

Kalori

The Bulletin of the Rotary Club of Berowra Inc.

Kalori means the message stick used by the Aboriginal Tribes which lived in the sandstone ranges surrounding the Hawkesbury River. Berowra is situated above a major area of the Hawkesbury. Berowra Waters – one of Sydney's well known beauty spots – is depicted on our Club Banner.



Rotary Year 2015 – 2016

President Rotary International: K.R. "Ravi" Ravindran
 Governor Rotary District 9685: Gina Growden
 President Rotary Club of Berowra: Tom Borg
 Rotary International Theme for 2015 - 2016:
Be a gift to the world



Vol 39 No 03 — September 2015

Wednesday 9
Visit of District Governor Gina Growden

Wednesday 23 — Sandra Hawkins, My Life as an Army Nurse

Rotary Grace

**For food,
 friendship
 and the opportunity to
 serve through Rotary,
 we give thanks.**



**Fathers Day Spring Plant
 Sale
 Saturday
 5 September 2015
 Hunt Reserve
 Mt Colah**

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Attendance Officer:

Please ring Jan Childs if you are unable to attend a meeting, you will be bringing a guest, or if you would like to be a visitor at meeting.

Tel: 9456 1482



The Rotary Club of Berowra Inc.
 Chartered 10 May 1977 First Meeting 25 May 1977
 Meets Second and Fourth Wednesdays 6:30pm for 7:00pm
 Berowra RSL Club, 997 Pacific Highway, Berowra NSW
 Website: www.berowra.net/rotary
 Facebook: Rotary Club of Berowra
 Email:
 Postal Address: PO Box 30, Berowra, NSW 2081

PROGRAMME, MEETINGS AND GUEST SPEAKERS

The Rotary Club of Berowra meets on the second and fourth Wednesdays of the month, and at the Berowra RSL Club at 6.30pm for 7.00pm, unless otherwise indicated.

Visitors, both men and women, are very welcome at the Meetings of the Rotary Club of Berowra.

Details of the meetings and guest speakers are listed. Please call one of the members of the Rotary Club listed below, or just turn up.

Rotary Year 2015—2016	
September 2015	
Wed 9	Official Visit District Governor Gina Growden
Wed 23	Sandra Hawkins — My Life as an Army Nurse
October 2015	
Wed 14 and 28	Dinner Meetings
November 2015	
Wed 11 and 25	Dinner Meetings
December 2015	
Wed 9	Dinner Meetings

This Month — September 2015

Wednesday 23 — Dinner Meeting Guest Speaker Sandra Hawkins — My Life as an Army Nurse

Sandra, long term Berowra resident, is Secretary of the Berowra RSL Sub-Branch.

Sandra is a member of the Royal Australian Army Nursing Corps association, and we look forward to her story.

President: Tom Borg 0407 274 757
Projects Director: Jan Childs 9456 1482
Public Relations: Peggy Sanders
0413 481 854



The next Bulletin will be published for October 2015.

Please submit your contributions to the Editor, Peggy Sanders, for the next Bulletin by **Thursday 24 September @ 5pm** psanders@ozemail.com.au

This Month — September 2015

Wednesday 9 - Visit of DG Gina Growden



PDG Harold Sharp and DG Gina Growden

Gina was invited to join the Rotary Club of Lane Cove in 1998 shortly after she commenced as the Chief Executive of the Prostate Cancer Foundation, an organisation established by the Lane Cove club and strongly supported by it. The following year was the club's Vocational Service Director and Bulletin editor and so began her involvement in and passion for Rotary. During the next five years Gina's Rotary experience widened significantly as she took on other Board roles within Lane Cove and became the partner of the future District Governor of District 9680. Her husband, Harold Sharp, a member of the Crows Nest Club, was Governor in 2002-03 which was a truly exciting and rewarding time for both of them. In 2004 Harold and Gina relocated to the Central Coast and Gina transferred her Rotary membership to the Terrigal Club. Her retirement from full-time work at that stage meant she then had more time to devote to Rotary. Her District Rotary experience began in 2004 when she was invited to join District 9680's Scholarships Committee; she served on that committee for the next eight years, the last three as its chair. In 2008 Gina was very fortunate to be selected to lead a Group Study Exchange team to Brazil and two years later chaired the GSE District Committee, organising an exchange with Germany, and along with Harold, a Wheelchair Group Study Exchange with Arizona – the first time such an exchange had been carried out in Rotary anywhere in the world. Both were extremely successful resulting in a Rotary Foundation District Service Award being presented to each of them at the District Awards Night that year. Gina became the first female President of Terrigal club in 2008-9 and served a second term as President in 2012-13. She has also held most board positions since joining Terrigal. DG George Papallo invited Gina to become an Assistant Governor in 2010-11 and for the next three years she carried out the role of District Secretary. Gina is a multiple Paul Harris Fellow, a Centurion and a Benefactor of The Rotary Foundation. Harold and Gina have been married for 20 years. Harold has three married children and seven grandchildren ranging in age from 16 to three. Gina enjoys tennis, swimming, going to the gym, reading and entertaining, and is an avid Central Coast Mariners supporter.



