

Rotary

Club of Berowra



Kalori: The Bulletin of the Rotary Club of Berowra Inc



Rotary Year 2022 – 2023

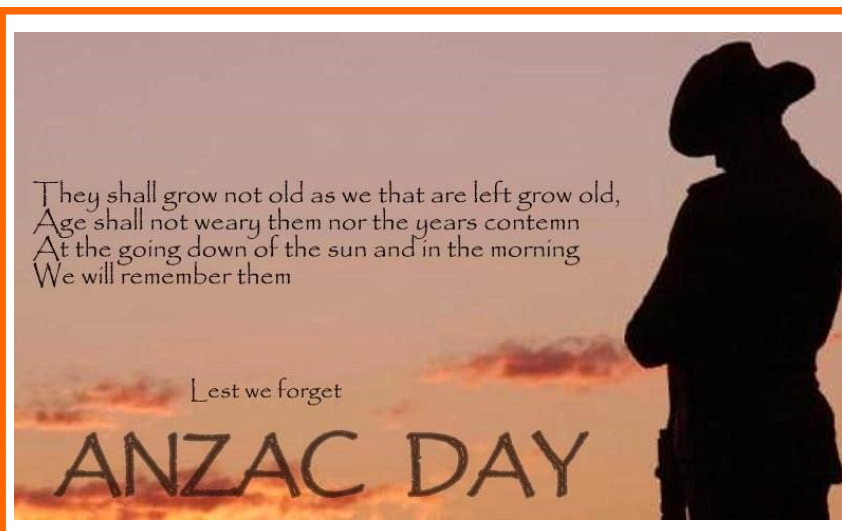
President Rotary International: Jennifer Jones
Governor Rotary District 9685: Mina Howard
Co-Presidents Rotary Club of Berowra:
Trevor Bailey and Peggy Sanders
Rotary International Theme for 2022 - 2023:
Imagine Rotary



Vol 46 No 08 — April 2023

Wednesday 12 April: Dinner Meeting — Gavin Street Coronium Solar Energy Projects

Wednesday 26 April: Dinner Meeting



Inside this Bulletin

Programme of the Club; Board 2022—2023	P 2
From the Co-Presidents	P 3
April events	P 4
Berowra ANZAC Day, 2023-2024 Board	P 5
Community Service Report	P 6
Dr Ray Hodgson	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

April 2023

Wednesday 12 Dinner Meeting: Gavin Street Coronium Solar Energy Projects

Wednesday 26 Dinner Meeting: Speaker TBC

May 2023

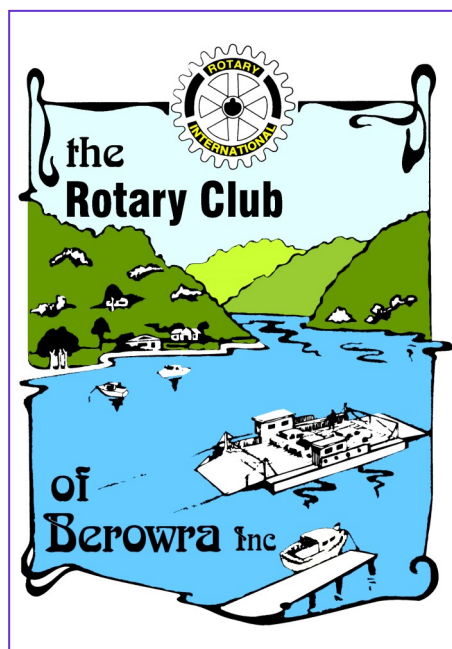
Wednesday 10 Dinner Meeting: Sound Therapy

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.



Rotary visitors in Ethiopia with Karen

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



Attendance

For attendance at 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 May 2023.

Please submit your contributions to the Editor, Peggy Sanders, by 5pm Friday 28 April 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

On 21 March, 2023 many of our current and past members attended the Memorial Service for **Frank Childs**. It was wonderful to hear the family and friends expressing their love and admiration for Frank and to hear of his generous spirit.

During March we had two meetings: the official visit of the **District Governor Mina Howard** on 8 March, and the return of **Jack Dacey** reporting on his experiences at RYLA (Rotary Youth Leadership Awards) held in January 2023, and having **Tom Borg** outline his involvement in RYLA 2023, and also to reflect on the District

Conference, held in Cowra which he and Yvonne had attended. They were the only members of the Club to be there this year.

