



SPOKES



SERVE TO CHANGE LIVES

Pennant Hills
Rotary
Club



CLUB CONTACT INFORMATION

PHONE:
0407 261 456

EMAIL:
rotaryclubpennanthills@gmail.com

TO NOTIFY MEETING APOLOGIES & GUESTS:
Text to 0451 265 122 or
Email ida1701@gmail.com
before noon on Monday



Rotary
District 9685



We have the following sister clubs:
Rotary Club of Newcastle
Enterprise District 9670
Rotary Club of Delhi Ridge
District 3011

THE PROGRAM THIS WEEK

Review of the D9685 Conference held at WEST HQ, Rooty Hill

*Chairman: President Kaye
Reporter: Jim Fraser*

President's Corner

Hi everyone

Oh, what a night! Our combined 62nd birthday celebration and Australia Day Merit Award dinner (Monday 14 March) was certainly a night to remember. Our guest speaker, Janelle Dodd, was the worthy recipient of our Australia Day Merit Award. Her presentation enlightened the guests



with the outstanding work that 'Days for Girls' accomplishes. We had some fabulous special guests and very welcomed Rotarians from a number of other clubs in our district. Now, onto our next major function which is the Pride of Workmanship dinner on 18 May in the Pennant Hills Golf Club.

Last weekend was the District 9685 Annual Conference which four of our members attended. I've heard it was one of the best conferences ever, so I am looking forward to our members' feedback at our next meeting which will be at the Hotel Pennant Hills this Wednesday.

Also, this Wednesday, I will be taking names for our visit to the Thornleigh Community Garden (March 30), where we will have a sausage sizzle and be treated by Daisy and Ida to some home-made dumplings. The cost will be \$10 per person and it is BYO drinks.

A reminder that every first Wednesday in the month will be a zoom session. Our upcoming zoom guest speaker will share with us his Rotary exchange experience going from Venezuela to the USA. He is also a whizz when it comes to aeroplanes.

Have a great week everyone.

Take care, stay safe. **President Kaye**

The meeting this week will not be available on Zoom.

Meeting Report – 14th March 2022

Phil Stanton opened this meeting that would combine our Australia Day Award and the Club anniversary. Barry Seach was invited to Welcome to Country. He related his background to local Gadigal people then reflected on the contact of Aboriginal peoples in the Sydney area with First Fleeters. At times relationships were cordial but often violent, aggravated by the deadly effects of smallpox. He reminded us that not only had the First Fleet crossed expansive oceans but the first settlers crossed over 200 miles of ocean to reach this land over 65,000 years ago.



President Kaye Carter then welcomed our visitors including the Mayor of Hornsby, District Governor Lindsay May and Tania, guest speaker Janelle Dodd, Assistant Governor Stuart, and Principal of St Lucy's School. Following Rotary grace, Mayor Philip Ruddock proposed the toast to Australia and Theo Glockemann proposed the toast to Rotary International. DG Lindsay thanked Theo for his remarks and told us that a grant of \$34,000 towards flood relief in the Hawkesbury River districts had been made by the Rotary Foundation and would be matched by a private donation of \$50,000.

Following dinner, President Kaye brought our many visitors up-to-date with our recent activities. She started with today being 62 years since our charter and that since last July Zoom had kept the Club together. She reflected on the passing of PP Ian Huckel last month, and then went on to many activities. We had donated Ipads and Easter eggs to retirement villages, we had sold poppies at Remembrance and Anzac Day to support Hornsby RSL sub-branch with \$1,800. An effort had been made to publicise our Club locally through advertisements, Chinese lanterns and Diwali posters. Our public face was most prominent because of our annual trailer raffle and Trees of Joy in Pennant Hills and Thornleigh shopping centres. The trailer raffle allowed us to donate \$8,000 to St Lucy's. John Ellis presented David Raphael, St Lucy's Principal, with a large "cheque" for \$8,000, the proceeds of the trailer raffle. David, in responding, explained that our donation would go towards bursaries for students whose parents were unable to meet the school fees.