FATHERS DAY SPRING PLANT SALE
Saturday 5 September 2015
Open to public 8.30am - 4.00pm
HUNT RESERVE MOUNT COLAH
cnr PACIFIC HIGHWAY and BERYL AVENUE

Lots of Australian natives, citrus, seedlings and pots,
 hanging baskets, assorted shrubs, tomatoes and
 vegetable seedlings
 Suitable for gifts and for freshening up the
 garden



Fathers Day Plant Sale: Saturday 5 September Hunt Reserve, Mt Colah **6.00am to 4.30pm**. Sale of plants 8.30am to 4.00pm.

All signs are up thanks to **Max Lovegrove** for the preparation and **Frank Childs** for putting them up. **Gil Stokes** will be collecting Hornsby Shire BBQ Trailer, **Tom Borg** and **Trevor Bailey**, the Marquee and tables, gas bottle etc. and **Jeanette Bakker** is looking after the "money", eftp machine and float, and **Berowra Rovers** will be helping as required eg. marquee, unloading plants in the morning and packing up after 4.00pm.

Grateful thanks to **Susan Hunter** and **Fred O`Connor** for volunteering, more if possible. We now have to hope for a beautiful Spring Day and record sales!

Phone 94561482 for offers of help.

Jan Childs



Daffodil Day - Friday 28 - Extremely successful. Berowra Railway Station Duty Manager "Rebecca" organised a sheltered prominent position, checked merchandise and prices and announced several times over the PA "that Berowra Rotary Volunteers were collecting for the Cancer Council Daffodil Day" and brought us coffee and biscuits in real mugs! Berowra Commuters were generous and we collected well over \$1100 (we were asked not to count the money) between 6.00am and 8.30am.

Jeanette Bakker, Gil Stokes, Frank and Jan Childs were on duty with some early help from Andrew Muirhead who then put up a Plant Sale banner before playing a Rescue Role in BWRFB uniform.

The left over merchandise was gratefully received by Hornsby Mall Daffodil Day Stall.

Jan Childs



DG Gina's Man Friday, Harold - or PDG Harold Sharp to be precise - loves flowers but if you wish to make a donation his two favourite causes are:

**Australian Rotary Health and
 The Rotary Foundation**



Report from August:

Well August was certainly a big month for our Club. Our members have proved themselves to be an incredible group when it comes to organising Rotary projects.

Berowra Woodchop: We had a great day at the Berowra Woodchop with special thanks to Jan Childs, Trevor Bailey, Jeanette Bakker and Max Lovegrove for all their help to make it successful, and thanks to Peggy Sanders for providing the flyers. As an attraction, we had the ShelterBox on display and managed to get some donations towards purchasing another ShelterBox on behalf of our Club. Further thanks to Jennah Bakker who was the official photographer at the Woodchop and the Awards Presentation Dinner and whose contribution is invaluable as she updates our Facebook page with our current events and social gatherings.



Pride of Workmanship and Community

Service Awards Presentation Dinner: We had a super night for our Awards night and we were honoured to have some outstanding people who were there to receive awards and also those who were there to support the awardees. It was very nice to see some old friends again like Jim and Sue Fairlie, and Warwick and Julie Randell who were there for Duncan Armour. My personal congratulations to Kat, Jean, Duncan and The Bush Telegraph who each received awards on the night.



We were also honoured to have an outstanding speaker in retired Chief Inspector Gary Raymond from the Blacktown Rotary Club. Gary gave an inspiring talk about his time as a Paramedic, and later in the NSW Police Rescue Squad and during such events as the Granville train disaster.

Congratulations to our long time member Jan Childs for her outstanding effort in making our awards night the great night that it was. Jan put in a lot of time to ensure that all went well on the night. I'm sure Frank will be happy to have life go back to normal for a while. My personal thanks to you Jan and also special thanks to Trevor Bailey for the fantastic job as M.C. for the night.



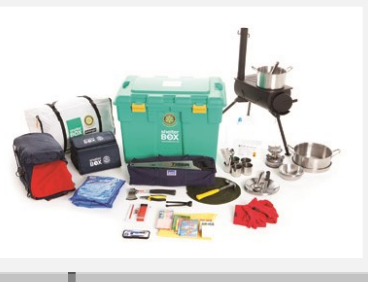
Daffodil Day: Last Friday was Cancer Council Daffodil Day and Berowra Rotary was there at the Berowra Railway Station collecting donations, so thank you again to Jan Childs, as well as Gil Stokes, Jeanette Bakker and Frank Childs and all who assisted. Special thanks to all the commuters at Berowra Station who were kind enough to make donations.