Mina talked about District activities in general, regionalisation, and 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. We now need an opportunity to discuss these, and to discuss our Club in general. Unless an opportunity arises earlier we will do this 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!

Jack described his experience at RYLA in some detail, and seems to have been appreciative of the programme. It is time now to think about who we might send to RYLA in January 2024.

<https://www.d9685ryla.org.au/> *Rotary Youth Leadership Award's are a transformational 7-day program*

facilitated by Rotary. Open to young people with leadership potential based in North/North-West Sydney through to the Central Coast.

Applicants must be between 18 and 30 years of age and have left school for at least one year.

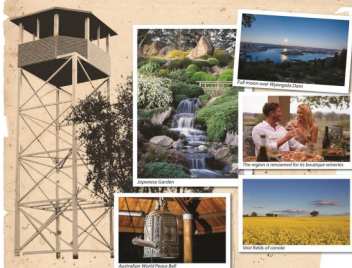
Participants must be in attendance during the whole week; leaving the venue is not permitted.

Applications will not be accepted if they do not meet these criteria. All applicants must attend an interview with their sponsoring Rotary Club.



rotary youth
leadership
awards

COWRA BREAKOUT



District 9685 Annual Conference
17-19 March 2023

**Relax.
Refresh.
Refocus.**



Tom reported very positively on the District Conference (17 — 19 March 2023) and felt it had been 'one of the best'!

District Conference 2024 will be held on the Central Coast (Terrigal and Erina) Friday 15 March to Saturday 16 March 2024. Booking are already open.

<https://www.9685rotaryconference2024.com.au/> and I note that the Full Conference early bird rate is \$190 if booked before 31 December 2023.



Sivaraj has given us a heads up on the **Mothers Day Plant Sale** (see page 6), for which we will need helpers. The flyer will be distributed electronically, and hard copies will be available for the next meeting.

Details on the **activities for April** are on page 4. Please note the **District Assembly** for the roles that we will be undertaking in 2023-2024 will be held between Saturday 15 April in 'live' sessions, followed by Zoom sessions from 22 April to 30 April. It is important that we attend the session set down for our portfolio as far as possible, or arrange for another to attend the session in your place. Please check these dates and be ready to discuss your availability at the next meeting.

Trevor Bailey and Peggy Sanders

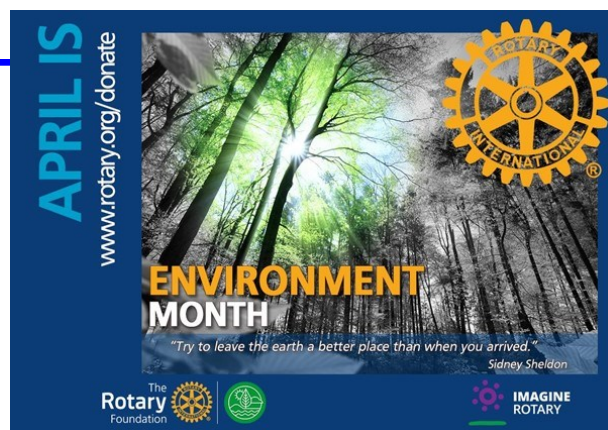
Co-Presidents

2022—2023

April Environment Month

Supporting the environment is Rotary's seventh area of focus. It joined peace-building and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; and community economic development.

Rotary is committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. We empower communities to access grants and other resources, embrace local solutions, and spur innovation to address the causes and reduce the effects of climate change and environmental degradation.



Saturday 1 April

Community Market — fundraising for Shamida and Rotary Stall

Wednesday 12 April

Dinner Meeting: Gavin Street, Coronium Solar Energy Projects

Gavin is the Principal of Coronium <https://www.coronium.com.au/>

Gavin's experience includes the successful delivery of several multi-million dollar solar power projects around Australia and Asia. Highlights include a management role in 3 of the Australian Government Solar Cities projects and the hands-on implementation of 5000 solar powered water pumping and irrigation systems in Sri Lanka.



