



SPRINGWORD

NEWSLETTER



VOLUME 36
Issue 43

16th September 2019

*From President David Rayner
2019-2020*



On Monday the 2nd September the Club assembly was supported by an enthusiastic representation from our club and the involvement in the discussion was a credit to all present.

From this meeting two recommendations were referred to the next Board Meeting for consideration and report back to the Club.

One concerned the inclusion of the 4-way test at our regular meetings and the other was a proposal from Peter Sparkes regarding the attendance numbers for meetings with the aim of simplifying what has become a complicated process.

Geoffrey Glassock gave a presentation on "Rising Above Conflict, Bullying and Anger". This was a timely reminder to all that we are a group of likeminded people who are focused on supporting one another and achieving good in our local area and the wider community. Thank you to Geoffrey for the effort he put into the presentation and the manner in which he delivered it.

This week our guest speaker, Tony Edwards gave one of the most inspirational presentations we have had the pleasure of listening to. Tony was supported by Michaela, his support person and Buddy his Mind Dog. As we acknowledged on Monday night the more comfortable we are in talking about mental health issues the more likely we are to understand the support needed to allow those with mental health issues to live as normal a life as they can.

Thank you to Margaret Bell for organizing an interesting speaker on Mind Dogs.

Sherril Daly has included reminders for the many events coming up so I will not repeat the reminders.

Thanks must also go to Sherril Daly and Racheal Pagitz for the work they are investing in our Face Book and Web site. At the last board meeting we discussed the relevance of these sites to our Club and it was thought that both these media could focus on our relevance to the local community. We do more than cook sausages and at times rely on generic articles to promote Rotary in our area. Sherril and Rachael have enlisted the help of our District promotions team to provide valuable advise on how our Web site and Facebook Page can present the best opportunity of promoting our Club activities in our local area and provide a summary of our contribution to our local and international community to those who may visit our sites in search of what the Springwood Rotary Club does.

President David

The Rotary Club of Springwood ^{INC} **Some of our events and community projects**

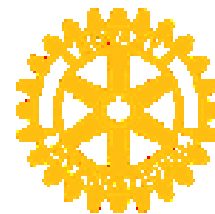
- ◆ Buttershaw Park gardens up keep
- ◆ Ronald Mc Donald House - Meals from the heart
- ◆ Faulconbridge Primary School Athletics Carnival
- ◆ Ellison School Walkathon
- ◆ Bunnings Father's Day BBQ
- ◆ Bucklands Fete
- ◆ Literacy Festival at Norman Lindsay Gardens
- ◆ Spring Open Gardens Weekend
- ◆ Graffiti Removal
- ◆ Twilight Markets
- ◆ ETSY Markets
- ◆ Springwood Late Night Shopping
- ◆ Seniors Christmas Lunch
- ◆ Australia Day BBQ
- ◆ Norman Lindsay Jazz Festival
- ◆ ANZAC Day and Two-Up
- ◆ Foundation Day
- ◆ Variety Golf Day
- ◆ Music Amongst the Autumn Leaves
- ◆ Care Flight BBQ

The Next Fortnight

16th September	Youth Night— <i>MC for the night Gregg Josey</i>
23rd September	Rotary Meeting - Technical Aids for the Disabled <i>David Gordon</i>

The other Monday we had our Club Assembly.

Thanks to all that attended to listen to many subjects including a recap on bullying, the Four Way Test, a refund from last weeks meals going towards Foundation, Peter S reviewing the Constitution and By Laws and World End Polio Day 24th October 2019.



In regard to attending meetings and meals the board will be discussing the best way forward for accurate numbers for each meeting and will be informing all members of outcome after their next board meeting.

Jenny T would like to remind members that we will be having a Combined Rotary Club Meeting 21st October at The Sports Club. *Please advise on attendance for catering. Numbers are looking good for that night as we have 5 other clubs attending.*

Last Monday we had the pleasure of hearing Tony Edwards courageous talk about Mental Illness, along with the company of his MindDog Buster.