Plant Sale: We have our Fathers Day Spring Plant Sale at Hunt Reserve on Saturday 5 September, and we are looking forward to meeting all our regular helpers. Trevor and I will be picking up all the usual gear from the Berowra Resource Centre, marquees etc, we will not be using our regular BBQ as we will be using the 'U-Beaut flash one' from Hornsby Shire Council. Either Gil or myself will be picking that up from Thornleigh Depot. See you all there.

Website: Another very big thank you to Hugh Thomas and Peggy Sanders for their contribution to setting up our new Website. Peggy does a great job with producing the Bulletin every month and now keeps an eye on our Website and external publicity as well.

All in all, a successful and eventful month for our very productive Club.

**Tom Borg
President**



The key to club success:

MEMBERSHIP is the greatest challenge in Rotary today. However we must get our facts correct when we attempt to implement a Rotary Club Membership Acquisition and Retention Plan.

Statistics over the last 10 years in Australia clearly show that we acquire new members in good numbers BUT at the end of each year we lose more than we gain!

Therefore the major problem is RETENTION!

RETENTION is the sole responsibility of each Club.

Clubs that have the best membership growth figures have the same common traits.

They have FUN, PROMOTE FELLOWSHIP and STRONGLY SUPPORT THEIR LOCAL COMMUNITY.

SOUNDS SIMPLE!!

So let's get back to basics and enjoy Rotary so that we may...

"BE A GIFT TO THE WORLD"

PDG Harold Sharp
Rotary Club of Crows Nest NSW



Be a gift
to the world

MEMBERS' PAGE

September 2015

Saturday 5 Father's Day Plant Sale @ Hunt Reserve

Wednesday 30 Social evening: Dinner @ Infuzions (Hornsby Westfield) banquet \$37/head

October 2015

Friday 9 ARHF Hat Day — Shining a light on mental health

Birthdays, Anniversaries and Congratulations.....

1 - 30 September

Happy Birthday to: Rich Moore (3/9); Peggy Sanders (16/9)

Happy Anniversary to: Nil

Happy Anniversary of Induction to: Peggy Sanders (3/9)

Bon Voyage: Rich Moore — back to Chicago til November.



LIGHTEN UP TO BETTER HEALTH FREE PUBLIC MEETING

7.30 pm Tuesday 8 September
The Cottage in the Park

Cnr Stuart and Illoura Streets, Wahroonga

Helen Xie - Personal Wellness Coach

Helen completed her postgraduate study in human nutrition with Deakin University. Helen believes good nutrition, being active and a positive attitude are keys to long-term wellness and small steps taken over time can make a big difference to good health and can be life changing. Helen's focus is to help people achieve their weight and wellness goals by providing the best supported environment, good nutrition and ongoing education and motivation.

**Hornsby Kuringai Association
Action for Mental Health
Tel 9980 2500 ALL WELCOME
P.O.Box 418, Turramurra, 2074**

**2016 Conference 11—
12 March 2016 in
Canberra.**

Conference Chair Angelo Raveane is pleased to announce that registrations for the 2016 District Conference have opened with attractive 'Early Bird' pricing.

"Full registration at \$270 makes the Conference on 11-12 March very attractive and with the chance to win the 'Early Bird Prize'", he said.

**Early Bird pricing applies until 30
November.**

<https://conference2016d9685.wordpress.com/packages/>



DR HAPPY

HAT DAY
AMBASSADOR

**'HELP HATS HELP HEADS'
Friday October 9**
Recycle at www.hatday.com.au



Hat Day is Australian Rotary Health's national fundraising and awareness day for mental health research, celebrated each year on World Mental Health Day - **Friday October 9, 2015.**

Since the inaugural Hat Day in 2011, Hat Day has claimed two Guinness World Records (most people wearing paper

hats and most people wearing red hats). Hat Day recently launched a new logo, as well as a new website with social fundraising features. Hat Day has acquired a number of high profile ambassadors in its five years of running, including actors Elle Dawe, Matt Lee and Pauly Fenech. Most recently, we were joined by Dr Happy – Dr Tim Sharp, Chief Happiness Officer at the Happiness Institute. Since 2014, Hat Day has also partnered with the ABC to promote mental health research in Australia.

Rotary Club of Berowra Inc. Website

<http://www.hugsan.com/BerowraRotary/>

Check out the new look website — thanks to Hugh for continuing to host the Club's site; for the recent restructure of the site; and for instructing Jan, Peggy and Tom on how to update the contents of the site.

Peggy has been over much of the contents and done some updating more to come!

**Stamps can bring money to
Rotary—Jan P has left some self
addressed stamped envelopes so
that you can forward to:
PP Jan Polczynski PHF
PO Box 4197, Marayong 2148**