President Kaye introduced Janelle Dodd, our guest speaker. Janelle has been a volunteer for community activities in and around Ryde for many years through Rotaract, her Church, local school and Rotary exchange students. She was very busy in 2012-13 supporting the then DG, her husband, John. She is now full time with Days for Girls. Through this organization she and her team of volunteers mobilize to increase access to menstrual products and vital health information for women and girls around the world. They make and distribute washable and reusable menstrual products for girls and women in disadvantaged and remote communities. Janelle explained that Celeste Mergens from Seattle was looking at solutions to alleviate poverty in Kenya. At an orphanage Celeste found 400 children in overcrowded living quarters and could see that the supply of appropriate food would help. She returned to Seattle and got things moving, then woke up one day thinking, "What do those girls do when menstruating?" This had never been mentioned when she had been investigating their living conditions. On asking, the response was, "Nothing." She found the usual practice was to sit on a piece of cardboard, usually unfed, and wait until it had passed. Celeste's solution in 2008 – raise funds for disposable pads for 500 girls. These were welcomed however the used pads ended up everywhere – holes in the ground, on a fence, down the loo and many were being re-used. She then considered a washable and re-useable solution. Of course this is a world-wide problem, menstruation being a normal part of being female in good health. On looking wider than Kenya she came across the myths, taboos and customs in many third world countries. In a practical aspect, menstruating girls missed school, thus lowering education levels. Celeste knew that higher levels of education amongst girls meant fewer children. She had a kit dropped to each table so visitors could see the contents – a shield, a pad holder, liners, layers of flannelette, a water resistant bag, a wash cloth, soap, instructions and a calendar to keep track of one's cycle. Kits are delivered with an education program that covers biology, the menstrual cycle and hand washing. Boys have been included so that they can understand their women. A kit



Continued over



delivery is followed up six months later. Celeste found that some follow ups revealed that there wasn't water for the washing. The program now has the support of the World Health Organisation. The program developed in Australia in 2012 and Janelle heard about it three years later. These days she holds workshops here to make up kits – about 200 at a time. The recent two years have interrupted the program but it has not stopped. She had some statistics – since commencement, some 2.4 million kits have been distributed to 600 million girls and women in 140 countries, supported by 50,000 volunteers. Here the kits cost about \$15 to \$20 to prepare. Janelle reflected that today's world has many seemingly insoluble problems, but this isn't one of them. It can assist in empowering women who can then become leaders. There is no financial support from our governments, thus Days for Girls is dependent upon fund raising. World Vision has assisted with transport costs.



Pam Hudson, who had suggested Janelle Dodd as our speaker, then thanked Janelle with a bunch of flowers and a cheque for \$500 for Days for Girls. David Firth came to the lectern to give the background to our Australia Day Award of 36 years then invited PDG Kalma McLellan to join President Kaye to present this year's award. Kaye announced that the award was for Janelle Dodd. For a moment she was speechless, then she told us of the rewards it had given her, meeting people through an amazing community project.

The raffle conducted during the night was then drawn - prizes donated by IGA and Harris Farm. President Kaye then presented certificates of appreciation to Pat Dewey, a champion poppy knitter and Liz Chuck for the Thornleigh Shopping Centre's support of our Tree of Joy. President Kaye closed the meeting with the National Anthem. **Reporter: John Ellis**



1. DG Lindsay May responds to RI toast
2. Janelle Dodd receives her award
3. Pam Hudson & PDG John Dodd
4. Ross Warren, Wendy & Adrian Bell
5. Ida & Daisy selling tickets & wraps
6. Jason with PDG Kalma & Tania May
7. John Ellis presents Trailer Raffle Cheque to David Raphael
8. AG Stuart Armstrong & Helen with Liz Chuck



PREVIEW OF OUR MEETING ON 30th MARCH

Thornleigh Community Garden

15 The Esplanade, Thornleigh

This is where we will hold our meeting on Wednesday, 30 March at 6.30pm. We will have a sausage sizzle accompanied by Chinese dumplings cooked by Daisy and Ida. Some fruit and cake will also be available. The cost will be \$10 per person.

There is a balcony where we can eat our dinner and there is a meeting room inside for the business part of the evening. Sue, the manager, will provide a short talk on the background and function of the garden.



SHELTERBOX UPDATE - 18th March

ShelterBox is responding to the Ukraine crisis. We have a team in Poland and aid is on the way. We are working on three projects – two within Ukraine and one to support refugees fleeing the county.

