



PO Box 45 SPRINGWOOD NSW 2777
rotaryclubofspringwood@gmail.com :Email
www.springwoodrotary.org.au :Web site

SPRINGWORD
Newsletter



Issue 16

22 October 2021

President's Report

Bunnings last Saturday was a windy and busy day, with our customers universally pleased to see us back. The new layout worked well, as did our team of wonderful volunteers. Thank you to you all!

Then on Sunday a group of us met for a relaxed, maskless picnic in Buttenshaw Park. We had perfect weather and delightful company, and it was just so good to see people 'in the flesh'!

Monday night's presentation from Deborah Wells was inspiring and I have already received a book order! See the meeting summary from Liz Roberts below – thank you Liz!

During the week we finalised planning for the Christmas raffle and will start selling next week – please see separate article requesting volunteers.

This morning, Norm, Bill C and I met with Steven Jackson from the Springwood hospital, and we viewed the furniture we will be purchasing (I will publish images next week) and finalized the arrangements for this project.

During the week the audit report for 2020-2021 was received. It was very satisfactory, and thanks go to both Adam Law and Bill Clague for their

efforts, as well as to Peter Bray for his generous auditing donation.

During the week Lynda Sparkes advised of her decision to stop selling second hand books at the Nursery. The Club owes a huge thanks to Lynda for maintaining this service for so many years, and raising some much needed funds. Thank you Lynda!

This week we have our final Zoom meeting. It will be so good to get back to the camaraderie of the Ori dinner meetings in November and I look forward to seeing you all!

Enjoy your week!
Jenny Kroonstuiver
President



Planned meetings for October

- **25 October** – Zoom speaker meeting + Director's reports

Planned meetings for November

- **1 November:** Ori dinner meeting; Committees
- **8 November:** AGM, Ori dinner meeting
- **9 November:** Zoom Board meeting
- **15 November:** Ori dinner and speaker meeting



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self



- **22 November:** Ori dinner and speaker meeting
- **29 November:** Pride of Workmanship Awards, Ori Hotel

Pick-a-card results

This week there were two draws, and sadly neither Cheryl Kitto nor Liz Roberts won the money!

Upcoming events

- **30 October** – Bunnings BBQ
- **8 November** – Club AGM
- **13 November** – Spectacles Day parking Norman Lindsay G.
- **29 November** – Pride of Workmanship presentation night
- **4 or 11 December** - TBC ETSY, Norman Lindsay Gallery
- **9 December** – TBC late night shopping Springwood

Sergeant's corner

Which two members, having had recent operations, are putting us all to shame with their exercise programs!



Thought for the week

Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.

Albert Einstein



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self

Looking for raffle ticket sellers



We will be able to start selling raffle tickets from Thursday of this week, and so I am looking for volunteers for every week through to the middle of December.

Sellers will be rostered in pairs, from **10.00am-2.00pm** in the following locations:

Tuesday – Springwood town square
Thursday – Springwood town square
Friday – Winmalee shopping centre
Saturday – Winmalee shopping centre

Please respond to jkroonstuiver@hotmail.com by listing the day(s) and date(s) when you would like to sell tickets.

Members will also be able to take books of 10 to sell in other locations, and these will be available from Jenny Kroonstuiver and Lynda Sparkes at the Garden Centre.

It's time to think Gingerbread!

From Norm Kitto

As we head towards the end of another very difficult fundraising year and with our desire to still support our regular beneficiaries we have decided to conduct the Gingerbread House Kits project. We achieved 80 kits last year, so let's see if we can reach 100!!

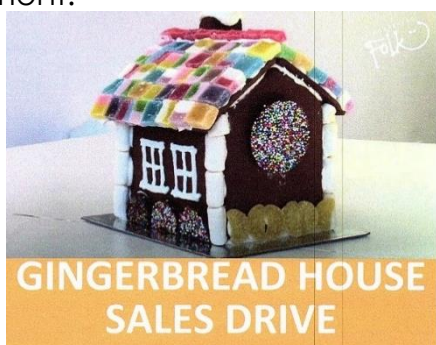
The Kits will sell for \$38.00 (with 350g bag lollies) or \$34.00 (without).



