

# 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 07 — March 2016**

**Wednesday 9 March — Dinner Meeting**

**Friday 11 and Saturday 12 March — Rotary District Conference, Canberra**

**Wednesday 23 March — Dinner Meeting**

#### Attendance Officer:

For **9 March 2016** please ring **Peggy Sanders**  
 0413 481 854 or email [psanders@ozemail.com.au](mailto:psanders@ozemail.com.au)

For all other meetings please contact

**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**

Email: [fjch@bigpond.com](mailto:fjch@bigpond.com)

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



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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](http://www.berowra.net/rotary)  
 Facebook: Rotary Club of Berowra  
 Email: [rotary@berowra.net](mailto:rotary@berowra.net)  
 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.

<b>Rotary Year 2015—2016</b>	
<b>March 2016</b>	
<b>Wed 9</b>	<b>Dinner Meeting</b>
Friday 11 & Saturday 12	District Conference in Canberra
<b>Wed 23</b>	<b>Dinner Meeting</b>
<b>April 2016</b>	
<b>Wed 13</b>	<b>Dinner Meeting</b>
<b>Wed 27</b>	<b>Dinner Meeting</b>
<b>May 2016</b>	
Saturday 7	Mothers Day Plant Sale
<b>Wed 11</b>	<b>Dinner Meeting</b>
<b>Wed 25</b>	<b>Dinner Meeting</b>

At the District Conference 2016 your Club will be represented by President Tom and Yvonne and PR Director/Bulletin Editor Peggy and Ian.




The next Bulletin will be published for April 2016. Please submit your contributions to the Editor, Peggy Sanders, for the next Bulletin by Tuesday 29 March @ 5pm psanders@ozemail.com.au

**President: Tom Borg 0407 274 757**  
**Club Administration: Allan Smith 0412 619 773**  
**Projects Director: Jan Childs 9456 1482**  
**Public Relations: Peggy Sanders 0413 481 854**



## Canberra Conference Rotary District 9685

**Friday 11 and Saturday 12 March**

The purpose of the District Conference is to provide opportunities for networking, inspirational addresses, and discussions on Rotary-related matters. The event recognises the service programs, projects, and public relations achievements in our District in order to inspire Rotarians to become more involved in service. The conference also gives Rotarians and clubs a vision of Rotary beyond the club level and provides a memorable fellowship experience. Many Rotarians have said that they were never truly enthusiastic about Rotary until they saw an inspirational presentation at a District Conference.

The Conference will officially open on the Friday evening and will conclude following a celebratory dinner on Saturday night.

Quality speakers and outstanding stories of service and achievement will be the highlight of the Rotary District 9685 Annual Conference.

Saturday evening will be a fun night at the Australian Institute of Sport in Canberra with Rotarians and partners dressing in sporting theme costumes.

Speakers include:

- Rotary International President's Representative — PDG Alagu Alagappan;*
- Dr Tim Sharp** — *Positive Psychology and Happiness;*
- Dr Sam Prince** — *a 27 year old entrepreneur, medical doctor, and philanthropist;*
- Rob Pennicott** — *In 2011 Rob led a special expedition to drive two Yellow dinghies around Australia to raise over \$259,000 for Polio Plus – an amazing feat of endurance!;*
- Private Consultant Cardiologist, North Shore Cardiac Centre —* **Professor Greg Nelson;**
- Gemma Sissia** - *of the School of St Jude;*
- Simon Kent-Jones** — *Head Market Strategist, Ord Minnett;*
- Sharon Edington** — *Peace Scholar, Act for Peace;*
- PDG Tony Castley** — *The Rotary Foundation;*
- and the MC will be Tom Sweeney.**



## From the President .....

Hi Everyone,

Well we are not into the second half of our Rotary year. Coming up soon is our District Conference in Canberra. I wasn't sure I was going to make it due to a close family wedding that was coming up on the same weekend, but it seems now that the wedding is going to be held later so it seems Yvonne and I will be able to join Peggy and Ian at the Conference after all.



We also have another Rotary BowelCare Program coming up in March; I have already told the organisers that I will be looking after that again this year. I will do the pickup at North Rocks when it comes up. The pickup is due on 19 March ready for distribution prior to start date, which is 1 April 2016.



