

ROTARY CLUB OF PENRITH VALLEY INC. BULLETIN



Rotary International

President

K.R. "Ravi" Ravindran

District 9685 Governor

Gina Growden

Chartered 20th May 1977

P O Box 267 Penrith NSW 2751 www.penrithvalleyrotary.org

ROTARY CLUB OF PENRITH VALLEY INC.

Meets Wednesday at Penrith Panthers, 6.30 for 7.00 pm

CLUB DIRECTORY 2015/2016

President: Peter Murray

Pres.Elect: Sarah Whereat

Secretary: Glenn Reinhard

Treasurer: Armand Sukhla

Directors:

Club Administration: Sarah Whereat

International & Foundation: Neil Williamson

Public Relations: O'Brien Wyngaard

Immediate Past

President: Chris Dallen

Vocational: Jean Vranich

Service Projects: Eddie Vidal

Youth: Terry Davies

Membership: Gayl Mallett

COMMITTEES AND CLUB ADMINISTRATION

Sergeant: Keith Wakefield

Attendance & Venue: John Gollings

Welfare Officer: Robyn Burton

Social Director: Dario Poles

Child Protection Officer &

Risk Management: Mario Bellantonio

Program & Club Calendar: Armand Sukhla

Public Officer & Club Historian: Keith Wakefield

SERVICE PROJECTS: (Chair: Eddie Vidal)

COMMITTEE: Jim Aitken, John Gollings, Dario Poles, Barry Preskett, Debbie Price, George Rabie & Armand Sukhla

PUBLIC RELATIONS: (Chair: O'Brien Wyngaard)

COMMITTEE: Andrew Mizzi

CLUB MEMBERSHIP: (Chair: Gayl Mallett)

COMMITTEE: Elizabeth Aitken & Chris Dallen

VOCATIONAL: (Chair: Jean Vranich)

COMMITTEE: Robyn Burton, Peter Murray, Glenn Reinhard & Joanne Willott

INTERNATIONAL & FOUNDATION: (Chairman: Neil Williamson)

COMMITTEE: Mario Bellantonio, Arthur Harris, Sachint Lal, Shiva Prakash, & Keith Wakefield

YOUTH: (Chairperson: Terry Davies)

COMMITTEE: Shamus Davies, Alex Donaldson, Glenn McFall & Sarah Whereat

HONORARY MEMBERS:

Merilyn Beach, John Brown, Bruce Chenery, Kathy Gal, Denis Green, Jim Honess, Julie McElrea, Joe Rees, John Wakeling, Tom Walsh, Geoffrey Munyeme, Andrew Rios, Linda Rios, Noor Vellani

Tonight:

“FUN” - NIGHT

Fellowship, Vote of Thanks & Chocolate Biscuit Duty Roster:

- 28th Arthur Harris
- 4th Nov Sachint Lal
- 11th Nov Glenn Mc Fall

Door and Weekly Dues Collection Roster:

- 28th Jim Aitken
- 4th Nov Mario Bellantano
- 11th Nov Robyn Burton

Club Banners Roster: Sergeant Keith plus Helpers please!

- Birthdays: 13th - Lyn Vidal
18th - Eddie Vidal
25th - Jan Prakash
- Anniversaries: 10th - Keith & Bev Wakefield
28th - Armand & Carole Sukhla
+ Gayl Mallett & Peter Simshauser

Coming up

31st Oct / 1st Nov Harvey Norman BBQs

Meeting 21st October 2015 was a Special night especially for our guest speaker

Dr. Shailja Chaturvedi

We also had the pleasure of Ali (Assistant Graffiti cleaner from last Sunday) who came along with the view of potentially joining us—HOPEFULLY.

Apologies – Mario, Shamus, Dario, Barry, Eddie, Sarah, Joanne, Keith, Jim & Elizabeth, George, Arthur, Debbie & Gayl.

The photo from last bulletin was **NOT** a – CUTTIE at all - infact it was the World's UGLIEST Baby ?? From a Google on the Net. That is an honesty fine for those who suggested it was George , Peter or John Gollings.

