



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



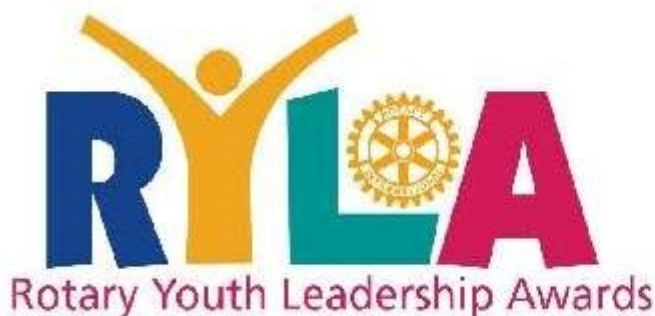
**Rotary**  
District 9685



We have the following sister  
clubs:

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

### This Week



# 2024

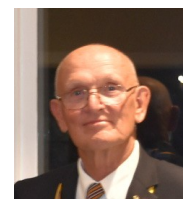
**Speaker: Natasha Lette**

**Chairman: John Ellis**

**Reporter: Phil Stanton**

### President's Corner

What a great night we had celebrating Australia Day 2 weeks ago. The Keynote Speaker was obviously a great attraction as we had several golf club members who came as a result of our advertisement in the club newsletter. Chairman Phil ran the meeting with a nice mix of informality and ceremony.



The response to the Dr Kristin Bindley's talk and the subsequent award was clear to see in the number of people who spoke to her at length at the conclusion of the meeting. John Ellis has an excellent report on the meeting and her talk.

This week we welcome our RYLA awardee Natasha who will tell us of her experience at RYLA 2024.

**David Firth**

## AUSTRALIA DAY DINNER REPORT

MC Phil Stanton introduced President David Firth who welcomed our visitors and Dr Kristen Brindley in particular. President David called on Mayor Philip Ruddock to welcome us to country.

The Mayor outlined the relevance of Australia Day to citizenship ceremonies held in Hornsby. Becoming an Australian means accepting our rule of law and our system of government. These days 50% of Australians were born overseas or have a parent who was. The Mayor reminded us that we can be an example to the world.

Anoop Sud proposed a toast to Rotary and DG Christine Owen responded, stressing Rotary's inclusion and diversity. President David then presented five Centurion certificates to Club members and outlined to visitors our major Club projects and activities. As dinner was being served each table received the Australia Day quiz sheet of 20 questions.

Following dinner Phil Stanton introduced Dr Kristin Bindley OAM, our guest speaker, mentioning her connection with the Stanton family and her award of the OAM for services to palliative care. Dr Bindley opened her address on 'Matters of Life and Death' – a perspective from the coal face of palliative and bereavement care in Australia. She then displayed a Banksi artwork – 'the elephant in the room' - to emphasise poverty, hunger, grief and loss, something difficult for us to face. If we look that elephant in the eye we would be better served. Everyone will bring their own experience of loss and grief. Kristin can offer additional assistance if and when required. She displayed a photo of a memorial service at Mt Druitt Hospital where about 150 had gathered for a bereavement service. She has arranged such services over the past decade, usually five a year.

She commenced her working life as a lawyer then encountered a friend who died following bone marrow transplant. She then encountered a counselor at Uni whose support was critical to Kristin. As her mother had been diagnosed with multiple sclerosis, Kristin felt she could assist others and then sought to establish what sort of relevant support was available in Sydney. Her photo of Daly Saunders led on to the work Daly had done in introducing palliative care to improve quality of life in a person's last days. Palliative care, Kristen explained, was not entirely for the patient but also the immediate family. Daly saw the delivery of care to a family and patient should include spiritual and social components. Kristin went on to cover her own research into the meaning of palliative care and saw the importance of the co-ordination of grief and bereavement care with appropriate services. Such care can be delivered, not just in the hospital, but at home. As she let people know of her research she centred her work on western Sydney, the arc from Auburn to Blacktown where there is a high level of social disadvantage. She gave examples of people she had sought to assist. One was a young man with angry outbursts following the loss of his father. Another was a single mother of Lebanese background with five children, one of whom had become her carer. Many of those she worked with in her research were people of low income and resources, those dependent upon Government services. Many had rental and employment problems. Across our Australian landscape we do have a high level of palliative care. She then estimated that the need for such care will double by 2050. How can we respond? We can raise awareness and support local campaigns and importantly, we can volunteer. We can reflect on our own loss and grief elephants in our room. Dr Bindley closed by reminding us that if we can face the fact that death faces everyone, then we can be better prepared. Theo Glockemann then thanked Kristin for her address.

