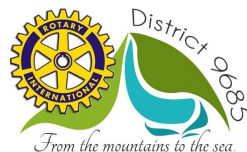




The Wahroongler



Bulletin of The Rotary Club of WAHROONGA

Chartered 1975 and Meeting at 7.15 am Wednesdays, at Warrawee Bowling Club

Rotary Australia's first Breakfast Club. 22nd Feb 2017, Vol 43 No 7

Neil's Notes

Last week we had a terrific turn out of members to hear about the progress and processes involved in the development of the NorthConnex tunnel. Director of Tunnelling, Bob Nowotny, gave a fascinating presentation on the complex task of creating, what will be the longest traffic tunnel in Australia. The presentation was so interesting, we extended the meeting by quarter of an hour and that was without questions – which were held after the meeting.

I am seeking a detailed summary from NorthConnex on the ventilation systems (as this is of concern to many) and will share it in an upcoming bulletin.

This week we will learn more about two of our fellow Rotarian's lives as we enjoy a 5 Star Fellowship meeting. These meetings also allow for extended conversation between members, which is often cut short by full meetings.

As mentioned at last week's meeting, I have received a Membership Application from Barbara Harvison, who many of you know through her attendance over the past few months. The Board endorsed this last week, but as a matter of process I formally ask members of any reason why we should not welcome Barbara into our community. If any of you have any concerns, please contact me directly.

Also mentioned last week was ***The International Women's Day Nepalese Cultural Evening*** being organised by Ahbi and the International Committee in conjunction with Kuring-gai Municipal Council, as their International Women's Day event. The key speaker will be the Mayor, Jennifer Anderson. It comprises traditional Nepalese snacks on arrival and an authentic Nepalese Thali sit down dinner, followed by a freshly made dessert, together with colourful entertainment and presentations on IWD themes.

Members and friends are all invited and encouraged to attend, so save the date: **Saturday 18 March at 6:30 pm in Kuring-gai Town Hall**. Cost \$60.00 per head + BYO. Follow this [link](#) or otherwise look on the Wahroonga Rotary Web page and follow the links there. Please book asap to support this great night.

Neil McWhannell, President



CONTACT THE ROTARY CLUB OF WAHROONGA, PO Box 13, Wahroonga, 2076.

President: Neil McWhannell - 0435 719 625, Secretary: Sue Owen - 0407 920 467

Apologies to: Len Stanley - Istanley@med.usyd.edu.au or 9144 4049 or 0420 849017

Last Week's News

Gordon Fuller exchanging banners from his new Rotary Club at Uralla. His Uralla phone number is 0408 240 446, email gordonfuller80@gmail.com.

He may have heard that Liz & George planned to be at Uralla tomorrow and didn't want to be there—*George's note*.



Carol Johnson was warmly welcomed back to this week's meeting. **Peter Lorchy** with St Ives Food and Wine Festival promotional flyers. Gold coin donation.



David Russell reported back on progress with the BHCC—we have 80 volunteers now registered—that's positive. On the negative side, the Hornsby Kuring-gai Women's Shelter have more volunteers for the BHCC than our Rotary Club of Wahroonga.

Anne Prescott told us that the funds from the Nepali night will go towards rebuilding the Bhawani Hostel at the school, Days for Girls, and the BRAVE Centre.



Marg Sachs promoted the **District Conference** for 1 day at Penrith Panthers. Consider going and car pooling. Someone is staying over-

night. There is a special option to attend the day only and/or the evening entertainment. Just ask her.

She and John are off today to the Cenotaph for a service for the 75th Anniversary of the fall of Singapore, then going on to a reception at Government House. John's father was captured and became a POW.

On the Shoes and Socks Saga

President Neil drew attention to Barbara Ward's fancy shoes ... and no socks! She is one of 4 Barbaras in our club.

Barbara is also the patron saint of artillery men, miners and tunnellers and those who work with explosives or fires.



