

Rotary Club of Berowra



Kalori: The Bulletin of the Rotary Club of Berowra Inc



CREATE HOPE
in the WORLD

Rotary Year 2023 – 2024

President Rotary International: R. Gordon R. McNally
Governor Rotary District 9685: Christine Owen
President Rotary Club of Berowra: Trevor Bailey
Rotary International Theme for 2023 - 2024:
Create Hope in the World



Vol 47 No 04 — October 2023

Wednesday 11 October: Joint Evening and Dinner with Rotary Club of Hornsby District
Guest Speaker: Shane Fitzsimmons AO AFSM - Youth Insearch Foundation

Wednesday 25 October: Dinner Meeting: Geoff Brennan—Australian Rotary Health



Inside this Bulletin

Programme of the Club; Board 2023—2024	P 2
October Events	P 3
September Events and Speakers	P 4 — 7
November Events	P 8
Conference and Correspondence	P 9
Members' Pages	P 10, 11

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 2023 — 2024

October 2023	Community Economic and Development Month
Wednesday 11	Joint Dinner with Hornsby Rotary @ Berowra After dinner speaker—Shane Fitzsimmons—Youth Insearch
Wednesday 25	Dinner Meeting: Geoff Brennan—Australian Rotary Health
November 2023	Rotary Foundation Month
Wednesday 8	Dinner Meeting: RYLA Candidate
Wednesday 22	Dinner Meeting: DG Official Visit – DG Christine Owen
December 2023	Disease Prevention and Treatment Month
Wednesday 13	Annual General Meeting
January 2024	Vocational Service Month
Tuesday 16	RYLA Dinner — details TBA



SHAMIDA
ETHIOPIA

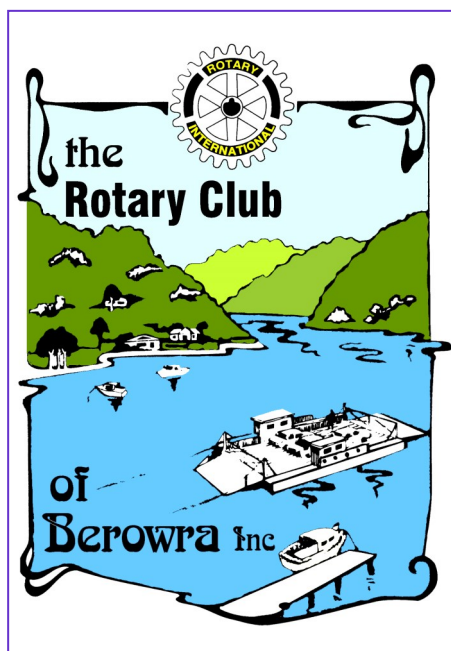
<https://www.shamidaethiopia.com/>

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 November 2023. Please submit your contributions to the Editor, Peggy Sanders, by 5pm Friday 27 October 2023 @ psanders@ozemail.com.au



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.

BOARD 2023—2024

President: Trevor Bailey
Immediate Past Presidents: Jeanette Bakker (dec); Trevor Bailey and Peggy Sanders
President-Elect: Sivaraj Sagathavan
Secretary/Club Administration: Peggy Sanders 0413 481 854
Treasurer: Kathy Kendall

Directors:

Community Service: Rich Moore
International: Mary Kendall
Youth: Tom Borg
Vocational: Sivaraj Sagathavan
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



ECONOMIC & COMMUNITY DEVELOPMENT



YOUTH INSEARCH PROGRAM

Suicide is the leading cause of death for young people aged 12-25 in Australia. Many young people in Australia today are impacted by problems stemming from poverty, dysfunctional homes, domestic violence, sexual, physical and emotional abuse, death and grief, and other traumatic events. Trauma and life's challenges can impact a young person's education, employment, homelessness and mental illness, and may lead to self-harm, suicide ideation, drug and alcohol abuse, crime, and violence. This has the potential to impact these young people long term and into the next generation. There is a well-established need for mental health and education programs that intervene early and assist at-risk young people to improve their lives.

The Youth Insearch solution has come from the young people themselves who, with the founder, devised the program in 1985.

