



# Nepean Jobs for All

A joint initiative of Blue Mountains, Hawkesbury and Penrith City Councils with funding through the National Disability Insurance Scheme (NDIS), this awareness and capacity building project encourages businesses to employ people with a disability. The project will highlight the real benefits that employing people with a disability can bring, and address some common myths and stereotypes.



## Claire Galvin

**Disability Inclusion Officer at Penrith City Council**



**ROTARY:  
MAKING A  
DIFFERENCE**

### **Rotary Grace**

O Lord and 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.

**<http://www.windsorrotary.org.au>**

Guest speakers Janet Price & Brenda Harrold, were joined by guests Jenni Rose, Nola Gale, Jane Bishop, Carolyn Kelly, Mark Ashton & 28 Club members. Apologies were recorded for Mssrs Kennedy (A), Gale (B), Veitch, Hauser, Blaauw, Fraser, Tolson, Phillips, Brill, Miller (A) & Whitmore. Leaves of Absence were noted for Mssrs Clayton & Munsey and a retrospective Makeup (Pioneer Village) was awarded to Mssr Fraser, giving an attendance of 74% for the night, 71% for February & 80% for the Rotary year to date.

Members please note all details of apologies and guests are required by **9.00am Wednesday**. Ring Clare or Theresa on **4572 5429** or email [admin@reelmen.com.au](mailto:admin@reelmen.com.au) In accordance with board recommendations, no-shows and late apologies will be asked to pay for meals as booked. Thank you.

**Trivia: Name the original 4 Rugby League immortals and what did they have in common as Australian representatives.....bonus if you can name the other 4 immortals who were inducted later on....**



**Last week's answers were an operating theatre, a burns unit or the ICU of a hospital and a zoo and nobody got the zoo....the blast from the past was the 1984/85 Windsor Rotary Board and in the photo were Ron Wilkinson, Brian Speechley, Roy Duncombe, Ken Lyons, Bill Packard, Noel Wenzel and Graham Price (Absent were Harry Slater and Tony Biggs) and the table of knowledge got all but one....**

**the raffle jackpot will start at**  
**\$449**  
**prior to the next raffle on 7<sup>th</sup> March**





## The Rotary Club of Windsor Inc. Weekly Meeting – 28<sup>th</sup> February 2018



The meeting was opened by President **Robert Bishop** who welcomed members and guests – **Janet Price** and **Brenda Harrold** from the Richmond/Windsor VIEW Club, **Carolyn Kelly**, **Jane Bishop**, **Jenni Rose**, **Nola Gale** and also visitor **Mark Ashton**. The Sergeant **Tom Millington** called upon Past President **Garry Baldry** to lead the meeting in Grace and the Loyal Toast.



Jane Bishop, Jenni Rose and Brenda Harrold.....



Above Carolyn and Sid Kelly and below Nola and Norm Gale.....





Acting Secretary **Paul Barber** reported that an RSA course will be organised in March or April for those fellows who have registered their interest.

Past President **Norm Gale** sought interest in a 3 day BBQ for the Orchid Out West Show on at Hawkesbury Race Club in May. Support was offered from the floor by many members, so it's a goer.

Vocational Director **Doug Stoneman** confirmed the Pride of Workmanship awards will be held on 2<sup>nd</sup> May and that nomination forms will be ready this coming week.

Past President **Brian Speechley** informed members that our website was being updated and the cut over date was likely to be 14<sup>th</sup> March. **Brian** also gave an update on the annual charity race day with 2 races left available for sponsorship, raffle tickets to be available next week, we need grog donations for the fridge raffle, we need items for the auctions and we need to fill those tables up.....

Past President **Sid Kelly** OAM spoke about the ghost tours on at Australiana Pioneer Village this year.... See the bulletin 28/2 for details.



Our first speaker **Janet Price** was introduced by Past President **Graham Price**. **Janet** is the President of the Richmond/Windsor VIEW Club.

The Richmond/Windsor VIEW Club has 57 members and is in its 50<sup>th</sup> year. The VIEW Club greatly supports The Smith Family. There are more than 300 VIEW Clubs around Australia open to women of all ages. VIEW offers a friendship network, providing fun and a sense of purpose for members through supporting the education of disadvantaged Australian children.