Last Week's Speaker **Bob Nowotny, Director of Tunnelling,** **NorthConnex**



Bob Nowotny, wearing the high vis shirt, is the Tunnel Director at NorthConnex. He has a wealth of experience in tunnelling and mining and has worked on such projects as Tweed Heads bypass, Lane Cove Tunnel, Eastern Distributor Tunnels, Hume Highway duplication. He has worked for major construction companies including Thiess, John Holland, CIMIC (formerly Leighton Holdings) and CPB Contractors.



After a good Rotary Breakfast, Bob gave an overview of the project, an update on current construction work and explained the tunnelling process.

Cassandra gave a short overview about the community team and how to keep up to date with the project.

**Cassandra O'Connor | Media and Communication
Adviser | Lendlease Bouygues Joint Venture**
c.oconnor@ncxllbjv.com.au |
www.northconnex.com.au

Bob's first tunnelling experience was with the Sydney Harbour Tunnel in 1988. After years of mining, like his father before him, the call came for a mining engineer to help with the tunnel. He was working at Theiss at the time.

In this NorthConnex project the aim is to link the M2 and M1 motorways with the Pacific Hwy and to provide on /off ramps and the integration work to widen a number of areas.

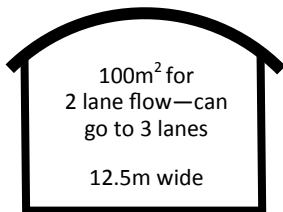
This will be the deepest tunnel in Sydney and the longest at 9 km, that is longer than the Eastern Distributor Tunnel, the M5 and the Cross City Tunnel combined together. And it is not just one 9 km tunnel—it is a pair of 9 km tunnels as they are dual bound.

It is a partnership with the NSW Government, the Australian Government and Transurban with **Lendlease Bouygues Joint Venture**. Lendlease as an Australian company is over 50 years old. Bouygues is a large French international company. The LB Joint Venture has over 750 staff; on the mining and engineering staff they have 160+ mechanical engineers; direct employees more than 1,000 and 800 sub-contractors. They have done 5,500 inductions for new staff and visitors.

It all begins at Pearces Corner M1 and Pacific Hwy and making on/off ramps. They are called M1PO and M1QO. At the Trewlawney St Bunnings and Wilson Street on/off ramps are called M1CO and M1DO.

The tunnels go into Hawkesbury sandstone, the best medium to tunnel through.

Shale leads to grief and is not stable. They will be working on the M1 cuttings for years. The geology is not very complex, but within the tunnels it is complex. There are two types of shapes for the tunnels—in deeper sandstone tunnels, they do the “muffin top” as it looks like a muffin, with the thickness of the concrete and roof reinforcing determined by the span.



When they are dealing with shale sections, or in the on/off ramps that go through various layers, including shale, they use the inverted “horseshoe”, the strongest structure with 1m high thick walls at the base. The tunnels are world class, designed to last for 100 years.



Bob explained some of the engineering aspects of the tunnels. The anchors in the roof can now be positioned by computer. They use lattice steel girders and shockcrete and for roofing do green shockproofing, water powder spray + water in two layers that are 300-450 mm thick. The wider the tunnel, the thicker the concrete.

The design is for 2 lanes, with breakdown lane that can be changed into 3 lanes.

There's actually 22.2 kms of tunnelling to do. M1PO is 3.3 kms and there are Y-junctions. The access shafts are 2.25 m³.

The sheds they build are very large and are acoustically lined, so that work can go on 24/7 with trucks coming in to load up with spoil. They use water to keep the dust down. The stone is cut with the road headers of which they have 19 and 5 different types. NC has many of the most fantastic drills with heads like cones, or others like pineapples. Moving the road headers down into the tunnels is difficult as they each weigh 120 tons. The gantry can manage 100 tons, so they take it apart in 80 ton bits and put it back together when in the tunnel.

They can remove 500 m³ of spoil by conveyor onto a B-Double truck—one of 88 trucks on the road moving dirt. Some trucks take spoil to Hornsby Quarry that, in time, will be partially filled with 1 million m³ and then be landscaped with lakes and made into a wonderful asset for the shire. Bob showed us the artist's impressions of the rehabilitated quarry. It would take 35 trucks an hour to fill the Hornsby Quarry.

The equipment can cut through 30 m³ an hour, but they average 18 m³. They have CNC computer numeric controlled machines that have wireless controls underground. It is possible to take the operators out altogether and run them remotely but not being done now.

Map tech is vital to plan where to put the series of rock bolts into the roof before putting on the shotcrete, which is Finnish and state of art. They can add more support if needed.

On the question of fire egress, Bob advised that the Fire Brigade sets the safe intervals in the tunnels —minimum 120m, so people can change over from one tunnel to the other through cross passages, or go to exit routes up stairs. Emergency and rescue vehicles can also get access.

It is unique for NC to have shafts at all key sites. Pennant Hills is the only drive-in part.

The depths of the tunnels go down 12m and 30m on the southern tunnel, while Wilson Rd goes down to 81.3m which is very deep and has higher stress levels as the sandstone carries a lot of weight. At Trewlawney it goes to 56.6 m.

At each project at the bottom of each shaft, they have the Patron Saint of artillery men and miners, Saint Barbara.

There are vents at each end of the tunnel, but there are also 4 vents in the case of fire exhaust.

This tunnel is different from the M5 which had too steep a gradient, so trucks were forced to change up or down gears, that led to more exhaust problems. For the cowboys who take over-height trucks into tunnels, they have 5.5m height, plus jewellery—monitors and lights hanging down to warn them. Bob is a passionate man. He has been with the company for three months and the 22 kms of underground tunnelling cannot go fast enough for him.



Cassandra is with the Community Team to let people know about the work in their area. There are 24,000 residents and they keep up with a quarter of them with construction updates. They have a 24/7 phone line for any complaints about noise and provide emails on work notifications in the next week's work schedule.

They engage with local business, like the Hornsby Men's Shed who built 80 nest boxes for birds that they installed to help rosellas and possums that live in them.

The Community Team do school visits with an environmental theme to explain how they mitigate the impacts of the construction.

In the holidays they held "Little Tunnellers" sessions for an hour, explaining how tunnels work and how they are made. The students get to make a model of a tunnel.

For anyone with any queries there is a free **Project Info Line—1800 997 057**

President Neil asked if we could have a fundraising activity at some time. This is a \$2.68 bn project and they have lots of visitors, but with all the pressures on tunnelling, limited space underground and the range of VIPs who already visit and the fact you need to reach the tunnels down shafts, not inclines, this seemed an unlikely event, till it is open for the public.

**One nice thing about egotists:
They don't talk about other people.**

OR

Chinese Proverb doing the rounds in Canberra at present
**When called an idiot, sometimes it is better to be quiet,
than open your mouth and remove all doubt.**

Regards, Steve McGregor



Correction from last week

It was **Peter Smith** not **David**, and it was his **daughter-in-law** not daughter, who was a nanny at Highclere, when the Queen came for afternoon tea and requested to meet 'the Aussie nanny'.

RECEPTION & HOSPITALITY ROSTER

If you are unable to attend any day please arrange a substitute and inform Len Stanley at lstanley@med.usyd.edu.au or 0420 849017, or 9144 4049

Note: The Club's Website has the Roster for the Full Year

Date	Set up & put away	Hospitality	Reception (2 Rotarians)
22 nd Feb	Leon Clark	Richard Pitt	Sue Owen, Steve McGregor
1 st Mar	Helen Clarke	Leon Clark	Richard Pitt, Sue Owen
8 th Mar	Phill Comfort	Helen Clarke	Abhi Poudel, Richard Pitt
15 th Mar	Philip Easton	Phill Comfort	Anne Prescott, Abhi Poudel

CLUB AND DISTRICT DIARY [Click links for event details](#)

- 5th Mar** Clean up Australia Day at Wahroonga Park or Cliff Oval, 8.00—10.30 am
- 5th Mar** RCSt Ives hosts **St Ives Food and Wine Festival** St Ives Village Green, 10 am-4 pm
www.stivesfoodandwine.com or www.facebook.com/stivesfoodandwinefestival
- 11th Mar** District Conference <http://conference2017.rotarydistrict9685.org.au/>
- 15th Mar** RCSt Ives hosts Gemma Sisia speaking on St Luke's at Pymble Golf Club, \$40
- 18th Mar** International Women's Day Nepalese Cultural Evening—a joint function of Ku-ring-gai Municipal Council and the RCW, to be held at the Ku-ring-gai Town Hall 6.30 for 7.00 pm.
- 26th Mar** [Bobbin Head Cycle Classic](#), Karuah Oval - **Needs Volunteers**
- 6th May** NOVUS Dinner at Miramare Gardens
- 25th May** Thursday—Pymble Players for the play, 'Australia Day'
- Wed 28th June** 6:30pm Changeover Dinner Asquith Golf Club

WHAT WE DID LAST WEEK—15th Feb 2017

Attendance: 59.65% (34/57)

Apologies: Ian Cameron, Marlene Carty, Leon Clark, Brett Goods, Ross Grant, Kerri-Lea Hodge, Maxwell Lake, Richard Pitt, Jenetta Russell, Janelle Speight, Ron Wainberg.

Visiting Rotarian: Gordon Fuller (Uralla), Peter Lorchy (St Ives)

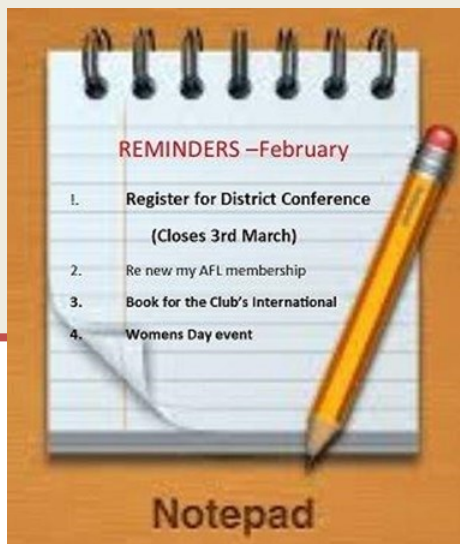
Guest Speakers: Bob Nowotny & Cassandra O'Connor, from NorthConnex

Visitor: Barbara Harvison (B. Salisch)

Make-Up: John Welch, Voc'l Councillor, 1.2.17.

LINKS for 15.2.17.

[BHCC – Saddle up for a Cause](#) If you would like to volunteer as a marshal, register here, or call David Russell for help <http://www.bobbinheadcycleclassic.com.au/content/volunteers/gjdmw>



This Week—22.2.2017, 5 ***Fellowship***

Dear David, We had a fantastic response to our 10th Anniversary Gala Dinner and are busy planning our 2017 event. Save the date for our next [Gala Dinner on Saturday, 6th May 2017](#). More details will be available soon, [The Novus Foundation](#)



Save the date for — The NOVUS Gala Dinner at Miramare Gardens on 6th May 2017

John Collins will be looking for Volunteers and we will be looking for bookings starting in the next few weeks.

In particular, we are looking for a small group of club members to concentrate on the Silent Auction. I spoke to Janelle about this before Christmas but urgently need to rejuvenate this group, as I have been away and other things have intervened. Sorry.

The Beneficiaries from this year's Dinner will be the same as last year, namely Street-Work, KYDS and the SAN's Open Heart International and Australian Research Industry.

