



# SPOKES



SERVE TO CHANGE LIVES

Pennant Hills  
**Rotary**  
Club



## CLUB CONTACT INFORMATION

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TO NOTIFY MEETING  
APOLOGIES & GUESTS:  
9294 2107  
before noon on  
Monday  
when we are meeting face  
to face



**Rotary**  
District 9685



The Program This Week

## Club Assembly & Planning for Charity Golf Day

By Zoom

### President's Corner

Hi everyone

Last week, we were very fortunate to have Wendy Bell inform us of the dire circumstances in the aged care sector. Really, at around \$22 per hour, what could one expect of these underpaid aged care workers who mostly are dedicated at what they do? This Wednesday is a club meeting, where we will discuss project planning, but the following Wednesday should be very interesting when we will have some young people, who we have previously sponsored, zoom in to tell us what they are doing now.



What's with the cap, you may ask? This is my reaction to Covid restrictions and the inability to be assisted in looking somewhat decent by a hairdresser. It seems Wahroonga Rotary have the same sentiments and the male comments about their bad home haircuts were hilarious.

Well, our social committee is planning for the day when we can meet again. They have a few interesting functions semi organised: one of them linked to Picton Rotary Club. More about this event later where other Rotary clubs are welcome to join us.

Anyway, enough from me. We miss our members who can't make the zoom sessions for whatever reason. There is a special session for them this week in this newsletter.

President Kaye

The zoom link each week is <https://macquarie.zoom.us/j/88970434188>

## Meeting Report - Wednesday 11<sup>th</sup> August 2021

Ida opened the meeting and there were some introductory remarks that included reference to the fact that Robert Erskine had been in hospital, Terry Pankhurst was due to go to hospital tomorrow, and that Jack and Ruth Reid continue to enjoy the delivery of 'Spokes'.

Herbert Chan advised on matters that were in keeping with "on this day" starting with a volcano eruption in Java in 1772. There were brief updates on correspondence, both in and out, with particular note from RAWCS re East Timor.

President Kaye noted the great job that was being delivered by Ida and Pam in regard to the Lantern Project. This will occur in September.

Kaye also advised that she had "sat in on" a Zoom session with West Pennant Hills/Cherrybrook club who's guest speaker was the flying padre and had also sat in on a meeting with our sister club and the Wahroonga Rotary Club meeting which were all on Zoom.

PP Theo noted that there may be an opportunity to find guest speakers on the Rotary District Speaker Bank. He was therefore selected to investigate this opportunity.

There was some preliminary discussion in regard to social activities with a tentative date of 16<sup>th</sup>/17<sup>th</sup> October on the open garden trail in Picton. A couple of other potential opportunities were also mentioned.

### **Director Reports**

There was not much to be reported on, but it was noted that the Golf Day has been formally moved from our October date to the 5<sup>th</sup> April, 2022.

Conversations re the Tree of Joy placements at Pennant Hills and Thornleigh shopping centres have commenced.

Theo mentioned again matters related to RAWCS advising that is it possible to join the monthly meeting (that will occur on Sunday at 9.00am). For those interested Theo has a link.

Past President David proposed a toast to the Rotary Club of Hamar West in Norway. This is the club where our past exchange student Knut and his wife Sandra are members.

PP John Ellis advised that he is seeking to chase up past exchange students to attend our meetings as guest speakers. This is a work in progress.

David noted that the POW project was starting to pick up with 3 orders this week. He also mentioned that the POW advertisement in RDU had been upgraded.

And David was also the contributor this week for the "SOSNSBSB" contribution. I think we are all a bit confused re the blue pillow. (It was a last minute choice in desperation - the editor)

Ida introduced Wendy Bell as our guest speaker. Wendy is a trainer of staff in aged care facilities, is a registered nurse and has additional qualifications that enable her to be a trainer for staff in these important facilities. These include a Bachelor of Health Science. She has also been a co-author of a training manual in this field.

Interestingly the Government definition of Aged Care is over 65. As far as statistics are concerned Wendy noted that there are approximately 3,000 nursing homes, an average of 50 people per home. Interestingly, there are only 7% of people over 65 who live in Aged Care. She further advised that there are currently approximately 350-360,000 people providing assistance in Aged Care, but this is likely to have to grow to 980,000 people in the next 30 years.

Further, 70% of workers in the Aged Care industry come from another country and often from where they have a lower level of educational attainment. That makes VET training skills for the workplace important.

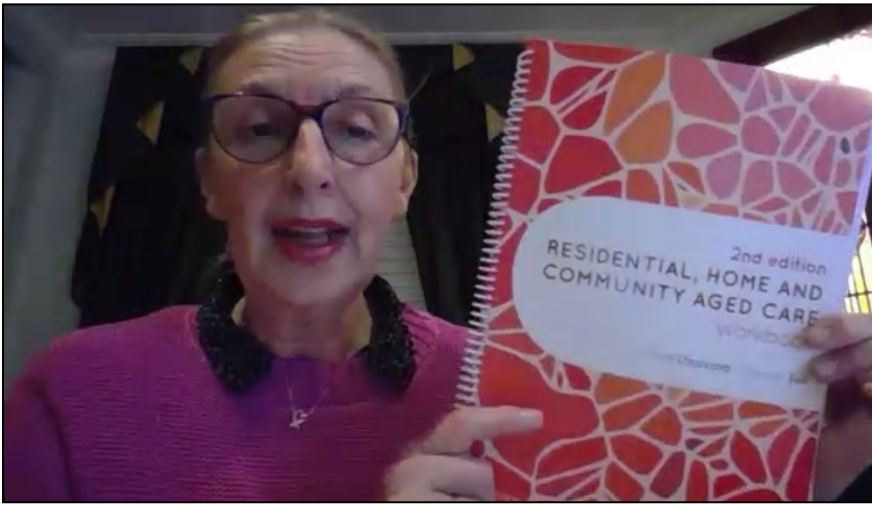
It is however a fact that the medium work earnings for a carer in Aged Care is gross \$750/week or \$22/hr. They do the job that they do because "they love it". The training that Wendy provides is to seek to get these people certified to the equivalent of Cert 3 and Cert 4.

