



K O O N G G A

Bulletin of the Rotary Club Of Ku-ring-gai Inc - Chartered 6th February 1959

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This week

Ben Gales

Social enterprises: harnessing the power of business for social change

Ben Gales is the CEO of Social Enterprise Finance Australia (SEFA).

Ben will discuss the emerging social enterprise sector, which targets a double or triple bottom line: monetary profit as well as positive social and/or environmental impact.

SEFA provides loans to organisations that combine the power, scalability and discipline of business, with social impact, with a particular focus on community, indigenous and environmental projects. Ben will give some case studies of social enterprises, including a crisis accommodation provider in Cairns, a community organisation building affordable retirement homes in Tasmania, and a Great Barrier Reef tour operator working with disadvantaged youth.



Visitors and returnees

Last week President Tony welcomed our guest speaker, Terry Davies, Eddy Osmo (guest of Graham Maslen) and, on his return from Europe, Rob Hall.

The true story of the West Pymble gang

Saturday 16th November was an excellent day at West Pymble Shopping Centre. Despite the weather forecast for an 80% chance of rain (and the cancellation of the day) three Rotarians, who obviously don't read their text messages rolled up - Greg Goodman, Peter Tang and Ross Lambert. Sam Lambert, a Rotaractor also came along.

A little later, John Aiken, Bob Ivey and Nick Webb - (Crosslands Rotaract President) all rolled up. John had

with him a ShelterBox which was prominently displayed and was of great interest primarily given the most recent disaster in the Philippines.

Despite an occasional shower it was an excellent day, raising a total of \$1182.70 - \$829.70 in raffle ticket sales for the Blue Mountains Bush fire appeal and \$353 for ShelterBox.

An exercise we should definitely do more often. Sam and Nick were extremely grateful for our involvement and as a result we have six Rotaractors coming to our Trivia Night.

Definitely a lesson from this exercise in mutual support with Rotaract!

Ross Lambert

Chairman - Community Service Committee

District Conference 23 February 2014 Support your club: Support your District Save money - register by 30 November

Why should you (and your partner) register for the District Conference by 30 November?

- It will save you \$25 per registration.
- **You could win a registration for the International Convention worth US\$310**
- Your club could win up to three registrations for the International Convention worth US\$930

Not to mention:

- Support President Tony and the board.
- Make it a club event.
- You'll find it inspiring and have fun.
- It will never be easier for you to attend a District Conference.



Carols in the park

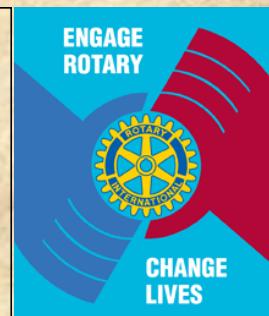
It's Christmas Time Again!!!

...And to get everyone in the festive mood there will be singing and performances in the annual 'Carols in the Park' at West Pymble Bicentennial Park on Saturday 14 December, from 7 – 9pm.

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The club meets every Monday 6.30pm at West Pymble Bicentennial Club, 2 Prince of Wales Drive, West Pymble. Visitors welcome. www.kuringgairotary.org.au



Rotary International
Theme 2013-2014

Over the past few years, the Rotary Club of Ku-ring-gai has assisted the organisers (Combined Churches/ Ku-ring-Gai Council) in collecting entrance money (a gold coin) and in handing out sample bags when people arrive. We have been asked to assist again this year. The function attracts many family groups from the local community and our role in assisting is a good profile for our club. Last year there were over 4000 attendees.

Our team will need to get there by 5.00pm to get organised and we will conclude our duties when the carols start at 7pm. As in past years, we are invited to stay, to picnic with our families and enjoy the night's activities.

We will need a team of around 10 to assist on the night, so please let me know at next week's meeting who can assist.

Roger Desmarchelier

The Bobbo update

By last Monday 80 riders had registered for The Bobbo. Separately from their entry fees and from sponsorships, \$1,200 in donations has been received.