Sunday 22 October 2023, 9.30am - 4.00pm. There will be a **Stall for Shamida** at the **Mount Colah Public School Spring Fair, Telopea Street, Mount Colah.**

OCTOBER EVENTS

Tuesday 10 October: World Mental Health Day The theme for World Mental Health Day 2023 is *"Mental Health is a Universal Human Right"*. Individual Clubs and Rotarians can support this wonderful initiative by making a donation on World Mental Health Day, 10 October 2023, to Australian Rotary Health.

Wednesday 11 October: Joint Evening and Dinner with Rotary Club of Hornsby District. Guest Speaker: Shane Fitzsimmons AO AFSM - Youth Insearch Foundation.

We welcome members of Rotary Club of Hornsby District for a joint dinner at Berowra RSL 6.30pm for 7.00pm— ordering from the Bistro. We look forward to hearing from our Honorary Rotarian Shane Fitzsimmons AO AFSM who, in a voluntary capacity, is the Chair of Youth Insearch Foundation.

Rotary



Club of Hornsby District



Ride the Train to end Polio



Wednesday 25 October: Dinner Meeting: Geoff Brennan— Australian Rotary Health

We welcome back after just a few weeks Rotarian Geoff Brennan — this time to talk about Australian Rotary Health, and lifting the lid on mental illness.



WHAT THE WAS CLUB UP TO IN SEPTEMBER

Father's Day Spring Plant Sale – Saturday 2 September 2023

Unlike last year, this year we were fortunate to have excellent weather for our Father's Day Plant Sale. Trevor Bailey, Tom Borg, Rich Moore, Gil Stokes, John, Justin and Jennah Bakker and the Rovers Fellowship team were up early to set up the Marquee and the Gazebo.



The weather was excellent. Whatever advertising and signs we had put up appeared to have worked as there was a continuous flow of people coming to buy the plants. Parking was not a problem. The nurseries had supplied a very wide variety of colourful plants.

Mary's colour coding simplified the sale of the plants. Our cashiers were very busy collecting money and swiping credit cards. Rich and Trevor were busy with the Sausage Sizzle. Most of the sausages were sold out.

The Orchid Society put up their own Gazebo and sold a variety of orchids. Their sales would have been better this time if most of their plants had been in the flowering stage.

I would like to thank the following nurseries for delivering their plants to the site and billing us only for those plants that were sold, namely: Valley View Nursery; Cameron's Nursery; Parker's Camellias;

Cleetondale Nursery and Pete's Shoots and Leaves Wholesale Nursery. I would also like to thank David Michael for providing us about 70 potted succulents, curry leaf plants and jars of chutneys and salsas for free of cost.

Overall, it was a very successful day with a significant amount of funds added to our coffers for our on-going charity work.

My special thanks goes to Jan Childs (moral support), Mary Kendall (simplified colour coded pricing), Kathy Kendall, Yvonne Bog, Nola van Huissteden, Jennah Bakker and Jemima Laughton (collection of money) Peggy Sanders (leaflets and advertising), Trevor Bailey, Tom Borg and Rich Moore (Sausage Sizzle), John Bakker, Justin Bakker, Gil Stokes, Chris Milligan and his Berowra Rovers Fellowship Team, namely, Duncan Armour, Simon Milligan, Michelle and Peter Dalmaris, Jen McMahon, Rory and Grant Armstrong and Mary-Jo Ison without whose help it would not have been a successful day!

Sivaraj Sagathavan
President-Elect



SEPTEMBER SPEAKERS

Rotarian Kathy Kendall. Shamida Update

Wednesday 13 September

SHAMIDA
ETHIOPIA

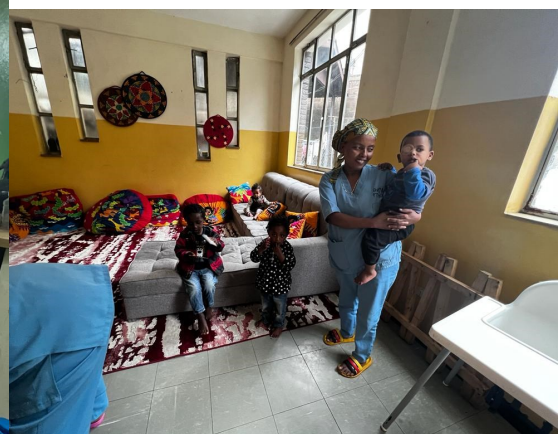


The landlord/owner of the home that Shamida has been renting for the past 5-6 years has decided to sell and Shamida has moved to a new location on the grounds of a Catholic School and

Monastery. The building is larger than the previous house and comfortably incorporates offices, sleeping quarters for the children and nannies, two bathrooms, kitchen, living/dining area which is also an indoor playroom, outdoor play area with trampoline, small cement area for riding trikes and bikes, and even undercover parking for vehicles.