The Kits are available in Original/Chocolate/Gluten Free and the icing will come in powder, removing the need to keep refrigerated.

I bring to your attention the important CUT OFF DATE of November 12th.

Please contact Norm directly if you have any questions or require further information. Once you have placed an order, an invoice will be sent for payment.



Would you like to read the R100 book?

From Jenny Kroonstuiver

I have a copy of the *R100 Humanity in Action - Celebrating 100 years of Rotary Clubs in Australia and its near island neighbours* book, and would be happy to pass it on to club members to read.



Bunnings BBQ – Saturday 30 October

From Jenny Kroonstuiver



I am still looking for a couple of looking for volunteers for the additional Bunnings BBQ on Saturday 30th October.

It is essential that all volunteers be double-vaccinated and that they bring proof of vaccination with them.

Please reply directly to jkroonstuiver@hotmail.com indicating which shift and position you would prefer.

- 11.00-1.30: server
- 1.30-4.00: cook



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self



Pride of Workmanship Awards – it is time to nominate

From John Fuller, Vocational Director

It is that time of the year when we would like to reward an employer, employee, contractor or company whom you feel has given service above what you would consider normal duties. This could be somebody or a group which has stepped up and that you would not hesitate to recommend to your friends or colleagues.

Earlier this week, nomination forms were sent to all members.

Unfortunately, due to lack of funds this year we will limiting the number of recipients to 4. The Vocational Director and the President will be then consider the nominations and select the Awards recipients.

The awards will be handed out on our vocation night on the 29th November. Hopefully it will be face to face but could be limited to numbers, or otherwise via zoom. This will be decided closer to the night.

If you need more clarification or detail please contact John Fuller.

Parent and Carer research request

My name is Kristy Delaney from Insight Consulting. On behalf of Blue Mountains City Council, we are conducting research with parents and carers regarding their childcare needs and experiences.

We are currently trying to reach out to local grandparents that care for their grandchildren on a regular or full basis.



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self

Grandparents can share their views and experiences by completing an online survey at:

<https://www.surveymonkey.com/r/MVLBBVW> or by booking a time to speak with me directly on the telephone via the online booking system at:
<https://insight-interviews.appointlet.com/s/childcare-in-the-blue-mountains>.

Donations to the Springwood Hospital Palliative Care project are now tax deductible

Thanks to the substantial efforts from Bill Clague, **Support to Springwood Hospital Palliative Care Ward (RABS)** with number 29-2021-22 has now been registered on the RAWCS national website. The online donation facility has now been switched on. Tax deductibility is granted through "Rotary Australia Benevolent Society" – ABN 54 563 288 318.

The hyperlink below will take donors directly to our secure donations page.
<https://donations.rawcs.com.au/29-2021-22>.

Meeting summary from Monday 18 October

From Liz Roberts

As always an interesting and informative evening for the members of the Rotary Club of Springwood, Inc. President Jenny opened the meeting welcoming all members and our guest speaker for the night Deborah Wells. Jenny noted The Club had a very successful return to the Valley Heights Bunning's BBQ the previous Saturday, with many being pleased to see us back. Our next Bunning's outing is on Saturday 30 October and Jenny is still looking for 2 willing volunteers for the middle shift. Jenny



spoke to the Club picnic held in Buttershaw Park on Sunday and stated how wonderful it was to again be together in face to face fellowship.

In conclusion Jenny noted we will return to meetings at the Ori as of Monday 1 November. Members will need to be double vaccinated to attend, with a current limit of 20. We are now booked at the Ori for the 1st, 3rd and 4th Monday of each month.

Secretary, Norm confirmed the Club is still looking for nominations for two executive positions for the 2022/23 Board. At this time the positions of President Elect and Club Administration require nominations.

Norm currently has 28 orders for the Gingerbread House fund raising effort; as the Club has committed to purchasing 80 Norm encouraged those who may not want one for themselves to think about a purchase that could then be donated to a worthy person or group.

Youth Director, Cheryl spoke to the Schools Mental Health Program noting that it hoped to recommence in the 4th term of this year and if not in the 1st or 2nd term of 2022.