The registration system is recording participants' details more accurately than in previous years.

Presidential decrees

Last week President Tony:

- Announced that, as there will be no change of president next year, there will be no changeover meeting (but some other celebration instead); and
- Volunteered Rob Hall to be the club's speaker seeker, ably assisted by Ross Egan.

It was pointed out that changeover refers to changeover of the board and not just the president.

By Tuesday, Rob had discovered that the job wasn't so hard after all. Well done, Rob!

Result: drawn 1-1 .

Pride of workmanship



Do you have an exceptional employee who deserves recognition? Or have you received fantastic service locally that you would like to have recognised? Perhaps from a tradesman, a shop assistant or an office

worker. If so, nominate them for a Pride of Workmanship Award. See Michael Midlam.

Hat Day

Last week the club raised \$200 for mental health research. Judging by some of the hats worn by members, it's needed!



Terry Davies, Caroline Jones & President Tony



"Are you really a monk?"

"Hello, sailor!"



"Hey, that's my revolutionary cap!"

"Well, give me back my Akubra."

Meet our RYLA nominee

Nick Watt, our Rotary Youth Leadership Award participant, will be coming to our meeting on 25 November and will talk for a few minutes about himself, what he is doing, and his expectations of RYLA. Come along to meet and talk with him. His father, Rob, is coming too.

Last week's speaker



Terry Davies
Corporate Manager, Australian Rotary Health

What is Australian Rotary Health?

Terry gave a comprehensive summary of ARH and what it does. The following is a summary of the main points.

ARH is:

- A company limited by guarantee
- Registered with the ATO as a Health Promotion Charity
- Exempt from FBT and has GST concessions
- A deductible gift recipient

Professor Terry Dwyer, with whom ARH began, carried out research into Sudden Infant Death Syndrome at the University of Tasmania. The findings were: do not put babies to sleep on their stomachs – lie them on their back or side. The results led to a dramatic drop in deaths through SIDS.

Mental illness research

In 2000 the decision was taken by ARH to focus on mental illness research. Grants in this area will be funded in 2014. Approximately \$700,000 is available.



PhD Scholarships are for 3 years. As well as supporting the PhD Scholar, these also support a research project with a principal researcher and their team. The \$29,000 pays for a tax free stipend (study allowance) for the scholar or student.

The Post Doctoral Fellowship is for early career researchers to establish themselves in research. This is a three-year fellowship and is paid as a salary to the researcher. These are for researchers who already have a PhD.

Community forums

Community forums are a new area of funding and follows a symposium held in May 2013.

Community forums will commence late in 2013 with Rotary Clubs around Australia hosting them. Approximately 2 or 3 forums to be held in each District and \$50,000 has been allocated by ARH to fund them. If successful, a government grant will be requested to take the forums wider.

PhD scholarships

PhD scholarships available to clubs, individuals, corporations to fund a scholar in any research area. They must be instigated by the Partner (Rotary club, etc.). The breakdown of funding is: \$11,000 from the Partner; \$11,000 from the university at which the student is studying (ARH arranges this); and \$7,000 from ARH.

Indigenous scholarships

In 2013, there are approximately 85 Indigenous Scholars in Australia. All Rural Medical and Rural Nursing scholarships are paid in full by the sponsoring Rotary Club, Rotarian, Corporation or individual. Australian Rotary Health manages the selection process and the administration.

Mental health first aid

We did not know the best way for a member of the public to help someone in a crisis situation. There was a need to develop guidelines like those for conventional first aid. An expert consensus study was carried out with international panels of clinicians, consumers and carers – funded by Australian Rotary Health. The crises that were covered were:

- A person who is suicidal;
- A person engaging in deliberate self-harm;
- A person who is out of contact with reality and seen to be threatening;
- A person who is unwilling to seek professional help;
- A person having a panic attack; and
- A person who has had a traumatic experience.