Well so far since my last report we have had a Christmas BBQ with Hornsby and Waitara Clubs down at Bobbin Head; attending the RYLA Dinner; at the end of January our first Dinner Meeting of the year; then at the beginning of February we had a Social Night at the Berowra Tavern and we celebrated Yvonne's 60<sup>th</sup> Birthday and also John Bakker's 60<sup>th</sup> birthday. A special 'thankyou' to all those who attended on behalf of my



wife and me; thanks too to Richard who took us all down memory lane with his rendition from the past, and gifts of things now extinct.

We are still waiting for the Waitara Club to let us know about a joint project that they are organising in the Hornsby district.



In January we sent our young RYLA candidate Matt van Breugal to RYLA residential one-week leadership training seminar at Elanora Conference Centre, from Sunday 10 to Saturday 16 January 2016. At the last meeting of February we had a special meeting welcoming back Matt, on his return from Cambodia. He gave us a brief run down on his experiences whilst at RYLA and also some of the excellent work he was involved in with children whilst visiting Cambodia. Matt is just one of the sort of young people that Rotary needs to have in its ranks. RYLA one week, helping children in Cambodia the next – good on you Matt. It was very good to have Andrew Muirhead present as well—Andrew is a previous RYLArian from our Club, and now a RYLA Leader.

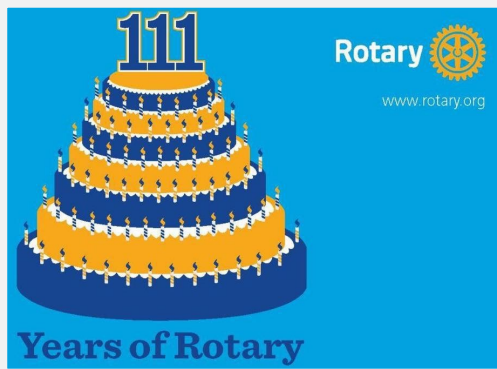
We also had the pleasure of having Allan Smith back for that meeting, so glad to see Allan feeling a little better and mobile again. It was nice to see Ian Arnold there too; Ian is looking very fit, he beat me into the Club from the street!!



I attended PETS (Presidents Elect Training Seminar) at North Ryde on Saturday 27 February. That is for new presidents coming in for the next Rotary year. The District Governor-Elect, Bruce Lakin, gave us his summary of what he is intending to do for his year. There were some inspirational speakers who spoke on many subjects from leadership to the complete version of how to run a club and what is expected from all of the Club's Board members, including the President. The focus was on membership, and as we all know our Club could do with a few

*Continued on page 4*

**President Tom's Report Continued**



more members, so we need to get together one Wednesday evening and do another Rotary initiative that was spoken about at the Seminar i.e. 'visioning' which is a fancy way of say 'putting our heads together and coming up with ideas'.



*Photo of Rich and Kathy, Peggy and Ian taken outside the Rotary Headquarters in Chicago when Peggy and Ian visited Kathy in her hometown.*



To mark Rotary's 111

Birthday PP Rich Moore PHF gave a 'Toast to Rotary' recalling some of his visits to Chicago Headquarters, and to the World Convention in Chicago in June 2005, and the visit by Peggy and Ian.

On Monday 29 February, Kathy Ruhl will be again leaving us and going back home to Chicago. We always enjoy having Kathy with us at our meetings, so we look forward to when we will see her here again.

Coming up in May will be our annual Mothers' Day Plant Sale. We have agreed to utilise the Hornsby Council BBQ Trailer, which we will need to book through Jan Childs. I will go and pick it up when the time comes, and return it again. I might need Gil Stokes to lend a hand. The usual call out will apply – everyone there early for the putting up of the tent,

and getting the plants on display. Hopefully the weather will be fine and the sales high.

Just on an ending note I would like to thank everyone for all the jobs they do so willingly – I would like to congratulate Peggy on the outstanding job she does in keeping our website, Bulletin and 'Bush Tele' notices up to date. I call on everyone to view the website – and to let Peggy have any material that you feel should be added to help us keep up with what is happening in Rotary. Please also keep viewing our Facebook page – you may want to ask your friends to view and 'like' us on Facebook – Jeanette and Jeni work hard to keep that up to date also.



