



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



THE
AUSTRALIAN
RHINO
PROJECT

Guest Speaker:
Ray Dearlove

President's Corner

Hi everyone

We were very happy to have Anoop Sud as our guest speaker last Wednesday night. His insights on Indian family life and his talk about his career and interests were both most interesting and entertaining. In fact, he was introduced to his wife, Neeru, on their wedding night and they have been married many, many years. Interestingly, their two sons and their families live with them in the same house in true Indian tradition. Our club has been invited around for an Indian dinner. Yay!!



October is going to be a busy month, especially with some Covid restrictions lifting. October 1st (Friday) is International Day of Older Persons, so why don't we all do something special for an older person? And, all of October is Mental Health Month. Hence, it is most fitting that our own member, Daisy, will be dedicating Thursday, October 7th to a meditation night to raise funds for the Rotary Foundation. Mental Health Day is Sunday, 10th October, which is also Mental Health Hat Day. Members are encouraged to wear a hat to our meeting on Wednesday 12th October. Finally, not to be outdone by Dry July, October is a fundraising initiative that encourages people to give up alcohol for the whole of October. Members are invited to participate in this venture and contribute funds to our project account.

On Saturday morning, the DG entertained 78 of us at his meeting for Presidents in D9685. Some notes from this meeting are included in this edition of Spokes. Then, on Sunday, Pam and I attended the Rotary Public Image Training for Zone 8 run by Sarita McLean in Christchurch, where we learnt much about Rotary's visual image. What I found interesting was another member's uptake on being a Rotarian which is what I preach: having fun and doing good, being project-driven, identifying skills of members, and looking at ideas from other clubs.

Speaking of other clubs, just a reminder that your order for the fundraising Xmas puddings and cakes needs to be sent by October 31st.

This Wednesday, 29th September, Ray Dearlove will be speaking to us about his book 'The Crash of Rhinos' and his endeavour to save the white Rhinos in Africa. Please tell your friends and let's have a full zoom house for this presentation.

And remember, from Lisa Curry, don't be afraid to ask for help. It's a sign of strength, not weakness, to reach out when you're feeling down.

President Kaye

MEETING REPORT - SEPTEMBER 22

What an excellent and informative meeting we had last week! It started off with Ida Shi welcoming everyone to the meeting and gave an acknowledgement to country. In addition to that, every week we learn a new way of saying welcome in a different language. This week's one was Svaagat which is Hindi.

It then moved on to chat about Adrian's Eco House as it was his virtual background for the night. When the baton was handed on to Jim, he shared events that happened on this day. Events included Gandhi meeting Charlie Chaplin; and Abraham Lincoln declaring he would free the slaves, which was the start of the American Civil War.

The next thing on our agenda was 'Something Old, Something New, Something Borrowed and Something Blue' - we do this every week and it was Pam's turn. Her items were as follows -

Old - Book travel for Edinburgh 1930 – 2011 given to her;

New- Our club's 'Diwali' poster she had just designed;

Borrowed – the greatest story never told on tuberculosis;

Blue – a pen

For the Directors reports, Phil advised that we can go back to the golf club in the middle of October, once the state opens up, but people who are double vaccinated are the only ones who can enter. He also mentioned that any planned events that we have in the future, we will need to notify the club. Kaye said that we have a social night planned on the 20th October where we will be learning First aid taught by Wendy. Pat advised that the Trailer Raffle, which will start on the 16th October, will need to take proper COVID precautions. For example, wear masks, gloves, sanitiser and a clean pen if customers are writing. Theo is hoping to go to East Timor in January to support RYLA if it goes ahead. David reported that we received an order for 20 Pride of Workmanship Awards worth \$1,000 from the Rotary Club of Port of Townsville.



Photo taken when Anoop attended our Pride of Workmanship Award night in May

We were very fortunate to have a guest speaker on the night, Anoop Sud. Anoop shared with us his Indian culture and this was very interesting. He started off with cross cultures and how English is different depending on the culture. For example, Australian English is very different from the English spoken in the United Kingdom or America. He mentioned that due to this, a lot of it is ignored. He then mentioned that there are four different dialects in India! It all depends on where in India you are, where the dialect changes.

When Anoop moved to Australia he mentioned that he had a bit of a 'Culture Shock' because of how different Australian living was. It was very different to how he lived in India. He also described how, in India, servants had a different style of living compared to Australia.

He then moved on to how the family structure worked, and that marriage is an arranged institution. There it is the bonding of entire families rather than simply marrying for love.

