



In this issue

Door Team Tonight

Bob Ivey
Linda Lam-Rolfs

- Club Calendar
- Rosters
- This Week
- Last Week
- Neringa Work Bee
- Changeover
- RAN
- RAN Ideas submitted
- Changeover
- Request from Horton House

Back Pages

- Guest Speakers
- Market Roster
- Door Team
- Happy Days

Meeting Apology

Please use the club web-site **before 3 pm** on meeting day to apologise or add a guest, or you will be required to reimburse the club for your meal cost.

<http://www.kuringgairotary.org.au>

This Week

Changeover

Last Week

RAN

RAN

After Graham's presentation many ideas were presented for our consideration. Many appear below and one from Horton House on page 2.

The idea of inviting community input along with some ideas from current members provided very useful input.

RAN Ideas submitted

Ideas table 5

Heinz suggested cooking classes for elderly males who have maybe recently widowed

How to cool and create meals and entertain. Recipes etc how to freeze

Involve a nutritionist

Table 3 Michael Midlam

Make Gordon markets more friendly

Improve our publicity

Table 1 Graham Timms

Jacob. An additional highway crossing between Gordon and Pymble

Special awards night for community protectors, Police Ambos, SEC

Carers night. Do it better or not at all

Table Roger Desmarchelier

Major activities to bring members together

Work together on projects

Make sure meeting meet members needs

Table 4 Malcolm Braid

See sheet

Improve foot path in St Ives

An overpass in St Ives

Changeover

Changeover: Monday 24 June, 6.30 for 7.00 pm at Avondale Golf Club. Dress: semi-formal, black tie, or suit. Please RSVP to Roger. The DG and a rep from

Neringa Work Bee

Cancelled, awaiting DA

RAN Graham Timms

Graham presented a very well prepared overview of Rotary and what we do for the community

Request from Horton House

Barbara Berman from Berman House came well prepared for the evening and presented a list of items that they would appreciate assistance.

The list is on page 2

Dilys offered to assist with sewing and Barbara was delighted.

Notes for Kurringai Rotary Evening 17 June 2013

- Thank you for your kind invitation
- Horton House is located on the corner of Pacific Hwy and Ravenswood Avenue Pymble.
- There are 34 ladies living there
- Some have varying degrees of dementia
- Others have other mental health issue.
- They are all in care for a reason
- We have a fabulous relation ship with Ravenswood school.
- Many of their students complete their Duke of Edinborough Award with us.
- However, we really need more help from the community at large
- In particular, we are looking for people who speak, French, Persian, Japanese, and Chinese.
- People to give talks, on their field of expertise, or interests that they are passionate about. E.g. Travel, Music appreciation, Art etc.
- We have a DVD player connected to a large TV screen which could be used.
- I understand that you have a bus, we would be interested to possibly use the bus to take our residents on a half or full day outing,
- A working Bee in our gardens would be much appreciated.
- Hand sewing repairs on resident clothing,
- Playing the piano or other musical instruments.
- A choir, our residents would love to hear you sing.

Barbara Berman.

Mobile: 0410 521 024

Email: barbara.berman@twilight.org.au

Mandatory Documentation for Rotary Volunteers working with Residents

- If any Rotary Volunteers decide to volunteer with our residents the respective branch need to provide on a letterhead a list of Rotary Volunteers that have a successful police check and the date that the check was done, accompanied by a signed statutory declaration.
- If any Rotary Volunteers wish to take on of our residents in their car, we need a copy of their current Drivers License and vehicle insurance. Only Cognitive Residents that can give consent can go.

Meeting Schedule

2012/13	Calendar	
	17	Rotary Awareness Night
June	24	Changeover Night
July	1	Google tools and BHCC - Matthew McClelland
July	Sat 06	Neringa Completion of Stage One and make good and paint prep.
		Two further dates will be set aside for painting, plumbing, floor coverings and light fitting.
Oct	14	Hat Day in support of Mental Health - Australian Rotary Health

What is Hat Day?

Hat Day is Australian Rotary Health's community action and awareness day. In recent years we have received hundreds of grant applicants looking to research mental health issues; however, a lack of funding has seen only 5% of these receive funding.

By taking part in Hat Day you will be helping the four million Australians affected by mental illnesses. By donating to mental health research you are helping us fund research aimed at finding treatments and cures for mental illnesses such as depression, anxiety and schizophrenia.

We are supporting Hat Day on Monday 14th October, 2013 and would like to suggest a donation of \$5 however for those who don't wear a hat they might like to contribute \$10.