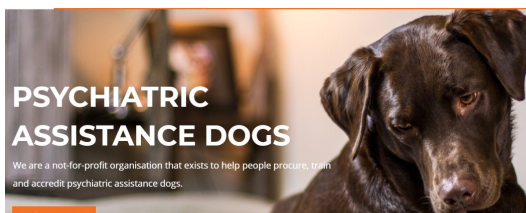
Tony talked us through the mind field of mental illness issues with great explanations of the different disorders along with his own mental health issues and how Buster and he saved each other.

He reiterated that it is a medical condition and if you think you are suffering some form of it to contact your GP

Click on [Lift the Lid](#) for a list of national web sites for mental illness



Buster laid quietly by Tony's side until needed



Click on minddog.org.au

Each dog is personally owned first and then trained.
Donations are for training each dog to their owners personal needs



Tony with Buster who he rescued from Rescue Dog.
Tony does not do anything without Buster by his side.
He rescued Buster and Buster rescues him regularly



The Rotary Leadership Institute

Attention new Rotarians

What is Rotary Leadership Institute?

Please look at the dates and find one that suits and join the program to become better aware of all that Rotary can offer.

Register Now

TOGETHER, WE

SUPPORT

The Rotary Club of Springwood Inc
proudly supports Wentworth Falls TAFE
with a lunch on
Thursday 19th September 2019
12 Noon

Rotary



PEOPLE OF ACTION

I WANT TO END POLIO.
JOIN ME.

ROTARY'S

WORLD POLIO DAY

ONLINE GLOBAL UPDATE

24 OCTOBER 2019

[Download the World Polio Toolkit](#)

Rotary



For more on

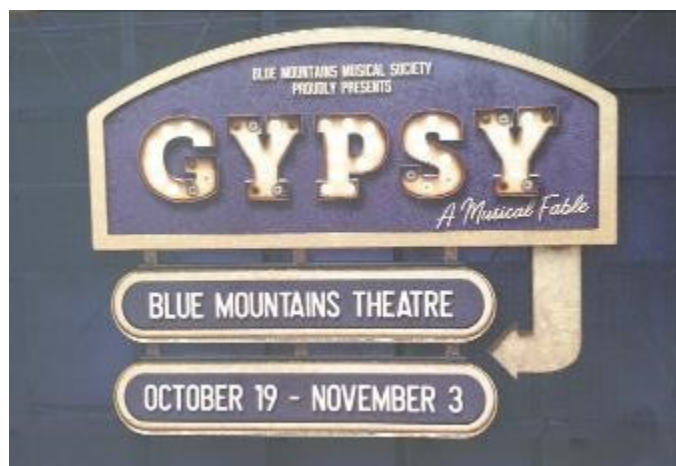
Gypsy the Musical

please click on ad for web site and booking details

Rotary



Club of Springwood Inc
Blue Mountains
Above the smog Below the fog



PROGRAM

Ambrose Event

(team of 4 players)

every player shares a cart

Included:

- Breakfast & Coffee on Arrival
- On-course Corporate Packs
- Buffet Lunch

6.30am—DRIVING RANGE,
CHIPPING HOLE & PRACTICE
GREEN OPEN

7am—REGISTRATION

7.45am—PLAYERS BRIEF

8am —SHOT GUN START

10am—REFRESHMENTS ON
COURSE

PURCHASES AVAILABLE FROM FOOD &
BEVERAGE CART

1pm—PRE-LUNCH DRINKS
(CASH BAR)

1.30pm—BUFFET LUNCH
& PRESENTATION

2.30pm—FINISH

All moneys raised go to
Australian Rotary Health—
Supporting healthier minds,
bodies and communities through
research, awareness and
education.