He shared with us his vast education and he had some career highlights, one of them being working for the United Nations Development Program. Since retiring, he is keeping active with volunteering for The Council of the Ageing NSW, Voices for Power and so much more! His hobbies include walking, keeping up to date with

technology and earning money from shares.

Following a question and answer time in which he talked about Covid in India and other matters, Anoop was thanked by Theo and Kaye for his most interesting talk.

President Kaye advised the meeting that she is investigating getting club shirts with embroidered logos. She is working with Wahroonga Rotary Club to help them with a project which is fund raising for an indigenous school at Moree. To assist with this, we are selling Christmas Puddings, etc. Daisy has asked for support on the 7th October when a \$5 donation per person to the Rotary Foundation will be for her 'Heal Your Body and Mind' program via zoom. And the last announcement made was that Pennant Hills - Cherrybrook Rotaract is holding a Trivia night on the 6th November where they are charging \$10 for each ticket and those proceeds will go to 'The Sanctuary' in Castle Hill which protects people from Domestic violence issues. The meeting closed with the Lucky Door prize to Pat and the National Anthem recording from the 2000 Olympics.

Reporter: Jason Terry

Some Notes from the Presidents' meeting with the District Governor last Saturday 25 September 2021

- ◆ Rotary Manual of Procedure - cannot prevent entry to meetings – Health regulations override RI policy – venue enforcement
- ◆ Risk Planning – need to do risk management checklist for every event – see Club Risk and Insurance Handbook – Insurance ProForma required for every event – not for meetings
- ◆ Rotary International Conference in Melbourne: 27 – 31 May 2022
- ◆ District 9685 Conference in Rooty Hill RSL 'Navigating Change' : 18 – 19 March 2022; need reservations by 27 November
- ◆ RI Leadership Institute – next course 5-7 November – essential training for club officers
- ◆ Review websites, update news, add year
- ◆ Check by laws, policies, WWC check
- ◆ Knitted slippers and beanies needed for Thailand – patterns are available
- ◆ Rotaract – Jason Terry – Memorandum of Understanding – better collaboration between Rotary and Rotaract clubs
- ◆ Safe Families Program – speaker for clubs
- ◆ Epping Club – just finished a fundraising walkathon – raised \$6,000 – Toula is available to talk to other clubs about the procedure

Some years ago in Spokes we had a feature about Mental Health and Suicide Prevention. Given the current emphasis on the effect of the lockdowns on Mental Health, I thought it would be appropriate to repeat the story. Editor

HelpGuide's Story

HelpGuide is dedicated to Morgan Leslie Segal, who died by suicide in 1996 at the age of 29. Described as “a rare and beautiful soul,” “a rising talented writer,” and “a young woman with great intelligence and sensitivity,” Morgan nevertheless grappled with a condition that started as low self-esteem and worsened into major depression. Six years of therapy and a variety of drug prescriptions did not help her.

Following Morgan's death, her parents Robert and Jeanne Segal began sharing their grief and discovered that all too many others had experienced similar struggles. “The pain was so evident,” said Robert, “the subject so frightening, hidden, and loaded with stigma, that they don't know where to turn.” They concluded that the best way to honor the memory of their daughter was by helping people in similar trouble by guiding them toward appropriate information and care. And so [HelpGuide.org](https://www.helpguide.org) was born.

The site was launched in 1999 by Robert and Jeanne Segal, Monika White, and the Rotary Club of Santa Monica. In the ensuing 20 years, HelpGuide has grown from a small local project to an internationally recognized mental health and wellness website that reaches over 50 million people a year - all with no advertising of any kind.

And through it all, our mission has remained the same: to provide empowering, evidence-based information that you can use to help yourself and your loved ones. We firmly believe that no matter what you're going through, no matter how bad you feel - there's hope. You are not powerless in the face of mental illness and other life challenges. Our goal is to be a trusted resource you can turn to whenever you need guidance and support.



CHRISTMAS PUDDINGS & CAKES PROJECT



Christmas is just over the horizon

This year a joint project of the Rotary Clubs of North Ryde, Chatswood/Roseville, Wahroonga, Pennant Hills and Turramurra is selling good quality puddings to help Aboriginal kids in Moree.

If you have not received the price list and separate order form, these are available from President Kaye. Note that the order form needs to be emailed to Andre Hariman ahariman@tpg.com.au by **31st October** – see information at the bottom of the form. All funds raised from members will be attributed to our Club.

Please invite your friends and family to buy one or more of these delicious, prize winning puddings.

