



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

JOIN US ON ZOOM MEETING

<https://zoom.us/j/9886604775>

**THIS WEEK
REPORTER**

**THEO GLOCKEMANN
HERBERT CHAN**

PRESIDENT'S CORNER

As I said last week, the school holidays often involve us in grandparent duties. So the past few days have seen Heather and I doing some entertaining of grand-children and then we have spent the last 5 days out at Bathurst watching my eldest grand-daughter playing in the national under 15 girls hockey championships. The final is not till Thursday so I'll be able to report those results next week. I have to say that the country is looking very good considering what they have been through in the past few years of drought, etc.



Our ANZAC Day Poppy project will commence later this week selling knitted/crocheted poppies around the area. Please get involved if you can in this project as it is another opportunity to have the club seen to be active in the community. Kaye Carter is running this so contact her to let her know if you can help.

Theo Glockemann has been active in communicating with our Timor Leste folk and has confirmed that the Rotary clubs and the Rotaract clubs there have been overwhelmed with the need for humanitarian assistance. The following email has been circulated in our Rotary region by AG Robert Erskine at Theo's prompting.

"We have just received urgent requests from Timor for immediate financial assistance. Could you please canvas those clubs in our zone (using your abundant charm and personality!) to ask for any loose funds they may have? Our Treasurer Angelo Raveane is talking to the DG and will also ask his club's ADG for help from their cluster.

Currently our alumni are doing all they can with limited funds delivering food to those without, helping and rescuing, delivering masks and educating about the virus and the critical precautions that must be followed. The limited funding that we have been able to provide with our sponsor Woodside has run out and there is dire need for more.

If our clubs were able to donate even modest amounts it would do a lot of good immediately."

No doubt our board will be looking to see what financial assistance we can give now.

Greetings to you all,

Pres. David Firth

Rotary
District 9685



Thanks to the great work of Ida on collecting money and the Sergeant being on the ball the meeting started on time. It was pizza night.

After President David opened the meeting he called on Theo to provide an International Toast to recognise the hardship currently being experienced in East Timor. King tides and record rain falls have created significant flooding which has resulted in significant damage and a number of deaths. We wished them all well.

We said our thanks to Adrian for arranging a lovely social night at "Brooks" in Cherrybrook it was a great evening.

Easter eggs were handed out on Easter Saturday at Pennant Hills market by Jack, John and David and was well received. People thinking we were selling something were eager to buy tickets and were surprised that they were there just to hand out eggs to children and adults. Theo and Georgia did their Easter egg run and only just got back to their home and the phone started ringing with people saying thanks. Theo mentioned that a local school has stolen our thunder at Easter and provided beautifully wrapped baskets of Easter eggs to all of the Lutanda residents and they are making their way through them,

President David confirmed that Pride of Workmanship will happen in May and is looking for any new people he can invite along to the event. President David spoke of the Rotary Club of Sydney announcing that the 100th anniversary of Rotary being in Australia will take place on the 17th May but you better have deep pockets cause entry is \$155 but you do get a \$1 coin as a keepsake.

It was then time for the 5 minute interview where Adrian created a new format by rabbiting on for 4.5 minutes talking on quite broad range of topics including Romans in Europe, some of Australia's great monuments to livestock or fruit, suggestions on how Stonehenge was created and then took a swipe at Donald Trump for building all of the towers in the US as a badge of prestige for all to see. The main item for the discussion was his wife's fascination of the West Edmonton Mall with an indoor space of 490,000 sq meters and parking for 20,000 cars. I have never been there so I could not embellish all it has to offer the people who have the drudgery of living in Edmonton. Then for about 20 seconds he asked me where I met Esther, skiing, I have 3 boys Sean, Blair and Andrew and I have lived in Pennant Hills for about 29 years. Interview ended with a sigh of relief for all.

Sergeants sessions took money from Theo for trying to get free medical advice from our guest speaker, Jack for heckling the 5 minute interviewer and Kaye for trying order enough salad to feed a starving nation. The Sergeant did thank all those for their generosity.

We then got to our guest speaker Dr Fazlul Huq who is a friend of Ameen's. Faz has a PHD from the Imperial College of London and has lived in Australia for 50 years. He is an associate professor of the School of Medical Science at University of Sydney and a lecturer. He also led the development of drugs and therapies for ovarian and colorectal cancers. He has published many articles, supervised 27 PhD's, 5 Masters and as an acclaimed poet where he has written over 41,000 compositions.