LIFT THE LID
on mental illness

MENTAL HEALTH MONTH

Rotary
Districts of Australia



CORPORATE SPONSORSHIPS

Sponsor: \$1,000 plus
GST

Includes:

Naming rights to a hole
plus a team of 4 players

AUSTRALIAN ROTARY HEALTH

Rotary
Districts of Australia



GOLF FOR RESEARCH

Lakeside
Golf Club Camden
50 Raby Road
Gledswood Hills



For information, please contact:
Australian Rotary Health
Phone: 8837 1900

Terry Davies
Email: terry@arh.org.au
Mobile: 0412 229 994

Thursday
10th October, 2019

PRIDE OF WORKMANSHIP AWARDS 2019

Applications have now **CLOSED** - *Thank you to all that have submitted applications*

*Please contact Peter Sparkes for attendance, additional guests
and dietary requirements*

Monday 28th October

The Ori Hotel

Macquarie Road, Springwood

6.30pm for 7pm.

Successful awardees will be the guest of the Rotary Club
and accompanying guests will be expected to pay a dinner fee of approximately \$30.



The Rotary Club of Springwood Inc
are

Helping Assist the Disadvantaged

Recycle all your plastic BOTTLE TOPS
(milk, soft drink, water, juice etc)

These can be made into prosthetic hands for kids

Simply delivery them to Norm (at meeting) or deliver

them to Lynda at Springwood Garden Centre

Hawkesbury Road Springwood

For more information go to:

envision.org.au

Every one million caps = 100 hands !!!!

We ask for your continued support

Please read instructions below for donating
your drink container to
The Rotary Club of Springwood Inc.

How to donate using the fundraising barcode

1. You must scan your unique barcode **BEFORE** returning eligible drink containers at the local Return and Earn Reverse Vending Machines
2. When finished returning bottles and cans **select PayPal on the touchscreen**
3. The refunds will automatically be transferred to The Rotary Club of Springwood Inc PayPal account.

NOTE: you don't have to use the myTOMRA app' to donate.



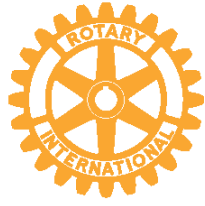
Scan your barcode at the machine

You can print and cut out this code or
Norm Kitto has laminated ones for ongoing
donations available at meetings

You can also save to your Phone as a picture
and use to scan

We thank you for your continued support

Rotary



Club of Springwood Inc
Blue Mountains
springwoodrotary@gmail.com

**The
Rotary Club of Springwood Inc
Cordially invites you to join us for a
Combined Club Meeting**

Monday 21st October

**The Springwood Sports Club
83 Macquarie Road SPRINGWOOD
6.30 for 7pm**

**Guest Speaker *Robert Brand*
*Aerospace Industries - Apollo 11 Anniversary***

Hear the story of how an 17 year old Australian accidentally
found himself playing a small yet crucial role in the Apollo landing

2 Course meal \$40

Please advise of any dietary requirements

Reply to

springwoodrotary@gmail.com

RSVP Sunday 6th October 2019

Request from Lower Blue Mountains Rotary

Sassafras Gully Bash discussion

Friends,

You will recall I raised the topic of a proposed 'Bush Bash' on a yet to be chosen track between Springwood, Blaxland and Glenbrook on the occasion of our recent combined Peace Scholar meeting at Emu Plains Sports Club.

We used the name of Sassafras Gully purely for promotion purposes at the time.

Prior to that meeting, representatives of the Springwood and Blaxland Chamber of Commerce groups – Ellissa Nolan and Jo Bromilow – contacted me and requested I bring the suggested proposal to the attention of Rotary clubs in the Lower Mountains Penrith area, which I have now done.

I attach a copy of the very *preliminary draft* background information sheet to the proposal, which I prepared following the meeting with Ellissa and Jo – and for sharing at the combined Rotary Peace Scholar meeting.

The concept is to pull together a major event to promote and enlarge the concept of Blaxland Explorers Day which normally takes place on the first Sunday in May.

First step now is to determine how many of our Rotary Clubs are interested in supporting the project and working with the two Chambers of Commerce to plan and stage same.

