



Volume Issue 88 19 March 2021

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SPRINGWORD  
Newsletter

**Rotary**  
Club of Springwood  
Above the Smog Below the Fog

### President's report

This newsletter comes to you from Karratha, in north-west WA, where I am attending a family celebration, and as a result it will be a little shorter than usual. I am enjoying the sunshine, warmth and of course finally getting to see my extended family. Sorry to rub it in, especially when I see what is happening with the weather in the Mountains!

What an impressive event we were treated to for last weekend's on-line District Conference. There were so many fascinating presentations, and it was gratifying to see that our Club video made it to the top ten. All presentations are available on the District website and I encourage members to log on to view a selection.

Last Monday's meeting provided an opportunity to hear two of the excellent conference presentations, after a last-minute cancellation from our scheduled speaker. Thank you, Marilyn, for setting the presentations up at short notice!

This was expected to be a busy week, with the mental Health First Aid course underway, and I extend my best wishes to Deana Atkins for a successful event. This morning we were advised that both the Norman Lindsay and Bunnings BBQ events have been cancelled because of the rain, so all of a sudden the weekend is free.

There is also a Garden Open Day at the Old Farm this weekend, and I wish Robin Ingram a successful weekend (unless it, too, has been cancelled!).

The letter from Sen. Marise Payne (reproduced at the end of this newsletter) was received earlier this week. It is gratifying to receive this acknowledgement of our Club's activities.

Have a good week!

Jenny Kroonstuiver  
President



### Planned meetings for March

- **22 March** - Club Committee meetings
- **29 March** - brewery vocational visit

### Planned meetings for April

- **5 April** – Easter Monday - no meeting
- **12 April** – Ori dinner meeting
- **19 April** – Zoom meeting with guest speakers
- **26 April** - Club Committee meetings

### Thought for the week

"Once a year, go somewhere you've never been before."

*The Dalai Lama*



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## SPRINGWORD Newsletter



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### Upcoming events

- ~~20 March~~ — BBQ event at Norman Lindsay Gallery
- ~~20 March~~ — Purple Day (for epilepsy) at Bunnings
- **25 March** – Wentworth Falls lunch
- **24 April** – R100 breakfast BBQ
- **2 May** – Music Amongst the Autumn Leaves
- **7 May** – Variety Club Golf Day
- **14-16 May** – Rotary Leadership Institute Course – see DG's e-news
- **10 June** – Wentworth Falls lunch

### Sergeant's corner

This week's special mention goes to Zena, Princess Warrior Dog, who evidently did not do enough to control the mouse plague in western NSW!



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### Brew Mountains Brewery Vocational Visit

From Cheryl Kitto

**Date:** Mar 29, 2021 7:00 PM - 9.27PM

**Fee:** \$10.00

**Location:** Brew Mountains Brewery (below Bunnings)  
Unit 2 3-4 Tayler Rd  
Valley Heights, NSW Australia 2777

**Details:** Come and join us for a tour and tasting at Brew Mountains Brewery and

Pizza's for our meeting on Monday 29th March 2021.

Our host will give you a guided tour of the Brewery and explain the brewing process and a little about who they are. They are opening exclusively for the members of the Rotary Club.

A sampling platter of 4 x brews of your choice for \$20 . or Schooners of Beer, Wine or Cider is available for between \$8 and \$9. Soft drinks are available.

Dinner will be catered for by the Rotary Club and will consist of Pizza's and Garlic Bread - please let Cheryl Kitto know of any dietary requirements or alternatives - Cost is \$10. per person payable on the night.

Please let Cheryl Kitto know by Friday 26th March if you are attending or not. Friends and Family are most welcome to join us ( over 18yrs please)  
Should be a great night.....I am very impressed with their Cider and looking forward to trying some of their Beer and supporting a local business.



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### Wentworth Falls lunches coming up

From Valda Bray

The lunch for **Thursday 25 March** is filled but there is still room on **Thursday 10 June**. Please contact Valda on [valdabray@hotmail.com](mailto:valdabray@hotmail.com) if you would like to attend.