Club Administration Director, Bronwyn noted the guest speaker this coming week will be Rose Glassock, and for those who have had the pleasure of hearing Rose previously we know we are in for an extremely interesting session.

Membership Director, Roza Sage stated she has several potential members she is still following up.



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self

Foundation Director, Bill Clague, reminded members they could receive a tax deductibility receipt for direct donations to the Springwood Hospital Palliative Care project, as well as encouraging members to participate in the Centurion program.

Vocational Director, John spoke to the upcoming Pride of Workmanship Awards and encouraged members to forward nominations to him as soon as possible.

Treasurer, Bill Bowler confirmed 'The Club remain solvent'.

Guest speaker – Deborah Wells

Bronwyn then officially welcomed Deborah Wells and invited her to tell her very personal journey as a breast cancer sufferer onto to what she now terms herself a 'breast cancer warrior'.

Guest Speaker – Deborah Wells
Deborah noted she is a Blue Mountains local who had a radical mastectomy in 2015, 18 years after her initial diagnosis with breast cancer in 1997. Deborah stated that the survival rate from breast cancer had significantly improved over the years; as in 1997 when she was first diagnosed the rate was one in 12 to today where it is one in five.

Deborah provided a wonderful insight into her own very special way of having dealt with her cancer and we were treated to a journey through her very early years when she went through puberty at nine and a half years of age, developing breasts at that time to a B cup, up into her adult years were she had impressive G cup size breasts.



Deborah noted that she had always had a love and passion for singing, music and performing and that from her early tween years she studied singing. Deborah went on to be an accomplished performer with roles in cabaret, musical theatre and a long stint in The Phantom of the Opera both here in Sydney and in Melbourne. Deborah stated that it was during the rehearsal period for her role in The Phantom the costume designer gave her the moniker of 'The Magnificent Bosom' - a title she wore, with some degree of pride.

Deborah noted that she readily identified with her breasts which she happily called 'her girls'. So it was quite devastating at the time of her diagnosis with breast cancer at age 44 that she underwent her first surgery for a partial mastectomy. At that time Deborah took a turn in her career path and began to teach and noted that the next 18 years teaching were extremely fulfilling for her.

The shock then in 2015 to learn that the cancer had returned and that the only path forward was a radical mastectomy lead Deborah at that time to see a future that looked pretty bleak to her.

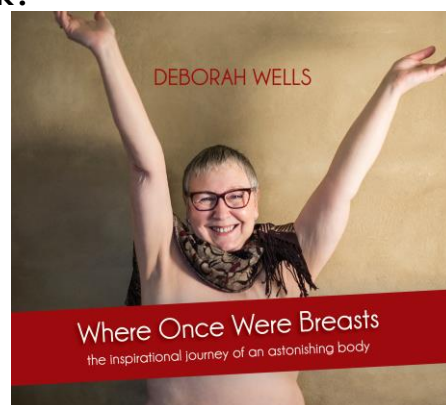
So Deborah then underwent six surgeries followed by six weeks of radiation that left her with severely lumpy and marbled flesh that in her words was 'scarring so ugly she couldn't look'. The next 12 months were a time of upset until Deborah decided she wanted to do something to improve both her outlook and the physical appearance of the cancer on her chest – a tattoo was her answer. Deborah set about designing

a tattoo that chronicled her personal journey; these included images that invoked strength, remembrance and rebirth.

Deborah had her tattoo crafted by local tattoo artist Stuart at Springwood's FX Ink with the process being undertaken over 19 sessions of between two and three hours.

Deborah's breast cancer story is beautifully related in her book 'Where Once Were Breasts' and copies of it can be purchased by letting President Jenny know of your interest and she will then arrange for Deborah to deliver to her. Profits from Deborah's book go to Cancer Wellness Support. Deborah Wells has had a successful singing career, but more importantly she has had an amazing personal journey with breast cancer, to become a 'breast cancer warrior'.

Would you like to order Deborah's Book?



