



KOONGGA

Bulletin of the Rotary Club Of Ku-ring-gai Inc
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Rotary serving humanity

Volume 59 No. 28 06 Feb 2017 — Disease Prevention and Treatment Month

Dr Rachel Mende volunteering in Nepal



Monash University

TeamMed Nepal Appeal 2016

In the first two weeks of December, 2016 I, along with nine other medical students, a team of porters, trekking guides, translators, one Nepalese doctor and our fearless leader/mentor/advisor Tashi Phuntsok made the trek to the very remote village of Bigu Gompa in order to run a medical campaign. It is a trip that we will never forget and a place I am so fortunate to have visited.

Our trip was organised through TeamMed, a student run body that is associated with the Monash Undergraduate Medical Society and

works to provide global health initiatives primarily through outreach programs to Tonga, Uganda and Nepal, annually. The programs not only seek to provide medical aid in the local communities that have poor access to health facilities but also donate medical supplies and run health promotion programs with the local people.

Team Med works with Himalayan Guge Organisation (HGO), which is an NGO established in 2013 that services the Himalayan region and is based in Kathmandu. HGO's projects are wholly non-profit and are non-political; its primary purpose is to foster and promote health, education, culture and community in the Himalayan region of Nepal. Tashi Phuntsok is the Director of HGO but has been working with the community in Bigu for approximately 10 years and so is someone who knows both the community needs and the individual people at a grassroots level, which is so invaluable when delivering medical aid overseas to help create longevity and sustainability.

As a group we raised exactly \$4571 in total including a very generous combined sponsorship of \$1500 from the Ku-ring-gai and Lindfield Rotary clubs. The money we raised went towards paying for the medications that stocked our clinic, the wage for the Nepalese Doctor who mentored us, banners and print outs for our health promotion strategy, a donation to the nunnery where

Dr Rachel Mende volunteering in Nepal

we stayed for the entirety of the clinic with the remaining being donated to HGO itself, to help continue their ongoing projects.

Overall Tashi, Dr Pravat and our team agreed that the clinic was a huge success. It ran for four days and serviced 165 patients from the village of Bigu and surrounding villages. The most common conditions that presented were joint pain, gastritis, reflux and sore, dry eyes. We faced a couple of challenges along the way, but none that have not been discussed and we will attempt to rectify for this years trip.

This year I will be applying for the role of Team Med Nepal Trip Coordinator and so hopefully can have a bigger input in some of the bigger decisions that the team makes. I intend to create a fundraising subcommittee to streamline the fundraising process, become more involved in HGO's current major project, that is, building a permanent health clinic in Bigu to service the village and surrounding region and to create and foster a relationship with the Days for Girls Campaign and Teammed in an attempt to bring that organisation to the communities we visit not only in Nepal but in Tonga and Uganda as well.

I look forward to the year coming, my role in TeamMed and hopefully a continued relationship with the Kur-ring-gai rotary club in helping this cause.



President Elects Training (PETS)

Please advise your Club, Members and in particular 2017-18 Board Members of the following 2017-18 District training dates:

President Elects Training (PETS)

Saturday 1 April 2017

Macquarie Graduate School of Management

Talavera Road, North Ryde

District Assembly

Sunday 23 April 2017

The Kings School

Pennant Hills Road, Parramatta

These events will begin with registrations at 8.30am and formal start at 9.00am, finishing at 4.30pm.

Bobbo volunteers

Volunteers are wanted please

Lindsay Forrest is in charge of a Bobbo Team which covers a section of the ride

Cathy Jackson is in charge of volunteers for our club

Bobbo Banner Locations wanted

Geoff Hungerford needs locations with significant volumes of traffic to hang Bobbo banners

Foundation named World's Outstanding for 2016

The [Association of Fundraising Professionals](#) has recognized The Rotary Foundation with its annual Award for Outstanding Foundation.

The award honors organizations that show philanthropic commitment and leadership through financial support, innovation, encouragement of others, and involvement in public affairs. Some of the boldest names in American giving — Kellogg, Komen, and MacArthur, among others —are past honorees.

“We are honored to receive this recognition from the AFP, which gives us even more reason to celebrate during our Foundation’s centennial year,” says Rotary Foundation Trustee Chair Kalyan Banerjee. “The continued strong support of Rotary members will help us keep our promise of a polio-free world for all children and enable the Foundation to carry out its mission of advancing world understanding, goodwill, and peace. We look forward to another 100 years of Rotary members taking action to make communities better around the world.”

The announcement came on 15 November, known to industry professionals since the 1980s as National Philanthropy Day. The award will be presented in early 2017 at the AFP’s annual conference in San Francisco.

Rotary Foundation Trustee Chair-elect Paul Netzel is set to accept the award on Rotary’s behalf, and Eric Schmelling, director of fund development at Rotary, will speak at the conference. The event is expected to draw more than 3,400 senior-level fundraising professionals from 33 countries.

“While almost everyone is familiar with Rotary, not everyone may realize just how much of an impact Rotary and The Rotary Foundation have had on countless people and communities across the globe,” says Jason Lee, AFP president and CEO. “On behalf of the entire charitable sector and people around the world, all of us at AFP are honored to be able to recognize The Rotary Foundation as our 2016 Outstanding Foundation.”