### Springwood Rotary Autumn Handyperson Raffle 2021 – Ticket sellers required for Saturday 27 March

The roster is filled for Friday 26<sup>th</sup> March, but I still need tickets sellers for both shifts (9-12, and 12-3) on Saturday 27<sup>th</sup>. If you are able to volunteer, please email me on [jkroonstuiver@hotmail.com](mailto:jkroonstuiver@hotmail.com)

Members are invited to take books of raffle tickets to sell. They are in books of 10, with each ticket worth \$5. Books are available from Jenny Kroonstuiver (for either collection or dropping off) or can be collected from Lynda Sparkes at the Garden Centre.

### Daffodil Planting – helpers needed!

From Geoff Glassock

Volunteers are needed to assist with the planting of the daffodil bulbs on Friday 26 March at the Rotary Park on the corner of the Ferguson Road and GWH lights. We start at 10.00am and you will need to bring a hand tool for planting – the garden bed is already prepared. Please contact Geoff on [glassock@bigpond.net.au](mailto:glassock@bigpond.net.au) if you are able to assist.



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Volume    Issue 88    19 March 2021

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## **Rotary BowelCare Reminder: 1 March – 31 May 2021**

*From Lynda Sparkes*

The BowelCare kits are now available to purchase **until 31st May 2021** by using the Mail Order form or by phoning the BowelCare office Tuesday to Thursday 9am – 3pm on (02) 4341 6695. If you are purchasing through Mail Order, please complete, sign and return the **Mail Order form printed on the last page of this newsletter** using the instructions provided. The purchase price of \$25 is inclusive of postage and fees, pathology testing and notification of your result to yourself and your nominated doctor.

BowelCare Australia is a division of CancerCare Australia Limited ABN 35 154 219 057 (CAL). CAL is a Health Promotion Charity and Deductible Gift Recipient (DGR) endorsed from 11th November 2011 by the Australian Taxation Office and is registered as a charity with the Australian Charities and Not-for-Profit Commission (ACNC). Donations to CAL of Two Dollars or more are tax deductible for the donor. All donations received are used by the Rotary Volunteer Directors of CAL to care for people affected by cancer, including bowel cancer. Should you choose to make a donation now, or at any time in the future, a form is available for that purpose.

Continue to look after your health by participating in the annual Rotary BowelCare Program.

## **District Assembly for Incoming Board members (updated)**

District Assembly is planned as an online event again this year after the great success of the event in 2020. It will roll out over several weeks during April and May, for each group of your Club management team, commencing with the General Session on Sunday April 18th.

Even though this is the training program for all incoming Boards of your Clubs, everyone is welcome to attend, however registration is essential. So, watch this space for details and be ready to join the fun!! More details will be published soon but here are the dates for your diaries. The District Assembly will occur over 6 non-consecutive Saturdays and Sundays with some variations to the dates listed in the last eNewsletter.

The dates are commencing Sunday April 18, then Sunday May 16, Saturday May 22, Sunday May 23, Sunday May 30, Sunday Jun 6.



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## Meet our members – Sheryn Phillips



I grew up in the Winmalee and Yellow Rock areas. After living and working in other areas, the mountains are definitely home.

I attended Winmalee Public and High Schools followed by UWS Hawkesbury where I completed a Bachelor of Science with an Environmental Science major. I studied wild rabbit populations for my Honours year and spent a couple of years working as a research assistant. Quite different to my current profession! I started working in pharmacy as a weekend, casual job at the end of year 12 and I've never left! After working casually at both the pharmacy and university, I decided to return to study. I completed a Bachelor of Pharmacy at Sydney University and my intern year at Blaxland.

I have worked in the Mountains, Central West and the Far South Coast of NSW and enjoy the communities associated with working in country and non metropolitan pharmacies. I bought into Blooms

Springwood approx. 2 years ago after the opportunity of a partnership came up. I am enjoying the experience of working in the area I grew up in.

