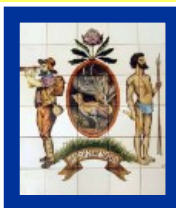


SPRINGWOOD

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Official Bulletin of

The Rotary Club of Springwood Inc.

Chartered 4th December 1984 CLUB 22213

P.O. Box 45, Springwood, N.S.W, 2777

District 9685 website <http://rotarydistrict9685.org.au>

Club Website www.springwoodrotary.org.au

This Week's Meeting AGM

Introductions

Thanks

Report from our President

Margaret Bell
2018—2019



Welcome to another busy week. As Christmas approaches there seems to be lots of demands on our time and I thank each and every one of you for the efforts you are making to do good in our Community.

I hope everyone enjoyed last week's meeting as much as I did. It gave me lots to think about! I didn't know of the connection between Rotary and PCYC. The speakers, Mr Teakle, Mr Roptell and Mr Simpkins all gave a wonderful overview of the program. Their passion was evident and they got the word out in a wonderful way. It was also pleasing to have so many other interested visitors at our meeting, including Deanna Atkins who appeared to enjoy the night!

Membership/Public Image Director, Bronwyn Berriman has been busy getting some interested young adults together for a casual get-together at her home on Tuesday 27th November. Her idea is to talk about what a Satellite Club is and how it relates back into our Rotary Club in an informal setting over maybe a coffee/beer/wine & cheese and let them meet each other. So, if you would like to invite anyone you may know who might fit this venture please pass on their names to Bronwyn so that she may invite them along.

You will have heard that Alan Cameron is home from hospital and Valda, in her usual caring manner, is assisting the co-ordination of any help Alan may need in the next few weeks with his Church members. An email was sent to all members! If you could let Valda know where you are able to be of use, it would be most appreciated. Just a friendly visit and hello is always welcome!

Our continued best wishes also are extended to Peter McTaggart, who continues to make

progress at Nepean Hospital. If you are down in Penrith try to pop in and see him, I am sure he would welcome some friendly faces!

This week we have our AGM. We will also have the election/announcement of the new 2019/20 Board. I urge everyone to attend and hear PP Norm Kitto deliver his 2017/18 Final Report and Financial Statement and join in discussion of any matters of interest for the benefit of our Club.

May the sun shine on you all as you go about your week, keep in mind those less fortunate than yourself!

Margaret Bell

What's inside?

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November



Bronwyn Berriman & Margaret Bell
Yvonne Harrison & Suzanne Erickson



Joanna and Michael Deegan



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 LAST MEETING

Police Citizens Youth Clubs

Monday's meeting was a very informative night with *Superintendent Commander Dave Roptell* *CEO Dominic Teakle & DCI Simpkins* explaining all the different programs that are available in the youth club.

PCYC was established in 1937 by Police Commissioner William John MacKay. It was a partnership forged with the community via Rotary to provide young people with a safe and positive alternative. Over 80 years later that vision has grown and now operates in 64 sport and recreational locations across NSW and is one of Australia's leading youth-focused organisations.

In 1936 Norwich, England, Police Commissioner MacKay found a Police Boys Club that gave young people an opportunity to overcome some of the disabilities of their tough environment. He later visited Germany and Italy, and then the US, where he reviewed youth movements such as the Police Athletic League.

On his return to NSW, he took the best of these schemes and, at a Sydney Rotary Club lunch, he assembled Rotarians for their support:

"To raise funds to provide suitable places where lads, brought up in industrial areas, could meet, play engage in sport, giving them a chance in life, and preventing them becoming street corner loafers."

The Rotarians responded to the Commissioner, and there was a drive for funds to launch the first Police Boys Club.

