

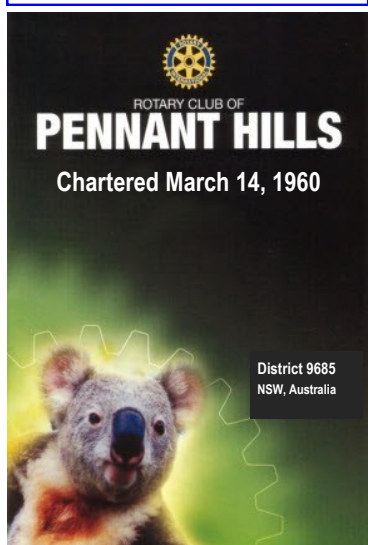


SPOKES

VOLUME 59 No. 36

19th March, 2018

EDITOR: DAVID FIRTH



OUR PROGRAM THIS WEEK

ORTHOPAEDIC SURGERY

Guest Speaker:
Dr Andrew Stephens

Chairman: President Alex Thomas

Reporter: Pam Hudson

Dr Stephens is a foot and ankle surgeon who started in medicine following involvement with athletes suffering from foot and ankle conditions. After completing a degree in Physiotherapy he obtained Honours in Medicine at Sydney University in 2005. Training in Orthopaedic Surgery was undertaken through the prestigious Northside training program with an exchange year spent in the eminent Victorian orthopaedic training scheme. His subsequent fellowships in Victoria were in trauma, sports and elective foot and ankle conditions, followed by the highly sought after Sydney foot and ankle fellowship in advanced techniques in managing complex foot and ankle conditions.



Additionally, Dr Stephens has completed the AO Masters foot and ankle course in Switzerland and operated with Swiss masters in foot and ankle replacement surgery. He is currently a member of the Australian Orthopaedic Association, American Academy of Orthopaedic Surgeons and SICOT (Societe Internationale de Chirurgie Orthopedique et de Traumatologie), providing patients with international expertise in orthopaedic foot and ankle treatment. He is currently accredited at San Day Surgery Hornsby and Macquarie University Hospital.

CLUB CONTACT INFORMATION

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TO NOTIFY MEETING

APOLOGIES &

GUESTS:

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before Noon on

Saturday



OUR NEXT MEETING - MARCH 26th

CURRENT DEVELOPMENTS IN EAST TIMOR

Speaker: David Boyce

Chairman: Theo Glockemann Reporter: John Ellis

MEETING REPORT - 12th MARCH

So we were back to our usual format for this meeting with President Alex in his accustomed place. Having opened the meeting, he welcomed our visitors - guest speakers Danielle Teo and James Alexander and their respective mothers, Jennifer Cheng and Karen Alexander. As has become the norm, we were treated to a buffet dinner which proved very good.

Pat Parker led off the reports with an account of the RYDA visit on Friday March 9th at St Ives. Joined by John Ellis and Jack Reid, they assisted with the hosting of a group from Pennant Hills High School. Another school was also present. Pat commented on some new elements to the course and reported that they had all enjoyed the day. The next RYDA visit will be in September and we will be supporting Mount St Benedict High School's visit. Pat then announced that Wednesday 13th June will be our inaugural visit to the new Ronald McDonald House. **We will need a team of twenty to cater for 200 families, so we need everyone to note the date!**

It was then Ian Chappel turn to, for the benefit of our visitors, outline the PKU research project our club supports. He then went on to update us on the progress of Mary Stoddart towards her proposed August English Channel swim. Although her Rottneest Channel swim was curtailed by sharks, she subsequently completed a 20Km. swim in WA in a shark net which qualified her for the Channel swim. She has a charity donation Facebook page and has already received \$1,500 towards her initial \$10,000 target. Ian reported that our world traveller and sailor extraordinaire, Terry Pankhurst, has 'booked in' to speak to the Rotary Club of Beckenham in the UK - a club we have a connection with and one we are trying to have support Mary's swim.

Alterations and additions to the golf clubhouse was the subject of Phil Stanton's announcement, due to a serious problem which has arisen. Asbestos not previously identified has been found throughout the clubhouse ceiling. To deal with it, the southern end of the clubhouse will be closed on Monday 26th March through to week ending April 13th, meaning that we need to find an alternative meeting place for 26th March and 9th April, as we do not meet on Easter Monday, April 2nd. Phil has rescheduled the Pakistan Consul General to April 23rd. Theo Glockemann was asked to book the meeting room at 'Lutanda' Retirement Village for March 26th.

Adrian Bell gave a complete review of the Big Day Out. He commented on the picturesque route taken to our ultimate destination of Bilpin on the **Bell** Line of Road. (I am assured that there is no relationship.) Adrian reported that Sandra and Pat Parker had won the prize after the questionnaire, but due to the small turnout, the award was a truncated one i.e. it was just a half award.

David Firth, supported by Theo Glockemann, reviewed the District Conference - see separate report on page 3. Theo went on to announce that he had advised the Salvation Army that he was no longer able to run the Red Shield Appeal in our area. They have agreed to meet with him to receive a thorough briefing on what is involved. He also encouraged members to commit to supporting the appeal by driving on the Sunday and/or collecting at one of the static collection points.

