



CREATE HOPE
in the WORLD

SPOKES



Pennant Hills
Rotary
Club



CLUB CONTACT INFORMATION

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



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 Program

ROTARY INFORMATION NIGHT

Chairman: Jim Fraser

Speakers: Ida Shi, Daisy Huang and
Theo Glockemann OAM

Please come and enjoy the
informality, the fellowship, and the
information about Rotary, our club
and its activities both here and
abroad.

WHAT IS ROTARY?

Rotary is a global network of clubs with
1.4 million members - neighbours, friends,
leaders, and problem solvers just like you.

We apply our diverse perspectives and
collective expertise to support one another
and tackle the most persistent issues that
our communities face.

JOIN US TO:

- Connect with other people of action
- Form new friendships and build your network
- Find creative ways to meet community needs
- Gain new skills and grow as a leader

The President's Comment

This week's meeting is something we have not done for many years, so it will be interesting to see how many people come and experience Rotary and learn about it and how our club operates in the community. Ofcourse, it also provides an opportunity for visitors to meet our members and share fellowship with us.

Perhaps I can provide a brief background of our club - we started in 1960 - yes, we have served this community for over 60 years! During that time, we have completed many projects locally and elsewhere in the wider community. There have also been several overseas projects we have been involved in and you will hear about one of those tonight. In all, we have had over 270 members of this club and many have made lifelong friendships. During that time Rotary has changed. We are a diverse and inclusive organization and our club, in many ways, reflects the diversity of our community.

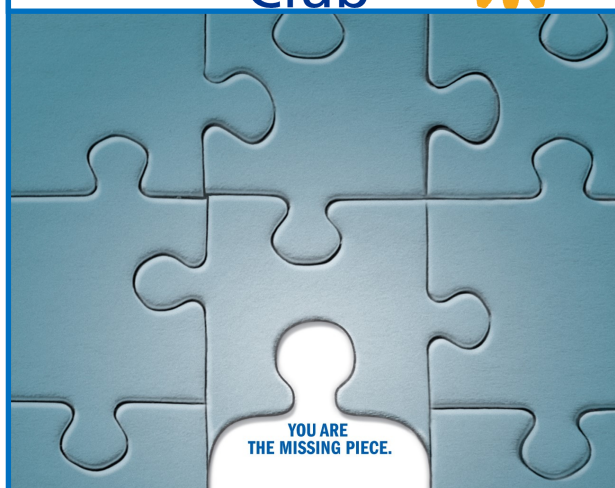
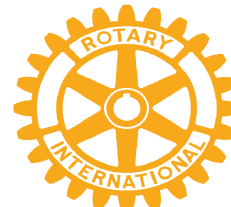
As you will learn tonight, membership of a Rotary Club is like a passport to Rotary Clubs around the world. The benefits of membership are commensurate with your involvement in the club's activities, both project and social. I've always liked this image which has been used over the years in relation to membership in Rotary. I hope you like it.

A reminder to members that we have the official visit of the District Governor coming up on November 15th and it would be great if we could have all members in attendance on that evening to talk about what we are doing and here what Christine Owen's message is for us.

David Firth



Pennant Hills
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ShelterBox was started by Rotarians in the UK and has now spread around the world.

ShelterBox teams work with disaster-hit families around the world, offering emergency shelter and other essential items to support them in rebuilding their lives.

Every disaster is different and so is every community, so we spend time with those affected to make sure we can offer the right support at the right time to help them recover.

Our teams can travel by boat, helicopter or tuk-tuk to get to the families who need your support - whatever it takes to get to the people who have lost their homes to disaster.

Our club is a supporter and contributor to assist in humanitarian crises.



Rotary Youth Leadership Awards - District 9685



Open to young adults 18 to 30 years old who have an interest in developing their leadership and interpersonal skills.

Registration & Opening Ceremony
Sunday 14 January, 2024

Closing Ceremony
Saturday 20 January, 2024

Applications: Open now & close
Friday 1 December, 2023

Rotary Meeting Report for 4th October, 2023

The meeting opened with President David welcoming all, and a special welcome to Hannah Marjoram from the Stroke Foundation.

Reports followed on club activities.

Jim Fraser reported on distribution of promotion material for upcoming interest night on 18th October. He has spoken to a number of local retailers at Pennant Hills. Next week he will approach retailers in Westleigh.

Pam Hudson has forwarded same information to Kelly at Pennant Hills Market Place for display on their visual display. Also Vanessa from Westleigh will post on their Facebook page and display on their notice board.

