

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 05 — November and December 2023

Wednesday 8 November: Dinner Meeting Club Forum
Wednesday 22 November: Dinner Meeting: DG Christine Owen Official Visit; and
our RYLA candidates: Armaan Kapotra and David Dziura
Wednesday 13 December: Annual General Meeting



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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

November 2023	Rotary Foundation Month
Wednesday 8	Dinner Meeting: Club Forum
Wednesday 22	Dinner Meeting: DG Official Visit – DG Christine Owen
December 2023	Disease Prevention and Treatment Month
Wednesday 13	Annual General Meeting — downstairs @ Berowra RSL
January 2024	Vocational Service Month
Tuesday 16	RYLA Dinner — details see page 8
Wednesday 24	Dinner Meeting
February 2024	Peace and Conflict Resolution Month
Wednesday 14	Dinner Meeting
Wednesday 28	Dinner Meeting



SHAMIDA
ETHIOPIA

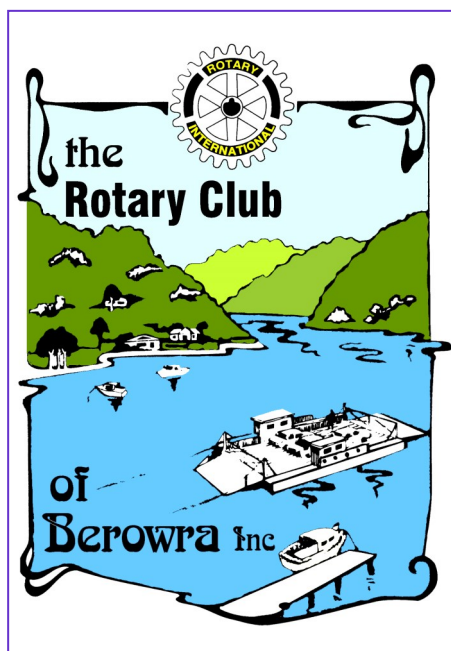
<https://www.shamidaethiopia.com/>

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 January/ February 2024. Please submit your contributions to the Editor, Peggy Sanders, by 5pm Sunday 31 December 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

REPORT — SPEAKERS OCTOBER



Wednesday 11 October:

Joint Evening and Dinner with Rotary Club of Hornsby District.

Topic for the evening: **Youth Insearch**

Guest Speaker: Shane Fitzsimmons AO AFSM

Shane Fitzsimmons, former Commissioner of the NSW Rural Fire Service and now, in a voluntary capacity, Chairman of the Board of Youth Insearch Foundation gave an inspirational talk on Australia's leading peer led youth trauma recovery

organisation that makes a meaningful and discernible contribution to vulnerable young people to overcome trauma and improve their well being and thereby decrease the likelihood of suicide, substance abuse and risk-taking behaviors. Currently there are 9 suicides per day and 34% of that is among the 15-17 year olds. The number of suicides is about 60% higher in the regional areas.

The mission of Youth Insearch is to empower young people to adopt a positive role in society. A number of youth have lost trust in the medical system. This programme in which young people learn to love again relies entirely on philanthropy and generosity and has a school based approach.

Youth Insearch runs Weekend Workshops, provides weekly support groups and individual support for young people. The programs are delivered with youth, supported by expert adults. All Weekend Workshop participants have the opportunity to consider joining a future Youth Insearch Leadership Development Programme.

Youth Insearch utilizes a lived-experience peer workforce, supported by adults and professionals to empower young people to work through their trauma and equip them with practical tools to rebuild their lives and reach their full potential.

The impact of this programme has shown that the tragedy of youth suicide is preventable and has so far resulted in 89% reduction in suicide risk, 78% reduction in risk taking behaviors and an improved engagement in education by 90% that is remarkable.

Sivaraj Sagathavan
President-Elect

Wednesday 25 October:

Topic for the evening: **Australian Rotary Health**

Guest Speaker: Geoff Brennan

Geoff Brennan from the Rotary Club of Ryde spoke on Australian Rotary Health (ARH) that is one of the largest independent funders of mental health research within Australia. It began in 1981 when Ian Scott from the Rotary Club of Mornington in Victoria presented a submission to his Club to establish Rotary-sponsored, nation-wide research into Sudden Infant Death Syndrome (SIDS) – addressing the tragedy of Cot Death. Subsequently the project gained momentum and support from other Rotary Clubs and approval from the Rotary Institute and in 1986 the first research projects in Cot Death were funded. Later, the funding was given for a broad range of general health areas especially mental health, scholarships for rural medical and nursing students, as well as indigenous health students.

During the 1989-1995 period the funding focus shifted to Environmental Health Problems of the Aged and well over \$1.4 million was invested in this area.

Continued..... page 4



REPORT — OCTOBER continued

Continued from page 3

From 1996 to 1999 the area of Family Health received funds in excess of \$1.4 million for research. The research grants included those for Rheumatic Fever in Aboriginal Families, Children of Mothers with severe Mental Illness, Family therapy for patients with cancer and Quality of life in children with asthma.

From 2000 to 2011 the funding focus moved to Mental Illness in the form of research project grants, post doctoral fellowships and PhD scholarships. Scholars come from all over Australia and over 300 scholars have already graduated.

During the 2012 -2022 period the focus shifted to Mental Health issues of Young Australians including Prevention of Mental Health Disorders.

From 2023 the funding will be more focused into the mental of children aged 0-12 years. On a daily basis eight people take their lives and 10 more try to take their own life every minute!

