

Rotary

Club of Berowra



Kalori: The Bulletin of the Rotary Club of Berowra Inc



Rotary Year 2022 – 2023

President Rotary International: Jennifer Jones
Governor Rotary District 9685: Mina Howard
Co-Presidents Rotary Club of Berowra:
Trevor Bailey and Peggy Sanders
Rotary International Theme for 2022 - 2023:
Imagine Rotary



Vol 46 No 09 — May 2023

Wednesday 10 May: Dinner Meeting — Sound Therapy, Rafaele Joudry

Wednesday 24 May: Dinner Meeting — 46th Anniversary and Club Forum



Inside this Bulletin

Programme of the Club; Board 2022—2023	P 2
From the Co-Presidents	P 3
May events	P 4
Community Service Report	P 5
District Assembly Youth Session	P 6, 7
ANZAC Memorial	P 7
Members' Page. Inc Social Directors Report	P 8

The Rotary Club of Berowra Inc.
Asquith to Brooklyn

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 Facebook: Rotary Club of Berowra
Email: berowrarotary@gmail.com Postal Address: PO Box 30, Berowra, NSW 2081

PROGRAMME, MEETINGS AND GUEST SPEAKERS

Rotary Berowra (from Asquith to Brooklyn) 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 Rotary Berowra.

Please call one of the members of Rotary Berowra listed below.

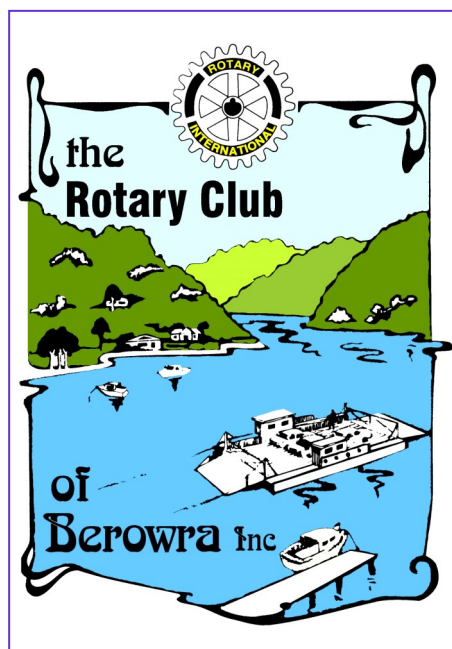
Rotary Year 2022— 2023

May 2023

Wednesday 10 Dinner Meeting: Sound Therapy — Rafaele Joudry
Wednesday 24 Dinner Meeting: 46th Anniversary; Club Forum

June 2023

Wednesday 14 Dinner Meeting
Wednesday 28 Dinner Meeting: Changeover Dinner TBC



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 historic Club Banner.



SHAMIDA
ETHIOPIA

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

Attendance

For apologies for a meetings, and bringing guests, please contact, **Peggy Sanders 0413 481 854**, by 5pm the Monday before a meeting.



The next Bulletin will be published for June 2023.

Please submit your contributions to the Editor, Peggy Sanders, by 5pm **Friday 26 May 2023** @ psanders@ozemail.com.au

BOARD 2022—2023

Co-Presidents: **Trevor Bailey and Peggy Sanders**
Immediate Past President: **Jeanette Bakker (dec)**
Past President: **Trevor Bailey**
President-Elect: **Trevor Bailey**
Secretary/Club Administration: **Peggy Sanders 0413 481 854**
Treasurer: **Trevor Bailey**

Directors:

Community Service: **Sivaraj Sagathavan**
International: **Kathy 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: **Peggy Sanders**
Public Officer: **Trevor Bailey**
Welfare: **Jan Childs**
Child Protection, Verification Officers: **Carolyn Higgs and Peggy Sanders**
Attendance: **Peggy Sanders 0413 481 854**



Co-Presidents' Report

At our meeting 12 April we heard from **Gavin Street** - Gavin is the Principal of Coronium and he talked about his involvement in Solar Energy projects.

Trevor represented the Club at the **Berowra ANZAC Day Service** and laid the wreath made again this year by Jan Childs (see page 7).