When I'm not working I enjoy spending time outdoors with my family, friends and my dog. Horses are another of my passions, and although I don't have one at present, I look forward to getting another horse down the track. I also enjoy travelling and look forward to a time when holidays can be booked with more certainty. A trip to the Antarctic Peninsula, Argentina and Chile approx. 4 years ago has been my highlight trip so far.

My involvement with Rotary began in 2009 when I was a member of the Group Study Exchange team to Brazil, sponsored by Springwood club. This was an amazing experience and one which really opened my eyes to the generosity of Rotarians.

## Australian Rotary Health Latest News

It's our birthday and after a year of COVID-19 restrictions that cancelled many of our plans, we want to celebrate! 40 years ago, Australian Rotary Health (ARH) was established as a charitable fund by Rotarian PP Ian Scott and the Rotary Club of Mornington, Victoria, to research the mystery of Sudden Infant Death Syndrome (SIDS).



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Volume Issue 88 19 March 2021

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Since those early days, our work has continued to expand and has made an impact not only across the country, but

also internationally. With the support of Rotary Clubs and Districts in Australia, we are so proud to be a part of creating better health for all Australians. Research and advancements in knowledge funded by ARH provide both preventative and curative solutions for a broad range of health conditions.

Since 2000, our research focus has been on mental health. In 2012, this focus narrowed to the Mental Health of Young Australians (Aged 0-25), and in 2013, projects focussing on the Prevention of Mental Illness were included. Programs such as Cool Kids and Mental Health First Aid are just a couple of examples of our funding leading to positive outcomes. Lift the Lid on Mental Illness is our national campaign for mental health research and awareness, and every year on World Mental Health Day (October 10) we celebrate Hat Day to raise funds for vital research into mental health. In just 40 years, we've achieved so much. We're inviting you to help us mark this milestone year and invest in the future by supporting our work today.

### Remember when....



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Volume Issue 88 19 March 2021

**The Hon Marise Payne**  
Liberal Senator for New South Wales



Mrs Kenny Kroonstuiver President  
Rotary Club of Springwood

By email: [rotaryclubofspringwood@gmail.com](mailto:rotaryclubofspringwood@gmail.com)

Dear Ms Kroonstuiver,

I write to offer my thanks and appreciation to Rotary Club members for their role in organising and hosting the annual Australia Day BBQ at the Springwood Leisure Centre.

There are few things more quintessentially Australian than a sausage sizzle and a swim at the local pool. Such rituals are part of Australia Day, which this year called on all of us to "reflect, respect and celebrate" our history, values and freedoms.

I also take this opportunity to thank members for their recent work in organising mental health first aid courses. The COVID-19 pandemic has placed unique stresses on many people, and I trust this workshop will help equip locals with the skills they need to sensitively and proactively assist those dealing with mental health issues.

Please accept my best wishes for the year ahead, and if I can be of any assistance with a federal matter, please contact my office.

Yours sincerely,

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### **Marise Payne**

Minister for Foreign Affairs Minister for Women  
Senator for New South Wales

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Ph. (02) 9687 8755  
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[www.marisepayne.com](http://www.marisepayne.com)

Parliament House  
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| BowelCare Kits x <input type="text"/> @ \$25 per kit: | <input type="text"/> | Donations of \$2 or more are tax deductible for the donor. |
| I would like to donate:                               | <input type="text"/> |  |
| <b>TOTAL AMOUNT:</b>                                  | <input type="text"/> |  |

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| STREET ADDRESS                         |            |         |          |
| SUBURB                                 |            | STATE   | POSTCODE |
| POSTAL ADDRESS (if different to above) |            |         |          |
| SUBURB                                 |            | STATE   | POSTCODE |
| PHONE                                  |            | EMAIL   |          |

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|---|--|
| <input type="checkbox"/> Donate by cheque – please make it out to <b>Cancercare Australia Limited</b> and post with your details above to the reply paid address provided below     |  |
| <input type="checkbox"/> Mail Order by cheque – please make it out to <b>Cancercare Australia Limited</b> and post with your details above to the reply paid address provided below |  |
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Newsletter



Volume Issue 88 19 March 2021

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