**Janet** introduced **Brenda Harrold** who has an impressive cv of achievements, including Past National President of VIEW Clubs of Australia, Past President of Richmond Probus Club, Past President of the Richmond RSL Women's Auxillary, Past President of the Colo High School's Executive Council, Current Chairperson of the St John of God Hawkesbury Hospital and was awarded an OAM in 2016 for service to the Community of the Hawkesbury.



**Brenda** gave a most entertaining and informative talk on VIEW and showed some terrific short videos of stories of how the Smith Family helps to empower young people with its motto of "to give every child in Australia an education".

The Richmond/Windsor VIEW Club has 5 students that they are currently sponsoring in the Learning for Life program, and the club is actively seeking new club members.....sorry fellows, ladies only.



Brenda and Janet are thanked by Past President Rod Hartas



The wine raffle was won by **Pater Dykers** who fooled us all by bringing his own joker, but was then unable to cut the real one, so the jackpot builds...



We are 4 old farts. We want to make a difference. We're inspired by the work of Prostate Cancer Foundation of Australia and wanted to support them by raising money as part of our participation in Outback 4WD Adventure. Please help us help them by giving whatever you can using the link below. The more people that know about Prostate Cancer Foundation of Australia, the greater their impact, so please also spread the word to your friends and family. Thank you in advance for your generosity, it means a lot!

<https://outback4wdadventure.everydayhero.com/au/4-old-farts-for-prostate-cancer>





# 2018 annual charity race day Thursday 10<sup>th</sup> May 2018



## Charities and Organisations supported:

*Windsor High School - hall air conditioning*

*Westmead Children's Research Institute*

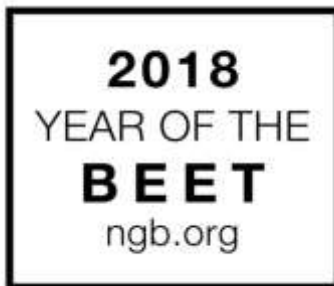
*Children's Cancer Institute*

*Windsor Rotary Youth Trust*

*Hawkesbury-Colo Meals on Wheels*



**ROTARY:  
MAKING A  
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### **2018 is the Year of the Beet**

From its humble beginnings around the Mediterranean, the table beet (*beta vulgaris*) has spread to all continents of the world. Today, beets are popular as a processed product sold in stores or as fresh greens and roots.



**Blast from the past....name the occasion, the year and everyone....**



## **DISTRICT ASSEMBLY 2018**

2018-19 Board Members, please be aware of the following  
2018-19 District training:

***Sunday 29 April 2018***

The Kings School, Pennant Hills Road, Parramatta  
It will begin with registrations at 8.30am and formal start at  
9.00am, finishing at 4.30pm.

The training content will be informative and entertaining.

***It is a Rotary International requirement that each club is  
represented at PETS and District Assembly.***

**REGISTRATIONS CLOSE ON 24 APRIL**



MACQUARIE  
TOWNS  
ORCHESTRA

ST ANDREW'S  
UNITING CHURCH  
25 WEST MARKET STREET  
RICHMOND

The poster features a photograph of the Macquarie Towns Orchestra, a group of people of various ages playing string instruments like violins and cellos. The text is overlaid on a grey and black background.

**Sunday 9<sup>th</sup> April – more information to follow.....**





## Tips and Ideas for Older Australians (65 years and older)

*What sort of activity should I be doing?*

Four types of activity are needed to keep you healthy.

- **Moderate Activities** – for your heart, lungs and blood vessels
- **Strength Activities** – to help maintain bone strength
- **Flexibility Activities** – to help you move more easily
- **Balancing Activities** – to improve your balance and help prevent falls.

Try to include at least one activity from each group.

### Moderate Activities

**Do 30 minutes of activity from this group on most days**

- Brisk walking
- Continuous swimming
- Golf (no cart!)
- Aerobics
- Cycling
- Washing the car
- Walking the dog
- Yard and garden work
- Tennis
- Water aerobics
- Dancing
- Mopping and vacuuming

### Strength Activities

**Do specific strength exercises two or three times a week**

- Weight, strength or resistance training exercises.
- Lifting and carrying (eg groceries or small children)
- Climbing stairs (instead of taking the lift or escalator)
- Moderate yard work (eg digging and shifting soil)
- Calisthenics (eg push-ups and sit-ups)

### Flexibility

- Tai Chi
- Bowls (indoor and outdoor)
- Mopping, vacuuming
- Stretching exercises
- Yoga
- Dancing

### Balancing Activities

- Side leg raises
- Half squats
- Heel raises

**Make your move – Sit less – Be active for life!**





# Bush Fire Myths

KNOWING THE FACTS MAY SAVE YOUR LIFE



**MYTH** It won't happen to me  
**FACT** No one can guarantee that it won't happen to you.

If you prepare and nothing ever happens then you have lost nothing. If you do not prepare your family and home in order to best protect them from a bush fire you may not live to regret it!