Rotary Face Masks

A new delivery has arrived.

\$20.00 each.

Please order at:

Kayecarter2021@gmail.com



President Kaye and Pam attended a zoom meeting for Zone 8 Public Image session on Sunday.

Out of this meeting other clubs stressed the importance of Facebook and other social media and social networking.

Members who are currently on Facebook could you please like and share our Facebook page: [rotaryclubpennanthills](https://www.facebook.com/rotaryclubpennanthills).

Any member who would like to join Facebook and requires help to do this, please contact Ida or Pam who will assist you.

When anyone does a Google search for Rotary Pennant Hills, other clubs pop up before ours. We need to raise our profile on social media.

ROTARY LEADERSHIP INSTITUTE (RLI)

RLI seeks to have Rotary Clubs identify those Rotarians who appear to have the potential for future club leadership (not necessarily as club presidents) and provide those so identified with a quality education in Rotary knowledge and leadership skills which is important in voluntary organisations.

The concise weekend course is held Friday nights (6-7pm), Saturdays and Sundays either by Zoom or at a venue to be advised. Online courses start 8am Sat and Sun and are divided into 3x2hr blocks each day finishing 4pm. For face to face courses, morning tea and lunch are provided. Arrive each day at 8:15am for a prompt 8.30am start and a finish around 4pm.

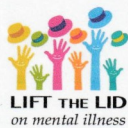
Course 66 commences on Friday Nov 5 and goes through to Sunday Nov 7

Course 67 commences on Friday Feb 25 and goes through to Sunday Feb 27..



YOU'RE INVITED TO HOST A HAT DAY PARTY!

JOIN US 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.LIFTTHELIDONMENTALILLNESS.COM.AU/HAT-DAY

Join the conversation: @lifftheidevent
#Lifftheidontmentalillness #HatDay21
For more: info@hatday.com.au | 02 88371900



"Grandpa, if you give me 1 dollar, I'll tell you who sleeps with Grandma when you're not home..."

"Here, I'll give you 2 dollars, who is it?"
"Me...!"



Last week, the lucky door prize was a jar of pure honey from Duncan Harwood's property on New Line Road, Dural. Just look for the sign "Pure Local Honey". He has dark honey, golden honey and creamed honey.

WHAT'S ON

2021	Program	Speaker	Chair	Reporter	5 - minute interview	
Sept 29	The Australian Rhino Project By Zoom Invite other clubs	Ray Dearlove	Phil Stanton	Adrian Bell	Herbert Chan	
Oct 4	Board Meeting By Zoom		President Kaye			
Oct 6	Easy Care Gardening By Zoom	Merideth Kirton (Phil and David re Training & the RI website)	David Firth	Pat Parker	Ian Huckel	October 10 World mental Health Day Celebrate "Hat Day"
Thurs Oct 7	Heal Your Body and Mind By Zoom	Daisy Huang	Special extra session requiring a \$5 donation per person to the Rotary Foundation.			
Oct 13	Rotary Australia World Community Service	Andrew Woodward	Theo Glockemann	John Ellis	TBA	City to Surf 17 October (virtual)
Oct 20	First Aid TBC (social night)	Wendy Bell				Oct 24th World Polio Day
Oct 27	My Favourite Convict	Bob Selinger (District Indigenous Matters)	Theo Glockemann			
Sun Oct 31	Social Activity at Picton TBC	Historical walking tour				Lunch in local park/pub/cafe

Have you advised of your availability to sell raffle tickets from 16th October through to 18th December yet? We need to get the roster sorted out so that we know we have enough ticket sellers on both shifts each Saturday. So please send your preferences to David Firth as soon as you can this week.

Last Week's Meeting

Attendance - 83.3%

Apologies:

T Pankhurst, J Reid, C Rigney,

Guest Speaker: Anoop Sud

Guests: Neeru Sud

Anniversaries & Birthdays

Birthdays:

Kaye Carter - September 7th

Daisy Huang - September 7th

Wendy Bell - September 13th

Ruth Reid - September 21st

Anniversaries:

Adrian & Wendy Bell - September 5th

Induction Anniversaries:

Claude Rigney - September 8, 2014 - 7 years

Pat Parker - September 10, 1981 - 40 years

Some Interesting Geographical Facts:

Alaska

* More than 30% of the coastline of the entire United States is in Alaska.

Antarctica

*Antarctica is the only land on our planet that is not owned by any country.

* Ninety percent of the world's ice covers Antarctica. This ice represents seventy percent of all the fresh water in the world.