He came to speak to us about Ramadan. Ramadan means peace and occurs in the 9th month of the lunar year and this year it will begin on the 13th of April. The date moves 11 days each year because of the difference in calendars so every 33 years it will come back to the same date. The moving date is so countries around the world can share having it occur during good weather and places like the North Pole are not faced with 20 hours of fasting in summer. Fasting takes place from Dawn to Dusk. Fasting is one of the 5 pillars of Islam and based on words of the Quran. The Quran was released verbally by God to the final prophet Muhammad over some 23



years beginning in the month of Ramadan. The Quran is provided as a guidance for mankind and a declaration of faith. The five pillars are: Declaration of Faith in the Quran, Pray towards Mecca 5 times per day, Fasting during Ramadan, paying Zakat (2.5%) to someone less fortunate and a pilgrimidge to Mecca at least once in your lifetime. 4 and 5 are dependant on the individual situation on whether or not they can afford this as it is not intended to cause hardship to the individual. If someone is not well they can pay someone some money for them to fast even if they are already planning to fast and would be considered Zakat. Fasting is designed around a light meal prior to sunrise and a then a second meal after sunset with no food or liquid taken between sunrise and sunset. In Faz's case he does not feel well for the first 2 days but his body then adjusts so it is easier to manage. He does suggest avoiding oily or fried food when eating. The benefit of fasting is

that it is part of submission to faith and learning control and empathy with others who are less fortunate and may suffer from hunger. Love and compassion is the focus of Ramadan. Faz then went on to speak about what defines the body and the things that impact your health. He spoke of how ingesting nitrogen is not good for you and it is contained in eating red meat which when eaten creates toxins that are stored in body fat. By fasting you are removing toxins by burning and reducing body fat by not eating. You can not force people to fast it is a wish to do so to support the faith. Ramadan can last between 29 and 30 days. At the end of Ramadan there are 10 days of thanksgiving where you meet others and share in celebration. Faz then opened up to questions. Kay spoke of her time in Italy and made it 2 weeks of fasting until a cooking school tempted her. He spoke of Alcohol being a problem due to the toxins it creates in the body. He said the anti oxidants in wine are great but the alcohol is not. He encouraged people to smile as it gives yourself goodness and others you share the smile with. At the end of his presentation and in recognition of fasting he made a donation to the club as part of his Sakat contribution.

Kaye thanked her friends for making poppies and Heather Firth for the 10 handed over at the meeting.

Jack won the door prize and the meeting closed at 8:15



RAWCS - ROTARY AUSTRALIA WORLD COMMUNITY SERVICE

You would all be aware of the flood disaster in Timor Leste.

Recent flooding has damaged infrastructure and housing. Many people have lost their homes.



Projects will be established to assist with the repairs and re-building of medical centres, homes and infrastructure.



Quick action in collaboration with the local Rotary Clubs and the Timor Leste Government will assist in getting life back to normality.

Donate here —><https://directory.rawcs.com.au/69-2020-21>

STOPPING THE SPREAD OF COVID-19 IN SRI LANKA

In April 2020, members of the Rotary Club of Colombo, Sri Lanka, launched Stop the Spread, a comprehensive effort to reduce new COVID-19 infections through behavior changes.

The effort was a collaboration between members of Rotary, Rotaract, and Interact. Nearly 5,000 Interactors spread out through their community to advocate for wearing masks, washing hands, and social distancing, and used their social media networks to blast daily messages about staying safe from the virus



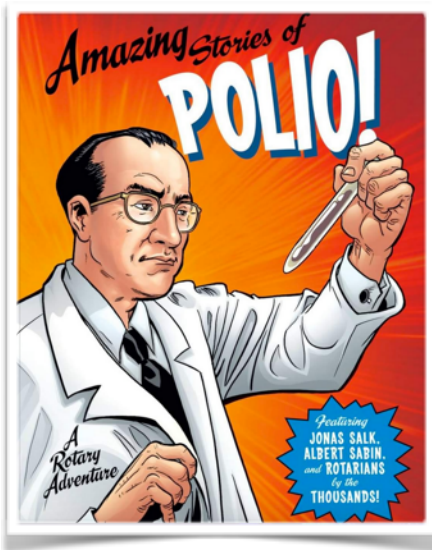
COMPLETED WASH PROJECT in PHILIPPINES



Floren Naguit, with members Rotary Club of Intramuros, Philippines, and villagers at one of 28 toilets the club built for three Aeta communities in the mountains north of Manila.