Please ask if further info needed.

Many Thanks, David [djruessell2074@gmail.com](mailto:djrussell2074@gmail.com)

Draft Speaker's Program for the next few months

- 1.3.2017 PCYC Const Paul Godfrey
- 8.3.2017 Abhi Poudel
- 15.3.2017 BHCC team to brief the volunteers etc.
- 22.3.2017 Hornsby Connect NFP <http://www.hornsbyconnect.org.au/>
- 29.3.2017 David Russell - work in ICU
- 5.4.2017 Kim Carlson KYDS Mental Health Forum
- 12.4.2017 Bill Leventhal Awards at the SAN (speaker to be confirmed)/ St Jude
- 19.4.2017 Anzac Ceremony - Susan Ramage
- 26.4.2017 Dr Leon COWAN
- 3.5.2017 StreetWorks Hornsby Lucy Dahill
- 10.5.2017 www.minddog.org.au Tony Edwards 0428 784 202
- 17.5.2017 TBA
- 24.5.2017 Beneficiaries Presentation evening (in lieu of am meeting)
- 31.5.2017 Hugh Burne, On the Myths of Health ad Nutrition

The Rotary Club of Wahroonga

The McWhannell Clan & 2016-2017 Board & Committees

BOARD	COMMITTEES
President Neil McWhannell Past President Marlene Carty President-elect Sue Owen Secretary Sue Owen Treasurer John Cameron	Community Co-ordinator - Ron Wainberg Team - Daksh Baweja, Leon Clark, Helen Clarke, John Collins, Barry Edmundson, Brett Goods, John Julius, Max Lake, Doug Reid, Janelle Speight
LEADERS Sergeant John Collins Archivist/Historian Ken Broadhead Badge Collection John Julius Child Protection Sue Owen, Kerrin McCormack Insurance Officer Phil Easton Mailbox & Noticeboard Key Holder Sue Owen	International Chair - Anne Prescott Team - Jim Fulton, Janet Grundy, Richard Jackson, Jo Karaolis, Richard Pitt, Abhi Poudel, David Russell
New Badges Phil Comfort Public Officer Judith Kaine Public Relations Janelle Speight Risk Management & Insurance John Collins	Membership Chair - Helen Clarke Team - John Collins, Phillip Comfort, Rob Ferguson, Carol Johnson, Jenetta Russell, Margaret Sachs, Alfreda White
Roster & Attendance Len Stanley Rotary Foundation Chair Chris de Zylva	Partnerships & Fund-Raising Chair - Peter Smith Team - Stuart Armstrong, Terry Hodge, Jenetta Russell, Barbara Ward, Dick Webb, Garry Webb
Speaker Program Helen Clarke, John Cameron, Philip Easton Wahroongler Editor Kerrin McCormack assisted by George Richards, Janelle Speight, Steve McGregor + Webmaster	The Ministry of Fun Chair - Rochelle Wiley Team - Phil Comfort, Kerri Hodge, Sandy van Dijk
Webmaster Ian Cameron Welfare Officer Rob Ferguson Year Book Steve McGregor	Vocational Chair - Hugh Burne Team - Ken Broadhead, , Jo Karaolis, John Welch Angus M Robinson—on leave Youth Chair - Bob Howe Team - Phil Comfort, Philip Easton, Ian Faulks, Ross Grant, Kerrin McCormack, Barbara Salisch, Greg Starr, Jim Verco

PAUL HARRIS FELLOWS:

Please see attached Link for the up-to-date listing —

[Paul Harris Fellows Listing](#)

Members' Anniversaries with the Rotary Club of Wahroonga

February

25th Doug Reid 8 years

Wife texts husband

on a cold winter morning:

"Windows frozen, won't open."

Husband texts back: "Gently pour some lukewarm water over it and then tap edges gently with hammer."

Wife texts back 10 minutes later: "Computer really messed up now!"