Above— Nappies on line in Shamida Carport;
Right— Shamida kitchen



Top right - new Shamida outside;
Above — Shamida living



A couple of photographs with Mary from her recent trip to Ethiopia - one with Getahoon (*left*) the gardener/security guard/ electrician/repairman (superb boy-Friday - he does anything he is asked to do!) and a photograph with Bessimu (*right*) who is the longest serving nanny at Shamida.

Report continued over



SEPTEMBER SPEAKERS

Rotarian Kathy Kendall. Shamida Update — *continued*

Karen has signed a 3-year co-management agreement for the government orphanage, Kebebe Tsehay, which allows her to renovate and improve the conditions for the 120+ children living there who, prior to this agreement, had no safe space to play and very dingy living areas. Kebebe Tsehay is located on approximately 8000sqm of land in Addis Ababa with 7 buildings, some of which are uninhabitable just from disrepair and neglect. Shamida is fundraising for this renovation effort - there are no government funds allocated for the renovations and building improvements to Kebebe Tsehay.



Above— KT bathroom before renovation;

Right— KT bathrooms after renovation

Far Right— renovation underway



Left— This will be the new kitchen

*Right— KT Laundry Shed
Almost every machine is broken because they don't know how to use them at KT. Shamida nannies have been taught how to use them properly - don't overload.*



In December, Shamida will hold the 2nd Annual Shamida Gala at the Hyatt Regency in Addis Ababa. Last year's gala raised just around USD\$40,000 which allowed the purchase of new bedding for the children at Shamida and to move forward with some of the most urgent repairs at Kebebe Tsehay. This year at the Gala, Shamida is aiming to raise ALL of the annual running costs for Shamida - about AUD\$300,000. The Gala is attended by dignitaries, government officials and many expats who hold very high-level jobs within other charities and organisations in Ethiopia.

The Rotary Club of Berowra will have two baskets full of Aussie goodies for auctioning at the Gala. So far, we have collected sheepskin rugs, blundstone boots, jars of 'Beerowra Honey' and two hand made boomerangs. If you would like to contribute, here are some ideas for further items (need two of each item as we have two baskets to fill) to have our baskets overflowing:

- Vegemite - large jars;
- Cadburys chocolate (blocks, Caramello koalas, Wallabys Caramilk)
- Minties/Crunchie/Violet Crumble/Fantales
- Australian wine - needs to be good quality wine
- Weetbix / Nutrigrain
- Twisties
- Childrens books by Mem Fox (Koala Lou and/or Possum Magic) - need to be new condition.

Any other authentic Australian item that you think would add to the speciality of the baskets.

If you do wish to contribute to the baskets, please let Kathy 0413 056 103 or Mary 0418 695 112 know what you would like to provide (and thank you). *Kathy travels on 27 November, so get to her in plenty of time.*

MEETING 27 SEPTEMBER



Go for Broke 2023 on 15-16 September 2023: Our members, Rich Moore and Tom Borg attended this fund raising/awareness raising 150 km ride event to the Hunter Valley.

There were seven runs every 25 minutes. This also included four motorcyclists who were trailing the track up and down for ensuring the smooth functioning of the event. Rich attended on Friday 15 September 2023 whereas Tom was there the following day as early as 5.30am to stock up the vehicles with supplies.

Funds in excess of \$42,000 were raised for Lifeline through this event — *Go for Broke, Ride to beat Depression.*



Community Markets on 2 September 2023: we were not able to participate in the event in September as the date was clashing with our Father's Day Plant Sale.



Topic for the evening:
Hornsby Fusion

Guest Speaker: Ben Revill is the General Manager of Sydney Fusion that started in Hornsby in 1960. Ben started his career as a teenager in the navy. After leaving the navy he picked up a trade in Air-Conditioning before joining Fusion a year ago. Currently there are 16 centres throughout Australia.