We are sending mattresses to 'collective centres' like schools, churches and sports centres in western Ukraine. This will ensure people who have fled their homes have somewhere to sleep and keep warm at night.

We are preparing to provide shelter kits with tools and rope, high thermal blankets, hygiene kits (including items like soap, washing powder and toothpaste), solar lights, buckets and water carriers to help people survive in buildings damaged by the conflict.

We will be supporting refugees in neighbouring countries with high priority items they can carry with them, like hygiene items and warm winter coats.

Thanks to all those that have generously contributed to our [Ukraine Appeal](#). With the UN putting the number of refugees fleeing the country now at 3 million, and millions more displaced with Ukraine, the need is only going to grow, as the conflict continues.

This month's quote comes from Matthew Desmond, "*Housing is absolutely essential to human flourishing. Without stable shelter, it all falls apart.*"
Thanks for being part of the team. Stay safe.

Mike

Mike Greenslade

CEO ShelterBox Australia

A book review by Anoop Sud

'The Big Switch' by Saul Griffith

Climate change is a planetary emergency. We have to do something now – but what? Australian visionary Saul Griffith has a plan. In *The Big Switch*, Griffith lays out a detailed blueprint – optimistic but feasible – for fighting climate change while creating millions of new jobs and a healthier environment. Griffith explains exactly what it would take to transform our infrastructure, update our grid, and adapt our households. The same natural advantages – incredible resources on an enormous continent – that helped Australia prosper in the 20th century are the ingredients for becoming the most prosperous, entirely renewable, economy in the world.

Interestingly, one of his main points is to change all gas appliances to electric!

We just need to be electric. Driving our vehicles will be cheaper than it has ever been. Heating our homes and our showers will be cheaper too. The average household will probably save \$5000 a year or more on energy and car expenses.'—Saul Griffith

WHAT'S ON

Date	Program	Speaker	Chair	Reporter	5 - minute talk	Extra info
Mar 23	Report on District Conference at Hotel Pennant Hills	Anoop Sud, Jason Terry, David Firth	Pres Kaye	Jim Fraser		
Mar 30	Visit to Thornleigh Community Garden 15 The Esplanade	at 6.30pm	Pres Kaye	Jason Terry		
April 4	Board Meeting at 7.30pm on Zoom					
April 6	My Rotary exchange from Venezuela to the USA Zoom meeting 7pm	Jose Lara Herrera	Pres Kaye	John Ellis		
April 13	Planning Night Organise Poppy Selling for ANZAC Day Venue Mecca Infusion		Pres Kaye	Pam Hudson		

Last Meeting - 14.03. 2022

Attendance - 81.25% (total 80 people)

Apologies: A Ameen, H Chan, T Pankhurst

Guest Speaker: Janelle Dodd

Guests: Wendy Bell, Esther Fraser, Heather Firth, Georgia Glockemann, Peter Hudson, Ruth Reid, Claude Rigney, Jeanette Rigney, Lyn Stanton, Neeru Sud, Bev Young, AG S Armstrong & Helen, DG Lindsay May & Tania, PDG John Dodd, Kathryn Dodd, PDG Kalma McLellan, Liz Chuck, Pat Dewey, Robert Erskine, Mayor Philip Ruddock, Barry Seach, Aimee Ralfreeman (Stewart House), David Raphael (St Lucy's School), Marelle Thornton OAM & Stewart, Ross Warren (PHHS Principal) + 37 other Rotarians & partners from Ryde, North Rocks, Carlingford, and West Pennant Hills & Cherrybrook clubs.

Anniversaries & Birthdays

Birthdays:

Georgia Glockemann - March 4

Jeanette Rigney - March 14

Heather Firth - March 24

Bronia Tam - March 30

Anniversaries:

Ida Shi & Eddy Li - March 5

Claude & Jeanette Rigney - March 9

Jim & Esther Fraser - March 11

David & Heather Hopping - March 25

Inductions:

Nil

CLEAN UP AUSTRALIA DAY 2022

As our day was cancelled due to the poor weather conditions, our Environmental Officer, Jason Terry, has nominated Sunday April 3rd as the day for us to clean up around the Pennant Hills Market Place carpark and around the Pennant Hills Community Centre and Wollundry Park, adjacent to it.

Jason will advise times, etc. in due course, so please put this in your diaries. It's a good way of being seen in the community 'doing good'.