Study of effect of diet

The study has found that women with a diet high in vegetables, fruit, fish, wholegrain and lean meat were less likely to have depressive and anxiety disorders than those with a diet high in processed foods and junk.

Study of new cancer-treating drugs

The study looks at increasing the long term effectiveness of newly developed drugs that have proven to shrink tumours or make them disappear. Unfortunately

tumours can re-appear and this is thought to be due to either pre-existing or newly acquired melanoma tumours.

Scholarship case study 1

Like too many Aboriginal kids, James Charles left school at 13. He got an apprenticeship in the building trade, grew up, married and started a family. But when his children started school his own illiteracy began to gnaw at him.

James educated himself in 1997 at Tea Tree Gully TAFE after being classified as illiterate. At this time he had 3 small children.

In 2001 he was accepted into the University of Adelaide and then transferred to University of SA to study podiatry. He graduated in 2004 and worked at Muna Paiendi Indigenous Community Health Centre. James was the first Aboriginal Podiatrist in SA. He went back to study for his Masters in Podiatry in 2005, having 5 children.

James' sponsoring Rotary Club was Adelaide East, who put his name forward to become part of the first Indigenous Rotary GSE Team to leave Australia. James became a Rotary member of his sponsoring club.

James has a passion to put back into his community and has moved to Newcastle to take on a position at University of Newcastle as a lecturer, being able to look at researching at the same time and hoping to complete a PhD in the near future. James also practices in his local community of Newcastle.

For James Charles though, there have been great leaps. He's broken a cycle, being the first member of his family to finish Year 12. And he says he has managed to inspire "a couple of kids I know". "It helps them to see this guy was old and illiterate, and he still did it."

Scholarship case study 2

David Copley spent 18 years working in the area of disabilities before going to Flinders University to gain his Nursing Degree. David was one of the first male nurses to graduate from university. His passion was always to make a difference to his own community and so he went on to become a mental health nurse and worked as the Aboriginal Mental Health clinician.

Since graduating David has achieved many things, namely becoming a finalist in the 2009 HESTA Australian Nursing Awards, contributing to two chapters of the book, "Health Care and Indigenous Australian: Cultural safety in practice", (Taylor, K & Guerin, P. Palgrave-Macmillan, Melbourne) and overcoming a highly developed form of bowel cancer, arguably David's greatest achievement. The experience of surviving cancer encouraged David to appear on a DVD from the South Australian Health Department addressing the need for more bowel screening in Aboriginal people. Presently, David is undertaking a Masters in Nursing and is a member of an Expert Advisory Panel on "The symptoms in lung cancer: A guide for general practitioners" (Monash University). David is implementing a number of new programs through Quit SA for the Indigenous Community.



Calendar of events

December	2	Annual general meeting
	2	Paul Diener - The digital word and print: now and in the future
	9	Rob Hall - How Rotary made me eat a horse
	16	Christmas Party chez Tyler (last meeting in 2013)
January	13	Bowls night at West Pymble Bicentennial Club
February	23	(Sunday) Inaugural District 9685 Conference - venue: the Concourse, Chatswood
June	1 - 4	Rotary International Convention - venue: Olympic Park, Homebush
	3	Rotary International Convention Home Hospitality Night

Club officers and committee chairmen 2013-14

Board of directors

President	Tony McClelland
Vice President	John Aitken
President Elect	Tony McClelland
Secretary	Geoff Hungerford
Treasurer	Graham Maslen
Director - Membership	Roger Desmarchelier
Director - Public Relations	Michael Midlam
Director - Club Administration	(Vacant)
Director - Service Projects	John Aitken
Director - Rotary Foundation	Graham Timms

Service committee chairmen

Club Service	(Vacant)
Vocational Service	Michael Midlam
Community Service	Ross Lambert
International Service	Greg Newling
Youth Service	Joy Newling
Bobbin Head Cycle Classic	Peter Kipps
Sergeant-at-Arms	Greg Newling