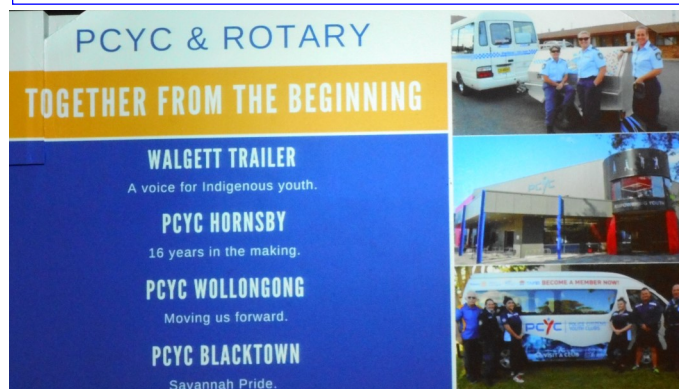
They secured agreement that a disused Police lock-up in Woolloomooloo would become the first Police boy's club, with the government paying for the cost of converting the buildings, and Rotary responsible for the cost of equipment, libraries and furniture.

Once known as the Police Boys Club, PCYC facilities today are a centre for all ages and the community. All our clubs offer fun, fitness and friendship, where all can enjoy a wide range of sports, arts and recreational activities, in a safe environment.

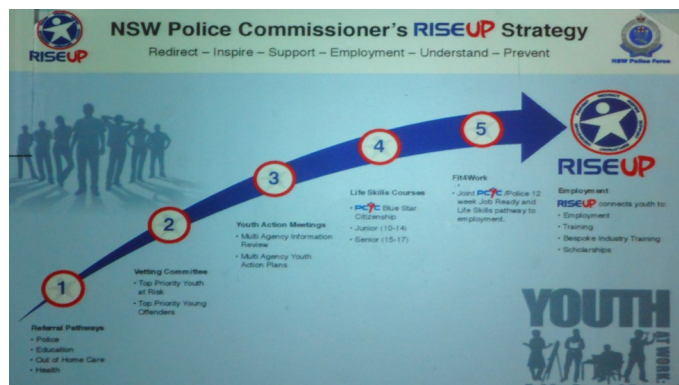
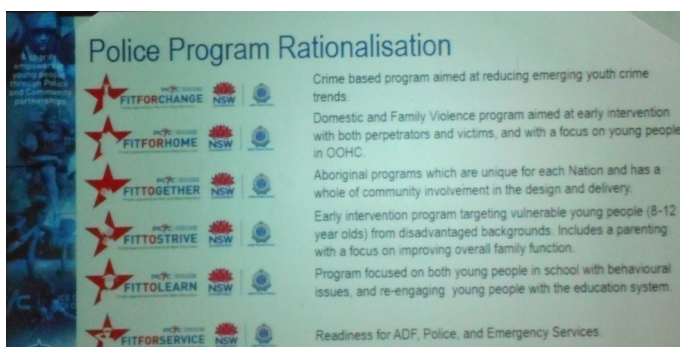
<https://www.pycnsw.org.au/>



Guest speakers CEO Dominic Teakle,
Superintendent Commander Dave Roptell and
DCI Paul Simpkins



Today Police youth case managers are taking a "holistic" approach to the needs and problems of each young person.



Men's Shed



Breaking News

After what seems like a marathon, the BMCC has now approved the Men's Shed development! Well done Colin & Marilyn who have supported this Community Program. An ongoing project, running since June 2016 can now finally get underway for the good of the community



COMPOST CHAMPIONS

- Would you like to meet more of your neighbours?
- Would you love more fertiliser for your garden?
- Would you like to help the environment by keeping food scraps out of landfill?



BE PART OF THE COMPOST HUB

Council will give you a compost bin and your neighbours can provide the ingredients!

IT'S EASY...

- 1 Sign up at bmcc.nsw.gov.au/composthub
- 2 Encourage your neighbours to **bring you their food waste**
- 3 Receive your **compost bin**



BE A COMPOST CONTRIBUTOR

We're cooking up a storm in our compost bins and we need you to contribute to the recipe.

It's easy... Simply bring your food scraps to your local compost champion!



