





# SPOKES

VOLUME 59 No. 19

6th November, 2017

EDITOR: DAVID FIRTH

  
**ROTARY CLUB OF PENNANT HILLS**  
 Chartered March 14, 1960

 District 9685  
NSW, Australia

**Rotary**   
 District 9685

  
 Sydney, Australia  
*From the mountains to the sea.*

## OUR PROGRAM THIS WEEK

# GOLF DAY REVIEW

**CHAIRMAN: PHIL STANTON**

**REPORTER: PAT PARKER**



## CLUB CONTACT INFORMATION

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## TO NOTIFY MEETING

**APOLOGIES &**


**GUESTS:**

**9294 2107**

**before Noon on**

**Saturday**



**Rotary**   
 District 9685

## ANNUAL CONFERENCE at Fairmont Resort, Leura on Saturday 10th & Sunday 11th March 2018

The purpose of the District Conference is to provide opportunities for networking, inspirational addresses, and discussions on Rotary-related matters.

The event recognises the service programs, projects, and public relations achievements in our District in order to inspire Rotarians to become more involved in service.

The conference also gives Rotarians and clubs a vision of Rotary beyond the club level and provides a memorable fellowship experience.

Many Rotarians have said that they were never truly enthusiastic about Rotary until they saw an inspirational presentation at a District Conference.

## OUR NEXT MEETING

**November 13th**

## “ENGAGING HUMANITY’S MOST VULNERABLE”

**Speaker: Tim Skinner**

**Chairman: Ian Chappel Reporter: Pam Hudson**

## MEETING REPORT - 30th OCTOBER, 2017

This meeting was transferred to the Community Centre at Lutanda Manor due to a large function at the Golf Club. This was the first time we had met at this venue and we found it to be a very suitable alternative given that we had to arrange the catering. Here we were very well served indeed by Georgia Glockemann assisted by Elizabeth Thomas. They had arranged an excellent chicken and assorted salad main course with bread rolls, and this was followed by a range of excellent sweets and tea and coffee. We had been advised previously that it would be a BYO night.

President Alex conducted the formal part of the meeting which included a report on the very successful trailer raffle effort at Westleigh Village, a further update on Youth matters from John Ellis, and notification by the Vocational Service Director that he had lodged a nomination for the District 9685 Vocational Excellence Awards to be presented at the District Conference in March next year.

Despite the social tone of the meeting with almost everyone wearing a wide variety of headwear, we still were required to submit to the inevitable Sergeant's Session with Uncle Theo in full flight!

Following dinner, Ian Chappel, an ambassador for Australian Rotary Health, presented the following talk on ARH and Mental Health.

In the 1980s, Australian Rotary Health funded research into sudden infant death syndrome. Led by Prof Terry Dwyer, the research outcome soon cut the incidence of cot death by 80%, saving thousands of young lives

After the SIDS success ARH diversified research funding to support many physical illnesses. Over time it became apparent to the ARH Board and Research Committee that mental health was a significant problem and very little Government funding was being allocated in this area. This was 1999 – refer to the ARH Book, "With Health in Mind".

Since 2000 ARH has focused on mental health.

Mental health issues are the largest cause of Disability in young people.

### **For tonight**

We are participating in the Lift the Lid on Mental Illness which is Australian Rotary Health's National annual awareness and fundraising day for mental health research.

This campaign, founded by ARH Vice Chairman Greg Ross, started in 2016 in partnership with Rotary Clubs of Victoria. The event was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and in order to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

1 in 5 is almost 5 million Australians.

You can support this wonderful initiative by making a donation to Australian Rotary Health.

**Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also influences how we handle stress, relate to others, and make choices. **Mental health** is important at every stage of life, from childhood and adolescence through adulthood.

### **Range of Mental Health Disorders**

Anxiety disorders; Mood disorders; Psychotic disorders; Eating disorders; Personality disorders; Obsessive-compulsive disorder (**OCD**); Post-traumatic stress disorder (**PTSD**);

What has Australian Rotary Health done?

Start trials that are proven to work and then taken over and funded by other organisations mainly Government.

Mental Health First Aid Training – for members of the public, 12 hour course

Guidelines developed have been adopted by over 21 countries.

Betty Kitchener and Professor Tony Jorm began running Mental Health First Aid (MHFA) courses as a community service activity in year 2000.

MHFA acts as the first line of intervention in much the same way as medical first aid, teaching participants ways of assisting someone in a mental health related crisis before professional assistance becomes available. Now, Australian Rotary Health, in conjunction with Rotary Clubs around Australia, have run their own preventative mental health first aid workshops that provided support to community members who were at risk of or who were experiencing a mental health crisis.

By 2015, Mental Health First Aid training had been received by over 350,000 people, which is more than 2% of the Australian adult population.

Other research activities conducted:-

On-line groups for mothers; PTSD for Veterans; PTSD for Emergency Service Workers;

The annual cost of mental illness in Australia has been estimated to be \$20 billion, which includes the cost of lost productivity and labour force participation.

Mental illness is the leading cause of sickness absence and long-term work incapacity.

### **In Conclusion**

Australian Rotary Health is dedicated to continuing worthwhile contributions to community health in Australia.

Through research, education and awareness, we hope to reduce the myths, misunderstandings, negative attitudes and stereotypes of mental illness that result in stigma, isolation and discrimination.