Club committees 2013-14

Bobbin Head Cycle Classic: John Aitken, Ross Egan, Peter Kipps, Tony McClelland, Michael Midlam, Adele Mitchell, Graham Timms

Club History: Malcolm Braid, Tom Jackson

Club Service/Club Administration: Geoff Hungerford, Graham Maslen, Michael Tyler (Koongga Editor)

Community Service: Lou Coenen, Gary Dawson, Roger Desmarchelier, Ross Egan (Daffodil Day), Bob Elsworth, Rob Hall, Chris Hoch (Red Shield Appeal), Geoff Hungerford (Markets) Caroline Jones, Nick Kenyon, Ross Lambert, Loïc Lacombe, Jack McCartney, Michael Midlam (Bowel Scan), Frank White (Markets)

International Service: David Forsythe, Graham Maslen, Adele Mitchell, Greg Newling, Peter Tang

Membership: Roger Desmarchelier, Dilys Geddes, Linda Lam-Rohlfs

Public Relations: Michael Midlam

Program: Rob Hall, Ross Egan

Rotary Foundation: Graham Timms

Vocational Service: Michael Midlam

Youth Service: Malcolm Braid, Emyr Evans, Greg Goodman, Bob Ivey, Tom Jackson, Linda Lam-Rohlfs, Joy Newling, Ted Price

Anniversaries - November

Birthdays		Wedding Anniversaries	
8	Ross Lambert	18	Peter Tang
11	Gary Dawson	19	Sofia Lacombe
11	Kathryn Elsworth	22	Chris Hoch
1		16	Michael & Kerry Midlam
		30	Rob & Adrienne Hall
			David & Patricia Forsythe

Booking guests & apologies for meetings

Members are booked in to attend every regular meeting of the Club, if you cannot attend a meeting or wish to book in a guest / partner please access the web at <http://www.kuringgairotary.org.au> before **2.55 pm** on the day of the meeting. An apology for future meetings may also be entered. **If you do not apologise for non-attendance the Club must pay for your meal and you will be asked to reimburse the Club.**

Door team

November	December	January	February
Chris Hoch	Peter Kipps	Chris Hoch	Peter Tang
Ross Lambert	Bob Elsworth	Ross Lambert	Roger Desmarchelier

The door team is responsible for welcoming visitors and guests, recording payments and issuing copies of the record to the President, Secretary and Bulletin Editor. **Please arrange your own replacement if you are unavailable.**

Gordon Market roster

MARKET ROSTER	8 December	12 January	9 February
BANNERS	Frank White	Frank White	Frank White
SIGNS	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford
MORNING SET UP	Frank White	Frank White	Frank White
PUBLIC RELATIONS			
1ST SHIFT 8.00 to 10.30	Emyr Evans	Chris Hoch	Emyr Evans
2ND SHIFT 10.30 to 1.00	Ross Egan Bob Ivey	Greg Newling Greg Goodman	Gary Dawson Loïc Lacombe
3RD SHIFT 1.00 to 3.30	Ross Lambert Peter Tang	David Forsythe Linda Lam-Rohlf	Michael Midlam Bob Elsworth

Second shift collects payment from stallholders. Third shift returns signs and bins to St George Bank storage. **Please arrange your own swap and notify Geoff Hungerford if you will be unavailable.**

WebAware - update your member profile on the club's website

Webmaster Bob Ivey has requested all members to edit their profiles on the club website via 'Edit my Profile':

- (a) To enter their year of birth (which will not be visible to other members) so that he can work out the average age of club members periodically; and
- (b) To complete the biography section (which is visible to other members) with information that may be of interest to other members.

Club bank details

Rotary Club of Ku ring gai **General** account
BSB: 032 089 Account no.: 253341

Rotary Club of Ku ring gai **Project** account
BSB: 032 089 Account no.: 253333

Please include your name in the details of all deposits to the club accounts

Expense reimbursement claims must be presented with a completed remittance advice which you can download from the club website. Please include your BSB and account number.