Our request is that you discuss the proposal with your respective club Boards and get back to me with a 'yay' or 'nay' within the next two weeks (email sent 5th September 2019)

With thanks and best wishes,

Bob Aitken AM JP

BOB AITKEN MEDIA

Email bob@bobaitkenmedia.com.au

Preliminary Draft

SASSAFRAS GULLY 'BASH' – by foot or wheel!

Suggested date – Sunday, May 3 – 11 am

Start Springwood – Oakland (13.5 km); Blaxland (Florabella) – Glenbrook (???)

MOTIVATION:

Promoting access to natural beauty of Lower Blue Mountains area

Economic benefits to villages and businesses from intake of athletes, trail bike enthusiasts, family groups for day.

To emphasise life style benefits – fitness, family outing, promoting knowledge of Lower Mountains.

Local community engagement – running clubs, commercial trade with meals and refreshments.

Utilising local resources – restaurants, neighbourhood shops, toilets, first aid and transport.

Stakeholders – Rotary Clubs, volunteer track marshals, Chamber of Commerce members, Running/Bushwalking Clubs, Rural Fire Service, St Johns Ambulance and Neighbourhood Centre.

BUDGET:

Preliminary estimate of 200 individual participants – Entry fees: \$50 each (cyclists and runners); \$100 for family groups (25 groups). Income – individual entry fees \$10k; \$2.5k family groups for total of \$12,500.

Sponsor income - \$20k – to cover cost of signage, singlets, water, first aid, insurance, etc. Approaches to companies like Anaconda, Nike, Addidas, Columbia through professional marketing organisation.

ORGANISATION:

Bob to address Rotary Clubs at Combined meeting at Emu Plains Sports Club on Tuesday, August 20.

Jo/Ellissa to organise meeting of representatives of Running Clubs in Springwood and Glenbrook.

All money collected/paid via Rotary Clubs – profits to RFS (50%), St Johns Ambulance (25%) and Blaxland Neighbourhood Centre (25%).

Jo to connect with Glenbrook solicitor Sandra Morey to discuss Council/Police requirements.

Seek volunteers to lead planning sub-committees.



The Official Bulletin of **The Rotary Club of Springwood Inc.** Chartered 4th December 1984 Club 22213
 P O Box 45, SPRINGWOOD NSW 2777 springwoodrotary@gmail.com
 Club Web Site www.springwoodrotary.org.au/ District 9685 www.rotarydistrict9685.org.au

President

President	David Rayner
President Elect	Jenny Kroonstuiver
Secretary	Marilyn Kenney
Treasurer	Paul Erickson
Club Administration	Jenny Thomas
Immediate Past President	Margaret Bell
Directors	
Community Service	Geoffery Glassock AM
International Service	Frank Ross
Vocational Service	Jenny Thomas
Membership	Pat Ainslie
Public Image	Sherril Daly
Youth Director	John Fuller/Gregg Josey

Appointments

Sergeant of Arms	Allen Smith
Attendance Officer	Peter Sparkes
Speaker Coordinator	Yvonne Meehan
Meet and Greet	Fred Thompson & Alan Cameron
Welfare Officer	Valda Bray
SPRINGWORD Editor	Sherril Daly
Web Page and Facebook	Sherril Daly



Sponsors



The Rotary Foundation



Ride to End Polio
 Riding the train to enable others to walk!
 Friday 28 September, 2018



The Challenge

to raise \$1 million towards Ending Polio
 by visiting ALL 187 Railway Stations in Sydney
 in ONE day – Friday 28th September

[Download a copy of the ride the train to end polio Flyer](#)



THE ROTARY CLUB OF SPRINGWOOD INC.