*Continued on page 3*

**MEETING REPORT** continued from page 2

Australian medical researchers have played a crucial role in appraising and transferring new technology from overseas for the benefit of all Australians. They have found successful cures, treatments and preventative therapies which have improved the lives of many, both locally and around the world.

Having completed his talk, Ian then presented awards for the Best Hat to Ian Huckel who was resplendent in what purported to be a Jockey's cap. The Worst Hat award fittingly went to the Sergeant.

**Reporter: David Firth**



Sydney Districts 9675 & 9685

## An Invitation to the Rotary Foundation Dinner

Blacktown Workers Club

55 Campbell St

Blacktown, 2148

20 November, 2017

6:30PM



### Keynote Speaker

Jennifer Jones

Jennifer is the President and CEO of Media Street Productions Inc., an award-winning television production company in Windsor, ON. She is proud member of the Rotary Club of Windsor-Roseland and is a Past District Governor of District 6400.

In Rotary, she has served as the Chair of the Strengthening Rotary's Advisory Group, Moderator of the 2013 RC/RPIC Institute, Vice Chair of the RI Communication Committee, North American RPIC Coordinator, the Advisory Board for Rotary Canada and the RI Promotions Committee's for Lisbon and New Orleans. She served three terms as Seminar Leader at the International Assembly and has been a featured speaker at this event on four occasions.

One of Rotary International's most recognized communicators, Jennifer has presented keynote addresses and training workshops at more than 100 conferences across North America and most recently in St Petersburg - Russia, Panama City, Bangkok, Lisbon, Finland, India, Sri Lanka, New Zealand, Australia and Germany.

Jennifer also contributes much of her energy to local organizations. She is the immediate past Chair of the Board of Governors at the University of Windsor and the past Chair of the Board of Directors at the Windsor-Essex Regional Chamber of Commerce.

## AUSTRALIA DAY MEETING 2018

Fellows, planning is underway for this major event in our calendar. The date for the meeting has been set as Monday 22nd January. Phil Stanton and David Firth are seeking suggestions for a Guest Speaker and Australia Day Merit Awardee.

This is one of the highlights of this Rotary year - an ideal opportunity to invite any and all of those people you know who are potential club members. The presentation of the Australia Day Merit Award will be a fitting conclusion to the night.

If you have a suggestion for the awardee, please talk to Phil or David as soon as possible as we need to get arrangements underway.

## CHRISTMAS TRAILER RAFFLE 2017

On Saturday we were at Coonara shops with the morning team being Adrian Bell, Theo Glockemann and Ian Huckel followed by Pam Hudson, Pat Parker and Alex Thomas. Anyone who was out and about on Saturday will realise that it was not a nice day to be out selling tickets where there is limited cover, and of course, winter had returned! We managed to sell 297 tickets and took \$479.50. This compares with last year when we sold 319 and took \$504, so not a bad result in comparison.

Our new total is \$2,766 - 1,665 tickets compared to \$2,949 - 1,732 at the same time last year.

Next week, November 11th, we are at Hornsby Mall. Our first shift is Ian Chappel, John Ellis, and Phil Stanton. They will be relieved at 11am by Heather and David Firth with Pat Parker, with both teams looking for a good result.

**Be yourself.**



**No one can say  
you're doing it wrong.**

# THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
Nov 13th	"Engaging Humanity's Most Vulnerable"	Tim Skinner	Ian Chappel	Pam Hudson
Dec 11th	Annual General Meeting & Elections	President Alex & others	Theo Glockemann	Jim Fraser



PLEASE JOIN US TO CELEBRATE, ALONG WITH VISITING ROTARIANS FROM INDIA (D3232) AT A

## ROTARY FRIENDSHIP DINNER

At **PENNANT HILLS GOLF CLUB**

Cnr. Copeland Road and Burns Road South, Beecroft 2119

On Friday 17<sup>th</sup> November, 2017. Commencing 7pm

### SPEAKERS:

- B. VANLALVAWNA - CONSULATE GENERAL OF INDIA.
- DG SRINIVASAN RADHAKRISHNAN – D 3232

Cost: \$45 per head, 2-Course Dinner  
 RSVP (by 7<sup>th</sup> Nov): [dimitry8@bigpond.com](mailto:dimitry8@bigpond.com) or 0413 531 140  
 Payment to: Rotary Club of The Hills-Kellyville Inc.  
 (direct debit) BSB: 032 376 Account: 267746  
 Enquiries: 0413 531 140 or 0419980529

### MEMBER NEWS

#### BIRTHDAYS

Lyn Stanton - November 4th  
 Sandra Parker - November 7th

#### ANNIVERSARIES

Nil

#### INDUCTION ANNIVERSARIES

Nil

### ATTENDANCE AT LAST WEEK'S MEETING

**Member Attendance:** 80.0%

**Apologies:** Terry Pankhurst, Phil Stanton

**Guest Speaker:** Ian Chappel

**Visitors:** Georgia Glockemann, Elizabeth Thomas,  
 Wendy Bell, Heather Firth, Sandra Parker, Ruth  
 Reid, Jeanette Rigney

**Leave of Absence:** David Walsh

### *Persistence*

*Nothing in the world can take the place of persistence.*

*Talent will not; nothing is more common than unsuccessful people with talent.*

*Genius will not; unrewarded genius is almost a proverb.*

*Education will not; the world is full of educated failures.*

*Persistence and determination alone are omnipotent. - Calvin Coolidge*

### QUOTE OF THE WEEK

**"Great works are performed not by strength but by perseverance."**

*- Samuel Johnson*