



# SPOKES



Pennant Hills  
**Rotary**  
Club



## CLUB CONTACT INFORMATION

PHONE:  
0407 805 487

EMAIL:  
rotaryclubpennant hills@  
gmail.com

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

## THIS WEEK'S MEETING THE EUGOWRA PROJECT & VIDEO

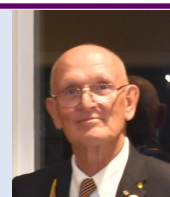
SPEAKER: PP PAM HUDSON

REPORTER: JIM FRASER

*This will be a very enlightening talk with the aid of the video made by the Parkes Rotary Club. Pam and her husband Peter spent some time there following the flood before Christmas, as did Jim Fraser. Don't miss this opportunity to see and hear how our efforts in collecting and sorting the donated food and toiletries, etc. were able to help these people left with almost nothing in many cases.*

## PRESIDENT'S CORNER

This is the commencement of our new meeting arrangement where we meet on the 1st and 3rd Wednesdays each month at the Community Health Centre. Where a 5th Wednesday occurs, we will have a partners social night at a restaurant.



The indefatigable Pam Hudson has proceeded with organizing a Mothers Day Raffle. With the help of Kelly from Banna Group, she has written to the shops & businesses in Pennant Hills Market Place seeking sponsorship and/or donations towards the prize. We have reckoned on selling tickets from April 26 through to May 6th when the winners will be drawn. So please get your ticket selling expertise ready.

At our meeting on March 15, we will have the CEO of Stewart House, Graeme Philpotts, coming to talk. We have had along association with Graeme, so it will be good to hear exactly what Stewart House does. Lets make this a partners night.

David Firth

The report of our last meeting follows, thanks to the excellent recordkeeping of our Secretary, PP John Ellis.

### BOARD MEETING MINTES - Wednesday 15 February 2023

**Present** – President D. Firth, J. Ellis, T. Glockemann, D. Huang, P. Hudson, I. Shi, P. Stanton, A. Sud

**Apologies** – J. Fraser,

President Phil Stanton opened the meeting at 7:00 pm with a welcome to members and also Kaye Carter. He outlined our intentions for future meetings, now based on the Pennant Hills Health Centre. There would be fewer meetings and no meals and our aim is to make better contact with the local community. The purpose of this meeting is to revue our future direction.

T. Glockemann proposed that our priority should be to have meaningful projects, being involved in and doing things that will appeal to members. He then covered recent discussions with Mr J. Leeser, our Federal MP, regarding the youth age in our community who have experienced trauma and the benefit of mentoring these young people. He followed with examples of young people he and Georgia had mentored at different times and the benefits for both the young person and the mentor. A. Sud reported on the Dural Men's Shed and the mentoring programs they provide and mentioned that he has some other sources of youth aged who would benefit from mentoring services. Our visitor, Kaye Carter, offered to assist, now that she has counselling qualifications.

**Action** – T. Glockemann to research further with Mr Leeser and report.

**Action** – A. Sud to report on his sources suited to benefit from mentoring

D. Firth reminded members of his initial work on a dementia café that did not proceed because of COVID restrictions. He suggested we could use the Health Centre facilities on some afternoons. We would need to consider what would be necessary for a dementia café, both for the sufferer and the relevant carer, the numbers we might be dealing with and the involvement of our members. David mentioned that Ku-ring-gai Neighbourhood Centre is running four such cafes at present. Kaye Carter mentioned that Thornleigh Gardens have a monthly dementia café. President Phil advised that the activities we intend to consider should be both doable and practical.

**Action** – D. Firth to investigate further a dementia cafe

D. Firth mentioned that we require two or three new pull up banners to promote current themes and objectives and has discussed with the District Secretary to see what is now being recommended for such banners.

**Action** – D. Firth to finalise with District Secretary.

D. Firth, in discussion with the Banna Group, managers of Pennant Hills Shopping Centre, has been made aware of a vacant shop space awaiting lease. Banna have offered the Club use of the space to promote Rotary in general and this Club in particular.

**Action** – P. Stanton to take up Banna's offer and propose how we might best utilise the space, aware that it is intended for lease and that could be at any time.

President Phil then clarified our meeting schedule, that we should meet at the Community Health Centre on the first, third and fifth Wednesdays of each month at 6:30 for 7:00 pm. In a month with a fifth Wednesday he proposed we make a social evening. He then reminded members of the invitation to attend the meeting with the RC of West Pennant Hills/Cherrybrook next Monday. The cost will be \$40 that can be transferred to the relevant account or one could pay on the night.

