



Rotary Club of West Wollongong Inc.
 (ABN 32 681 953 565)
District 9675
 Chartered 23rd March 1964



9 October 2024 BULLETIN

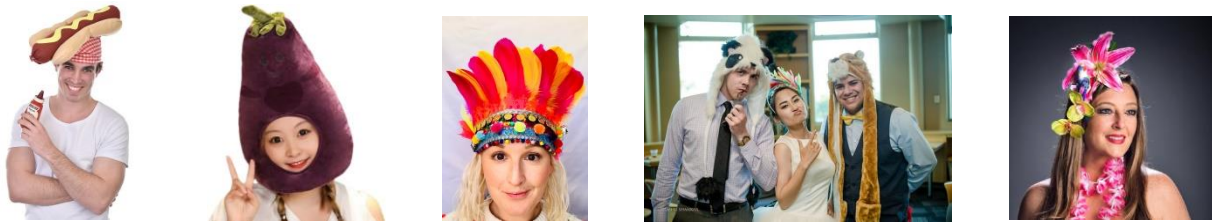
October is Rotary's Community & Economic Development Month

Tonight's guest speaker: Stephen Humphreys – Australian Rotary Health (ARH)



So, get into the spirit of the evening and help “Lift the Lid on Mental Illness”, by coming to this evening’s meeting donned with your most exciting ‘head piece’!

Here are a few ideas to get your creative juices going!



Or... for the more conservative amongst us!










President:	Rose Pope	RI President 2024-25:	Stephanie A Urchick
Secretary:	Kerrie Hayes-Williams	District Governor 2024-25:	Warwick Richardson
Treasurer:	Noel Watt	Rotary Comm. Leader:	Margaret Uitterlinden
IPP President:	Phil Peckman	President Elect:	Phil Peckman
Send items for the Bulletin to Editor: Michael Crowley			

Birthdays	Anniversaries
12/10 – Jessie Blundell	<i>None this week</i>

Club website: https://westwollongongrotary.org.au/page/showhomepage/	District Website: rotarydistrict9675.org
Facebook: fb.me/westwollongongrotary	Club e-mail: westwollongongrotary@gmail.com
Instagram: www.instagram.com/rotary_club_of_west_wollongong/	
Postal Address: PO Box 5040, WOLLONGONG NSW 2520	
Payments to the Rotary Club of West Wollongong can be made direct to: Commonwealth Bank of Australia BSB: 062-528 Account No: 28000503	

CLUB PROGRAM ... *Dates for you diary!*

Date	Speaker/Theme	
Wednesday 9 October 2024	❖ <i>Australian Rotary Health (ARH) Hat Day... a fun night with our partners+ Special guest speaker: PDG & Chair of the ARH Board, Stephen Humphreys. SERGEANT: Equipment requirements TBA</i>	
Thursday 10 October 2024	❖ JOKER DRAW at The Charles Hotel from 6.00 PM <u>TEAM 1</u>	
Wednesday 16 October 2024	<i>District Governor's visit & combined clubs' meeting at Warilla Bowls & Recreation Club (Sapphire Room), Warilla from 6.15pm</i> NB. NO MEETING AT CENTRO THIS EVENING!	
Monday 21 October 2024	❖ BBQ at Bunnings Kembla Grange – Volunteers needed please!	
Wednesday 23 October 2024	❖ <i>Q & A with Glen Saville: Olympian, former professional basketball player and now fireman with NSW Fire & Rescue</i> <i>Facilitated by: Kerrie Hayes-Williams</i>	
Thursday 24 October 2024	❖ End Polio Train Ride (Details TBA)... World Polio Day	
Wednesday 30 October 2024	❖ 5.30pm start with pre-meeting drinks in the Centro Courtyard! Short meeting – Club Business followed by a Board Meeting	
Sunday 3 November 2024	❖ MS Gong Ride – Volunteers needed please!	
Wednesday 6 November 2024	❖ <i>“The Benefits of Electrifying Our Homes” – Denise & Peter Aubourg & Greg Knight</i> SERGEANT: <u>LECTURN, LAPTOP & PROJECTOR</u> Please	
Sunday 10 November 2024	❖ BBQ at Bunnings Kembla Grange – Volunteers needed please!	
Wednesday 13 November 2024	❖ ARH Indigenous Scholar – Maddy Lawson	
Wednesday 4 December 2024	❖ <i>An evening with our ARH PhD Scholar (Thanapon Deekaikam & RCWW John Chaplin Memorial scholar (Nicholas Fantham) together with UOW representatives</i> ... (NB. Partners evening)	
Wednesday 11 December 2024	❖ RCWW Christmas Party – Partners Welcome 6.00pm@ The Builders Club, Wollongong	