BUNNINGS BARBEQUE ROSTER SATURDAY, 21st September

Please note that you can switch tasks as you see fit

REMEMBER YOU **CANNOT PARK** WITHIN BUNNINGS CAR PARK
 RESERVES - Bob Templeman (Cashier)

	Cash Register	Serving/bun slicing	Serving	Cooking
8.30 – 11.00	Geoff Glassock	Valda Bray	Margaret Bell	David Rayner*
11.00 – 1.30	Fred Thompson	Noelle Arnold Rose Jansens	Paul Jansens	Frank Ross*
1.30 - 4.00	Jenny Kroonstuiver		Margaret Bell	Richard Bell*
		*food temperature readings		

Great News

The Men's Shed will be officially opened on Tuesday 1st October 2019

If you are able to attend, please **RSVP** directly to Ken Shaw on Immensshed@gmail.com.

It would be appreciated if you could also copy Jenny K into your email on jkroonstuiver@mintrac.com.au in order to have an idea of numbers from our Club should it be needed.

RSVP by Thursday 26th September 2019



Lower Mountains Men's Shed Inc.

ABN: 59 830 419 051

You are invited to attend the

Opening of our New Shed

10:30am on Tuesday 1st October 2019

at

19 Calver Avenue, Mount Riverview, 2774

Professor John McDonald,
Patron of the Australian Men's Shed Association will open the Shed.

You are also invited to join us for a traditional
Men's Shed BBQ
following the opening ceremony.

To help us in catering please **RSVP by 26 September**.

LMMS is a proud member of:



Australian Men's Shed Association
FOUNDED 1978

You are invited to the Women Skilled & Ready Project Launch

Springwood Sports Club
Thursday 3rd October 2019
11am - 12.30pm
RSVP 30th September 2019



**Women
Skilled & Ready**
An innovative Bush Fire Awareness, Safety
and Skills Program for Women



This program addresses
the unique needs of
women and the roles they
can play in preparing for a
future bush fire emergency.

*Funded under the joint State of Commonwealth Natural Disaster Resilience Program, and *The views expressed herein do not necessarily reflect the views of the New South Wales Government, unless the views expressed in the Project Materials have been publicly supported by the Government or a government agency.

Apologies



Please contact for Apologies, Additional Guest, Dietary Changes ETC.

Peter Sparkes peege@bigpond.com **or phone** 0417 244 829 **by 5pm on Sunday.**

Speak clearly and leave your name and contact number with the message.

Remember you will be required to pay for any meals not cancelled *after 5pm on Sunday*

The Rotary Club of Springwood 2 month Calendar

September 2019	
2	Club Assembly—Discussion on new project
7	Buttenshaw Park Gardening
9	Rotary Meeting—MindDog <i>Tony Edwards</i>
16	Rotary Meeting—Youth Night <i>John Fuller</i>
21	Bunnings BBQ 
23	Rotary Meeting Technical Aids for the Disabled <i>David Gordon</i>
30	Rotary Meeting - Combined Meeting with Winmalee Lions Club
October 2019	
6	Buttenshaw Park Gardening
7	Rotary Meeting
14	Rotary Meeting
19	Bunnings BBQ 
21	Rotary Meeting— Combined Rotary Clubs meeting Aerospace Industries - Apollo 11 Anniversary <i>Robert Brand</i>
28	Rotary Meeting—Pride of Workmanship

Reminders

- ◆ President David announce that we have joined The Blue Mountains Chamber of Commerce. This will enable us to keep up with what is happening in the broader Blue Mountains area
- ◆ At the next Board meeting they will be discussing the two motions—The Four Way Test and Meeting Attendance Notification
- ◆ Applications have CLOSED for Pride of Workmanship—thank you all for your submissions
- ◆ Start collecting all your bread clip/tabs as we will be supporting a local Blaxland student in her quest to raise funds for mobility support aids for children—More information will follow but we ask if you could please start collecting now
- ◆ We also ask you to collect your plastic bottle tops (Milk, soft drink, water, juice etc) to be made into prosthetic hands for children.
- ◆ Reminder to all those who put their names down for the TAFE lunch. Thursday 19th Sept. 12 Noon