



SPOKES



Rotary
Pennant Hills



CLUB CONTACT INFORMATION

PHONE ENQUIRIES:
0407 805 487

EMAIL:
rotaryclubpennant
hills@gmail.com

TO NOTIFY MEETING
APOLOGIES & GUESTS:
Text
0451 265 122
Or
Email: ida1701@gmail.com
on Monday



SISTER CLUBS:

Rotary Club of Newcastle Enterprise
District 9670
Rotary Club of Delhi Ridge
District 3011



REPORTER

ADRIAN BELL



Our guest speaker this week is Geoff Brennan who is going to update us on the Australia Rotary Health Program and its focus on current research projects.

Who Are Australian Rotary Health

Australian Rotary Health is one of the largest independent funders of mental health research within Australia.

Australian Rotary Health provides funding towards research grants, fellowships and PhD scholarships focussed on finding preventative and curative solutions for mental illness in young Australians. From 2022, our funding focus will narrow to the mental health of children aged 0-12.

We also provide funding into a broad range of general health areas, provide scholarships for rural medical and nursing students, as well as Indigenous health students. Australian Rotary Health provides funding into areas of health that do not readily attract funding, and promotes findings to the community.

Australian Rotary Health is a project of the Rotary Districts of Australia and is supported by Rotary Clubs. We have a broad vision to improve the health and wellbeing of all Australians.

Well, last Wednesday evening was our first social night this year with our partners and some guests. Our Social Organiser, Daisy Huang had chosen well – the Tong Tung Thai Restaurant in Pennant Hills – and had organised a great set menu of entrée and main courses which the assembled gathering appreciated. The service from the staff was very good and all in all it was a most enjoyable evening.



The special guests were Corinne Hayes and Pat and Sandra Parker. We had been trying to get Pat and Sandra to a club function since last December.

So following the meal, I invited Pat to join me at the end of our table and then presented him with the John Young “Service Above Self” Award in recognition of his 40 years membership as an active member of our club. Pat joined the club on September 10, 1981. He has served in each of the avenues of service and has been a director of Youth, International Service, Projects, and Public Relations. He was our President in 1991/92 and did such a good job leading the club, that the club was awarded the District Governor’s Shield for the best club! In 1994 he was awarded a Paul Harris Fellow.



Pat responded to the presentation saying that he had enjoyed his years in the club and was happy to continue as an Honorary member. He was honoured to receive the John Young Award.

This week our Guest Speaker is Rotarian Geoff Brennan from the Ryde Club. Geoff is going to bring us up to date on Australian Rotary Health. I’m sure he will provide an excellent presentation and ARH has been a major focus of our club over many years.

I am taking a break for the rest of this month. I am indebted to Pam Hudson for taking on Spokes until she has a holiday in October. So please send any items for Spokes to her, remembering that we have decided to, in future, have Spokes on the 1st and 3rd weeks of the month only, with just a reminder sheet on the alternate weeks.

Cheers, David Firth



For Mental Health Month, Rotary District 9820 is hosting a presentation via Zoom with Rotary Scholar and physiotherapist, [Sarah Large](#). Sarah was a recipient of an Indigenous Health Scholarship in 2015-17 and she currently works in neuroscience at the University of Melbourne.



About Sarah

Recipient of an Indigenous Health scholarship, physio at Royal Melbourne working in neuroscience with stroke, Parkinsons and brain injury, she's currently doing her Masters in public health specialising in Indigenous health and wellbeing. Is on the board of Australian Physiotherapists with the Aboriginal and Torres Strait committee to encourage indigenous people into allied health.

Want to attend

Contact arh@rotary9820.org.au for the zoom link.



DIDI AID TOURS 2023

Become a Rotary volunteer and see how RAWCS and the Rotary Foundation are working together to create sustainable development in Nepal. (RAWCS project 60-2012-13)

Join the Didi Nepal team, in Kathmandu, in April 2023 and spend 10 days assisting to deliver aid and at the same time experiencing the real Nepal.

See firsthand:

- ** the work we do to empower women
- **share your skills at Didi HQ
- **delivered school resources to the very vulnerable schools we support.

As one person you will be making a difference.

Dates: 27th March – 5th April, 2023

11th April – 20th 2023 (NSW School holidays)

Find out more:

<https://didifoundation.org.au/.../didi-nepal.../>

Spaces limited



Date	Program	Speaker	Chair	Reporter
Sept 7	Australian Rotary Health	Geoff Brennan	Pam Hudson	Adrian Bell
Sept 14	Fellowship Night	Everyone	Phil Stanton	
Sept 21	Literacy talk	PDG Pam Pritchard	Ida Shi	John Ellis
Sept 26	Board Meeting	on Zoom	at 7.30pm	
Sept 28	Fellowship Night	Everyone	Phil Stanton	
Oct 5	Science & Engineering Challenge	Gavin Ralston	David Firth	Jason Terry
Oct 12	Fellowship Night	Everyone	David Firth	

DIRECTORS MEETING ZOOM ADDRESS

MONDAY 26th September 2022

<https://us02web.zoom.us/j/83540935341?pwd=YWFkVzdNdkNJaGUwSWpxbXdEaUdldz09>

GUESTS

Corrine Hayes

BIRTHDAYS

1 Sept. Anoop Sud
7 Sept. Huang, Daisy
13 Sept Wendy Bell
18 Sept. Mamooda Ameen

INDUCTION ANNIVERSARIES

8 Sept 1989 Anoop Sud
13 Sept 1994 Pamela Hudson

ATTENDANCE

62%

APOLOGIES

**J Fraser,
Jason Terry**

LEAVE OF ABSENCE: A Ameen, A Sud