Hat Day



Hat Day is **Australian Rotary Health's** longest running mental health research fundraising event, held on the 10th of October every World Mental Health Day.

It is a day to wear an exciting hat and spread awareness of the 1 in 5 Australians suffering a mental health disorder.

Hat Day began as a fun and easy way for Rotary clubs around Australia to get together to raise money for mental health research through Australian Rotary Health.

Since its fruition over ten years ago, Hat Day is now an annual event in every Rotary Club's calendar. This is a day for all to wear an exciting hat and raise money for the 1 in 5 Australians who suffer a mental health disorder every year.

100% of Hat Day proceeds go into mental health research. More information is available on [Australian Rotary Health's website](https://www.arh.org.au).

[A little information about tonight's guest speaker](#)

Past District Governor and current Chair of the Australian Rotary Health Board, Stephen Humphreys

We're fortunate that Stephen has kindly agreed to be our guest speaker this evening as he is currently the Chair and has been a Director of Australian Rotary Health since September 2018 ... This is relevant because ARH has a direct role in supporting mental health research... a focus of tonight's meeting.

Stephen joined the Rotary Club of Camden in 2002 he has served as Club President in 2008-2009; Chair of the Peace Studies Sub-Committee of the District 9750; Foundation Committee in 2009-10; and served as an Assistant Governor for three years from 2010 to 2012. He Chaired the District 9750 Conference Committee in 2012 and became District Governor (9675) 2016-17.



Stephen will be formally introduced & thanked tonight by Michael Crowley

Last week's meeting minutes: Scribe – Kerrie Hayes-Williams

- ✦ **Sergeant Ken Potter** was in charge and started the meeting with precision!
- ✦ The *reflection and international toast* were given by **Kerrie Hayes-Williams**. A deliberation on the significant and urgent need to focus on *embracing diversity, empathy and understanding, fostering respect and valuing human dignity* given the escalating conflict and loss of human life, property and possessions in the Middle East was offered. The *international toast* was given to those **Rotary clubs in the Middle East** where war pervades and the energy to continue facing the challenge of building peaceful and sustaining relationships.
- ✦ **President Rose Pope** welcomed members and our *past member and speaker Stephen Swan*. Rose spoke to the following points:
 - *The Train Ride for Polio* is on 24 October. Anyone interested in joining the ride and would like to purchase a t-shirt, see Rose.
 - Rose and her daughter will be helping to *plant trees (as part of the Adopt-A-Tree project)* in Mittagong on 9 November and invited interested members and families to join her.
 - *Green Connect* is closing their Op Shop at the University of Wollongong on 21 October and the Unanderra store on 2 November and offering a 50% discount on all their goods. Ultimately, with the closing of these stores it could impact financially on monies available to support their farm.
 - There has been a request from the *Homeless Hub* for our support in gathering refundable bottles for recycling. There is a container to be filled, and Rose has the details. Monies raised will go towards buying Christmas presents for children.
 - At the last Board meeting, **Dennis Simpson** proposed that our Club donate to the *Vocational Education and Training Awards*. The Board agreed to support the event (2 x \$500 donations), which has elevated our Club to being a gold sponsor. This event will be held at Kembla Grange however, our Club needs to provide banner to be present at the Awards. Rose Pope asked members to **consider being part of a group who could design a banner to reflect our Rotary Club**. There is a short turn-around and the banner needs to be available by 14 November. Please consider helping with the discussion so that we can present the banner at the Awards.

✚ **Welfare Report:** **Jim Christensen** spoke on behalf of Anne who is unwell herself:

- Jim Christensen is well and happy to be included in the rosters again.
- Marilyn Phillips is recovering from a knee replacement.