This programme operates through donations to ARH from Rotary Clubs or Rotarians wishing to support it. ARH is now a project of the Rotary Districts of Australia and is supported by Rotary Clubs. It has a broad vision to improve the health and well being of all Australians.

Currently, together with the involvement of other funding partners, namely, the University and Rotary Club, ARH is able to fund 50 PhD scholars every year in also other areas like cancer, diabetes, motor neuron disease and heart disease.

Since 1986 over \$55 million has been invested in the health of all Australians.

Sivaraj Sagathavan
President-Elect



Sunday 22 October:

Shamida had a stall at Mount Colah Public School Spring Fair.



Kathy Kendall was busy with airport transfers all weekend, so Mary Kendall's grandchildren, Hannah and David, and Hannah's husband, Ben, stepped in and helped all day including setup and packup and raising almost \$400 for Shamida!





NOVEMBER

November is Rotary Foundation Month Our Foundation

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.

Our mission: The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

What impact can one donation have?

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environment for children.

<https://www.rotary.org/en/about-rotary/rotary-foundation>

Saturday 4 November: Community Market



Wednesday 8 November: Dinner Meeting and Club Forum



Saturday 11 November: Remembrance Day

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

DG Christine will be accompanied by our Assistant Governor, Michael MacQuillan (AG Upper North Shore 2023-24) Rotary Club of Chatswood Roseville.

Partners night





DECEMBER

Saturday 2 December: Community Market —
we are not able to participate this month.



Saturday 2 December: Holland Diary Gala for Shamida, Addis Ababa

Saturday 9 December: Christmas Function (*a notice will be sent to all members with catering details and address*)

Wednesday 13 December: Annual General Meeting

Rotary Club of Berowra Inc.

Notice of Annual General Meeting

Date: Wednesday 13 December 2023

Venue: Downstairs Club Berowra (Berowra RSL) 997 Pacific Highway, Berowra NSW

Time: 7.00pm

Order of Business:

- Adoption of Report of Annual General Meeting 14 December 2022
- Business arising
- Half Yearly Report
- Financial Report 2022/2023
- Adoption of Financial Report
- RAWCS Project Report - Shamida Bright Vision
- Appointment of Public Officer for 2024-25 (Dept. of Fair Trading)
- Elections
- The year ahead - 2024
- General Business
- Close of Annual General Meeting

Nominations called for the following positions:

1. President-Elect: 2024—2025
2. Treasurer: 2024— 2025
3. Secretary/Club Administration: 2024—2025
4. Directors: 2024—2025

Peggy Sanders
Secretary

Nomination Form

Position:

Nominated by:

Seconded by:

JANUARY 2024

Sunday 14 January—Saturday 20 January
RYLA

Wednesday 10 January— no meeting, transferred
to RYLA Dinner

Rotary
District 9685



rotary youth
leadership
awards

Tuesday 16 January: RYLA Dinner (*see page 8*)

Wednesday 24 January: Dinner Meeting

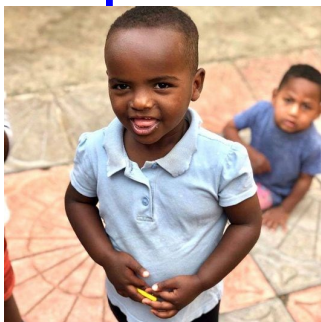
The link to the donation page on Shamida's website is below, click on 'Australia' and you can read the information about Shamida partnering with Rotary Australia Worldwide Community Service (RAWCS).

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



Rotary
Australian Districts



ROTARY AUSTRALIA
WORLD COMMUNITY
SERVICE

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.

RYLA DINNER 2024

Venue: Magpies, Waitara, 11-37 Alexandria Parade Waitara NSW

When: Tuesday 16 January 2024 at 6:30pm for a **7pm start**

Cost: \$60.00 per person

RSVP: Tuesday 9 January 2024

Dress: Formal. **Registration required.**

<https://www.d9685ryla.org.au/rotary-clubs>



MEMBERS' PAGE

Rotary Year 2023—2024

November 2023

Saturday 4	Community Market
Saturday 25	Presidents' Meeting 9.30am at St Josephs, Baulkham Hills. and District Annual General Meeting at 10.30am
Saturday 25	Club Social Outing — TBC

December 2023

Saturday 2	Community Market
Saturday 9	Berowra Rotary Christmas @ Kathy's home
Wed 13	AGM and last meeting of the year

January 2024

Wed 10	No Meeting
Sun 14 — Sat 20	RYLA 2024
Tues 16	RYLA Dinner— Magpies Waitara
Wed 24	First Meeting of the year

March 2024

Friday 15 — Saturday 16	District Conference Central Coast Terrigal and Erina
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Birthdays, Anniversaries and Congratulations.....

November

Happy Birthday to: Karen Kendall (12/11); Jennah Bakker (18/11); Tom Borg (27/11); Gil Stokes (28/11)

Happy Anniversary to: Trevor and Janette (29/11)

Happy Anniversary of Induction to: Nil
Bon Voyage and Travels: Rich Moore



Get well wishes to:

All best for success of operation: Mary Kendall – operation @ SAN 15 November 2023;
Wishing a speedy recovery from surgery: Kathy Ruhl

Rotary Matters

On air
Friday 3pm—4pm



Together we say
NO to **DOMESTIC & FAMILY VIOLENCE**
and
YES to **RESPECTFUL RELATIONSHIPS**



In our area:

Rotary Club of Wahroonga - Wahroonga Village Fair

Wahroonga Village Fair every year, the first Sunday in December.

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



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