- ✓ Keeps your red bin free from food scraps
- ✓ A lighter bin to take out on collection night
- ✓ A great way to meet your neighbours!

FREE TO JOIN THE COMPOST HUB

- 1 Sign up at bmcc.nsw.gov.au/composthub
- 2 Connect with a **compost champion**
- 3 Receive your **kitchen caddy and record sheet**
- 4 Drop your **food scraps** to your compost champion

For more info, visit
bmcc.nsw.gov.au/composthub

TOGETHER
WE'VE GOT
IT SORTED



For more info, visit
bmcc.nsw.gov.au/composthub

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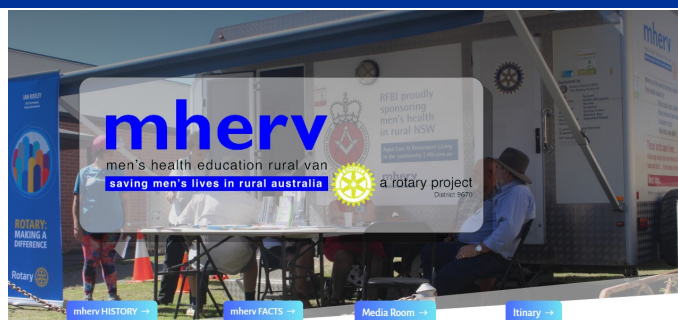
<https://www.bmcc.nsw.gov.au/residents/waste-and-recycling/food-waste#Neighbourhood>

Click on link above to find out more

Men's Health Education Rural Van

mherv ... matters of fact

- Each year in Australia more than 4 men die every hour from conditions that are potentially preventable – that's 41,000 men a year!
- The mherv project is touring rural and regional NSW testing men for signs of ill health. Most men in these areas don't see their doctor for years at a time. Many just drop dead in the paddock or the pub, because nobody saw it coming.
- We think that they come to see mherv because through our publicity, the project raises awareness and the women-folk are urging them to be tested.
- High blood pressure, blood sugar and cholesterol do not show 'symptoms' ... often until it's too late!
- In the first 10 days of April 2018 alone, 7 men were advised to seek medical attention immediately. It is very likely that for them, a life-threatening event was prevented. They did not die.
- We support and applaud other projects that are raising the issues of men's health with literature and discussion.
- But as far as we know there is no other project that is actually doing something positive to save lives in this way.
- Since August last year almost 1500 people have been tested by the mherv project. A further 600 or so will be seen before the end of this tour in June.
- Hundreds of local Rotarians and other volunteers are hosting the mherv visits throughout the state.
- On this tour mherv will visit 63 rural and regional towns in NSW.
- Only one person is paid. The Registered Nurse who travels with the van and conducts the tests.
- Occasionally a Rotary Club will arrange for a local Community nurse to assist with tests.
- A generous sponsor, The Royal Freemasons' Benevolent Institution has covered the cost of



nursing services for this tour, and has committed to funding at the same level for the 2018/19 tour.

- NSW Mazda Dealerships have supported mherv with the provision of a new Mazda BT-50 which is used to tow the caravan. They have been asked to extend their support for another tour. This year's tour travels will exceed 17,000 kilometres
- Last year, the Premier's office gave us a grant of \$10,000 which has been used to buy the medical consumables needed to conduct the tests.
- The National breast screening programme has become recognised as a valuable life-saving, on-going project for Australian women. If we can save the lives of some of the men-folk too, that will do much to extend their productive lives and potentially save many from becoming a burden on the public health system with premature chronic illness. Not to mention the loss and grief for families facing the unexpected death of a loved one.