The aim of Wendy's training organisation is to continue to increase the level of training provided such that these people can also attain increased levels of certification. This involves approximately a day per week while working, plus the need to undertake assignments. They are taught the basics of understanding the human body and how it functions, noting that there are changes that occur over time. So, they are trained in how to assess people's health as well as ensure physical and emotional support i.e. How to help them move, feed, clean, and administer medications. Importantly they are also taught what to do if there is a mistake. This involves communication at various levels.

Wendy's view is that you could tell if a facility is a good facility by the way in which the people live and are looked after in the facility - interaction between residents and staff. Does it feel right, is it joyful!

Ida thanked Wendy for a very comprehensive session with which we all agreed. David Firth won the lucky door prize (Well done Mate) and the meeting concluded with a unaccompanied duo in Tamworth singing the national anthem.

**DP Stanton - Reporter**



Last week's Guest Speaker Wendy and the book she co-authored



Lucky Door Prize winner David

### Our Welfare Report

It's important that we keep in contact with members and friends who are unable to zoom in to our meetings. Terry is currently in hospital and Robert Erskine has just had a stint in hospital. Both were sent a card from us wishing them well. Jack is visited to give him Spokes and the latest local papers and some home cooked cake.




  
**Celebrating 40 Years**
  
**Raising \$40,000 for**
  
**AUSTRALIAN ROTARY HEALTH**

Rotary Districts of Greater Sydney  
 District 9675 and District 9685

Would like to invite you to attend the  
*40th Anniversary Celebration*  
 of  
**Australian Rotary Health**  
 An opportunity to catch up with other ARH supporters,  
 current and past researchers and scholarship ARH recipients

**Monday 25th October 2021**  
**Rydges Parramatta**  
 116-118 James Ruse Drive, Rosehill  
**6.30pm—10pm**  
**\$70 per person**  
 3 course meal and complimentary drink on arrival  
*(Free parking on the premises)*

**Book Now: <https://www.trybooking.com/BTKIF>**  
 For more information contact PDG Barry Antees: [barryantees@gmail.com](mailto:barryantees@gmail.com)  
 COVID SAFE EVENT



## WHAT'S ON

2021	Program	Speaker	Chair	Reporter	5 - minute interview	
Aug 18	<b>Club Assembly &amp; Planning for Charity Golf Day</b> <b>By Zoom</b>	Nil	Pat Parker	Adrian Bell	Theo Glockemann	
Aug 25	<b>What are they doing now?</b> <b>By Zoom</b>	Past youth reps	John Ellis	Pat Parker	Jason Terry	
Sept 1	<b>District Governor's Official Visit</b> <b>Social Night</b>	District Governor Lindsay May OAM	President Kaye	Jim Fraser		Father's Day 5th Sept
Sept 6	<b>Board Meeting</b> <b>By Zoom</b>	President Kaye to send the invitation				
Sept 8	<b>Pollination Week</b> <b>Visit other clubs</b> <b>By Zoom</b> <b>No meeting for our club</b>	Nil	Nil	Nil	Nil	
Sept 15	<b>Members' Night</b> <b>Recap on last week's Zoom visits</b> <b>By Zoom</b>	Everyone	President Kaye	TBA	TBA	Chinese mooncake festival 21 Sep
Sept 22	<b>Indian Culture and Family Life</b> <b>By Zoom</b>	Anoop Sud	Theo Glockemann			

### Last Week's Meeting

Attendance - 77.8%

Apologies:

P Hudson, T Pankhurst, J Reid, C Rigney

Guest Speaker: Wendy Bell

Rotarian Guests:

Diane Bridgman - Newcastle Enterprise  
Howard Bridgman - Newcastle Enterprise  
Stephen de Plater - Newcastle Enterprise

### August Anniversaries & Birthdays

Birthdays:

PP David Hopping - August 23rd

Anniversaries:

Nil

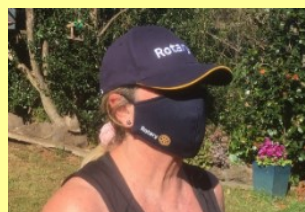
Induction Anniversaries:

PP Jack Reid - August 8th, 1963 - 58 years  
Ida Shi - August 31st, 2020 - 1 year

"EDUCATION IS FOR IMPROVING THE LIVES OF OTHERS."

*Marian Wright Edelman*

### OUR FACE MASK PROMOTION



Face masks with the Rotary logo as shown are available from President Kaye at a cost of \$20 each. As we

look like being in lockdown for an extended period, you might like to purchase one or more now. Just give her a call.