✚ **Treasurer Noel Watt** presented an account of funds raised through the Charles raffle, the last BBQ and the donation tin.

✚ **Phil Peckman** noted that **SAHSSI (Supported Accommodation & Homelessness Services Shoalhaven Illawarra)** is opening their new facility in Gwynneville. Over several years our Club has donated to this cause and as a result we have completed several rooms. A plaque noting our sponsorship will be placed outside a room to acknowledge our support.

✚ **Ken Potter** explained that **RYDA (Rotary Youth Driver Awareness)** in on 21 and 22 October and asked for help in setting up at 8.30 am and cleaning up at the completion of the event. [Please see Ken for details.](#)

✚ **Our guest speaker, Stephen Swan** presented an interesting and engaging account of his caravan holiday of 10 months exploring 30,000kms of Australian land including Queensland, Western Australia, South Australia and Victoria. Special highlights included:

- Seeing whales at the **Head of Bight in South Australia** where a 100 of whales are seen between May and October was worthwhile. 2% of these whales turn grey from white.
- **Ningaloo Reef in Western Australia** is world heritage listed and is 300 kms from Carnarvon. Stephen snorkelled spotted individually catalogued sharks, which was a great experience.



- **Karijini National Park** presented a breathtaking landscape with cavernous gorges like **Dales Gorge**, white-barked gumtrees, clear water pools, red wall cliffs and the **Fortescue Waterfalls**. The **wildflowers** are the largest collection on earth. Stephen also noted whilst travelling in this area the impressive road trains that were 50-60 meters in length.



Dales Gorge at Karijini NP



Fortescue Falls at Karijini NP

- Travelling to *Paronella Park (pictured below)* down from Innisfail in Queensland contrasted to other areas. A Spanish immigrant Paronella worked for 11 years creating his wealth by buying, improving and selling cane farms. He discovered a virgin forest alongside Mena Creek Falls and built his dream home in the 1930s. In its day it was a majestic home and castle with a 47-step staircase, tennis courts, and a movie theatre transformed into a ballroom on weekends with live bands who entertained while a massive mirror ball spun from the ceiling to reflect pink and blue lights. More than 7,000 trees were planted around the home and castle including an avenue of Kauris. In 1933 Paronella installed a hydro-electric plant, the first (privately owned) in Queensland, on the waterfall in the park. He also used it to supply power for the park's lighting, pumps, refrigeration and cinema. Paronella Park is eco-certified, and heritage listed. Interestingly, in 2009 the park completed a restoration of the plant and now runs entirely off hydro-electric power which some of the excess electricity is fed back into the local grid.



- *Cobbold Gorge* in QLD was inviting with a stunning forest and a glass bridge built across the Gorge.



- The spectacular *Undara Lava Tubes*, located in the grassland south-west of Cairns were a sight to see. They are the largest lava tubes in the world and only taken with organised tours.



Estimated to have formed approximately 190,000 years ago the lava flow covered 1550 square kilometres of north Queensland. The lava tubes were formed when the outer layer formed a crust which protected the still-molten lava which continued to flow as though it was in a tube Geologists believe that the length of 160 km is the longest lava flow from any single volcano on earth. It is estimated that the whole process took between 2-3 weeks with the lava flowing at a rate of around 500 metres per hour.

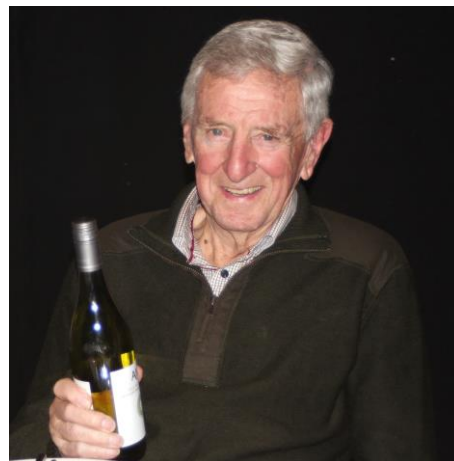
- A visit to the must-see *Daintree Forest in Queensland* which is the world's oldest tropical rainforest by 10 million years. The cyclone last Christmas however has left a lot of damage.
- *Cooktown* presented beautiful heritage buildings and reflected the history of the 30,000 people attending the gold fields in 1973. Today the population is 2,600.