Robyn—Updated us on “Wraps for Love” / Blankets for World Vision at Alexandria.

Terry—Updated us on the Graffiti Clean up day (Photos were in last weeks Bulletin).

Armand– Updated us on Shopping Night scheduled for 2nd Dec (See later) ++

Vocational Director – Jean

Nepalese Earthquake victims support concert at Riverside Theatre Parramatta Friday 20th Nov 2015 - \$45 a head.

International Director: NEIL –

On Thursday 22nd October movie night at Glenbrook theatre. Tickets are \$20. There will be nibbles and champers at Glenbrook school at 6pm prior to the “Bridge of Spies” (Tom Hanks) . NOTE -**The Bridge of Spies was actually “The Dressmaker”** I think this was a **Bob Aitken swifty—Not Sure**. The night was fun the Movie a bit average though. The evening was very well supported & the Glenbrook theatre was full—160 IN ATTENDANCE.

Treasurer ARMAND—

Where do the funds raised go?

*This year to date, funds totaling **\$10,555** raised from our Projects have been disbursed as follows:*

<i>Thai orphanage</i>	<i>\$1,418</i>
<i>Western Sydney Nepalese Community</i>	<i>\$500</i>
<i>Stop the Traffik</i>	<i>\$500</i>
<i>Mama Lana's Community Foundation</i>	<i>\$1,732</i>
<i>RYPEN</i>	<i>\$600</i>
<i>Penrith South Public School</i>	<i>\$100</i>
<i>Bowel care kits</i>	<i>\$1,275</i>
<i>Cuddle cot & plaque</i>	<i>\$4,370</i>

Terry did a great job informing all in attendance of the importance of a Paul Harris Fellow. This was a great lead in to our Guest Speaker spot & Sachint did the rest after we appreciated the presentation from Dr. Shailja Chaturvedi on Depression

Are people simply UNHAPPY or Depressed?

Happiness is the pursuit of life.

Happiness is a choice of adopting Good Habits & dropping bad ones.

What do we need to be happy—Resilience !!!

Sanity / Insanity are very closely aligned.

Enviromental, Behavioral, Medical & Motivational principles apply you MUST challenge yourself—take control & prevent unhappiness.

Stress Management is 50% Medication & 50% up to you

You have the power to be Happy.

Guest Speakers presentation was excellent however we were really only 1/2 focusing on the presentation & looking forward to surprise Shailja

Our New Paul Harris fellow

Dr. Shailja Chaturvedi has practised as a Consultant Psychiatrist in Penrith area for some thirty years. She has been attached to St. John of God Hospital, Richmond, as a Visiting Medical Officer for just as long. She has been a member of Mental Health Tribunal of New South Wales for many years.

Shalaja's practice appears to be only her part-time job. She is involved in so many community and charity works that she rarely finds time for herself. She has been a member and President of Hindi Samaaj, a literary organisation, over many years. She has been involved in arranging, and sometimes being the main benefactor, for many literary, music and cultural programmes in Sydney. She was able to bring Ustad Zakir Husain, the world famous Tabla player to this City. She has been President of Australian Indian Medical Graduates Association. She has contributed in a lot of projects initiated by Australian Medical Association. She was part of the project where AMA brought home to people the dangers of inflatable pools for children. She was involved in the campaign for advising parents not to be pushing too hard to achieve goals as it could be to the detriment of the child.

Shailja got involved in medical and psychiatric care of poor people in a remote part of North of India. She and her husband, Dr. Jay Chandra, along with one of our early members, Dr. Amrat Choudhary, ran successful Eye camps in that area for year after year, consulting and operating. And all this at their own expense. They conducted Eye and Psychiatric clinics in a remote area of Fiji for eight years. Shailja was invited by the Fijian Government in 2011 and she was a member of the Committee to organise Fiji's Mental Health Care Scheme and the teaching of Psychiatry in Fiji University.

Shailja is a sober, polite person. She is always ready to help people. Her only weakness is that she cannot say "NO". She is a mother to two lovely girls and

a grandmother to two adorable children.



