





THIS WEEK

Club AGM (by zoom)

CLUB CONTACT INFORMATION in us on Zoom Meeting

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







PRESIDENT'S CORNER

Well, I don't know about you, but I've had a busy Rotary week. It started with a zoom meeting of the Hills District Zone presidents and AG Rob Erskine.

Then on Friday morning five of us visited the Cherrybrook Christian Care Centre in Kitchener Road for the Pride of Workmanship Award morning tea where I was privileged to present the award to Sharon Sjamsudin, their Client Liason Officer. This was a very special event with a number of staff and a good number of residents present to witness the award and to share an excellent morning tea. Of particular note amongst the residents was Pam's mother Doris Bright and also Marg Ebb who some will recall was our Australia Day Awardee in 2015 for her work with the local community. Those attending from the club were Pam, Ida, Ian Huckel, John and myself. I was pleased that the manager made a point of saying that this was the start of an annual event.

Saturday's Trailer Raffle selling at Cherrybrook Village had a few teething problems on Friday with no record with centre management of our booking. It was finally sorted out well after 5pm. Saturday saw us in our usual position complete with trailer, however their security asked us to move our table over between the entrance doors which apparently was our designated spot. This was quite good in that every time the doors opened we got a cool breeze from the airconditioning. As you will see elsewhere in Spokes, we did quite well selling just under \$880 worth.

Then on Monday, Ida and her husband Eddie, joined me at West Pennant Hills/Cherrybrook Club's Youth Night with DG David Clark there together with a number of District Youth 'heavies'. They had quite a roll up of people and it was a very good meeting. I was pleased when Janelle Craig, their Youth Director, announced that I had raffle tickets to sell. After selling to those on my table, Janelle took the book and sent it round the other tables and in no time I had it back sold out. I should have taken a second book!

Perhaps the highlight of the night was a talk by their exchange student who spent about 9 months from January this year in Austria. Initially she was hosted in the country and then in Vienna. Obviously it was quite a difficult time as the pandemic was felt there and she coped really well. She still managed to do many of the things exchange students do, however her time there was cut short when the second wave of the virus hit. The Rotary programs were closed down and arrangements were made to get her back home. Interestingly, as she was still 17 when she arrived, her isolation was not in a hotel, but rather, as a minor, she isolated at home. It was also mentioned that our district still has 10 students overseas – 2 in Japan and 2 in South America for example – and the problem now is finding flights to bring them home.

Finally, I signed off on behalf of our club the application for the chartering of the Rotaract Club of Pennant Hills/Cherrybrook. Jason tells me the induction ceremony will likely be in early February.

President David opened the meeting and welcomed guests including a guest of Ida and also Councillor, Emma Heyde.

David advised that the Pride of Workmanship awards would be presented on Friday and noted that those wishing to attend would need to have proof of their flu injection. David did say that he would undertake to arrange for a video of the presentation to be available.

The sales numbers for the trailer raffle continues to surprise and the work will continue next Saturday at Cherrybrook.

Kaye Carter presented certificates to those who has made a special effort in regard to the Poppy Day Presentations.

The 5-minute speaker for the evening was Theo Glockeman, OAM and the title was - Diary of a Teenage Idiot. Theo provided a context for the title given that he was born in an internment camp as a consequence of his father being from Germany and despite the fact that his mum was an Australian citizen. As a young man growing up, he therefore felt somewhat caught between two cultures and so worked pretty hard at "being one of the boys" and "more Ausi



than Ausi". He had little interest in matters academic but did excel at sports. He told some interesting mischievous stories in regard to his days as a student and pranks played on teachers, but the final incident had him locked up at the cop shop at Byron Bay. The policeman on duty gave Theo an opportunity for thought. As a consequence, he became a bit more measured with his pranks while remaining very communicative and enthusiastic about life. Having seen something of the other side, he and Georgia have committed themselves to assisting and paying heed to those who are not as fortunate in our community.

A very interesting story, thank you Theo.

