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SPRINGWORD
Newsletter



Issue 16

22 October 2021

President's Report

Last Monday we held our final Zoom club meeting. Thankyou to all those who have persevered with the technology over the past eighteen months, and particular thanks to Marilyn Kenney who has been such a wonderful support during the whole process.

Finally, we are back to face to face meetings, although initially with limited numbers. Peter Sparkes has swung back into action as RSVP collector, and I am looking forward to seeing our 'meet and greeters', Fred and Bruce, also ready to welcome us.

Meanwhile the calendar of events is rapidly filling. We have our second Bunnings BBQ tomorrow, the raffle ticket selling has started, the Norman Lindsay Spectacles event is imminent, and many more.

Thank you to Valda who organized the lunch at the Ori on Tuesday – there was lots of chatter and friendship, and it was just great to see everyone. What a wonderful job Valda has done in keeping us all in touch and remembered during the past few months.

The AGM is coming up on the 8th November, and it is good to see so many people willing to take on roles

within the Club, although we still need a President-elect.

Enjoy your week!
Jenny Kroonstuiwer
President



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

Pick-a-card results

There was no pick-a-card this week. It will resume next Monday.

Upcoming events

- **8 November** – Club AGM
- **13 November** – Spectacles Day parking Norman Lindsay G.
- **29 November** – Pride of Workmanship presentation night
- **9 December** – TBC late night shopping Springwood



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Sergeant's corner

Which former member introduced herself to Kevin Richards at lunch as 'shy and retiring'?



Thought for the week

"I like to go to the library, get all the books on feng shui out, and put them back in the wrong section."

Karl Chandler

Raffle Tickets sellers needed for this week



Selling has started, and I am very grateful to all those who have already so quickly filled much of the roster!

Sellers are being rostered in pairs, from **10.00am-2.00pm.**

This week's sellers

- Tues 2nd Nov, Springwood: Valda Bray and Marilyn Kenney
- Thurs 4th Nov, Springwood: **volunteers needed**
- Fri 5th Nov, Winmalee: **volunteers needed**
- Sat 6th Nov, Winmalee: **volunteers needed**

Please respond to jkroonstuiver@hotmail.com by listing



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the day(s) and date(s) when you would like to sell tickets.

Please take individual raffle ticket books to sell!

Members are able to take books of 10 to sell in other locations, and these are available from Jenny Kroonstuiver or from 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.



Next Bunnings BBQ – Saturday 20 November

From Jenny Kroonstuiver



The next Bunnings BBQ is on Saturday 20 November and I am looking for volunteers.

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.

- 8.30-11.00: server, cook or cashier
- 11.00-1.30: server, cook or cashier
- 1.30-4.00: server, cook or cashier

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.

Meeting summary from Monday 18 October

From Liz Roberts

The quality of speaker presentations continues to stimulate, inform and invoke us to think beyond our day to day and to focus in on the wonderful programs and projects that our work and fund-raising support.

This week we heard from three amazing women who are involved in the Youth and Teen Mental Health First Aid Program; and a brief outline of this is presented following the director reports.

President Jenny welcomed all those online and followed by reminded members that next week we return to face to face meetings at the Ori. Details of meeting arrangements were emailed to all members.

Jenny also spoke about the Bunnings BBQs and Raffle Ticket selling, covered elsewhere in this newsletter.

Secretary Norm confirmed the Club AGM is scheduled for Monday 8 November at the Ori. The Club is still seeking nominations for two executive positions for the 2022/23 Board; being President Elect and Club Administration director. Norm



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confirmed orders for the Gingerbread House fund raising effort have improved, but he is still looking for more orders to meet our commitment of 80 units. Norm also confirmed the disbursement of funds to our nominated recipients will occur shortly.

Treasurer, Bill Bowler noted the recent very generous donation the Club had received from Carrie Graham. Also the next round of Pick A Card now has 25 subscribers with the draw to recommence next week.

Youth Director, Cheryl spoke to the fact that she was very much looking forward to tonight's guest presentation, confirming that at this time the program is hoped to recommence in the 4th term of this year and if not in the 1st or 2nd term of 2022. Cheryl doesn't have any RYLA nominations at this time, but members could certainly refer any relevant 19-20 year olds to her for consideration. Cheryl also noted that RYPEN is online this year.

Club Administration Director, Bronwyn noted there are five Club meetings this month; with the 1st, 15th and 22nd being the usual weekly meeting; the 8th being the AGM, and the 29th being the Pride of Workmanship Awards.

Community Service Director, Geoff Glassock confirmed the wine orders will close at the end of the month. The Norman Lindsay event now has sufficient volunteers to assist with parking. And the Rotary Australia Day program has again received a regional \$20,000 grant with the possibility of a further \$10,000; this is a

significant event for the Club to be involved with.