***LAST week's
mystery photo.***

NO It is NOT George, Peter OR John
it came from Google the Ugliest Baby)



Raffle: 1st Alex 2nd Dawn 3rd Shirley 4th Dawn

H& T: Ali

PAST PRESIDENTS

1977/78	Arthur Bennett	1990/91	Malcolm Beach	2003/04	Graham Wilson
1978/79	Phil Magee	1991/92	Alan Richardson	2004/05	Alex Donaldson
1979/80	Ray Waters	1992/93	John Brown	2005/06	Linda Rios
1980/81	Denis Green	1993/94	Jim Aitken	2006/07	Dario Poles
1981/82	Bert Bragg	1994/95	Barry Preskett	2007/08	O'Brien Wyngaard
1982/83	Shiva Prakash	1995/96	John Tourish	2008/09	Ron Norman
1983/84	Arthur Harris	1996/97	Graham Beckett	2009/10	Graeme Butler
1984/85	Mario Bellantonio	1997/98	Max Shepherd	2010/11	John Gollings
1985/86	Tony Robinson	1998/99	Armand Sukhla	2011/12	Catrina O'Kane
1986/87	Lou Gal	99/2000	Terry Davies	2012/13	Jean Vranich
1987/88	Tom Walsh	2000/01	Jim Honess	2013/14	Don Mackenzie
1988/89	Keith Wakefield	2001/02	Noor Vellani	2014/15	Chris Dallen
1989/90	Sachint Lal	2002/03	Glenn Reinhard		

PAUL HARRIS FELLOWS

Up to 1st July 2015 the Rotary Club of Penrith Valley has awarded Paul Harris Fellowships to, or has the following as members who are PHFs:

Elizabeth Aitken, Jim Aitken, Dr Al_Khhawaja, Charles Ancheta, Malcolm Beach, Marilyn Beach*, Graham Beckett, Mario Bellantonio, Arthur Bennett*, Jane Bennett, John Boccanfuso, Bert Bragg, John Brown, John Buchtman, Robyn Burton, Eileen Cammack, Bruce Chenery., Sheila Cunliffe, John Daly, Terry Davies*, Alex Donaldson*, Arthur Downes, Phil Fehon, Margaret Fenech*, Jim Freeburn, Lou Gal*, Maggie Giddens, John Gollings, Denis Green*, Jim Honess, Phyllis Jenkins, Sue Kingsbury, Dipak Kumar, Dr Sachint Lal* Tony Lauer, Julie McElrea, Andrew Mizzi*, Peter Murray, Dr Ralph Nanan, Dario Poles, Dr Shiva Prakash, Barry Preskett*, Helen Redler*, Joe Redler*, Glenn Reinhard*, Marjorie Ross, Max Shepherd, Armand Sukhla, Dr Noor Vellani, Jean Vranich, Luciano Vranich., Keith Wakefield*, Helen Wakeling, John Wakeling*, Tom Walsh, Sarah Whereat, Graham Wilson, O'Brien Wyngaard

* *Sapphire Pins*

Monday	Nepean	Penrith Valley Inn	7.00 for 7.15am
	Penrith	Penrith Panthers	6.30 for 7.00pm
	Richmond	Richmond Club	6.30 for 7.00pm
	Springwood	Springwood Sports Club	6.30 for 7.00pm
Tuesday	Lower Blue Mountains	Emu Plains Sporting & Recreation Club	6.30 for 7.00pm
	St Marys	St Marys RSL & Ex-Servicemen's Club	6.00 for 6.30pm
Sunday	Vinegar Hill	Griddle Restaurant, Rouse Hill Town Centre	4.00pm

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprises and in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

PENRITH VALLEY

The 4-Way Test

1. Is it **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**
4. Will it be **BENEFICIAL** to all concerned?

Rotary Grace

O Lord, The giver of all good
We thank Thee for our daily food
May Rotary Friends and Rotary ways
Help us to serve Thee all our days
(© Rotary International 1946)