Both **Rose Pope** and **Kerrie Hayes-Williams** thanked *Stephen* for his presentation that reflected some of his memorable ventures and gave members an insight into parts of Australia many have not seen.



- ✦ **Phil Peckman** took members through a demonstration of *ClubRunner*, namely, how to log on, review our Club's calendar of events, access the Bulletin, Board meeting and Club Assembly minutes, speakers, and charities.

- ✦ The *Raffle winners* were **Mal Bracken** and **Ken Potter**.



- ✦ **Ken Potter**, our poet orator, gave us an entertaining rendition of a *Charlie Marshall poem, 'Pontiff's Eyes'* which he presented at the *Murrurundi King of the Ranges festival* recently. Ken is a great story teller and had members engaged in the yarn of a man, a barber and a trip to Rome. Well done Ken – you are a legend!!

- ✦ In closing the meeting, **Rose Pope** reminded members that this week our Club meeting is focused on *Australian Rotary Health – Hat Day with an open invitation for partners and friends to attend.*



ROSTERS

Please arrange your own substitute if you are not able to attend meetings.

Date	Sergeant	Reflection & Scribe	Int. Toast***	Charles Hotel			
				Joker Draw &		Mega Meat raffle	
				Date	Team	Date	Team
09/10	J Erickson	A Lavender	R Lee	10/10	1	The next Mega Meat Raffle will be held on <u>Saturday 2 November 2024 from 2-4pm</u>	4
16/10	DG Meeting	Combined Clubs @	Warilla B&R Club	17/10	2		
23/10	Di North	R Lee	N McCann	24/10	3		
30/10	J Christensen	N McCann	Di North	31/10	4		
06/11	K Potter	Di North	P Peckman	07/11	5		
13/11	P Roberts	P Peckman	M Phillips	14/11	6		
20/11	B Stevens	M Phillips	K Potter	21/11	1		
27/11	D Simpson	K Potter	P Roberts	28/11	2		
04/12	J Erickson	P Roberts	D Rutherford	05/12	3		

***Int. Toast: Each member to research and select their own Rotary-based international toast.

For the next three weeks,apologies to be directed to President Rose Pope, prior to midday on the Tuesday before our meetings.

The Charles Hotel "Joker Draw" – Thursday, 6:00pm					
Team 1	Team 2	Team 3	Team 4	Team 5	Team 6
Marilyn Phillips	Ken Potter	Barry Stevens	Di North	Ray Lee	Jim Christensen
The Charles Hotel "Meat Raffle" - 1 st Saturday of the month from 2.00pm to 4.00pm					
Team 1	Team 2	Team 3	Team 4		
D Simpson & D North	R Pope, D Reid & P Peckman	J Christensen & K Potter	R Pope, D Reid & P Peckman		
PCYC BULLI – Fit for Life Program: Members' Breakfast Schedule					
Thursday 17/10			Rita Giampieri & Ray Lee		
Thursday 07/11			Di Reid & Rita Giampieri		
Thursday 05/12			Ros Yeoman & Phil Peckman		

Just enough space for a bit of humour...

For the past 21 years my wife has been complaining about me not putting the cap back on the toothpaste.




Last anniversary, I decided to change this bad habit and make my wife happy. For a week, I was diligent, always capping the toothpaste. I was expecting my wife to thank me, but she never did it. Finally last night, she turned and looked at me and said: "Why have you stopped brushing your teeth?"

Marriage is a difficult relationship, I tell you.




Now that we are married, you can get rid of those golf clubs?

You're starting to sound like my ex wife.



I didn't know that you were previously married.

I wasn't!

If you know of any potential candidates for RYLA (Rotary Youth Leadership Awards) 2025, please liaise direct with Ken Potter.

Apply now for **RYLA 2025**

28th Jan - 2nd Feb 2025
Stanwell Tops Conference Centre



RYLA is a leadership program for young adults aged between 19 and 25 sponsored by local Rotary Clubs.

Learn about RYLA and apply today by scanning the QR code



Rotary
District 9675



rotary youth
leadership
awards