Saturday 15 April — Sunday 30 April District 9685 District Assembly

District Assembly, 15th April, Sessions 1 and 2 are face to face at **Epping Boys HS, 213 Vimiera Rd, Marsfield**, and **Sessions 3 to 9 will be held over the following two weeks via Zoom**. The schedule is shown in the table below. The District Assembly is a very important method of gathering up-to-date information to help Board members in their roles in the coming year. Attendance at the District Assembly Sessions is strongly encouraged. An email with registration and zoom details will be forwarded to you. The schedule for District 9685 District Assembly 2023 will be as follows (see page 5 re 2023-24 roles):

Apr-15	Saturday	9.00 am – 12.00 pm	Live	Main Session
Apr-15	Saturday	1.00 pm – 3.30 pm	Live	Foundation + International
Apr-22	Saturday	10.00 am	Zoom	Treasurer
		1.00 pm	Zoom	Secretaries + Administrators
		3.00 pm	Zoom	Membership
Apr-27	Thursday	7.00 pm	Zoom	Community
Apr-30	Sunday	10.00 am	Zoom	Public Image
		12.30 pm	Zoom	Vocational
		3.00 pm	Zoom	Youth

Tuesday 25 April

ANZAC Day — see page 5

Wednesday 26 April

Dinner Meeting: Speaker TBA



Berowra RSL Sub Branch

ANZAC Day

Berowra RSL sub-Branch will hold ANZAC Day Ceremony commencing 7:30 am on grounds of Berowra Community Hall, The Gully Road, Berowra. Limited seating will be available. Schools and supporting groups and special guests will have assigned seating.

Veterans, special guests, local schools and local sporting groups, are asked to assemble at the side of the Rural Fire Service Station, 14a Berowra Waters Road at 7:15am to march off at 7:30am.

At the conclusion of ceremony Club Berowra and Berowra RSL sub-Branch will host ANZAC Day breakfast commencing at 8:30 am. Cost of breakfast is \$7.00 and you need to purchase tickets from Club Berowra prior to the event. Tickets go on sale 1 April until sold out.

There will be no vehicle traffic allowed onto Community Hall grounds from 6:00am to 10:00am, except for those people with NSW Disabled Passes. These persons will be escorted to designated parking areas.

Ceremony will be conducted in accordance with latest NSW Health Notices on 25th of April. Please check NSW Health App prior to attendance, COVID 19 rules in NSW > Rules for people in NSW. Masks are strongly encouraged in settings where you cannot physically distance yourself.



BOARD 2023—2024

President: *Trevor Bailey*

Immediate Past Presidents: *Peggy Sanders and Trevor Bailey (and Jeanette Bakker (dec))*

President-Elect: *Sivaraj Sagathavan*

Secretary/Club Administration: *Peggy Sanders*

Treasurer: *Kathy Kendall*

Directors:

Community Service: *Rich Moore*

International: *Mary Kendall*

Youth: *Tom Borg*

Vocational: *Sivaraj Sagathavan*

Foundation: *Nam Kaushal*

Public Image: *Peggy Sanders*

Membership: *Trevor Bailey*

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*



COMMUNITY SERVICE REPORT

Community Markets

organised by the Uniting Church at Berowra Heights. Although we were prepared to put up a stall at the Community Markets on 1

April, to raise funds for local charities as well as for international charities, and our pet project, Shamida, we had to withdraw our participation due to lack of manpower in setting up the Gazebo and an unfavorable weather forecast.

We hope to take part in the next Community Markets at the same 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.



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

Although our usual venue, namely, at the front of Hunt Reserve on Pacific Highway at Mt Colah has virtually been cordoned off for a dog park by Hornsby Council, we have decided that the space in Hunt Reserve around the corner and fronting on to Beryl Avenue is suitable to carry on with our Mother's Day Plant Sale.

Due to positive experiences, the following nurseries have expressed interest in participating again:

Valley View Nursery
Cameron's Nursery
Parker's Camellias
Cleatondale Nursery
Pete's Shoots and Leaves Wholesale Nursery, and
Colourwise Nursery (NSW) Pty Ltd



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. Manpower 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 this time and Rich will be the man in charge of that. 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).

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 AUSTRALIA
WORLD COMMUNITY
SERVICE





Dr Ray Hodgson *Heartbreak in the Himalayas*

'We can fix this woman. We can take away her chronic pain and stop her incontinence. We can restore her sexual function. We can restore her dignity. We just need more light ...'

Set in the foothills of the spectacular Himalayas, Australian surgeon Dr Ray Hodgson and his exceptional team of volunteers battle more than just the power grid in their fight to improve the lives of desperate Nepalese women. Tackling the overwhelming prevalence of genital prolapse in this exotic corner of the world, this spellbinding story details the struggles the team face as they strive to overcome scarce supplies, gender discrimination, and cultural roadblocks.