In 2017, my club Rotary Club of Intramuros-Manila, Philippines began our first global grant project, an effort to provide 28 toilets to three communities of indigenous people called Aeta in the mountains of central Luzon. Two of these communities were in an isolated area a five-hour drive from Manila (including two by 4x4 jeep over rough terrain) while the third is in a closer, more urban area. They have no toilets in their homes (like more than 9 million households in my country) and either rely on pit latrines or defecate in the open. This leaves them open to diseases like diarrhea and cholera.

The project was hard and time consuming, from completing the necessary survey and assessment process to delivering building materials up the mountains and across 26 rivers. We had the help of our international partner, the Rotary Club of Batemans Bay, Australia, who we have been working with on projects for more than two decades. In 2020, we celebrated a dedication ceremony handing the twin toilet blocks over to the villagers.



On April 12, 1955, international headlines rang out “Victory over Polio” when the vaccine developed by Jonas Salk and his team at the University of Pittsburgh was declared “safe and effective” after the largest medical field trial in history. And 60 years later, the triumphs of this vaccine are still helping millions of children worldwide.

Let's finish the fight for global polio eradication www.endpolio.org

Evan Burrell
Rotarian

Event for: **Rotary** Australia & New Zealand **100 YEARS**

Silver Sponsors: **SSP** SPOONER SPECIALIST PHYSIOTHERAPY BIRRESVILLE

Bronze Sponsors: macquarie university village, Community Bank North Ryde, Bendigo Bank

Sponsors/in-kind supports: KONICA MINOLTA, North Ryde | Macquarie Park, Jackie Smith

Beneficiary: **Youth Mental Health** **COOLKIDS** Centre for Emotional Health **MACQUARIE University**

Be a Superhero!
Family FUN - JOG - RUN - WALK
at your own pace with unlimited challenge

Registration cost:
\$25 Adults
\$15 Students (13+)
\$10 Children (3-12yrs)

North Ryde eFun Run
18-25 APRIL 2021

Organised by: **Rotary Club of North Ryde**

www.northyderotary.com
www.facebook.com/northyderotary

Are U Ready?
Virtual Run & Challenge

JOIN NOW
<https://north-ryde-efun-run.raisely.com/>

Have Fun Good Health Worthy Cause

Anzac DAY
LEST WE FORGET
25th April
DIG DEEP FOR OUR DIGGERS

Members required to sell poppies at local transport hubs and shopping centre.

Also consider your workplace, friends and neighbours

Please let Kaye know if you are available

Poppies donation of \$2 or more

2021	Program	Speaker	Chairperson	Reporter	Member 5 - minute interview
Apr 14	'a family history like no other'	Theo Glockemann	Pat Parker	Herbert Chan	Ida Shi
Apr 21	Video from the Rotary District Conference	nil	David Firth	Terry Pankhurst	Pam Hudson Anzac Day Apr 25
Apr 28	Hornsby RSL Sub branch	TBA	Kaye Carter	Theo Glockemann	Herbert Chan
May 5	'Extraordinary Experiences'	John Ellis	Terry Pankhurst	Phil Stanton	Ian Chapell
May 12	St Marks Anglican Church Pennant Hills	Pastor Craig Schafer	Jack Reid	Kaye Carter	Pat Parker
May 19	Pride of Workmanship Social Night	nil	David Firth	Ida Shi	Nil
May 26	Hearing Matters Australia	Christine Hunter	Ida Shi	Adrian Bell	Kaye Carter
Jun 2	Combined clubs NSW Public Prosecutor 'Stories from the DPP's office' Social Night	Lloyd Babb	Theo Glockemann	Pam Hudson	

GUESTS

Professor Fazlul Huq,

BIRTHDAYS

5 April Ian Huckel
8 April Peter Hudson
21 April Pamela Hudson
24 April Leon Edema

INDUCTION ANNIVERSARIES

Nil

ATTENDANCE

76.5%

APOLOGIES

Ian Chappel
John Ellis
Terry Pankhurst
Pat Parker