

# Rotary

## Club of Berowra



## Kalori: The Bulletin of the Rotary Club of Berowra



### Rotary Year 2021 – 2022

President Rotary International: Shekhar Mehta  
Governor Rotary District 9685: Lindsay May OAM  
President Rotary Club of Berowra: Jeanette Bakker  
Rotary International Theme for 2021 - 2022:  
*Serve to Change Lives*



SERVE TO CHANGE LIVES

Vol 45 No 3 — September 2021

Wednesday 8: Zoom Meeting — Membership Presentation

Wednesday 29: Cluster Meeting —  
DG Lindsay May and Commissioner Shane Fitzsimmons



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**Seventh Area of Focus - Sustaining the Environment**  
**World Cleanup Day 18 September 2021**

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  
Club Berowra (RSL Club), 997 Pacific Highway, Berowra NSW  
Website: [www.berowra.net/rotary](http://www.berowra.net/rotary) Facebook: Rotary Club of Berowra  
Email: [berowrarotary@gmail.com](mailto:berowrarotary@gmail.com) 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, at Club 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.  
Please call one of the members of the Rotary Berowra listed below.*

## Rotary Year 20201— 2022

### September 2021

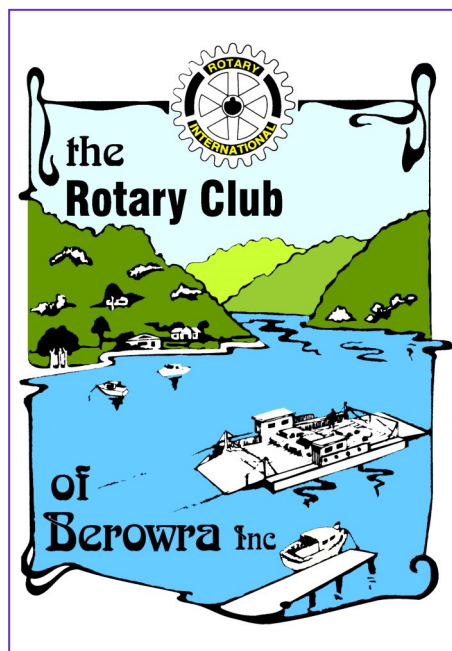
- Wednesday 8 Zoom Meeting - Membership Presentation  
IPP Trevor Bailey
- Wednesday 22 No Meeting — transferred to 29 September
- Wednesday 29 Joint Meeting with cluster Clubs — guest speakers Commissioner Shane Fitzsimmons and DG Lindsay May

### October 2021

- Wednesday 13 Meeting - Acknowledging 'Lifting the Lid on Mental Health' Hat Day,  
Dr Sarah Weaver — "What do you say next?"
- Wednesday 27 Meeting — Stephanie Ho. Mountaineer and Aspiring Polar Adventurer 2022

### November 2021

- Wednesday 10, Meeting
- Wednesday 24 Meeting



*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.*

## BOARD 2021—2022

**President:** *Jeanette Bakker 0421 958 841*  
**Immediate Past President:** *Trevor Bailey*  
**President-Elect:** *Kathy Kendall*  
**Secretary:** *Kathy Kendall*  
**Treasurer:** *Trevor Bailey*  
**Club Administration:** *Peggy Sanders 0413 481 854*

### Directors:

**Community Service:** *Jan Childs*  
**International:** *Mary Kendall*  
**Youth:** *Tom Borg*  
**Vocational:** *Gil Stokes*  
**Foundation:** *Rich Moore*  
**Public Image:** *Peggy Sanders*  
**Membership:** *Trevor Bailey 0400 999 226*

### Additional Roles:

**Bulletin Editor:** *Peggy Sanders*  
**District Conference Coordinator:** *Peggy Sanders*  
**Public Officer:** *Trevor Bailey*  
**Welfare:** *Jan Childs*  
**Child Protection, Verification Officers:**  
*Carolyn Higgs and Peggy Sanders*  
**Attendance:** *Jan Childs 0438 613 139*

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<https://www.shamidaethiopia.com/>

### Rotary Grace

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



### Attendance Officer

For attendance at meetings, and bringing guests, please contact **Jan Childs** Tel: 9456 1482 or 0438 613 139



The next Bulletin will be published for October 2021. Please submit your contributions to the Editor, Peggy Sanders, by 5pm Friday 1 October 2021 @ [psanders@ozemail.com.au](mailto:psanders@ozemail.com.au)

# FROM THE EDITOR

PP Peggy Sanders PHF

## Contributions

When I put together the monthly Club Bulletin I determine by what date and time I will need contributions from members to allow me to prepare the publication for the following month — this appears in the bottom left hand corner of page 2. My thanks to Jan Childs who has made a contribution every month, and always by due date and time.