During April **District Assembly** was held with some f-f sessions and some zoom sessions - see Tom's report focussing on the Youth sessions (on pages 6 and 7). Thank you to all who attended a session, or sessions — before we know it this Rotary year will come to an end, and the new one will commence! It is possible to catch up with what we need to know for our portfolios through the Learning and Development areas of through the District Website: <https://rotarydistrict9685.org.au/sitepage/learning-and-development>

For those who could not get to Assembly, or want to remember what was said, it is all here:

<https://rotarydistrict9685.org.au/page/learning-and-development-april-2023/>

Please check out your portfolio as soon as possible to be ready for the new Rotary year.

We will have a **Club Changeover Dinner** at the end of June, and **District Changeover** will be held on Saturday 1 July (12noon to 4pm).

On Friday 28 April we participated in the **Wideview School Movie Night** — providing the sausage sandwiches, alongside the Lions Club. This was a community service, allowing the school parents to enjoy the evening with their children. Thank you to Tom Borg, Mary Kendall, Nam Kaushal, who were there with us.

As usual we have a busy May ahead—commencing with the **Community Market Stall**, followed by the **Plant Sale** — thanks to all those putting time and effort into the preparations for the Plant Sale, as this is one of our two major fundraisers to allow us to undertake our projects, we will need a good sale to replenish our coffers.

We have been asked to participate in the local community event on Saturday 15 July to raise funds for the Women's Shelter — see below. We have agreed to have a Stall.

Thank you to Yvonne Borg for organising our social calendar — lunch out down on the water, and planning a mid year yule tide sail on the Nepean Belle (see page 8).

Trevor Bailey and Peggy Sanders
Co-Presidents

Berowra Community Groups
supporting
Hornsby Kuring-Gai Women's Shelter

Live Music
Coffee Shop
Market Stalls
Silent Auction

Kids Activities
Facepainting
BBQ
Henna Tattoos

Mini Fete Fundraiser

11am - 2pm

Saturday July 15th 2023

at Berowra Baptist Church, Berowra Waters Rd

May Youth Service Month

Youth Service Month is a special time in Rotary. Throughout the month of May, members of Rotary clubs, Rotaract, Interact, and those involved in Rotary Youth Leadership Awards (RYLA) and Rotary Youth Exchange celebrate the opportunities Rotary provides to connect, grow through service, develop leadership skills, mentor or be mentored, and have fun.

(Source: Rotary Voices 01.05.2021)

Saturday 6 May Community Market: fundraising for Shamida and Rotary

Wednesday 10 May

Dinner Meeting: Sound Therapy, Rafaele Joudry

Author, international keynote speaker and founder of Sound Therapy International — Rafaele Joudry has dedicated her life to helping people overcome auditory problems and enhance their lives through better ear and brain health. She pioneered the first portable Sound Therapy program after discovering how the program could benefit her mother's hearing difficulties.

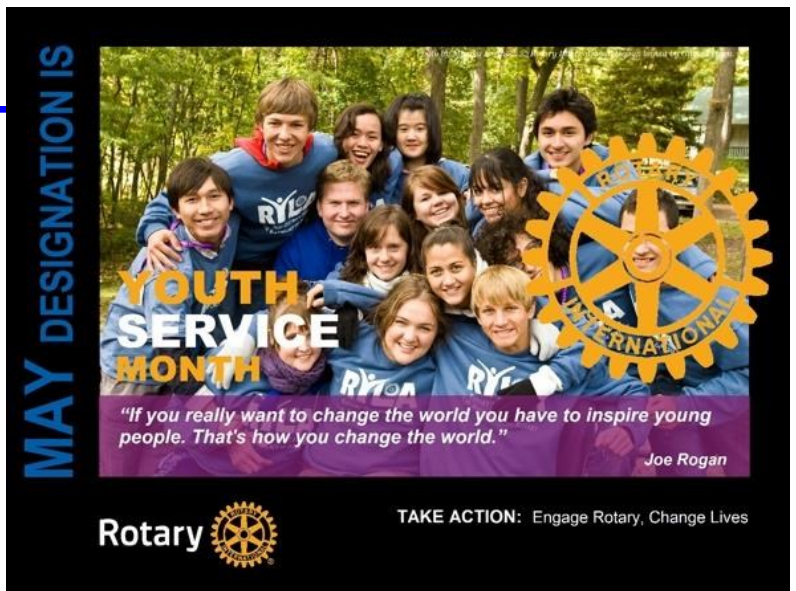
She has authored dozens of articles plus three best-selling books: *Sound Therapy: Music to Recharge Your Brain*, *Triumph Over Tinnitus* and *Why Aren't I Learning?*

Saturday 13 May Mothers Day Plant Sale

Wednesday 24 May Dinner Meeting: 46th Anniversary and Club Forum

When DG Mina visited she set us a task of listing our personal 'likes' and 'dislikes' with our Club. She asked Kathy Kendall to compile the responses and to circulate them to members, which Kathy has done. This will be our opportunity to discuss these, and to discuss our Club in general. On Wednesday 24 May in a Club Forum when we will have no guest speaker, which incidentally will be our 46th Anniversary.