Our new member, Robyn Huh, was then inducted into the Club. She introduced herself as the manager of Penno Oio Café next to Joanie's in Pennant Hills Shopping Centre. Her husband is presently in Korea and they have two sons. She seeks more local knowledge that she relates to improving her business. President Phil presented Robyn with the introductory folder of Rotary information.

For Robyn's benefit as a new Rotarian, D. Firth then outlined this Club's involvement:

Overseas – our Rotary Education and Training, particularly in East Timor with our RYLA and RYPEN programs.





Within our District 9685 our support of Youth programs such as RYLA and RYPEN.

Our Christmas raffle to raise funds for St Lucy's School in particular Our Trees of Joy in Pennant Hills and Thornleigh Shopping Centres with gifts going to Stewart House and Parramatta Mission

Pride of Workmanship award

Our recent donation of \$1,000 to Shelterbox to go to assisting with relief in Turkey followed by a general outline of Rotary International.

There being no further business and before Anoop could mention the cricket, President Phil closed the meeting at 8:10 pm.

**Recorder: Secretary John Ellis**

### **CLEAN UP AUSTRALIA DAY**

We are registered for this activity to be held this Sunday, March 5th. The meeting place is outside the Australia Post shop in the Pennant Hills Market Place carpark at 9am. We have indicated in our registration that we will cover the carpark and Wollundry Park and around the Community Centre and Library. I have asked the Banna Group to provide advertising of our involvement and that we are looking for community volunteers to help. The following is the graphic which is now on the video screens in the Market Place and will also be on their Facebook page.

We need to have as many as possible to take part. We have received the collection kit including gloves and some collection bags. I understand that we will have some community assistance on the day. Depending on how much or many come from the community, we may need to expand our clean up area.

Come along if you can and show our club active in the community and you might even have some fun too. In fact, having fun is an essential part of it. 9am to about 11am.



**Join Pennant Hills Rotary Club  
this Clean Up Australia Day**

**MAKE A DIFFERENCE!**

**SUNDAY 5TH MARCH**

**Time: 9 am** *all are welcome!*

**Meeting point: outside  
Australia Post Pennant Hills**

**ENQUIRES: 0407 805 487**



## WHAT'S ON

Date	Program	Speaker	Chair	Reporter	
March 1	Eugowra Project Video	Pam Hudson	David Firth	Jim Fraser	
March 5	CLEAN UP AUSTRALIA DAY	<b>9AM OUTSIDE PENNANT HILLS POST OFFICE PLEASE WEAR YOUR CLUB SHIRTS AND ROTARY CAPS</b>			
MARCH 15	Stewart House	Graeme Philpotts CEO	David Firth	Phil Stanton	<b>Partners Night</b>
March 17-19	District 9685 Conference	At Cowra with events and sessions from Friday till Sunday lunchtime			

### Last Meeting - 15.2.2023

**Attendance:** 61.5%

**Apologies:** J Fraser, T Pankhurst, J Terry

**Guests:** Robyn Huh

Rtn Kaye Carter - West Pennant Hills/Cherrybrook Club

**Leave of Absence:** A Ameen, A Bell

### February

#### Birthdays:

Georgia Glockemann - March 4

Jeanette Rigney - March 14

Heather Firth - March 24

Bronia Tam - March 30

#### Anniversaries:

Ida Shi & Eddy Li - March 5

Jeanette & Claude Rigney - March 9

Esther & Jim Fraser - March 11

#### Club Induction Anniversary:

Nil

### Thought for the Week

Even with all our technology and the inventions that make modern life so much easier than it once was, it takes just one big natural disaster to wipe all that away and remind us that, here on Earth, we're still at the mercy of nature.

[Neil deGrasse Tyson](#)

### MEETING WITH WEST PENNANT HILLS & CHERRYBROOK CLUB ON FEB 20th

In all, we had 7 from our club at this meeting held at their regular place, Springfield House. There were 88 in attendance with members from several local clubs plus the District Governor. All had come to hear Greg Page, the original yellow Wiggle speak about his heart trouble. In fact, he had a cardiac arrest while on stage at a fundraiser for the bushfire victims held at Castle Hill RSL.

Fortunately there were people there able to administer CPR and a defibrillator was also there which was used to restart his heart while the ambulance came.

Greg has started 'Heart of a Nation' which is delivering a range of initiatives to address the

deaths from cardiac arrest. One of these is to identify every defibrillator, wherever it may be so that by using a free app on your phone, in an emergency, you can identify where the nearest unit is situated.

They have a number of other initiatives all aimed at making defibrillators and CPR more accessible, particularly in the residential areas where the majority of cases occur.

A great presentation and a very good night enjoyed by everyone.

