

  
ROTARY CLUB OF  
**PENNANT HILLS**

Chartered March 14, 1960



**Rotary**  
District 9685 



## CLUB CONTACT INFORMATION

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TO NOTIFY MEETING  
APOLOGIES &  
GUESTS:

**9294 2107**

before Noon on  
Saturday



## OUR PROGRAM THIS WEEK

### ***“SHINE FOR KIDS”***

**Speaker: *Dennis van Someren***

**Chairman: *Theo Glockemann***

**Reporter: *Ian Chappel***

SHINE for Kids was created as the Children of Prisoners' Support Group (COPSG) following the release of *The Children of Imprisoned Parents Report*, commissioned by the Family and Children's Services Agency, in March 1982. In December 2004 we changed our name to SHINE for Kids.

SHINE stands for five elements of what we do:  
We **support** children, facilitate **hope**; **inspire** kids to reach their potential; **nurture** their growth; **empower** them to succeed.

SHINE for Kids has a firm belief in the power of early intervention and a focus on collaboration to reduce the negative effects of parental imprisonment on children and young people.



*We are selling merchandise for Daffodil Day on Friday 24th August. Once again we will be at Pennant Hills Railway Station from 6.30am until about 9.00am.*

## NEXT WEEK - AUGUST 27th

***Program: To Be Advised***

***Chairman: President Adrian***

***Reporter: John Ellis***

**NOTE: This meeting is at Hotel Pennant Hills at the usual time**

## **MEETING REPORT - 13th August - Reporter: David Firth**

This was a combined Rotary meeting hosted by the Norwest Sunrise club at Springfield Function Centre, Dural. There were members of eight clubs there from Beecroft, Castle Hill, West pennant Hills & Cherrybrook, Kenthurst, Lower Blue Mountains, The Hills Kellyville, Norwest Sunrise, and our club. We had 14 in attendance including Kaye Carter, Maureen Pankhurst, Wendy Bell, Esther Fraser, and Heather Firth.

Assistant Governor Northwest Robert Bredlin was MC for the evening. Norwest Sunrise President Jeremy Carter welcomed all to the meeting. There was a good period of fellowship over a great meal before the Guest Speaker Dr Ian Nicholson was introduced.

Dr Nicholson, a cardio thoracic surgeon who operates primarily at the Sydney Adventist Hospital, Westmead Hospital and Westmead Children's Hospital, provides his skills regularly for Open Heart International on trips overseas. There are big teams involved in these trips with doctors, anaesthetists, theatre nurses, post operative nurses, and a range of support staff. Ian explained that he became involved with Open Heart International (OHI) because he felt that, having had a free school education and then free university training, he should give back in some way.



So far OHI have dealt with 6,500 cases world-wide since 1986. Ian's current interest is in Bolivia which he first visited in 2016. He is leading a team back there on August 30th and will be away 2 weeks. He detailed some of the equipment that is required for these trips - a heart - lung machine, ventilators, patient cooling and re-heating equipment. Much of this is superseded equipment from hospitals here in Australia and available at a nominal cost. However, the real problem is the cost to transport all their requirements to the countries they operate in.

Cochabamba is the city in central Bolivia where they are operating. It is a city of 630,000 people and has a very basic hospital system, but one which will be enhanced by their visits, as they not only treat many cases - Ian said that they usually did 4 or 5 major operations per day there, compared to perhaps just two here at home - but they provide training for local doctors as well. Many of the patients he treats are children who suffer from congenital heart disease. He said that 1,000,000 children are born each year with this problem and 25% die without receiving any treatment.

Ian advised that, perhaps surprisingly, the majority of funding for these trips is provided by the volunteers! The OHI volunteers come from all over Australia, although the majority come from the SAN, Westmead and Prince of Wales hospitals. His talk was illustrated throughout by a powerpoint display.

In thanking Ian for his talk, President Jeremy announced that they had raised \$44,000 for the next Bolivian trip which has been Daisy Montaro's complete focus, Daisy being the Norwest Sunrise club's International Director. They then presented Ian with a Paul Harris Fellow award, to go with his District Vocational Excellence Award presented earlier this year, and his AM received in the New Years Honours list in January 2014. He accepted his PHF most humbly pointing out that the achievements of these trips are due to the whole team's efforts.

The evening concluded with the drawing of the raffle and our very own Phil Stanton won the first prize, a Bolivian precious jewel! Congratulations Phil.



**We are assisting at the RYDA program for  
Mount St Benedict High School on September 4th at  
Quaycentre at Sydney Olympic Park - 8.30am  
We need 6 volunteers to supervise each group - can you help?**



# Why you shouldn't be afraid to take risks

By Daniel Vankov, Immediate Past President, Rotary Club of Brisbane

**Rotary's secret is cooperation. Alone we are useless. Together we are powerful. And together in a million we are unstoppable.**

I had the honour of serving as president of the Rotary Club of Brisbane in 2017-18. It was a task that was not only challenging, but highly rewarding. My desire had been to make a difference, which also happened to be the theme 2017-18 Rotary President Ian Riseley put forward for the year.

Reflecting back, I realize that at that point of time, I was unprepared in many ways for the enormity of it, given my limited exposure to both Rotary and the club. But I embraced the opportunity I was given with a passion and desire to learn and grow as a person and as a Rotarian. And I had many great former presidents to learn from.

One thing in particular I learned, and it would be my advice to those that follow, is to take risks. We would not have achieved anything as a club had we not been willing to try new things and assume the risks that entails.

When you change nothing, nothing changes. One should not fear failing; one should fear not trying.