Please bring a copy of the list Kathy has circulated, and your ideas, and an open mind!



Rotary



MAY IS
YOUTH SERVICE MONTH

"THE YOUTH OF TODAY ARE THE LEADERS OF TOMORROW."
- NELSON MANDELLA





COMMUNITY SERVICE REPORT

Community Markets

We will take part in the Community Markets, Berowra Uniting Church grounds on **Saturday, 6 May**

2023. So please set aside useable items that you hardly use or do not need but someone else could make good use of them, and come along and support the Rotary stall.



Mother's Day Autumn Plant Sale – Saturday 13 May 2023

In Hunt Reserve, Mt Colah around the corner fronting on to Beryl Avenue for our Mother's Day Plant Sale.

There will be a wide variety of potted plants available ranging from chrysanthemums, daisies, lavenders, nemesia, geraniums, succulents, accavirias, hanging baskets and so on.

We will be needing some assistance in pricing these plants, downloading the plants from the trucks on that morning at 6:30am and uploading the remaining items in the afternoon at 3:30pm.

Person-power is also required for setting up the marquee and gazebo in the morning and dismantling them in the afternoon.

We will be having our usual Sausage Sizzle.

Looking forward to another day of fun and fellowship.

Sivaraj Sagathavan,
Community Service



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).

SHAMIDA
ETHIOPIA

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

<http://shamidaethiopia.com/donate>

Find out how you can help us help the kids:

<https://shamidaethiopia.com> .



District Assembly Youth Session

This year District Assembly took place at Epping Boys High School on Saturday 15 April 2023. Starting with Foundation and International after the initial general assembly meeting with all Service Directors for 2023—2024.

I sat in with our newest member Nam Kaushal for the **Foundation** session. Glad to say that Nam found the session very interesting and with very useful information to help guide her through her portfolio as Foundation Service Director.

The **Youth** session was a Zoom Meeting on Sunday 30 April at 3.00pm. It started off with Director Greg Keighran giving a Summary on the Fifth Avenue of Service and all the different programs involved with Youth service such as

- Rotary Youth Exchange (RYEP)
- Rotary Youth Leadership Awards (RYLA)
- Rotary Youth Program of Enrichment (RYPEN)
- Interact (Similar to Rotaract except for school age students aged 12 to 18) within the school. Students can speak to school counsellor for information about an Interact Club at their school.
- Rotaract
- National Youth Science Forum (NYSF)
- Science and Engineering Challenge (SEC)
- Model United Nations Assembly (MUNA)
- Inspirational Youth Awards (YA)

Susan Wakefield started off by giving a run down on **Rotary Youth Exchange** as an International program which enables current year 9 or 10 students to spend the following year in another country attending secondary schools while living with host families.
<https://ryea.org.au/>



Rotary Youth
Exchange Australia

This year we are hosting students from Japan, Denmark, Germany, Brazil, Sweden and Chile.

It does not always work out for all exchange students as one young student coming back after just three months in Brazil due to a bad case of Home Sickness. Susan says that they are still looking for a Club to host a young girl from Denmark.



Gavin Ralston spoke about the **Science and Engineering Challenge** which will be coming up on 20 October. It is a One Day Event, 32 Students per School run by the University of Newcastle. Students get to do fun things like build a bridge out of light material such as balsa wood, cardboard and match sticks but be able to carry a heavy weight before breaking. Sending Coded Messages, creating electrical circuits and make an artificial hand using left over material.

The winner of the day goes into the State Finals. The cost is \$530.00 per School and is held at the Sydney Olympic Park. Finals will be held on 27 October.