President David called on three earlier Australia Day awardees who then presented Dr Bindley with her Australia Day Merit Award. John Ellis was then able to run through the quiz and found that Table 1, ably assisted with high priced help, were the winners. Dr Bindley then drew tickets for our raffle that raised \$300 and the meeting closed with a good rendition of the National Anthem.

**Reporter: John Ellis**




Our 2024 Awardee Kristin with Marelle Thornton, Ray Dearlove and Theo Glockemann, past awardees

### Morning Tea at Cherrybrook Christian Care Centre

This was organised by Pam Hudson with Ida Shi, Jim Fraser, Pam and myself in attendance with Peter Kirkwood OAM as special speaker with his didgeridoo collection.

It was a very good turnout and we served lamingtons in recognition of Australia Day. As you can see from the photo, we decorated the room and the residents, including our Australia Day Awardee Marg Ebb, really enjoyed and appreciated our efforts. David Firth



**IT'S ON AGAIN** 

# 2024 ANNUAL GIANT BOOK SALE

Cherrybrook Uniting Church  
134 New Line Road, Cherrybrook

Friday 8th March 9am to 5pm	Saturday 9th March 9am to 5pm	Sunday 10th March 11am to 2pm
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**CLEARANCE SALE**

We are looking for donations of books (preferably less than 10 years old), in good condition, original CD's, DVD's, records & sheet music.

Simply call our hotline (0468 330 667) for a convenient drop off point.

Donations accepted until 12 noon Saturday 2nd March.

Please note: we are unable to accept text books, encyclopaedias, dictionaries, damaged or dirty/mouldy books, magazines, coffee table books, Readers Digest & condensed books.

Proceeds go to Domestic and Family Violence Charities, and other Rotary Charities.


Through your donation and purchase of Books, you can help save lives.

0468 330 667

wph.rotary.events@gmail.com

@wphrotaryclub

www.wphrotary.org/2024-book-sale





## WHAT'S ON

Date	Program	Speaker	Chair	Reporter	
7th Feb	RYLA 2024	Natasha Lette	John Ellis	Phil Stanton	
14th Feb	Board Meeting On ZOOM	At 7.30pm	Pres David		
21st Feb	Searching out a new community event for our club	Everyone	Pres David	David Firth	
Sunday 3rd March	Clean Up Australia Day	Meet at Pennant Hills Marketplace	Pam Hudson	Pam Hudson	

**Last Meeting - 24.01.2024**

**Attendance:** 81.8%

**Apologies:** A Bell, R Huh,

**Guests:** 32 in all including DG Christine Owen, PDG Mina Howard, DGN John Campbell, Hon Philip Ruddock, Hon Alistair Henskens MP

**Keynote Speaker:** Dr Kristin Bindley OAM



## Good Vibrations Conference March 2024

All partygoers please note!

**2024 Conference dates:  
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**

**Register at**

[www.9685rotaryconference2024.com.au](http://www.9685rotaryconference2024.com.au)

### FEBRUARY

**Birthdays:**

Raymond Chan - February 11

**Anniversaries:**

David & Heather Firth - February 5  
Robyn & Michael Huh - February 15

**Club Induction Anniversary:**

Jim Fraser - February 1  
Robyn Huh - February 16  
Herbert Chan - February 24

**Peace is not absence of  
conflict, it is the ability  
to handle conflict by  
peaceful means.**

Ronald Reagan

You never really know  
the true impact you have on  
those around you. You never  
know how much someone  
needed that smile you gave  
them. You never know how  
much your kindness turned  
someone's entire life around.  
You never know how much  
someone needed that long  
hug or deep talk. So don't  
wait to be kind.