This next six months I thought I would request some assistance with contributions to mix the content up a bit, and create more interest and member engagement. Believe it or not, it actually takes some time to do the research, search out items, find images and put the whole publication together. This month thanks to Rich and Kathy.

If you read or hear something of interest that you think members and friends of our Club would find interesting please just write it up, add an image if possible, and give me the reference ..... send it any time. If you attend another Club's meeting - write a brief report and share the experience. If I have more than enough items, those that are not time sensitive can always be held over for another month. That's a situation I'd love to be in!!

## Grants

1. After a couple of unsuccessful EOI's we were finally invited to apply for a **Commonwealth Grant** for volunteer organisations — we do not expect to hear the outcome of the application until November 2021,
2. We applied for a **District Grant** and have received notification that we will receive \$2000 from District which we need to match. This will help us with the establishment of the Berowra Rotary Graffiti Removal Squad. As the Squad becomes a reality there are a number of things we need to be considering to be getting ready to start when lockdown ends.
3. We have applied for a Grant from the **NSW Government Seniors Festival 2022** so that we can run a 'Berowra Seniors Showcase' in March 2022. We also need to provide the equivalent of half of the value of the grant that we have applied for. We will be notified in October 2021 whether or not we are successful.

We want to attract participants in our 'expo' - providers of activities and services, and attendees — from Asquith to Brooklyn. So we will have to work hard together to make contact with activity and service providers across this wide area. There is a master list and a letter will be available to use when making contact - so we need to work together on this community service. If you have ideas on activity or service providers please send them to me with contact details to add to the list.

## Fundraising

It is worth noting that each of the above is a **community service** and will cost us money to provide, we can't charge for either, and neither are fundraising activities. So we really have to exercise our combined brain power to consider how to raise much needed funds to carry out these and our regular activities.



**The School  
of St Jude**

I hope that you found it inspiring to see how The School of St Jude, Arusha Tanzania continues to grow and develop and provide a free, high-quality education to 1,800 students at primary and secondary campuses and support its graduates through higher education.

Rotary has been supporting this school since its inception.

If you wish to keep in contact check out the website:  
<https://www.schoolofstjude.org/>

I highly recommend the regular podcast — *Inside St Jude's*, easy to listen to and always interesting — hosted by Gemma. Listen as she chats with the inspirational people who are helping her fight poverty through education.







## COMMUNITY SERVICE REPORT

### Daffodil Day 27 August 2021

The normal collection at Berowra Railway Station was cancelled (Covid-19), however there was an Online option through Facebook available and a Donation Bucket at Berowra Community Bendigo Bank throughout the week, 23—27 August. Our thanks to Josie Fonti and Bendigo Bank for the opportunity to raise awareness and funds.



**Fathers Day Plant Sale** has been postponed for a future date to be decided — possibly 23 October 2021.

### Berowra Seniors Showcase 2022

We have applied for a NSW Government Grant to be used to fund the cost of hiring the Berowra Community Cultural Centre and the advertising for us to mount the 'Berowra Seniors Showcase 2022' during the NSW Seniors Festival at the end of March 2022.

### PP Jan Childs PHF



**RYLA (Rotary Youth Leadership Award)** is a transformational leadership program designed for young adults. Spanning over seven days, the program combines some of Australia's finest speakers with engaging activities and challenges, as well as a supportive environment that enables their leadership to grow and develop to its full potential. RYLA is held annually with approximately 80 participants at Uniting Venues Conference Centre Elanora Heights.

Applicants must be permanent residents of Australia residing in New South Wales. Applicants must be between **18 – 30 years of age at the commencement of the program** and have left school for at least one year.

All applicants are endorsed and sponsored by a Rotary Club however, we welcome Employers or other organisations to support applicants by way of nomination and/or funding of the application fee via their nominated sponsoring Rotary Club for the RYLA program.

***Do you know a young person who has demonstrated leadership qualities — as we are looking to nominate a young person to benefit from RYLA 2022. Applications must be submitted by 30 November 2021, however we need to consider applicants, and carry out interviews well before that time. Please let me know as soon as possible.***

### PP Tom Borg PHF

# September Events

## Basic Education and Literacy Month

### Wednesday 8 September:

Meeting of the Club by Zoom. The Zoom invitation will be sent on Tuesday 7 September.