<http://mherv.com.au/>

The van will be visiting
Bunnings Valley Heights
 on
Sunday 2nd December
Monday 3rd December

Up Coming Events

November	
12th Monday	Outreach Program
17th Saturday	Bunnings BBQ
19th Monday	Annual General Meeting
24th Saturday	ETSY Markets BBQ and Parking
26th Monday	Club Meeting
December	
2nd Sun & 3rd Mon	MHERV at Springwood
3rd Monday	Club Meeting
6th Thursday	Bunnings Christmas BBQ
10th Monday	Christmas Party at The Erickson's
13th Thursday	Late Night Shopping BBQ & Gift Wrapping
15th Saturday	Bunnings
17th Monday	Club Meeting—Last one for the year

Satellite Clubs

Bronwyn will be hosting a 'Get to Know You' and info night Tuesday 27th Nov.
Please contact her if you are interested in going or know of any potential new Satellite member.

What is a Satellite Club?

Satellite clubs began as a Rotary International Pilot Program three years ago. The Rotary Club of Boulder was the first to create a satellite club, and it was so successful that Rotary leadership agreed to allow other Rotary Clubs the same opportunity.

A satellite club meets at an alternate time and location – typically chosen to appeal to young professionals who may not be able to take time during the work day for Rotary meetings. The satellite club members are full Rotarians, inducted into the sponsoring club. However, the alternate times and potentially lower dues allows more young professionals and others to join Rotary.

Both meeting times are considered your club's meeting times, and members are welcome to attend either anytime. Some clubs also hold a "co-meeting" once a month during happy hour when all members of both groups are invited to mingle and meet. The satellite club may take on some of their own projects in addition to supporting the main club through committee membership, service, etc.

How do we get started?

Like most Rotary projects, the most important thing to set up a satellite like this is a champion who can spearhead the creation of the satellite. They will recruit others, decide on meeting times, and get the meetings going.

Can this really work?

Absolutely! A satellite to your Rotary Clubs does not in any way alter or go against your charter or by-laws, it simply creates an opportunity for young professionals with less flexible work schedules to be active members of your club.

How do dues work?

It is up to the sponsoring club how they would like to treat dues for the satellite club. In some satellite clubs, the satellite members fundraise to pay their district and RI dues, but some clubs have excused their satellite members from paying club dues – as the majority of that money goes to pay for meals these young professionals are not eating. The dues structure is entirely up to each club, but this is a way to lower the cost barrier for entry into Rotary.

Satellite Clubs Downloads—Right click and open Hyperlinks

[Satellite Club - Application \(fillable\)](#) (107 KB)

[Satellite Club - Member Information Form \(fillable\)](#) (86 KB)




[Satellite Clubs - Club Constitution including a Satellite Club](#) (65 KB)

[Satellite Clubs - Frequently Asked Questions](#) (207 KB)

Members of the Board 2018—2019

PRESIDENT:	Margaret Bell
President Elect/ Secretary:	David Rayner
Treasurer:	Paul Erickson
Club Administration:	Jenny Thomas
Immediate Past President :	Norm Kitto
DIRECTORS	
Community Service:	Bill Bowler
International Service:	Geoffrey Glassock
Vocational Services:	Dee Covington
Membership & Public Image:	Bronwyn Berriman
Youth Director:	John Fuller
Project Director:	Adam Law
Foundation Chair:	Norm Kitto
APPOINTMENTS	
Sergeant at Arms:	Cheryl Kitto
Speaker Coordinator:	Yvonne Meehan
Springword Editor:	Sherril Daly
Web Page and Facebook:	Cheryl Kitto
Club Training Officer:	Marilyn Kenney
Welfare:	Valda Bray/ Lynda Sparkes

Dates for Your Diary

November is <i>Rotary Foundation Month</i>			
		Intro's	Thanks
November			
17th	 BUNNINGS		
19th	Annual General Meeting/ Club Assembly		
24th	ETSY Markets		
26th	Sarah Emmanuel Exchange Student	B. Bowler	Y. Meehan
December			
3rd	Tom Synnott - Community Service towards admission as a lawyer MHERV—To be confirmed	PP Norm K	B. Bowler
6th	Christmas BBQ  BUNNINGS		
10th	Club Meeting		
13th	Late Night Shopping BBQ		
15th	 BUNNINGS		
17th	Club Meeting—last for 2018		