My favorite quote from Mark Twain is this:

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."*

*Reprinted from 'ROTARY VOICES - stories of service from around the world' - August 17th, 2018*

As you know, Mary has completed her epic Channel swim in 17 hours 8 minutes. I thought I would send you what her husband, Stuart, wrote about her swim. He was with her all the way on her boat called Masterpiece. I thought everyone at Rotary would be interested in his account. Julie McDonald

## Mary's D-Day (a biased account)

The Channel Swim was an amazing experience, with such a mix of intense emotion for the full 17 hours. Mary started well, a lonely start in the dark under the brooding cliffs of Dover. Uneventful for the first few hours and then once Mary got into the South West passage she was hit by nausea. There was a long moment of silence on the boat as she barfed up her breakfast. Tim gave her a Zofran which seemed to work and within half an hour she was back pounding out a steady pace. At the end of the day, on the way back to Dover, our Pilot, Fred told me that he thought with those difficulties so early and now being off pace for the tides so early in the swim Mary's prospects for a successful swim were looking pretty bleak (thank God he didn't tell me that then!).

After the sickness in the early part of the swim, Mary had difficulty with her feeds and medications. There were some feeds she completed but most were partial feeds and the carefully scripted and practiced rotation of different supplements and medications to keep the machine going was gone. There was one period where three of four feeds were a drink of black tea with sugar and a quarter slice of white bread with peanut butter and honey. After all the 8 and ten-hour practice swims in Redcliff bay with regular shots of fuel calculated by an expert, we were now back to the Captain Webb 1875 channel swim nutrition, and even that was lacking as were missing the brandy.

I remember now Trent (coach and channel world champion), saying the swim really only starts in the last couple of miles. So there were are, about 5 km off Cap Gris-Nez with a weakening south tide and Tim asking Mary for another 5% so as to leave her closer to the coast before the tide turned and started the incredibly strong tidal surge that could sweep her right up the coast again. And there is Mary, low on nutrition, ready to get out, and not really knowing that it would probably be another two to three hours of hard work.

At this point the girls and I were in pain with Mary. Maddie who never bites her nails had nearly chewed a finger off and Steph who deals with emergency care was as white as a sheet, and me just having to stay silent and watch, accept and work with another's decisions in this crisis was huge.

The feeds were getting even more irregular and incomplete and Mary was showing signs of stress, wandering off and wasting precious energy and time; and in those moments, I could see Tim wanting to get in and give her a good talking to. Even Tim talking to Mary was difficult, with an ear full of water and a cap over her head, above the noise of the engine and with the diesel exhaust fumes wafting over her, I am not sure how much registered.

It was in those hours and moments that I really saw how much grit, determination and courage that woman has. I saw someone digging deeper than I have seen before. She was exhausted. And the tide had turned, every time she stopped that tide carried her away from the boat which took more precious time and energy to recover.

There were moments of dark humour as well. Imagine, 30 minutes previously Mary thought she was swimming for the Cap Gris-Nez and lighthouse which was straight ahead of her and the closest and most prominent feature (at that time about 3 km away). And now with a 7km/hr tide sweeping her north, she was even further away from that perceived destination, and from her vantage point, the new destination was a distant land mass which is the bay and town of Wissant. She turned to Tim and said "no, I want to go to the rocks (Cap Gris-Nez)" not realizing that she would need a speedboat to get back there against the tide.

There were times all of us thought it was over, and I think that was the hardest part for me knowing that on the next day when Mary realized how close she was it would make that loss even harder to bear. I do know that a part of what kept her going was the amazing support from family and friends across the globe and also the amazing contributions to the PKU charity which Mary was swimming for. Before going out, Mary said to me that if it looked like she was giving up I must remind her about all the money donated to PKU, although I did not need to (or was unable to) play that card.

Mary was in a state getting off the boat and we whipped her home to bed, too exhausted to even stand in the shower first.



# THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
Aug 24th	DAFFODIL DAY	AT PENNANT HILLS RAILWAY STATION	6.30am	6 sellers
Aug 27th	TBA	TBA	Pres Adrian	John Ellis
Sept 3rd	TBA	TBA	Pres Adrian	
Sept 4th	RYDA Program with	Mt. St. Benedict High School	Quaycentre, Sydney Olympic Park	8.30am start




**Trivia?**  
**NIGHT?**

**Saturday 25<sup>th</sup> August 2018**  
Cherrybrook Community Centre  
Shepherds Drive Cherrybrook  
6.30pm for 7.00pm start

**Only \$20 pp**  
Bring along your friends and make a table of 8.  
Tea & Coffee provided  
BYOG & nibbles

Funds raised from this event will go to "Drought Relief NSW" being run by Rotary to provide stock feed & money to drought affected farmers

Bookings essential: ph 0468 330 667  
or email: [wphc.rotary.trivianight@gmail.com](mailto:wphc.rotary.trivianight@gmail.com)  
More details: [www.wphcrotary.org/2018-trivia-night](http://www.wphcrotary.org/2018-trivia-night)  
Facebook : [www.facebook.com/WPHCRotaryclub](https://www.facebook.com/WPHCRotaryclub)  
Rotary Club of West Pennant Hills & Cherrybrook Inc.



## ATTENDANCE AT OUR LAST MEETING

**Member Attendance: 50%**

**Apologies:** Ian Chappel, Alex Thomas, Theo Glockemann, Pat Parker, Pam Hudson, Jack Reid, Claude Rigney

**Visitors:** Kaye Carter, Maureen Pankhurst, Wendy Bell, Esther Fraser, Heather Firth

## BIRTHDAYS & ANNIVERSARIES

### BIRTHDAYS

Nil

### ANNIVERSARIES

Nil

### INDUCTION ANNIVERSARIES

**Alex Thomas - August 17th - 3 years**

## QUOTE OF THE WEEK

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."

- Kofi Annan