Heartbreak in the Himalayas gives readers a priceless insight into Nepal's true culture and its intimate relationship with the health of its people. Dr Ray weaves his way into the heart of this mesmerising country, and shines a light on the hopes, dreams, and heartbreaks of the local people who are usually hidden in statistics.

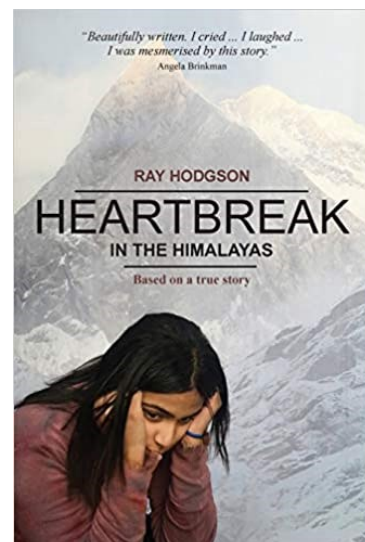
All profits from the sale of *Heartbreak in the Himalayas* will fund the construction of a Mothers and Babies Hospital in rural Nepal.

About the Author

Dr Ray Hodgson is an Associate Professor in Obstetrics and Gynaecology. He is a specialist gynaecology surgeon and obstetrician based in Australia.

After discovering the appalling state of women's health in Nepal in 2010, he founded the humanitarian organisation Australians for Women's Health. Several times each year he organises teams of volunteers to join him on medical camps to remote regions of Nepal where they provide surgical care to underprivileged women in need. Throughout their camps, the team provide extensive teaching to local doctors, nurses, and midwives.

Dr Ray's latest project is to construct a Mothers and Babies Hospital in remote Nepal where they can base their life-changing work. All profits from the sale of *Heartbreak in the Himalayas* will fund the construction of the hospital.



For more information or donations to the hospital project, see: www.A4WH.org.

All donations are Tax Deductible.

A4WH is currently building a hospital for mothers and babies in Dolakha, rural Nepal, an area devastated by the earthquake in 2015. Apart from providing critical care for those in need, the hospital will become a major teaching centre for doctors, midwives and nurses.

It will also be the base for an extensive community health program, providing essential public health measures and medical research in the area.

All funding for the construction of the hospital will come from personal donations.

As little as \$2 will provide medications to prevent life threatening haemorrhages in pregnancy. \$250 will pay for an operation to fix a woman suffering with genital prolapse. \$50,000 will pay for a surgical ward. \$1,550 will pay for the training of a midwife.

Submitted by Rotarian Gil Stokes

MEMBERS' PAGE

Rotary Year 2022—2023

April 2023

Saturday 1 Community Market

Tuesday 25 ANZAC Day

Friday 28 Movie Night Wideview School

May 2023

Saturday 6 Community Market

Saturday 13 Mothers Day Plant Sale

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

June 2023

Friday 16— Sunday 18 RYPEN Winter Camp, Springwood

Sunday 25 Wideview School Fete

August 2023

Thursday 31 Daffodil Day

March 2024

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

Birthdays, Anniversaries and Congratulations.....

1 April — 30 April

Happy Birthday to: Carolyn Higgs (24/4)

Happy Anniversary to: Nil

Happy Anniversary of Induction to: Shane Fitzsimmons (8/4)

Safe Travels: Rich Moore returning at the end of April.



From the Social Director

Our next social I am aiming to organise will be on **Saturday 29 April**. Please let me know if you are available to attend so I can make a booking. We can try either one of these:

1. The Vicar Bar & Restaurant - 271 New Line Rd, Dural
[The Vicar](#)

OR if you prefer to support local we can try the new cafe that has recently opened on the western side of the Marina.

2. Water Vista Cafe - 199 Bay Road, Berowra Waters
[Water Vista Cafe](#) - go to their facebook page.

Let me know by this **Friday 14 April** if you would like to attend and once we have made a decision I will make a booking.

I would also like to ask for expressions of interest to attend The Nepean Belle Paddlewheeler. This would consist of a 2.5 hour cruise with a two course lunch. If I can muster up enough people I would aim for a date in June.

[Nepean Belle](#)

Thank you

Yvonne Borg
Social Co-Ordinator
Rotary Club of Berowra

tyvborg@bigpond.net.au

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



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