Membership Director IPP Trevor Bailey will give a presentation on membership.

Please reread the extract of the membership message of the RI President, Berowra Bulletin August 2021 page 6.



**Saturday 18 September:** *World Cleanup Day*  
Rotary's Seventh Area of Focus is Sustaining the Environment

**Wednesday 22 September:**  
*No Meeting — meeting transferred to 29/9*

### Wednesday 29 September:

**Cluster Meeting** We have been invited to a Clubs Cluster Meeting featuring Guest Speaker **Commissioner of Resilience NSW Shane Fitzsimmons AFSM** with **District Governor Lindsay May OAM**. Details of meeting to be confirmed.





## September Events continued



### Invitation to join the following meetings:

**Date:** Wednesday 1 September, 2021  
**Venue:** Zoom Meeting  
**Time:** 6.30 pm  
**Guest Speaker: Sue Liptrott**  
**Organisation:** Iris Foundation  
**Link:** <https://us02web.zoom.us/j/83627326360>



**Topic: Update on the work of the Iris Foundation and their focus to** reduce the risk of suicide on the Central Coast.

**Club Meeting:** to follow

Sue Liptrott is Executive Officer of Iris Foundation, a local charity that works to reduce the risk of suicide on the Central Coast. Sue has been involved with the Foundation as a fundraising advocate and then board member since its inception in 2006. In 2016 Iris Foundation was granted status of Public Benevolent Institution, at which time Sue took on the role of Executive Officer and continues to grow the capacity of the organisation. The Rotary Club of Northlake Toukley has supported the Iris Foundation and their work on the Central Coast.

**Date:** Wednesday 15 September, 2021  
**Venue:** Zoom meeting  
**Time:** 6.30pm  
**Guest Speaker: Jenny Taaffe**, Chairperson of the Breakaway Board  
**Topic:** Camp Breakaway  
**Link:** <https://us02web.zoom.us/j/81228473162>



Camp Breakaway established in 1982 specialises in providing respite care for people with disabilities and their carers. The aim is to enhance the lives of children and adults with a disability. They also provide emergency respite care and hire the site and facilities to other respite care providers to raise additional funds for our camps. Since inception, Rotary has played a vital role in the establishment of Camp Breakaway.





1906                      1910                      1913                      1926

## Rotary Awareness Quiz

*PP Rich Moore PHF*



1. Q: How many people attended the first Rotary meeting on Thursday evening, February 23, 1905?  
A: Four: Paul Harris, Silvester Schiele and Hiram Shorey met in Gustavus Loehr's office.
2. Q: What was the first Rotary Club community project?  
A: A "comfort station" in downtown Chicago. Public restrooms were typically found only in saloons at that time, and unaccompanied women were not permitted to enter saloons.
3. Q: Who can you blame for introducing singing to Rotary Club meetings and what was his profession?  
A: Harry Ruggles, printer.
4. Q: Men With Friends; The Blue Boys; The Conspirators; The Round Table. What do these names have in common?  
A: At the third meeting of the group in Chicago that would become Rotary, each name was considered for the new club.
5. Q: Who was the first president of a Rotary Club?  
A: Paul Harris nominated Silvester Schiele because Paul preferred to work behind the scenes to attract new members.
6. Q: How much were annual dues at the first Rotary Club?  
A: There were no dues at the first Rotary Club. The group voted there would be no dues and all club expenses would be paid from 50-cent fines.
7. Q: For how long was Rotary primarily a friendship and business reciprocity organization?  
A: Only about two years; then the club added a third objective to perform civic service.
8. Q: At the first Rotary Convention in 1910, keynote speaker Daniel Cady of the Rotary Club of New York told the audience that Rotary, then with 16 clubs, would have 1,000 clubs around the world within 80 years. When would Rotary add its 1,000th club?  
A: The 1,000th Rotary Club was added in 1921, only 11 years after Cady's speech.