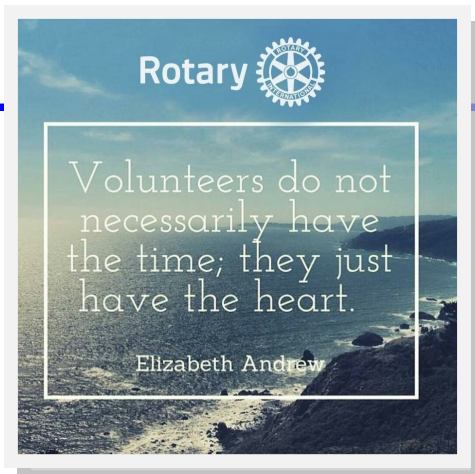
My thanks also to Yvonne for putting together a social program for the Club, and we look forward to as many as possible being able to make the occasions—so that our 'Service Above Self' is tempered with 'fun and friendship'. You might like to consider bringing friends along to the social events as well.

**Tom Borg, President 2015 – 2016**



**Congratulations to the RYLarians who raised \$3,333 for Bear Cottage during their week long RYLA 2016.**

**A wonderful effort.**



# MEMBERS' PAGE

## March 2016

**Friday 11 and Saturday 12** District Conference "Game On" in Canberra

**Saturday 19** Donations in Kind  
9.00am to 12.00pm

## April 2016

**From 1 April** BowelCare

**Saturday 9** Champagne, Chicken and Prawn Night @ home of President Tom and Yvonne

## May 2016

**Saturday 7** Mothers Day Plant Sale, Hunt Reserve, Mt Colah

## June 2016

**Saturday 4** Donations in Kind  
9.00am to 12.00pm

## September 2016

**Saturday 3** Fathers Day Spring Plant Sale, Hunt Reserve, Mt Colah

## **Birthdays, Anniversaries and Congratulations.....**

**1 March — 31 March**

### **Happy Birthday to:**

Albert van Huissteden (11/3); (Hugh Thomas(16/3); Trevor Bailey (29/3)

**Happy Anniversary to:** Max Lovegrove (1/3)

**Happy Anniversary of Induction to:** Jan Childs(8/3); Trevor Borg (14/3); Judy Hopwood (27/3)



## **Invitation to Social Night**

Hi Everyone,

Our first social night for the year will be on Saturday 9th April 2016 @ our home.

We are looking forward to a fun night with all guests being asked to bring in their baby photos and happy snaps from days gone by. We might have a competition happening so it might be best to bring some change!!

This is also a perfect opportunity to ask your friends and acquaintances to come along to an informal fun evening.

Tom and I will provide champagne and we will buy chicken and prawns. To help out it would be appreciated if someone could bring some nibbles please.

Those attending so far:  
Allan and Pat Smith; Trevor and Janette Bailey; Jeanette and John Bakker; Rich Moore; Jan and Frank Childs; and Tom and Yvonne Borg.

Cost for the evening TBA when numbers come in.

Please advise if you are attending, and if you are bringing others **by 31 March please.**

Looking forward to a fun night.

Yvonne

tyvborg@bigpond.net.au



## **Fun and fellowship in support of District International projects**

### **Information session and working bee Donations in Kind**

**Saturday 19 March 2016 9.00am to 12.00pm followed by a light lunch**

**Saturday 4 June 2016 9.00am to 12.00pm followed by a light lunch**

Donations in Kind (DIK) is a program supported by Rotary Clubs in Australia which grew out of the compassion and concern of returning overseas volunteers. This **recycling, reuse and supply** program involves the collection, sorting, packing, dispatch and distribution of donated items to countries in need of these goods. A DIK project is often the most practical and cost effective way to help people in developing countries and it also provides excellent opportunities to help local communities.

Please note the working bee will require some physical exertion and participants are asked to wear suitable clothes and enclosed footwear as you will be in a warehouse environment.

Contact(s): Miriam Jacka 0450 110 336 or Alex Donaldson 0414 392 895  
Address: 6 Colyton Road Minchinbury, Sydney