Fusion is a Christian non-profit organisation that embodies Christian values in treating everyone with respect with the slogan, "People Matter". Fusion has a genuine desire to uplift the living standards of the people. They conduct free cooking and nutrition classes focusing on healthy eating habits for young people who care about building

character. Fusion also provides free food for the needy ones till they are able to manage on their own. This is done in collaboration with the Catholic church of Australia.

Fusion's success is deeply rooted in volunteers who conduct phone calls and referrals. The people encountered by Fusion are often those who say, "I can help" or "I need help". The numerous questions asked after Ben's presentation was suggestive of his interesting talk.

Sivaraj Sagathavan
President-Elect

On Wednesday, 27 September, Ben Revill came to speak to The Rotary Club of Berowra about 'Fusion'.



Together There's Life

It was an informative and inspirational presentation. The work of Fusion was started in a jewellery design shop above the shops in Bridge Road, Hornsby by Mal Garvin who lived in Berowra with his family. So many young people were coming to talk to him, he closed the business and opened 'The Attic', a drop-in centre for young people. It moved to Jersey Street where Fusion still has a thrift shop and administration offices. From its birth in Hornsby 50 years ago, Fusion has grown to 25 centres in Australia, five of those in Sydney, and centres in many countries around the world. On Thursday nights, volunteers feed needy families and the homeless. Volunteers who are willing to give their time to help, are welcome and are given training, orientation and support and each volunteer is given a job description. Ben willingly stayed to answer questions and spoke to us afterwards.

Kathy and Mary Kendall

NOVEMBER EVENTS

Community Market Saturday 4 November 2023

Wednesday 8 November: Dinner Meeting - Speaker
TBA



Wednesday 22 November: Official Visit
District Governor, Christine Owen.



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>

Find out how you can help us help the kids:
<https://shamidaethiopia.com> .



SHAMIDA
ETHIOPIA



DISTRICT CONFERENCE 2024

There are less than 3 months left to take advantage of the **Early Bird Full Conference Registration Rate** – don't miss the opportunity!

The 2024 District Conference is on from
15-16 March 2024.

**Feel the Good Vibes:
Together, Making a
Difference!**

On Friday Night, there is a **Gala Dinner** at Crowne Plaza Terrigal. On Saturday, the **Plenary Sessions** will be held at the EV Event Centre – 331 Terrigal Dr, Erina. A great array of Guest Speakers have been lined up, including Professor Vanessa Hayes, Greg Page and Brad Baker – to name a few.



There are a range of accommodation options in the area – from the Crowne Plaza, to a weekend in Terrigal at a range of apartments and hotels, to 1 night accommodation in the Gosford area.

More details about the 2024 District Conference are on the Conference website
<https://www.9685rotaryconference2024.com.au/>

At this stage, none of our members or partners are registered. It would be great to for our members to attend, given the District Conference is not far away, only just up on the Central Coast!

Different Conference Registration packages are available:

Full Conference (Fri Night & Saturday) - \$190 until 31/12/23 (unless sold out before)
Friday Night Gala Dinner only – \$140
Saturday Plenary Sessions only - \$120

To register use the QR Code on the back page.

INFORMATION FROM RI AND FROM DISTRICT

Please have a look at your in-box and check out some of the following emails from RI and from District. Some of them inform you; some ask you to do a survey and express your opinion; some are background information on matters on which we should vote as a Club:

ROMAC Communications : *Time to catch up on September's News about ROMAC patients and their progress*

RI President R. Gordon R. McNally: *Tell us about your Rotary experience! (Survey)*

Council on Legislation Rep 2023-2024: Council on Resolutions 2023 - District 9685 Vote

PolioPlus: RI President R. Gordon R. McNally asks for your support on World Polio Day

Rotary District 9685: DG's ENews 5th October 2023

Rotary Service and Engagement: Celebrate Community Economic Development | October 2023 Rotary Service newsletter

SOCIAL FUNCTIONS

Our social on Saturday 12 August began on the night the Matilda's were playing Sweden. Needless to say the Berowra Tavern was buzzing and if we had hoped for a little quiet dinner before the show we were definitely mistaken. It was a rowdy affair but we enjoyed getting caught up in the excitement of watching our Aussie girls' victory.