*The first four Rotarians. From left: Gustavus Loehr, Silvester Schiele, Hiram E. Shorey, Paul P. Harris.*



**Rotary Matters**  
On air  
Friday 3pm—4pm



### Turning Trash into Cash

[Stream Turning Trash Into Cash. by Rotary Matters | Listen online for free on SoundCloud](#)

Bottles, cans and cartons make up a large proportion of the litter found on our streets, beaches and green spaces. But it doesn't have to be like this! Danielle Smalley CEO of the Return and Earn scheme explains how these unwanted items can easily be turned into cash, a perfect way for schools, Rotary Clubs and sports clubs to service their communities **and** earn vital funds. [www.returnandearn.org.au](http://www.returnandearn.org.au)

### Exceptional Work In Hornsby

[Recognising Exceptional Work In Hornsby Mp3 by Rotary Matters | Listen online for free on SoundCloud](#)

### A Hand Up For People In Need

A Hand Up For People In Need. Mp3 by Rotary Matters | Listen online for free on SoundCloud  
Not for profit Hornsby Connect provides help for those doing it tough and experiencing financial hardship by distributing affordable groceries They also assist people who are socially isolated and provide personal support to the long term unemployed. Stuart Armstrong, President of Hornsby Connect explains how it came about, how it operates and the difference the service makes.



To celebrate our Centenary, this year's Zone 8 (Australia, New Zealand and Pacific Islands) Conference is all about sharing the wonderful impact of Rotary. It will take place on 11 & 12 September — Virtual Conference.

**Learning, Leading, Action - Showcasing the Wonderful Impact of Rotary**

**Enjoy the online Zone Conference from anywhere you choose - alone or together with others.**

Learning, Leading, Action is this year's Zone 8

conference theme, putting a spotlight on the essence of Rotarians and the way we get things done.

The theme also gives a clue to the conference content. Hear from speakers who are leading our organisation and our impact, learn from thought leaders and be impressed by a host of Rotarians taking action to change lives in our communities.

Be inspired to Lead Learn Act in new ways that deepen our engagement and increase Rotary's impact.

**Read more in the Conference Newsletter:**

<https://hail.to/australia-new-zealand-pacific-islands/publication/6v4zcgB>

**And the Conference Website for more information and to register**

<https://www.rotaryzone8.org/sitepage/2021-zone-8-national-conference>





## FOOD MAKES ME HAPPY

*PE Kathy Kendall*

Since Covid was declared a pandemic in March 2020, fundraising has become more challenging than ever. As you are all likely aware, I have been Uber driving at night and on the weekends to enable me to personally donate more to Berowra Rotary's RAWCS project, Shamida Bright Vision, than I could do with only my 'day job' salary.

When our current lockdown started at the end of June, my 'Chauffeuring for Shamida' efforts literally hit the brakes as stay-at-home orders became tighter and stricter. At that time I realised that not only was driving a great way to raise more money for Shamida but that I really enjoyed the 'nights out' chatting to different passengers and bringing my reason for driving into the conversation wherever I could. So, not only was Shamida out some donations, I was back at home struggling to avoid the Shiraz, nachos and Netflix deadly stuck-at-home combo.

So, I signed up to deliver for 'Menulog'. Basically, a customer wanting a food delivery can go to Menulog's website and choose from a variety of restaurants within their area and place an order. Food deliveries are no longer limited to the local pizza shop. I get tasks for pickup from upmarket restaurants to KFC and Maccas to snacks from the local BP petrol station. An order can be as small as a litre of milk or as large as a banquet for a family of six with three or four bags full of hot food. (Can I just interject here and say that KFC and Maccas were never meant to be delivered – they are called 'fast food' for a reason – for best results they should be eaten as 'fast' as the order comes over the counter.)

I found the job of picking up and delivering meals a little more challenging and yes, less fun, than Uber driving. As an Uber driver, when you get to 'about the right spot' usually a passenger was waiting and would just jump into the car. A few minutes of conversation usually followed and then it was on to the next passenger. It's a bit more of a challenge delivering orders - finding the restaurant (sometimes they are in Westfield!), parking, walking to the restaurant, picking up the food in my thermal bag, putting the food safely into the car where it won't tip or spill and then finding the delivery destination – sometimes down dark battle-axe driveways or in huge apartment complexes with a choice of entrance doors. Often the customer does not give helpful delivery instructions or even leave a light on so I have also started carrying a high-powered small torch.

At first, when I began delivering meals and food, I was a little melancholy. The delivery items were no good for a conversation and the customer is all about 'contactless delivery' – leaving items at the door – removing any 'humanness' from the process. It was a lonely job. The one thing that kept me going was knowing I would have more in my bank account at the end of the week to give to the children of Shamida. As a bonus, I was not sitting on my couch drinking, eating and binge-watching Netflix. So I kept going.