Greg Keighran spoke about **RYPEN** which is a 3 day course for 14 to 16 year old students. It is run at the Sports Academy in Narrabeen. Similar to RYLA it is a youth leadership course to challenge their thinking. Greg tells us that there were not enough numbers to run the course this year as it was left too late to get people registered so they will start registrations for next year early, around September, October. It will be around the 16 June 2024 when the next course will commence. Anyone interested can go to <https://rypen.com.au/>



RYPEN
youth program
of enrichment

District Assembly Youth Session continued

Melanie Lewis (Environment Chair) tells us to keep in contact with our local schools to ensure that we have students for youth programs. After COVID it seems that some Clubs have lost contact with their schools. Keep contact with your local school advisor.

All the other programs were just mentioned briefly due to time factor but main issues such as Youth Protection, ensuring that everyone that comes into contact with children will have a Working With Children Check (WWC).

DGE Christine Owen tells us that after talks with COTA Representatives (Committee of the Association) that our insurance will be going up due to a high incidence of child molestation and abuse. (Although I have not heard of anything like that happening in our District in recent times.) Club Officers in charge must comply.



Krissie Webb spoke to us about **Rotaract**.

There are three areas at present:
Hornsby Ku-ring-gai,
The Hills
and the Mountains.

Krissie would like to see more to fill in the gaps such as Northern Beaches and Central coast. COVID took a big hit with Rotaract and they would like to see more members join. She was asking some Rotary Clubs that had younger members join only to leave again due to relevance with older groups to try to get them to join Rotaract where they may feel more at ease with members closer to their own age rather than just letting them quit.

May is also Youth Service Month.

Tom Borg

Youth Service Director
2022-2023 and 2023-2024

ANZAC Memorial in Berowra

Co-President Trevor Bailey laid the wreath, made by Jan Childs, at the Berowra Memorial on ANZAC Day morning.



Berowra Rotary Wreath—thank you Jan Childs.



Lest We Forget

MEMBERS' PAGE

Rotary Year 2022—2023

May 2023

Saturday 6 Community Market

Saturday 13 Mothers Day Plant Sale

27/5 –31/5 Rotary International Convention in Melbourne

June 2023

Sunday 25 Wideview School Fete

2023—2024

July 2023

Saturday 1 District Changeover

Saturday 8 Christmas in July on the Nepean Belle Paddlewheeler

Saturday 15 Women's Shelter Mini Fete

August 2023

Thursday 31 Daffodil Day

March 2024

Friday 15 — District Conference Central Coast
Saturday 16 Terrigal and Erina

Birthdays, Anniversaries and Congratulations.....

1 May — 31 May

Happy Birthday to: Julian Leaser (25/5)

Happy Anniversary to: Nil

Happy Anniversary of Induction to: Nil

Welcome Back: Rich Moore returned at the end of April.



From the Social Director

I am organising Christmas in July on the **Nepean Belle Paddlewheeler** on **8 JULY**.

This should be a fun day out on the Nepean River with stunning scenery. Please click on the link below to help you make up your mind.

In a nutshell:

- 2 1/2 hour cruise 12 - 2.30pm boarding 11.30am
- 2 Course hot meal with all the trimmings, including tea and coffee
- Gluten free and Vegetarians catered for
- Adults \$77. Seniors \$69
- Cash Bar
- FYI Toilets are situated on the upper deck - about 12 steps

[Nepean Belle](#)

Yvonne Borg
0421638727



Rotary Myth Buster



ROTARY IS FOR MEN

WRONG! Rotary has welcomed women for over 30 years.

IT'S FOR RETIRED PEOPLE

WRONG! We are open to ages 18+ Age is just a number, it's attitude that is more important.

IT'S FOR PROFESSIONALS

WRONG! Diversity is our strong asset and there's always a place for you in Rotary.

YOU MUST ATTEND EACH WEEK

WRONG! We focus on what you can contribute. Get involved with fundraising activities, community projects and activities.

IT'S A RELIGIOUS ORGANISATION / SECRET SOCIETY

WRONG! Rotary is non-religious and non-political.

YOU HAVE TO BE FORMALLY DRESSED FOR MEETINGS

WRONG! We are interested in what you can offer, not how you dress.

IT'S A LUNCH AND DINNER CLUB

WRONG! We do have meals at most meetings, however we principally meet to plan projects, have guest speakers, socials and run activities.

MEMBERSHIP BY INVITE ONLY

WRONG! Anyone with the right mindset can visit and join. We accept members from all walks of life.

INTERESTED IN BIG INTERNATIONAL

PROJECTS ONLY WRONG! We are involved in these huge projects, however the majority of our work is within local communities supporting local causes.



Rotary - People of Action

Rotary



TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES

