



MEETINGS: MONDAYS AT 6:15PM FOR 6:45PM AT ST JOSEPH'S CONFERENCE CENTRE ST JOSEPH'S RD BAULKHAM HILLS NSW 2153

WEBSITE: HTTP://WWW.HILLSROTARY.ORG.AU

FACEBOOK: HTTPS://WWW.FACEBOOK.COM/HILLSKELLYVILLEROTARY/

Welcome Desk: 23rd September: Jim Sifonios 30th September: Wilf van Emmerik

ISSUE 16 N° 13 23RD SEPTEMBER 2024

Well, Jazz at "The Pines" 2024-25 season is off and running . Although numbers were down those who did brave the cold and windy conditions enjoyed great music from the Bridge City Jazz Band.



Members of The Hills Rotaract were a godsend by assisting in setting up and packing up of the tables and chairs.

Keith and his team have been busy judging the numerous entries in this year's Orange Blossom Festival Hills Garden Competition. The presentation of Awards will be held next Friday 27th September at the Harvey Lowe Pavilion.

Keith and his team will require some hands on to prepare and clean up at the end of the night. Also we will assist with the serving of the supper which is prepared by the InnerWheel Club of Baulkham Hills.

Our meeting next week is a General meeting before our Board meets. You are invited to participate in meeting and if you wish make comment . John.

Thought of the week: "Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein

CLUB PROGRAM:

Table with 3 columns: SEPTEMBER, Basic Education & Literacy Month, EVENT INFORMATION. Rows include dates from Monday 2nd to Monday 30th with corresponding events and locations.

John Collignon (11th) and Gordon Scoble (12th) are celebrating Birthdays in September. Lyn & Keith Stapley (3rd) and Sheila & Pakkinathan Krishnan (19th) are celebrating their wedding anniversary. Congratulations & many happy returns to you all.

Tonight, we toast The Rotary of Kumasi (Ghana) who with the aid of funding from Rotary Club of Calgary at Stampede Park (Canada) are constructing sanitary facilities at 12 schools in the Ashanti and Obuasi regions. The project worth US\$70,000 involves the provision of 12 boreholes and 75 micro-flush toilets. Please join me to toast the The Rotary of Kumasi (Ghana).

From our Club Meeting, Monday, 16th September 2024:

Apologies: John van den Burg, Michael Griscti, John Collignon, Michael Richardson and Sheila Krishnan..

Acting Chairman, Ian Pascoe welcomed Guest Speaker Philippa Lovely, Dennis Lovely, Lyn Stapley and members. He extended an apology from President John van den Burg who was attending elsewhere.

Members of The Rotary Club of The Hills-Kellyville are ordinary people achieving extraordinary results through projects within local, national, and international communities. We constantly strive for the ideal of "Service Above Self" through our humanitarian projects.

Jazz at The Pines: Keith reported that 200 people had booked to attend but only half this number attended Sunday's event. Many were probably frightened off by the cool southerly winds. Fortunately, the Hills Shire incentive of Orange Blossom tickets (and afternoon tea vouchers) helped us cover expenses.

He thanked all who assisted on the day, particularly Hills Rotaract members, Joel Devlin, Danijela Jaric and Noah Sironne-Hariss. Sadly the Rotaractors are not available for the October event, so we are searching for extra support, particularly for the set-up and pack-up tasks.

Keith also advised that one of the attendees at Sunday's event expressed interest in Rotary and has been invited to attend a couple of our meetings to get to know more about our club and our projects.

Rotary Writing Competition for Year 6 Students: Jim thanked all who assisted with last week's successful Writing Competition Presentation Night, especially Coordinator and MC, Shelia Krishnan.

Club Service: Next Monday we will hold a General Meeting that to be followed by a Board Meeting. On Monday 30th September, our Guest Speaker will be Rachel Whelan who will speak about "Kids with Cancer".

Jim also reported that we have all been invited to attend the Rotary District 9685 **Respectful Relationships Garden Party**, on Saturday 21st September at The Vicar in Dural. The Respectful Relationships Campaign, Corporate PSponsorship Campaign will be launched here.

We are all also invited to attend the "**Harvesting Hope and Healing, Hopper Night**" which will be held at Past President Haran Ramachandran's home on Sunday 10th November. More details will be published in future Bulletins.

Garden Competition: Keith called for members of the Sydney Hills Garden Competition committee to attend a meeting to firm up the competition Prize details and follow up on sponsorship requests.

Westmead Medical Research Institute: Wilf reported that we have received a "thank you note" from WMRI for our donation of a Cell Counter, valued at \$7000.

Train ride to end Polio (Thursday 24th October). PDG Barry reports that over the past 6 years, this Sydney group of Rotarians have raised \$600,000, plus the addition of \$1,320,000 from the Gates foundation who donate \$2.00 for every \$1 we raise. There are 195 stations in and around Sydney including the metro. The trains start at Cronulla at 4.30 am and finish at Tullawong at 10 pm.

Join the travel for all or part of the day. Clubs are being asked to donate \$10 per station or \$1950 and Rotarians, \$1 per station or \$195. The goal for the day is \$100,000 made up of \$75,000 from clubs and \$25,000 from Rotarians. Help reaching this end Polio target by travelling and /or donating. Red polio shirts are available from RDU supplies.

Promoting Rotary: Barry also reports that DG Nirnanjan held a lunch meeting on Saturday 14th September for PDGs where he spoke about a number of activities in the area of Rotary promotion. There is a lot going on which addresses a number of questions raised by club members in the past. The activities also have a link to regionalisation

Gordon Scoble won the **Raffle** but was unable to draw the Joker. The pack of remaining cards is getting very thin.

Guest Speaker: Philippa Lovely: Born in NSW but was lucky enough to have her childhood in both Sydney and in country WA where her grandparents lived in Kojonup. Went to Cheltenham Girls High school where she represented the school in both tennis and hockey. Pip worked in both the Commonwealth bank and Reserve bank, before marrying Dennis Lovely in 1969.

They spent the next 3 years travelling around Australia working in all sorts of jobs such as a wool presser and a sunflower tester. They returned to Sydney and became parent to 3 children. Eldest son Jarrod is now a barrister in NZ, Daughter Kelly is a corporate bigwig and ..younger son Nathan is an intensive care nurse at Westmead. She is now the proud grandmother of 8. Her interests include tennis, abseiling, Rotary and Riding for the Disabled.

As a Rotarian she has been overseas on 5 FAIM trips to Samoa, Singapore, Philippines twice and Solomon Islands. She plays tennis at a Division 1 standard and as an abseiler, she holds the Senior Instructor qualifications.



September is Basic Education & Literacy Month. Our club proudly runs the Annual Writing Competition for Year 6 Students and supports local, regional and international schools in many ways, to improve youth literacy. We welcome inquiries from prospective members.

If you are interested, contact us, or peruse our Web page (www.hillsrotary.org.au).

Inquiries John van den Burg (President) 0419 621 314 or Sheila Krishnan (Youth Dir.) 0422 793 322

Riding for The Disabled (RDA) NSW: RDA is a volunteer organisation providing equine assisted activities for people with disabilities to develop and enhance abilities.



Riding for the Disabled Association (NSW) was formed after Pearl Batchelor AOM visited Riding for the Disabled Association in England in the early 1970s. With the combined interest and commitment of Pearl Batchelor and Nan Everingham, the inaugural meeting was held on 23 October 1972. Lessons were first held at Pearl Batchelor's property Tall Timbers at West Pennant Hills, with 3 horses. Riders from Northcott School Parramatta and Crowle Home were the first to participate.

By 1975, demand outgrew the property and TDA purchased 5 acres in Conrad Street, Kellyville and then expanded, due to demand, to 15 acres.

In 1975 Riding for The Disabled groups in NSW amalgamated to form RDA NSW, as one charity. At Expo 75 the Australian Council for RDA was formed and RDA (NSW) hosted the first ACRDA conference. RDA (NSW) now comprises of 35 RDA Centre's. RDA (NSW) is a registered charity run predominantly by volunteers.

