



SPOKES



CLUB CONTACT INFORMATION

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TO NOTIFY MEETING APOLOGIES & GUESTS:
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on Monday



We have the following sister clubs:

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

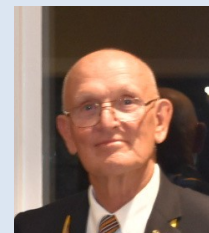
THIS WEEK

*Social Night
at the Verandah Restaurant,
Beecroft Bowling Club
Copeland Road, Beecroft,
meeting there at 6.30pm*

PRESIDENT'S CORNER

I don't know about you, but the last couple of weeks have been pretty busy for me.

Our last meeting when Graeme Philpotts was our speaker was a real eyeopener for me and from the extended question time, I think everyone present felt the same. See Ida's excellent report on page 2.



Heather and I went to the District 9685 Conference at Cowra from 17th to 19th March. It was certainly a different style - a country atmosphere and no 'bells and whistles' as such. There were some interesting presentations, and I had the Pride of Workmanship stand in the showcase which was in a marquee at the showground. The plenary sessions were in the airconditioned pavilion there. For us, the highlight was the Sunday morning program at the Japanese Gardens with the Japanese Ambassador as Guest Speaker. An excellent finale for the conference.

I just want to let you know that Joint President Phil has been in hospital since Wednesday last. Lyn tells me he is OK and recovering from an operation and expects to be home later today. We certainly wish him a speedy recovery.

David Firth

Meeting Report

Our fortnight club meeting in person was held on March 15th at 6.30pm for 7pm at the Pennant Hills Child and Family Health Centre. President David opened the meeting by welcoming everyone, including special guests Heather, Georgia, Esther and the special guest speaker Graeme Phillpotts, CEO of Stewart House.

The meeting began with a delightful start as Heather, Daisy and Anoop brought in homemade cakes, delicious grapes, figs, and signature Indian sweets, Kala Jamun, for everyone to enjoy. After everyone had settled in and had some refreshments, the President made some announcements and discussed some important issues.

Eight participants had participated in the 'Clean Up Australian Day' event on 5 March, and the youngest helper is just four years old, the daughter of Kelly Tam, from the Banna Group.

David and Heather were attending the District Conference at Cowra from 17-19 March.

David attended the President Elect Training session on Saturday.

The District Assembly had scheduled a half-day training on April 15th for upcoming directors.

Our Pride of Workmanship Awards function would take place on May 17th, and awardees were being called for. For more details, check out the Pride of Workmanship Website: <https://www.pride-of-workmanship.com/> and get in touch at 0444 565 780 or orders@pride-of-workmanship.com.

The social night meeting would be held on March 29, the fifth Wednesday of March. Daisy had agreed to organise the venue and dinner for club members, partners, and friends.

The next Board Meeting will be on Zoom next Wednesday (22/3)

After the announcements, President David introduced Graeme Phillpotts to give his presentation about Stewart House (SH). Stewart House is NSW Public Education's Charity of Choice, established in 1931. Since 1977, NSW Department of Education teachers, administration and support staff have supported Stewart House as the department's Charity of Choice. NSW Department of Education employees are able to donate to Stewart House through the Salary Contribution Scheme.



The purpose of Stewart House (SH) is to change the lives of children in difficult circumstances and give them hope and aspiration for the future. Children come from metropolitan and regional NSW and the ACT. Each year, SH invites over 1,600 students to enrol in the 12-day program on the recommendation of their home school principals. According to accumulated statistics by SH, children who came to SH have had multiple adverse childhood experiences and, by association, are more vulnerable to developing mental health issues. 75 percent are from economic disadvantage, 25% isolation, 85% lack of opportunity, 10% non-English speaking, 30% aboriginal students, 50% are homeless or in out of home care, 56% are victims of abuse, neglect or domestic violence, 47% exposed to mental illness, 25% living in rural and remote areas. SH has been successful for over 90 years and exists for these children. SH understand that children present with influences that lead to social, emotional and cognitive impairment, which untreated, could result in the adoption of health-risk behaviours in later life. SH makes sure when those children come to SH, they are safe, and teachers are caring, sharing, and setting a model for them. Their experiences at SH allow them to meet nice people and know they are not the only one.

Graeme highlighted the expectations from principals, requesting that SH addresses several key issues. These include a focus on improving in health and wellbeing (60%), teaching of self-care skills (30%), developing of interpersonal skills (50%), increasing awareness of emotional regulation (30%), boosting self-esteem and resilience (80%), and providing a much-needed respite from their current circumstances (75%).

Despite these challenges, SH remains committed to tackling physical health needs through their screening programs. These programs are supported by NSW Health for general health screening Health, by UNSW and Optometry and Vision Science for full optometric screening, by Teachers Health for free glasses dispensed, by Macquarie University Masters of Clinical Audiology for advanced hearing tests, and

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by NSW Education for school calendar and unique service that fits in with health screening and addresses social and emotional wellbeing.

The annual cost to run Stewart House is almost \$9M, with 37% of the funding coming from government and university support. However, a funding shortfall of 5.2M is still required to cover the costs of overnight and weekend supervision and care, accommodation (including food and transport), wellbeing and healthcare services, and excursions. Donations from public schools and their staff, corporates and grants, organisations and clubs, and general public are essential to filling this shortfall.



During the presentation, Graeme also shared a secret with us: presents from our annual 'Tree of Joy' program could arrive early, so that every child at Stewart House can receive a Christmas Gift. If we can donate 1,600 gifts each year, every child will be able to bring at least one gift home. Esther immediately expressed her willingness to buy more gifts for those children this year!

During the lively Q&A session, Graeme also shared with us that children between the ages of 8 to 13 attend Stewart House, ranging from Year 4 to Year 8. He explained why the program is 12 days long, why they don't recruit volunteers, and more. It was amazing to learn that Stewart House is a unique program not only in Australia, but also in the world. It was a most informative presentation, filled with love, care, passion, and support, all integrated into one program at Stewart House. Graeme then gave us a Stewart House USB card with a copy of his presentation slides for those who want to read more about Stewart House (Website: stewarthouse.org.au; E: marketing@stewarthouse.org.au; Call: 02 9938 3100). President David closed the meeting around 8.30 pm.

Reporter: Ida Shi

PHOTOS OF THE DISTRICT CONFERENCE



The Showcase on the left and covered seating and tables with pavilion at back



Japanese Ambassador



Brunch at the Japanese Gardens Sunday



The POW Stand in the Showcase area

WHAT'S ON

Date	Program	Speaker	Chair	Reporter	
March 29	Social Night	At The Verandah Beecroft	At 6.30pm		
April 5	To Be Confirmed		David Firth	Pam Hudson	
Sat. April 15	District Assembly for all incoming Board Members	At Epping Boys High School	Commencing at 9am through to Noon		
Wed May 17	Pride of Workmanship Awards	TBC			

Last Meeting - 15.3.2023

Attendance: 50%

Apologies: P Hudson, R Huh, T Pankhurst, P Stanton, J Terry

Guest Speaker: Graeme Philpotts

Guests: H Firth, E Fraser

Leave of Absence: A Ameen, A Bell

March

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

SIX STORIES WITH LOTS OF MEANING

1. Once, all the villagers decided to pray for rain. On the day, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw a baby in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive in the morning, but we still set the alarm to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
5. We see the world suffering, but still we get married and have children. That is love.
6. On an old man's T shirt was written "I am not 80 years old; I'm sweet 16 with 64 years of experience. That is attitude.

Have a happy day and live your life like these stories.

Remember - good friends are the rare jewels of life, difficult to find and impossible to replace!