Speakers are confirmed for that meeting. Daisy, Ida and Theo will speak on their experience within Rotary and Jim will be chairman.

Anoop reported on the India Project which is still on going. Contact has been made with the Balwyn Rotary Club to see if they are interested in the project in Delhi.

Pam reported that the trailer for our Christmas raffle is ready to pick up which Pres. David will do this week. Jim and Pam will visit Bunnings this week to arrange for prizes for the trailer raffle.

Anoop will notify Combined Oak Hill Dural Probus club of our up coming Tree of Joy to seek donations.

Members were reminded to take note of contact of people who show interest in the club as members or volunteers.

Theo reported on RYLA and RYPEN in East Timor - another successful year. Two Rotarians attended with one from Castle Hill hoping to return next year having been amazed at the sessions, etc. that she attended. The other Rotarian from Mosman Club visited an ongoing project their club has in Timor as well. Theo visited the Plan International office there and found a number of past RYLARIANS working there. A recent UN report found that 80% of children in rural Timor are suffering from malnutrition. A Malaysian Rotary club will supply 30,000 rice meals. These will distributed by Rotaractors and also the Dili Lafaek Rotary Club.

President David reminded members of the District Governor Christine Owen's visit on the 15th November which will be a dinner night.

President David then introduced our guest speaker Hannah Marjoram.

Hannah is currently studying medicine at Sydney University and working for the Stroke Foundations. Hannah informed us that the Stroke Foundation mission is to prevent strokes, save lives, enhance recovery and research.

How do you recognise a stroke? 1. FACE Has face drooped? 2. ARMS can they lift them? 3. SPEECH is their speech slurred? Can they understand you?

Hannah then explained that if you see any of these symptoms CALL 000 immediately. She explained that you should not drive to the hospital but call for an ambulance as they can let the hospital know and treatment can start with in the required 4 hours.

Hannah then explained about TIAs which happen when blood supply to the brain is blocked temporarily.. TIAs are a warning that you may have a stroke and a warning to prevent this.

Stroke Risks: 1. Male 2. Family history. 3. Previous stroke or TIA 4. Existing medical condition.

Good news - 80% of strokes can be prevented -

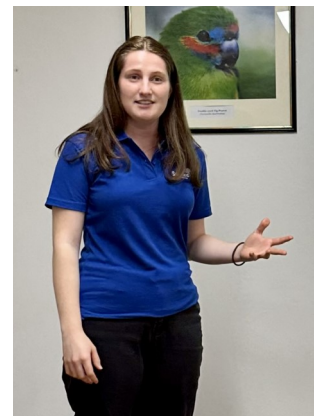
Regular health checks and know your numbers, blood pressure and heart rate;

A balanced diet. Cut out salt. Swap out sugar and eat lots of fresh food;
Stay active 30 minutes a day, drink alcohol in moderation and stop smoking.

Numerous questions followed a very informative presentation.

Pres. David thanked Hannah for her presentation and the meeting closed with reminders of upcoming events.

Reporter: Pam Hudson



“The foundation upon which Rotary is built is friendship; on no less firm foundation could it have stood.”

Paul P Harris

WHAT'S ON

Date	Program	Speaker	Chair	Reporter	
18th Oct	Rotary Interest Meeting	Several Club Members	Jim Fraser	Jason Terry	
25th Oct	Board Meeting on Zoom	commencing	at 7.30pm		
1st Nov	Membership	Azita Abdollahian District Membership Chair	Jim Fraser	Phil Stanton	
15th Nov	Official District Governor's Visit	DG Christine Owen	David Firth	Ida Shi	



**Friday 15th March 2024 to
Saturday 16th March 2024**

Our Locations:

**Friday: Crowne Plaza, Pine Tree Ln, Terrigal NSW 2260
Saturday: EV Church, 331 Terrigal Dr, Erina NSW 2250**

REGISTRATIONS ARE OPEN WITH EARLYBIRD PRICING UNTIL DECEMBER 31

<p>Last Meeting - 4.10.2023</p> <p>Attendance: 66.7%</p> <p>Apologies: A Bell, R Huh; J Terry, P Stanton</p> <p>Guest Speaker: Hannah Marjoram</p>	<p style="text-align: center;">OCTOBER</p> <p>Birthdays: T. Pankhurst - Oct 3rd P. Stanton - Oct 3rd M. Pankhurst - Oct 25th</p> <p>Anniversaries: Nil</p> <p>Club Induction Anniversary: A. Bell - Oct 9th A. Sud - Oct 13th</p>
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