Kaye Carter then introduced Emma Heyde, our guest speaker. Emma was elected 3 years ago as an independent member of Hornsby Council having lived for 24 years in Cheltenham and raising her two teenage children in the municipality. Emma has a particular interest in matters related to heritage, landscaping and conservation and other matters that make the world a better place. She admires the work of Rotary worldwide in the context of its interest in community both at a small scale and an international scale. Interestingly, and following on from Theo's talk she noted that her husband's family had a German background.



Emma then spoke of her interest in the local community and nominated a few areas where she had particular interest. These included the local civic trust, the desire to reduce waste etc. As a consequence of these concerns and after having lived in the Hornsby shire for many years decided that she would run for C Ward. Emma did report a number of areas where she feels that things are on the improve. Particular mention was made in regard to the reduction of waste, including the valuable contribution that the waste centre at Thornleigh is providing. She also mentioned that Council had committed to planting 25,000 trees in the Shire and as this has been achieved so there are a further 5,000 now intended to be planting in this term. She also advised that Council are wanting to improve on energy consumption and so the installation of solar panels on Hornsby Hall is intended and the shire's electrical provision going clean was also mentioned.

Emma provided an interesting talk and answered a number of questions in regard to her workload which she enthusiastically continues to maintain.

The meeting closed with the singing of Advanced Australia Fair.

The Pride of Workmanship Awards presentation at Cherrybrook Christian Care Centre on Friday was hosted by Mersan Pillay, the Facility Manager, supported by Martin Watkins, the General Manager of Christian Brethren Community Services. It was held in their Community Hall on the first floor which was a big airy room with social distancing being observed with just 4 per table.

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Following the welcomes, morning tea was served to the tables by the staff. It included hot food as well as cold and was enjoyed by all I'm sure.

Pam Hudson then gave a background to the Pride of Workmanship Awards, our club's involvement, and then how we came to be involved with the retirement centre.

Martin Watkins then spoke about the centre and about the awardee, Sharon Sjamsudin, their Client Liason Officer. He told of how she involves herself in the lives of the residents and leaves no stone unturned in addressing any of their problems or needs. She is obviously a very valuable member of their team and well respected by all.

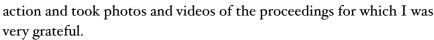


I then proceeded with the presenting of the award – I had decided to give both the trophy and a framed certificate so she could have one at home and one at work. Martin assisted in the presentation.



I also presented Mersan with a sponsor's framed certificate. After some closing remarks the formal part of the morning was over.

Sharon's husband was present and was so pleased with his wife's recognition, taking plenty of pictures during the morning. For our part, Ida sprang into









CURRENT CLUB PROJECTS2020

TREE of JOY Pennant Hills Shopping Centre

Thornleigh Shopping Centre

TRAILER RAFFLE Numerous Local Shopping Centre

FACE to FACE Supplied second hand iPads and Laptops to

Elderly in Residential Care

NATIONAL YOUTH SCIENCE Encourage young people in their passion for science



AUSTRALIAN ROTARY HEALTH

I am Media Smart

Participate

Body image concerns are a serious problem for young people of any gender

But, I am Media Smart is here to help

Do you feel unhappy with your body? Do you worry about your weight? Do you feel guilty about food or exercise? Does social media impact your body image?

Take a positive step forward to a happier you

I am Media Smart is a research trial of two versions of Media Smart, a fully online and confidential program found to help both those with body image concerns and those already showing signs of an eating disorder. The trial is open to 13-25 year olds of any gender from Australia.

You are worthwhile and worth taking care of

mediasmart.flinders.edu.au

We know time is precious

As an appreciation of your time, a \$30 voucher wi be emailed to participants who complete all surveys. Australian Rotary Health Mental Health Research Grant recipient Prof Tracey Wade and her team from Flinders University are recruiting participants for their body image study.

This is an Australia-wide research trial of Media Smart, an 8-module program developed at Flinders University for all Australians aged 13-25 years who wish to improve their body image.

https://mediasmart.flinders.edu.au/?
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2mKXXcCmrb5ZVPWDo&utm_source=Australian+Rotary
+Health+Newsletter&utm_campaign=f4351b3a54EMAIL_CAMPAIGN_3_5_2019_16_2_COPY_01&utm_medium
=email&utm_term=0_6072cfc998-f4351b3a54-140371813

HORNSBY KU RING GAI WOMENS SHELTER



We know you love to wrap.....