After dinner we headed to The Players Pavillion Theatre at Castle Hill and settled down to watch 'In the Next Room', a play by Kathy Ruhl's daughter, Sarah.

Also known as the Vibrator Play, it is set in the 1880's at a time when the miraculous electric light bulb was invented. This led to an invention of a different kindthe Chattanooga Vibrator, guaranteed to cure female 'hysteria'.

This hilarious play highlighted marital relationship attitudes of the day and women's insight into their sexual awareness.

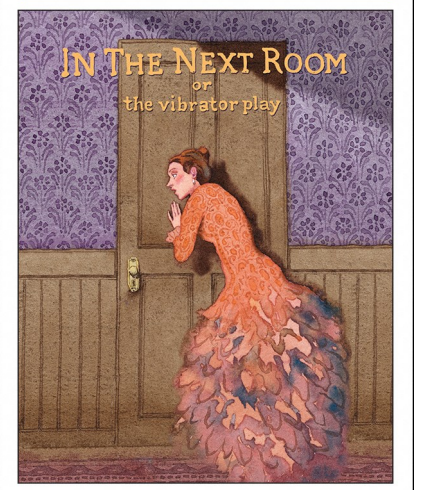
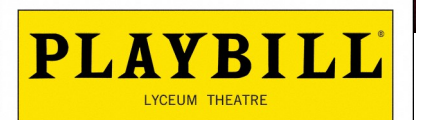
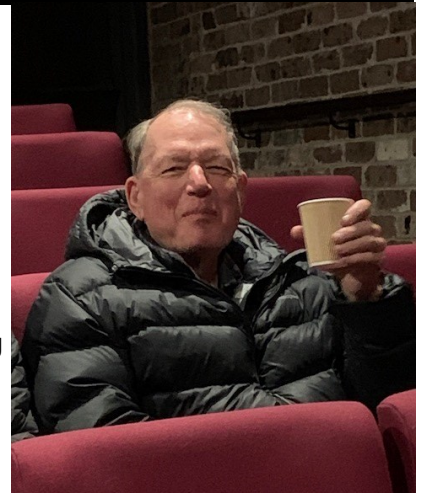
As the curtain fell after the last act the most amazing observation was that Rich Moore was still awake after viewing the play for the tenth time. WHAT A MAN.....loyal to the end!!



It was an interesting and enjoyable night with Trevor, Janette, Tom, Yvonne, Gil, Rich, Sivaraj, Suchada and Nola attending.

Watch this space for our next social coming soon.

Yvonne Borg,
Social Co-Ordinator



MEMBERS' PAGE

Rotary Year 2023—2024

October 2023

Tuesday 10 World Mental Health Day

Sunday 22 Stall for Shamida at the Mount Colah
9.30am— Public School Spring Fair.
4.00pm Telopea Street, Mount Colah.

Tuesday 24 World Polio Day

Tuesday 24 Ride the Train to End Polio

November 2023

Saturday 4 Community Market

December 2023

Saturday 2 Community Market

Wed 13 AGM and last meeting of the year

January 2024

Wed 10 No Meeting

RYLA 2024

Tues 16 RYLA Dinner—TBA

Wed 24 First Meeting of the year

March 2024

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

In our area:

Rotary Club of Wahrenonga - Wahrenonga Village Fair

***Wahrenonga Village Fair every
year, the first Sunday in
December.***

***This year the Fair runs
Sunday 3rd December 2023
9.00am - 4.00pm***



***Birthdays, Anniversaries and
Congratulations.....
October***

***Happy Birthday to: Jem Laughton
(11/10)***

Happy Anniversary to: Nil

Happy Anniversary of Induction to: Nil

Bon Voyage and Travels: Rich Moore

***Our thoughts are with John, Jennah and
Justin on the anniversary of Jeanette Bakker's
death last year: 7 October***

***Get well wishes to: Jan Childs as she undergoes
an operation at Hornsby Hospital***



2024 District Conference

**Friday 15th March 2024 to
Saturday 16th March 2024**

Our Locations:

**Friday: Crowne Plaza, Pine Tree Ln,
Terrigal NSW 2260**

**Saturday: EV Church, 331 Terrigal
Dr, Erina NSW 2250**

Website

www.9685rotaryconference2024.com.au

or use the QR code below