**MYTH** Filling the bath tub when a fire is approaching is to sit in?

**FACT** The NSW RFS recommends that you fill your bath and sinks with water in case the water supply to your home is cut off. This water can then be used to put out small spot fires that may start in and around the home.



**MYTH** Standing on my roof hosing it down with water will help?

**FACT** During a bush fire more injuries occur from people falling off roofs than from burns! Filling your gutters with water and hosing down your roof will help stop spot fires due to ember attack, but any hosing should be done from the ground.



**MYTH** A house can explode if it catches on fire?

**FACT** Houses do not just explode, it's what you have stored under your home that may explode. You should consider what flammable and explosive items you have around/under your home and where you should store them in order to reduce the risk to your home.



**MYTH** I'll be fine; the bush is a few streets away

**FACT** Most houses are burnt in bush fires because of ember attacks. Embers can cause fires many kilometres in front of the main fire and can start falling up to an hour before the fire arrives at your home. You need to make sure that your home is properly prepared to withstand ember attack.



**MYTH** If I know the back streets in my suburb or town really well, it will be ok for me to leave at the very last minute

**FACT** Smoke from a fire can limit visibility. You may become confused or disorientated. Power lines and fallen trees on roads may be hard to see making driving dangerous. It is always better to leave early before the fire arrives.



**MYTH** There will always be a fire truck available to fight a bush fire threatening my home

**FACT** There will never be as many fire trucks as there are houses. Do not depend on a fire truck being available at your home.

PREPARE

ACT

SURVIVE

BUSH FIRE INFORMATION LINE | 1800 679 737



Rotary



Club of Windsor NSW



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## *Macquarie Towns Music Club Inc.*

*You are invited to join us for a Concert*

At the Neighbourhood Centre, 20 West Market Street, Richmond

*Friday 20<sup>th</sup> April 2018 at 7:30 pm*

**DINGO'S BREAKFAST**

**OZ MUSIC & POETRY BAND**

The Dingo's Breakfast, Oz Music & Poetry Band, tours every summer in the eastern states of Australia, appearing at the best of the festivals, clubs and venues. **Roger Montgomery** and **John Angliss** will be joined by the incomparable **Alison Boyd** on various keyboards and whistles for their April shows this year. With decades of performance experience under their belts, Dingo's Breakfast presents an electrically eclectic dialectic selection of Oz Music, Poetry and Yarn spinning, with the accent firmly on Comedy. The Dingo's Breakfast concerts are a wonderful mix of Contemporary and Traditional Australian and Irish Songs, lavishly salted with an edgy slam of Performance Poetry.

***\$15 for non-members and includes a light supper***

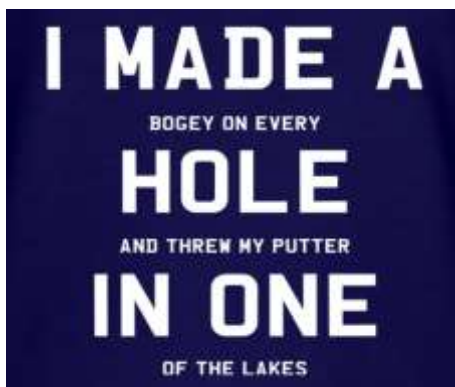


Further details and bookings - phone 4567 7500








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	!	Paul Harris Fellow	
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## Meetings, Events & Service Calendar

Friday 9 <sup>th</sup> March	<b>International Women's Day</b> United Nations	
Friday 9 <sup>th</sup> March	<b>Celebrate the West</b> Sydney Olympic Park Host Sid Kelly OAM	
10 <sup>th</sup> to 11 <sup>th</sup> March	<b>District 9685 Conference</b> Fairmont Resort Leura	
Wed 14 <sup>th</sup> March	<b>St. Patrick's Day evening</b> Ed Sobiesiak and the band entertains <b>Ladies night</b>	
Saturday 17 <sup>th</sup> March	<b>Rotary Presidential Peacebuilding Conference</b> Sydney Town Hall 10am	
Monday 19 <sup>th</sup> March	<b>Hawkesbury Valley Toastmasters dinner</b> East Court Chinese \$40	
Wed 21 <sup>st</sup> March	<b>Harmony Day BBQ</b> Oasis South Windsor Setup and BBQ crew	
Wed 21 <sup>st</sup> March	<b>Annual Barefoot Bowls Challenge...</b> Windsor Bowling Club 6:30 pm	
Sat 24 <sup>th</sup> March	<b>Pink Tie Ball</b> Hawkesbury Race Club	
Wed 28 <sup>th</sup> March	<b>Club meeting</b> Nothing booked yet	