Contact her via email:
deborah@bestvoice.com.au
Or phone: 0418 622 307

All profits from Where Once Were Breasts will go to Cancer Wellness Support:
headoffice@cancersupport.org.au



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self



Spectacles band event – Norman Lindsay Gallery Saturday 13 November



Held in the gardens of Norman Lindsay Gallery, local band The Spectacles will give you an evening to remember with a fun repertoire of rock, pop and soul faves that will get you up and grooving in the grounds of our wonderful gallery.

Bring a picnic, deck chair and all your friends!

Gates open at 5pm.
Tickets can be booked in advance via Eventbrite nearer to the event.
Tickets: National Trust member \$22, general admission adult \$25.

Send a Christmas Card to a farmer

Help bring the city and country together this Christmas by helping us create and send thousands of handmade Christmas cards to farmers all over Australia.

Rural Aid is calling on the communities of Australia to show their love and kindness by making a lasting impression on our farmers who help feed us, clothe us and keep our country rolling. We want you to make the cards with your own words and design, rather than buying a card.



To help Rural Aid distribute them as quickly as possible, participants need to follow these steps:

1. The cards cannot be larger than 120mm x 170mm. You could fold a bigger card down to that size but this is the MAXIMUM size we will be sending on.
2. Do not put your cards in an individual envelope. Instead, place all of them in a bigger envelope and mail them to Rural Aid at PO Box 1342, Sunnybank Hills QLD 4109
3. Rural Aid will have thousands of envelopes here ready to put your card in and send onto an Aussie farmer.
4. Please ensure that all cards have a personal message written inside, and are not blank.

All cards must be at Rural Aid's Brisbane office no later than **November 17th, 2021**

Did you know?

It's 64 days until Christmas!



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self



Photos of the week



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self





FIST FULL OF GIFT CARDS Christmas Raffle

Tickets \$5 each or 5 for \$20

Maximum 1000 tickets to be sold

1st prize: **\$1000** in gift cards

(\$400 Bunnings, \$300 Coles, \$100 Springwood Garden Centre,
\$100 Blooms the Chemist and \$100 Mountain Fresh Growers)

2nd prize: **\$600** in gift cards

(\$400 Bunnings, \$200 Coles)

3rd prize

\$200 Bunnings gift card

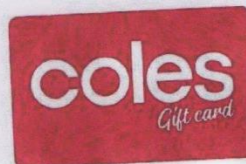
4th prize:

\$100 Bunnings gift card

Will be drawn Saturday 18 December 2021 at 12 noon at Bunnings Valley Heights.

***Proceeds supporting Springwood Hospital Palliative
Care Unit refurbishment.***

Thank you to our generous sponsors: Bunnings Valley Heights, Coles Winmalee,
Blooms the Chemist Springwood, Mountain Fresh Growers & Springwood Garden Centre.
Winners will be contacted and results printed in the Blue Mountains Gazette.



Rotary District 9685

Club No. 22213

ABN 70 107 627 587

CFN 13259



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self



Springwood Rotary FUNDRAISING Wine Drive

Closes at the end of October

The Rotary Club of Springwood and Lazy Oak Wines have partnered for a unique fundraising drive to help support the initiatives and ongoing great work that our Rotary Club does.



What is it?

It's like your classic lamington drive but better...because its wine! Every case of wine sold results in funds going back to The Rotary Club of Springwood, in fact a huge \$50 from every half case (6) and \$100 from every case (12) sold will go back to your club, making this one of the most beneficial (and delicious) adult fundraisers going around.

How do I order?

Simply visit the [Lazy Oak Wines](http://www.lazyoak.com.au) on www.lazyoak.com.au to order. Select the Rotary Fundraiser case of wine of your choice (yes, there's options) and then select your Club so that your \$100 or \$50 donation will be allocated directly to the Rotary Club of Springwood.

What next?

The team at Lazy Oak Wines will then dispatch your order to your nominated delivery address and your donation will be sent to your Club.

Please note!

Only people 18 years and older are eligible to participate in this fundraiser.

Wishing you all the best in your fundraising drive!

Cheers,

The Lazy Oak Team



SERVE TO CHANGE LIVES

District 9685
Blue Mountains
Service Above Self