International Director, Frank Ross stated Richard Owen, who is closely associated with the Cambodia project, has been very ill.

Bill Clague, Foundation Director confirmed the Springwood Hospital Palliative Care project is at a stage where the furniture is to be ordered and it's exciting to see this important Club supported project nearing completion.

Welfare Officer, Valda Bray noted that 'everyone is doing well'; and then invited the members and guests to wish our President Jenny a very happy birthday.

Guest Speakers – Rose Glassock, Justine Drew, Maddy Forward – The Youth & Teen Mental Health First Aid Program

Geoff Glassock introduced the speakers and welcomed them to the Club meeting. He then handed over to Rose (his very accomplished daughter) and the Network Specialist Facilitator for this program.

Rose opened by an Acknowledgement to Country followed by a short PowerPoint presentation. Rose outlined the program noting how it was initially conceived having identified the need, onto the funding grant application and the development of an interagency partnership; from this the Youth & Teen Mental Health First Aid Program was formulated.

Rose noted the current program operating in the Blue Mountains is



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focused on Year 10 students at Katoomba, Springwood, Winmalee and Blaxland High Schools as well as this same year at the John Wycliffe Christian School, Warrimoo.

The program teaches students how to recognise mental health issues among their friends and peers and when identified how to provide initial mental health first aid. The importance of this approach of young people supporting their peers came out of research that showed that young people have a preference to sharing their problems with peers. The value of the program is that it arms young people with the resources to give initial support (first aid) and then to direct the friend or peer to professional services as appropriate.

Rose stated that the young people learn about the different types of mental health problems and mental health crisis situations that can occur and their relationship between thoughts, feelings and behaviours. These issues can include anxiety disorders, depression, eating disorders, alcohol and drug related issues and psychosis. These problems in young people can lead to suicidal thoughts and behaviours, deliberate self-harming, excessive use of alcohol and/or drugs and also exhibit in behaviours of bullying and abuse. Rose noted that due to Covid-19 and the isolated many young people have experienced in recent times there has been an increase in mental health issues with young people in the mountains and the importance of this program is very much at the forefront of schools and the team responsible for its implementation.



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Rose then introduced Maddy Forward, the acting manager of MYST (Mountains Youth Services Team). Maddy noted that the grant received to run this program came at a very good time, as it allowed for the training of two additional workers that the current funding would not have allowed. This additional human resource has allowed the program to be more widely offered across the mountains. Maddy then spoke to the Street Art Walk which is a skills based workshop, this project has developed a mural that highlights the importance of resilience. Maddy also noted that the ability to train so many to teach the program has been significant as it requires at least 10% of the teaching staff to be trained to deliver the program.

The third speaker for the evening was Justine Drew, Justine is the Attendance Support Officer for the area (Blaxland to Mt. Victoria). Justine also noted the importance of the team having been able to train 10% of the schools' teachers and the fact that further training will again occur next year. It was noted that the more teachers trained in the program, the better support there is for the students. Justine stated that young people are looking to help their friends and are keen to have the skills to do so. The program teaches what a mental health crisis might look like and who and when to reach out to for assistance. Where significant mental health issues are identified young people are then offered further support and can be referred to one to one counselling, etc.

It was noted that this is an evidence based program on the wellbeing

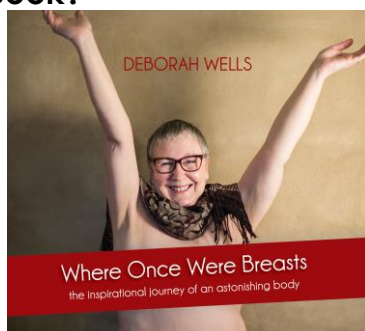


continuum, with ongoing measurement being applied for its effectiveness.

In closing the financial support provided by the Rotary Club of Springwood, as well as the other mountains clubs, was acknowledged. It was noted that this had allowed the program to be run at no cost to the participants. It is the hope of the team that this program can be run each year and that the young people of the mountains will continue to benefit from the very valuable peer support program.

Cheryl Kitto thanked the three speakers, firstly for their work with our youth and also for taking the time to provide such an informative and enlightening session to the members.

Would you like to order Deborah Well'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
Tickets: National Trust member \$22,
general admission adult \$25.

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.

Did you know?

It's 57 days until Christmas!



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Photos of the week – lunch at the Ori



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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

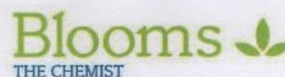
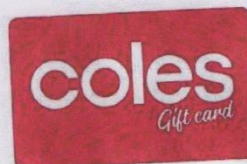
4th prize:

\$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



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Springwood Rotary FUNDRAISING Wine Drive

Last chance to order!

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



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