## Meetings, Events & Service Calendar cont...

Wed 4 <sup>th</sup> April	<b>Club Assembly</b> Board meeting 5pm	
Sunday 9 <sup>th</sup> April	<b>Macquarie Towns Orchestra</b> St Andrews Uniting Church	
Sat 14 <sup>th</sup> April	<b>Pansy Line tour</b> Kurrajong-Comleroy Historical Society	
Wed 18 <sup>th</sup> April	<b>A Taste of India</b> Bells Line Curries Kurrajong Village <b>Ladies night</b>	
Sat 28 <sup>th</sup> April	<b>Hawkesbury Race Day</b> BBQ, Cleaners & RSA required	
Sun 29 <sup>th</sup> April	<b>District 9685 Training</b> The Kings School Parramatta	
Wed 2 <sup>nd</sup> May	<b>Pride of Workmanship Awards</b> <b>Ladies night</b>	
Thursday 10 <sup>th</sup> May	<b>Windsor Rotary Charity Race Day</b> Hawkesbury Race Club	
Friday 18 <sup>th</sup> to Sunday 20 <sup>th</sup> May	<b>Orchids Out West Show</b> Hawkesbury Race Club BBQs shifts all 3 days	
Saturday 26 <sup>th</sup> May	<b>Bunnings BBQ</b> Usual shifts required	
Sunday 24 <sup>th</sup> June	<b>Bunnings BBQ</b> Usual shifts required	

## Can't make our Wednesday meeting? Do a make-up here.....

<b>MONDAY</b>	Richmond	6.30pm	Richmond Golf Club Bourke Street East Richmond.
	Springwood	6.30pm	Springwood Sports Club Macquarie Road Springwood.
<b>TUESDAY</b>	Kurrajong – Nth Richmond	6.30pm	Four Beans Cafe Bells Line of Road North Richmond.
<b>THURSDAY</b>	Rouse Hill	7.15pm	1 <sup>st</sup> & 3 <sup>rd</sup> Club Meetings Rouse Hill Anglican Centre Cnr Windsor & Mile End Roads Rouse Hill
<b>SUNDAY</b>	The Ponds	4.00pm	1st, 3rd & 5th Coffee Club Michel's Patisserie, The Ponds Shopping Centre The Ponds
<b>ANYTIME</b>	eClub One		<a href="http://www.rotaryclubone.org">http://www.rotaryclubone.org</a> and click on the "Makeups" tab

### March Birthdays:

John Gollan	7 <sup>th</sup>	Janet Price	8 <sup>th</sup>
Nola Gale	11 <sup>th</sup>	Trish Grange	11 <sup>th</sup>
Clare Norton	13 <sup>th</sup>	Graeme Gale	14 <sup>th</sup>
Terry Munsey	14 <sup>th</sup>	Christine Paine	23 <sup>rd</sup>
Craig Munro	23 <sup>rd</sup>	Rod "Rocket" Reddy	1 <sup>st</sup>

### March Anniversaries:

Bruce & Margaret Thorne	18 <sup>th</sup>	Robert & Jane Bishop	23 <sup>rd</sup>
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### Quotes of the week by Jack Gibson - Supercoach:

Ding Dong! The witch is dead! (Parramatta's first grand final win 1981)  
Waiting for Cronulla to win a premiership is like leaving the porch lamp on  
for Harold Holt. (note - Cronulla eventually did win a grand final....)

Played strong, done good.

There's always free cheese in a mousetrap.

That guy is quick, he can turn the light off and get into bed before the room  
is dark. (on Andrew Ettingshausen)

They'd boo Santa Claus, this mob. (Lang Park state of origin crowd)

Kick it to the seagulls. (advice to a young Peter Sterling)

The big test in football is how the captain leads under conditions of  
adversity.



### The Four-Way Test

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?