AFP’s committee of judges cited Rotary’s comprehensive campaign to eradicate polio as a major driver of the selection. They also mentioned that Rotary applies a methodical, purposeful approach to support a wide variety of causes, from providing clean water to educating the next generation of peace professionals.

Rotary Club of North Sydney



Rotary Club of North Sydney

District 9685

PP Jenny Thomas OAM

Community & Membership Director 2016-2017



18th January 2017

President Michael Midlam & Members
Rotary Club of Ku-rng-gai
PO Box 117
Gordon, NSW 2072



DO COME AND HEAR GEMMA SISIA ADDRESS US ON 16TH MARCH 2017

Gemma is the Founder and driving force behind St Jude's and set up the school in 2002. She loves her family her husband, Richard Sisia, and their four children Nathaniel, Jakob, Isabella and Louisa. Gemma was the only daughter of Sue and Basil Rice and was raised alongside seven brothers on a fine wool sheep station outside of Armidale in the New England Tablelands.

At 22 years of age, Gemma set off to Africa to teach maths, science and sewing to girls in Kalangu, a rural village in the middle of Uganda. While in East Africa, she saw how children, families and communities were crippled by a lack of education. Later, her father-in-law, gave her land on which to build her school in Arusha, Tanzania. The school started in 2002 with three students, and today has grown to provide an education to over 1,800 of the poorest children from the local region.

Gemma and St Jude's supporters have tirelessly fundraised so the school can provide a quality education to the poorest of the poor. Gemma's mottos are to fight poverty through education and that education is a right not a privilege.

Our Club is honored to have her visit us and we warmly invite you to join us, The luncheon will start at 12 noon at North Sydney Leagues Club, Abbott St Cammeray and will finish at 2.15 pm giving you time to talk to Gemma. Do feel free to invite your friends to come and hear this inspiring lady.

The cost of the lunch is \$35 for visitors and \$30 for Rotarians. Bookings are essential by 9th March. Please RSVP as soon as possible.

Jenny Thomas
Jenny Thomas OAM
Community Services Director



Please post to: Rotary Club of North Sydney Inc PO Box 674, North Sydney 2059

Name _____ Address: _____

Postcode: _____ P.O. # _____

I would like to book for _____ Guests, _____ Rotarians, whose names appear on the back of this slip

Cheque enclosed for \$ _____ OR Please charge my Visa Mastercard

Card Number:

Expiry Date: / Name on Card: _____ Signature: _____

Post Office Box 674, North Sydney 2059 or 4 Ottway Close, St Ives 2075

Mobile: 0417 694 450 • Email: jmexce@bigpond.net.au

Coming Guest Speakers

Permanent committee to manage Gordon Markets

Turrumurra and Ku ring gai Rotary clubs have a joint venture with Gordon Markets

A permanent committee has been established to oversee the markets with a view to increase income. Tis Shea is manager.

A new book and pay program will be introduced which will remove the hassle of collecting money on the day

Our club needs two volunteers for the committee

Door Team

Feb	March	April	May	June
Elsworth	Forsythe	Hungerford	Kenyon	Manning
Forrest	Hall	Hoch	Ivey	Lewis

President	Michael Midlam
Vice President	John Aitken
Immediate Past President	Graham Timms
President Elect	Malcolm Braid
Secretary	Lindsay Forrest
Treasurer	Chris Lewis
Director	Greg Newling
Director	Linda Lam Rolfs
Service committee chairpersons and committees	
Administration (Club Service)	Gary Keating
Vocational Service	Lou Coenen
Community Service	Roger Desmarchelier
International Service	Georgina Manning
Youth Service	Linda Lam-Rohlfs
Social events	Joy Newling
Bobbin Head Cycle Classic	Tony McClelland
Sergeant-at-Arms	Graham Timms
Club committees	
<p>Administration: Gary Keating, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Tony McClelland (Koongga)</p> <p>Bobbin Head Cycle Classic: Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Michael Midlam, Gary Keating</p> <p>Club History: Malcolm Braid, Tom Jackson</p> <p>Community: Roger Desmarchelier, Gary Dawson Rob Hall Geoff Hungerford (Gordon Markets) Gary Keating Ross Egan (Daffodil Day) Chris Hoch (Red Shield) Anil Fulwaria Nick Kenyon Ted Price Cathy Jackson</p> <p>International: Georgina Manning, Rob Hall, Graham Timms, Graham Maslen, Greg Newling, Anil Fulwaria, Emyr Evans</p> <p>Membership: Tony McClelland,</p> <p>Public Relations: Emyr Evans, Georgina Manning,</p> <p>Rotary Foundation: Chris Hoch, Peter Tang, Lindsay Forrest, , Greg Newling</p> <p>Social Events: Joy Newling, Ross Egan, Georgina Manning,</p> <p>Vocational: LOU Coenen, David Forsythe, Peter Kipps, M Tyler</p> <p>Youth: Linda Lam-Rohlfs, , Cathy Jackson, Gary Keating, Chris Lewis, Matt Mahjoub, Andrew Marselos, Joy Newling, Don Riddell</p>	