After I had been delivering for a couple of weeks, I began seeing some of the same people waiting for their deliveries at the same restaurants and started striking up the occasional conversations with them, comparing delivery companies and the worst restaurants for pick up (KFC topped the worst list and is where most of my conversations still happen because they take so long to prepare orders). Then one evening I set down a delivery of Maccas at a front door, rang the bell and started to walk away. I heard the front door open and squeals of delight from the children that Maccas was on their doorstep. That made me smile. A few times, the door has opened and I have seen a smile of relief over the face of a very tired looking parent that dinner arrived ready-to-eat. More than once now, I have had 'thank you' yelled out the front door as I'm walking back to my car.

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So, I've actually started enjoying my Menulog delivery nights. Even when I don't hear happy children or get a 'thank you', I know I am helping people to stay home. I am bringing a little bit of outside world inside for them. I am making that moment of their lockdown life a tiny bit better. And in turn, unknowingly, every one of my Menulog customers is making life a little bit better for the children of Shamida.

*Cont page 10*



So, I will continue to drive for Menulog during lockdown. I will enjoy the conversations with other drivers while we wait for food. I will enjoy the occasional childish squeal of delight. I will enjoy less traffic and listening to whatever music I chose without concern for what a passenger might like to hear. I will enjoy not having to keep my car pristine inside and out because food just doesn't care if there's a smudge on your window or bird poop on your bonnet. I will enjoy knowing that I can give more to Shamida because I am delivering for Menulog. And I will certainly enjoy no one vomiting in my car.



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The link to the donation page on Shamida's website is below, click on 'Australia' and you can read the information about Shamida partnering with Rotary Australia Worldwide Community Service (RAWCS).

If you click the "Donate Now" button, you will be able to view the RAWCS form.

<http://shamidaethiopia.com/donate>

**Rotary**  
Australian Districts



**ROTARY AUSTRALIA  
WORLD COMMUNITY  
SERVICE**



# MEMBERS' PAGE



<b>Rotary Year</b>	<b>2021—2022</b>
	<b>September 2021</b>
<b>Month</b>	<b>Basic Education and Literacy</b>
Wednesday 1	Northlakes Toukley Zoom Meeting
Wednesday 15	Northlakes Toukley Zoom Meeting
Saturday 18	World Clean Up Day
	<b>October 2021</b>
<b>Month</b>	<b>Economic and Community Development</b>
Friday 8	Breakaway Charity Ball TBC
Saturday 9 — Sunday 17	World Mental Health Week
Sunday 10	Mental Health Day (Hat Day)
Friday 22	End Polio Train Ride
Saturday 23	Plant Sale TBC
Sunday 24	World Polio Day
	<b>November 2021</b>
	<b>December 2021</b>
Wednesday 8	Annual General Meeting
	<b>January 2022</b>
Sunday 9 — Saturday 15	Rotary Youth Leadership Awards
Tuesday 11	RYLA Formal Event Uniting Venues Conference Centre Elanora Heights.

## 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:** Carolyn Higgs; Peggy Sanders (3/9)

**Wishing Josie all the best in her new role within Bendigo Bank.**

## Spotted .....

On Facebook on 28 August an innovative Youtube video by Kathy and her family— 'Careless Covid'. To be amazed check it out on Kathy Kendall Dzuria. Our next social event entertainment right there.

In *The Bush Tele* September page 9 — that little CWA Cube in the Bendigo Bank 'Community Corner' has raised \$15,002.00 since June 2020. Well done CWA. Lions sell their cakes etc there too — we better get our thinking caps on!

In the same edition of *The Bush Tele*, and on the same page read Hornsby Rotary recruiting.

In the same edition, this time on page 7 — an article on Artist Margaret Preston and her time living in Berowra. Author of a book 'Margaret Preston in Berowra' Rhonda Davis has agreed to speak at our Club when the book has been published.

## Zoom (Video) Meetings

A few things .....

- ◆ Try to join 5-10 minutes before the meeting start time, to ensure you don't have any connectivity issues that can make you late to the meeting, and so that we can greet each other and then start the meeting on time;
- ◆ Turn on the camera;
- ◆ Sit up close to your camera, and directly in front of your camera, adjust your camera to around eye level — make sure you can clearly see your own head (filling your screen) and those of your fellow meeting attendees;
- ◆ Have good lighting on your face (don't have too much light behind you);
- ◆ Know how to mute and unmute;
- ◆ Close out the rest of your household if you can;
- ◆ Stay engaged with the meeting attendees, and participate.

We get little interaction with our fellow Rotarians as it is, so make the most of this time.

I finally remember what Zoom meetings remind me of.