Helped needed to wrap presents at the HKWS wrapping station at Hornsby Westfield level 2, same location as last time from 14 - 24 December. All money raised goes direct to the Shelter.

Contact to volunteer for a shift: Phone: 0401 016 431 Email: office@hkws.org.au

Processes and procedures to keep our volunteers Covid-safe will be emailed to you prior to the shift which you allocate yourself to.

TRAILER RAFFLE REPORT – DAY 7



Well, after our difficulties yesterday getting approval to sell at Cherrybrook today, we managed to have a fairly good day there, selling 262 tickets and taking \$876 in the process. Our YTD figure is now \$7078. All this compares with last year when we took \$707 there and the YTD figure was \$4891. So we are still well ahead of last year and indeed our total so far is more than we sold for the whole period in 2017 and in 2018! So well done all and let's keep it going, not forgetting to sell tickets if you have a book to sell at home.

David Firth Pres.

ROSTER SATURDAY 5THb WEST PENNANT HILLS

AM Adrian Bell PM David Firth PM Jason Terry

AM Terry Pankhurst PM Claude Rigney



Kempsey West Rotary Great Escape Raffle

Supporting the Macleay Bushfire Recovery Project YOUR CHANCE TO BUY LIMITED TICKETS IN 3 GREAT ESCAPE PRIZES

The Rotary Club of Kempsey West Great Escape Raffl local bushfire recovery projects.



The Macleay Valley Bushfires burnt for approximately FACILITIES and 170 OUTBUILDINGS. They also damaged a further 100 structures throughout the upper macleay.

Almost 12 months on from the fires starting, many people are still living in tents, caravans and other temporary accommodation. Your ticket purchase will not only give you a chance to win fantastic prizes, but it will help us fund some very important community projects in these areas and bring normality back to these devastated communities.

1st Prize: SAMSUNG 75 INCH TU8000 CRYSTAL UHD 4K SMART LED TV

ESCAPE the outside world and immerse yourself in an amazing watching experience.

2nd Prize: TWO NIGHTWEEKEND HINTERLAND ESCAPE

WITH BUBBLES FOR 2 IN BYRON BAY

Get back to nature and escape to the tranquility of Blackbird Byron for a two night luxury

retreat.

3rd Prize: HOTAIR BALLOON OVERTHE HUNTERVALLEY

WITH PHOTOS FORTWO

Experience the beauty of a sunrise hot air balloon flight over the Hunter Valley.

Your ticket purchase will not only get you a chance to win a fantastic prize but it will help bring normality back to these devastated communities

https://www.kempseywestrotary.org/raffle

Date	Program	Speaker	Chairman	Reporter	Member 5 min talk
Dec 2	Club AGM (by zoom)		David Firth	John Ellis	Nil
Dec 9	Travel Bites	Esther Fraser	Jim Fraser	Ian Chappel (by zoom)	David Firth
Dec 16	Hornsby Hospital	Lee Gregory General Manager	Adrian Bell	Pam Hudson (by zoom)	Phil Stanton
Dec 23	Xmas function The Fraser's home 32 Hillcrest Road, Pennant Hills Catered \$30 per head				
Xmas break					
2021					Member 5 - minute interview
Jan 13	Planning Night Welcome back				
Jan 20	Human & Hope	Sally Hetherington OAM Products for sale	Kaye Carter		
Jan 27	Australia Day	TBA	David Firth	Phil Stanton	

<u>GUESTS</u>

Leon Edena Ester Fraser Maureeen Pankhurst

Heather Firth Emma Heyded Mariann Selock

BIRTHDAYS

19 December David Firth

25 December Adrain Bell

30 December Jim Fraser

30 December Theo Glockemann

ANNIVERSARIES

NILINDUCTION ANNIVERSARIES

16 Decemer Dvid Firth 1982

ATTENDANCE

88%

APOLOGIES

Ian Chappel
Pam Hudson