By 1980, Rouse Hill was booming and neighbours to RDA started complaining about smells from the centre, which moved to Box Hill in a 27-acre property. This was opened by Princess Anne in 2000.

In 2007, the Equine Flu epidemic spread through Australia and RDA NSW used this isolation period to build an outside arena.

Riders are assessed prior to commencing riding so that a suitable individual program can be developed for each person. Some riders are assisted initially by up to two trained helpers and a leader. Many graduate to riding independently and some to competition level.

Riders must have consent from their doctor, before commencing in the program which is updated on a regular basis. There are strict safety standards in RDA (NSW). Riders are required to wear helmets for horse riding and horse-related activities as well as correct footwear. These are often provided by the centres. Special equipment is occasionally used however RDA (NSW) attempts to keep conditions as close to natural as possible to encourage the riders to achieve a good position through the use of their own body. Riding Develops Abilities

Horses at RDA work only 5 days per week.

The philosophy of using horses for the therapy of people with a disability is not new. Horses are clever, patient and tolerant. They allow children to expand their abilities. **Some of the benefits gained by participants are:**

- Improved balance and posture
- Assisting with the development of fine and gross motor skills
- Promotes decision making and thinking ahead
- Motivation and learning – encourages reading and speech through games
- Develops hand and eye co-ordination
- Development of language & communication skills
- Memory improvement and concentration
- Personal challenge leading to achievement
- New mobility and access to new areas
- Social integration
- Mental stimulation
- Increased self-esteem
- Learn the value of rules
- Promotes a general feeling of well-being

Most attendees are children with autism diagnosis.

The centre can no longer do vaulting (exercises with the patient standing on the horses back) nor carriage riding (due to the lack of a "whip rider").

They also don't support children who have suffered a fit, within the past 24hrs or children with brittle bone syndrome.

The property has made significant upgrades to make it more user-friendly. A Sensory Garden has been included which is used by those who are unable to ride a horse (due to weight limits or other inhibitions).



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Every activity has purpose. Children can develop strength in muscles they may have limited use, or are unable to use.

The social herd, prey nature and ensuing heightened sensitivity to reading energy and subtle changes in their environment, enable horses to co-facilitate teaching a wide range of life and coping skills. Due to their sensitivity, horses react and respond to people differently based upon the person's current, and ever-changing, emotional state. The horse supplies biofeedback, providing the clients and the therapeutic team or coach with information regarding the clients' mood, somatic experience and changes within those moods/experiences. This provides an opportunity for learning and skill building. Horses teach the value of rules and discipline.

Horses mostly use non-verbal communication and interacting with them helps people understand and learn how their own non-verbal communication might be impacting others. People can learn how to use their own body's multiple intelligences, rather than rely on the analytical, rational brain alone. Horses also demand that we are aware of our surroundings at all times. In order to stay safe around horses we must be observant, present, focused and attentive – all skills which many people struggle with. Horses can also be very instructive in setting boundaries: physical, psychological and emotional – something many people struggle with. Clients may gain self-esteem and self-confidence while learning how to work with such a large and powerful creature to achieve objectives. They also learn how to care for horses, which can improve responsibility and work ethic in their daily lives. Programs are tailored to individuals or groups in consultation with mental health professionals or client representatives.

It costs RDA cost about \$3000 each annually to feed and look after their 20 horses (who's ages range between 14 and 20 years). Horses receive a weekly, remedial massage. During the drought, the cost of hay became very expensive.

The centre has a Horse Manager, Assistant Manager, Office Manager and Connects Program Manager. There are 12 certified coaches, 4 on staff and 8 volunteers.



Wilf thanked Pip for her presentation.

SAVE THE DATE

Friday 27th September 2024

Garden Competition Presentation Night



Harvey Lowe Pavillion
Castle Hill Showground
Judging will take place between 16th & 20th September.

Monday 30th September
Rachele Whelan.
“Kids with Cancer”



St Joseph's Conference Centre 6:15 for 6:45pm

Monday 20th October, 2024
“Jazz at The Pines”



Featuring the Geoff Power Jazz Band.
Roughley House 656a Old Northern Rd, Dural

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