Michele Bell from the Ku-ring-gai neighbourhood centre.

Other announcements included the following

- o Pam Hudson and Ian Chappel seem to be doing ok on the health front
- o The Beecroft Rotary Club train project that is raising money for the Polio Plus project is set to happen on Friday 23rd Oct
- o Bill Cruze is a guest speaker (zoom) on Friday. Refer John Ellis for more information
- o The provisional Rotaract Club are getting underway with their children's book project, as well as actively pursuing additional members
- o There is a call for 'Ibads" and lap tops with a view to making them available to people in restricted environments to assist with social access
- o Some consideration being given to a community garden, see Sgt Jim for more information
- o The golf day is set for 27<sup>th</sup> Oct 20

Following dinner Pres David more formally introduced our guest speaker Michele Bell, who is the CEO of the Ku-ring-gai Neighbourhood Centre (and it was also noted, that she has been recognised as Ku-ring-gai's women of the year). The centre has been in existence for about 40 years but has grown significantly of late. When it commenced it served the Sydney North area but the idea has spread to other Council areas.



While one of the main activities has been the distribution of home care packages (which started around 2015), a very important aspects is the social connections that take place as a consequence of this work. Of course the primary aim was to assist people over 65 to stay into their homes longer and the centre assists in helping those wishing to avail themselves of these services. Interestingly, Michele noted that in our region, 17.5% of the population are over 75.

Michele then turned the conversation to the subject of Dementia. While it is the case that the packages are of assistance, it is very much the case that the carers are also in need in support. Hence the idea of the dementia café. This takes the form of a small get together once a week for about 2 hours. It involves a small amount of exercise but importantly the opportunity to chat – patients and carers are involved.

Despite COVID19 the demand for this program is increasing and Michele is looking for organisations to assist in hosting a café. Its not a big event and involves 6 to 8 couples (patient and carer).

A very interesting meeting and much food for thought.

The meeting closed with the singing of the National Anthem



*Reporter Phil Stanton*

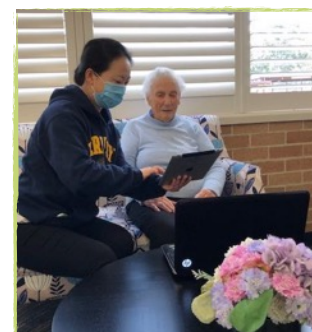


### ***Do you have an unused iPad, tablet or laptop that you can donate?***

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.

We have so far donated 6 iPads, 2 Laptops and 1 tablet not only framer members but also other clubs including Glenhaven, Ida and Doris Bright checking out the new tech.





## ANOTHER GREAT ROMAC SUCCESS STORY!

Dulcia, a 13 year old from Dili in East Timor arrived in Australia accompanied by her 18 year old aunt, Dircea, in 2015. Dulcia had a diagnosis of severe spinal scoliosis which was causing her lung capacity to be compromised.

Dulcia was from a poor and very large family and was grossly undernourished weighing only 20 kilos on her arrival.

Spinal Surgeon Dr Rob Kuru agreed to operate, and this procedure took place at Newcastle Private Hospital. Johnson and Johnson provided all spinal prostheses and instrumentation free of charge.

Dulcia's low weight and poor nutrition was at first believed to be a problem, but her strong determination meant that at 3 days post operation she was walking and well on the way to recovery!

ROMAC was very grateful to Dr Kuru and Newcastle Private hospital for donating their time and the facility to make a difference in Dulcia's life.

We were also appreciative of a young Australian couple - who lived for many years in East Timor - for hosting the two girls, as they spoke no English and needed support and a warm welcoming home. The Newcastle weather was cold and they were very homesick!

After 6 weeks of recuperation Dulcia returned to Dili with a straight spine and a lot heavier!

Both girls won the hearts of many Novacastrians, and they enjoyed being fussed over and spoilt.



*Dulcia before and after surgery*

## CANCER COUNCIL FUND RAISER

Find the Rotary Wheels

Answer: 10 Winner; Phil Stanton.

Red Dot makes the spots

We have to do things differently this year, but  
you can still join us and raise funds for life-  
saving cancer research  
All funds raised will be donated to



**Member Jack Reid**  
5 min talk



Date	Program	Speaker	Chairman	Reporter	Member 5 min talk
Sep 16	Parramatta Mission	Davyn de Bruyn	Phil Stanton	Terry Pankhurst	Jack Reid
Sep 23	Planning Night	Projects - Pam Hudson (Zoom)	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	Claude Rigney
Oct 14	Planning night Projects/Golf day Guest Speaker	Pam Hudson (Zoom) Esther Fraser Travel Bites	David Firth	Jim Fraser	Pam Hudson
Oct 21	Cancer Council (by zoom) Poppy workshop	TBA		Ian Huckel	John Ellis
Oct 27	Golf day				
Oct 28	No Meeting				

### GUESTS

Heather Firth  
Michele Bell  
Maureen Martin  
Jeanette Rigby

### 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

81.25%

### APOLOGIES

Ian Chappel  
Pam Hudson  
Pat Parker