Chairman John Ellis then introduced our speakers Danielle and James from Pennant Hills High School. They were both selected last year while in Year 9 to attend the D9685 RYPEN weekend at the beginning of February this year held at the Sydney Academy of Sports at Narrabeen. James presented first and illustrated his talk with some photos on the screen. He readily acknowledged that he was very apprehensive prior to the weekend, however he was relieved once he arrived and met the leaders. He felt that the aim of the weekend was to develop the participants' leadership and teambuilding abilities. He was particularly impressed that much of the learning was based on practical activities which would help to apply those skills later in life. Communication was emphasised along with the importance of trust. James concluded by allowing that the weekend had introduced him to leadership and he had learned that leaders are only as good as the team they lead.

Danielle confessed that she nearly didn't put her application due to anxiety over going to RYPEN where she would not know anyone. She endorsed what James had said and illustrated her talk with more photos before describing a game they played called Spacejump. She then called for 3 volunteers to play the game. John Ellis, Ian Chappel and Jim Fraser took up the challenge! She responded to a question stating there were about 80 participants with roughly 50/50 between boys and girls. Both speakers thanked the club for sponsoring them and agreed that RYPEN is not the scariest activity in hindsight.

President Alex thanked our speakers and their mothers for joining us and closed the meeting.

Reporter: The Editor

2018 DISTRICT 9685 CONFERENCE

THE THEME WAS 'OLD WAYS WON'T OPEN NEW DOORS'

Having attended numerous District Conferences over the years, I would say that the program and speakers at this conference were as good as any in recent years. We were fortunate to have PRIP John Germ as the RI President's representative and he quickly set the tone on Saturday morning. Other speakers in the morning included Bob Aitken on Polio Update; DGN Kalma McLellan speaking about the plan to end Trachoma in Australia; NSW Rural Fire Commissioner Shane FitzSimmons on volunteering; Prof James Arvanitakis of Western Sydney University spoke about change; and Kristian Liddiard talked about Social Media and the digital revolution. The highlight of the afternoon session was the 3 Vocational Excellence Awards presented to cardio thoracic surgeon Ian Nicholson AM, clinical geneticist Prof Robyn Jamieson, and marine scientist/acoustician Dr Douglas Cato. These were 3 very worthy awardees.

The Saturday Evening dinner provided perhaps the absolute highlight with a talk by Dr Gill Hicks, survivor of the London terrorist bombings on July 7th, 2005. She provided a most thought provoking talk which demonstrated so dramatically the ability of the human spirit to rise above any adversity. Despite her injuries which resulted in 2 prosthetic legs above the knee, Gill has since married and she and husband Karl have a daughter Amelie. But amazingly, Gill is now an advocate for sustainable peace through her charity MAD (Making A Difference) for Peace. If you would like to know more about her check https://www.ted.com/talks/gill_hicks_i_survived_a_terrorist_attack_here_s_what_i_learned.



Gill has also written a book 'One Unknown'.

Sunday morning was devoted to Youth programs. Rotary Youth Exchange, once a major program of our club, is celebrating its 60th anniversary for our district on 28th October at Sydney Olympic Park. All clubs who have been involved are invited to contact past outgoing students and encourage them to join the celebrations. Club extension and Membership were covered as separate topics with emphasis on the ability to accommodate differing club styles aimed at encouraging membership growth and membership retention.

The District Conference for next year was promoted, the venue being the Newcastle Exhibition Centre on March 29th to 31st, 2019. Again, this promises to be a great celebration of Rotary both in District 9685 and also throughout the world. See you all there!

David Firth

PS We did have an exhibition of our Pride of Workmanship project in the Showcase at the conference again.

DISTRICT ASSEMBLY 2018

2018-19 Board Members, please be aware of the following 2018-19 District training:

District Assembly

Sunday 29 April 2018

The Kings School

Pennant Hills Road, Parramatta

It will begin with registrations at 8.30am and formal start at 9.00am, finishing at 4.30pm.

The training content will be informative and entertaining. ***It is a Rotary International requirement that each club is represented at PETS and District Assembly.***

REGISTRATIONS CLOSE ON 24 APRIL - PLEASE REGISTER ASAP
Go to the District 9685 website - www.rotarydistrict9685.org.au

THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
March 26th	Current Developments in East Timor	David Boyce	Theo Glockemann	John Ellis
April 2nd	NO MEETING - EASTER HOLIDAY			
April 9th	Board Meeting & Planning	President & members	President Alex	Jim Fraser
April 30th	PKU Research & the PKU Association	Prof John Christodoulou	Terry Pankhurst	Ian Chappel

Proposed new public transport advertising for Taronga Zoo?



ATTENDANCE AT OUR LAST MEETING

Member Attendance: 81.25%

Apologies: Terry Pankhurst, Ian Huckel

Guest Speakers: Danielle Teo & James Alexander

Visitors: Karen Alexander & Jennifer Cheng

Leave of Absence: Nil

BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

Jeanette Rigney - March 14th

Heather Firth - March 24th

ANNIVERSARIES

David & Heather Hopping - March 25th

INDUCTION ANNIVERSARIES

Nil

QUOTE OF THE WEEK

A good plan violently executed now is better than a perfect plan executed next week.

- George S. Patton