



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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Rotary monthly theme: February: World Understanding

This week

Sheryl van Nunen Ticks and allergies



Dr Sheryl van Nunen is a clinical immunologist, an Associate Professor at the Sydney University Medical School and a member of the Department of Clinical Immunology & Allergy at the Royal North Shore Hospital.

Sheryl serves on the committee of Tick-induced Allergies Research and Awareness ('TiARA'), a research fund established at RNSH which aims at making it easier for patients to live with tick-induced allergies, while researching ways to prevent and cure tick induced allergies.

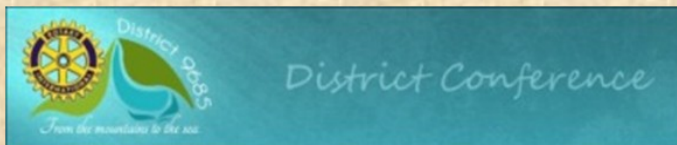
Sheryl will talk about the research she has carried out into tick bites and their consequences, prevention and cure and the work of TiARA. This is a subject of particular relevance to those who live in Ku-ring-gai, who may be at risk from ticks.

and also encouraged members to volunteer to assist with running the Convention and to host visiting Rotarians for the 'Host Hospitality Night' on Tuesday, 3 June.

Bobbin Head Cycle Classic

Peter Kipps presented a summary of the results of marketing of 'The Bobbo' to date. Highlights included:

- A majority of registered riders rode the event last year.
- Of new riders, 40% came from the 'Spring' and 'Gong' rides; 29% through Facebook and 10% through advertising in bike shops.
- 75% of registrants have applied for the 104km ride, 11% for the 80km ride and 13% for the 57 km ride.



Details of breakout sessions at the District Conference on Sunday, 23 February have been announced, as follows:

- Rotary and sustainability - an interactive discussion – Patrick Longfield & Richard Whiley
- How to bring healing to a child through ROMAC – Philip Smith
- How your club can change lives with RAWCS - Miriam Jacka, Phil Isaacs and others
- Women in Rotary – Lucy Hobgood-Brown
- How to attract tomorrow's Rotarians and our next generation of Leaders – Bryan O'Shannassy with PDG Philip Archer
- The Concise A-Z of the Rotary Foundation – PDG Tony Castley
- Take a Stand - Stop Bullying – PDG Jennifer Scott

The sessions will offer an excellent chance to share experiences, learn from others and make new friends in the process.

You will be able to catch up with the latest developments and ask questions about specific programs and procedures.

Last week's visitors

Last meeting President Tony welcomed our guest speaker, Joy Aimée, and Rob Hall's wife Adrienne.

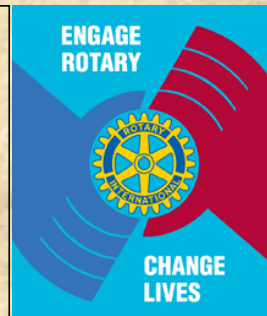


President Tony encouraged members to register on the Rotary International Convention website to home host Rotarians visiting for the Convention in June. Home hosting is an excellent way to get to know Rotarians from other countries and share experiences. Several of our members have already registered to host visitors.

Greg Newling enthusiastically supported President Tony

In this issue

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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

Last week's speaker

Joy Aimée How to write a best seller



Joy Aimée is a freelance writer, coach, editor and publisher who assists others to tell their story, whether business or personal. She has owned and operated her own business for over a decade. An inspiring coach, mentor and speaker she regards every client's writing 'voice' as unique and precious. She is motivated by a desire to assist others in realizing their creative dream.

Joy started her talk by thanking the club executive, and particularly Michael Tyler and Rob Hall, for the invitation to speak on the topic of "How to Write a Bestseller." Using the poetic license for which she is renowned, she expanded the topic to encompass how publishing has changed in the last ten years since the advent of the internet and eBooks, and how to access more of your innate creativity!

In discussing the frequent misuse of the words 'best seller', Joy pointed out that these days anyone can write a manuscript, turn it into PDF, put it on a website somewhere and describe it as a "world-wide bestseller". This is often the ploy of those wanting to sell online courses or products. These simple eBooks are often badly written and have had little or no editing.

Traditionally, a best seller in Australia translates to sales of more than 5,000 books. With access to global eBook retailers, Australian authors can now access a world-wide market without prohibitive freight costs or the necessity of finding a publisher in every country.

Joy's company, A&A Book Publishing, offers its authors national distribution of hard copy (print) books through its distributor Dennis Jones & Associates. A&A used to distribute its eBooks itself, selling off Amazon, iTunes, Kobo and Sony. However, it has recently done a deal to distribute them through Dennis Jones as well, as they have relationships with many more international eBook sellers, including libraries all over the world, and Australian-based eBook retailers such as JB Hifi and Big W. This means that A&A's authors now have access to an even greater national and international marketplace.

Of course, recent bestseller success stories such as the Harry Potter series, "50 Shades of Grey" or "The Da Vinci Code" capture everyone's imagination. Joy likened being the author of one of those successful books to winning the lottery; for every winner, there are millions of losers. In fact, that ability to tap into the next Big Thing is a combination of timing, luck and accessing your own brilliant ideas.

Accessing brilliant ideas involves getting rid of the "monkey chatter" that clutters up our minds with a million different thoughts and distractions. One of the exercises Joy teaches my clients, and that she presented to the club members, is designed to clear the mind so that productive writing and creative ideas can emerge. Called "The Brain Drain pages", this simple technique

works as follows:

1. Use a pen and paper. (A computer won't work, as the letters must be formed manually for the desired result.)
2. Write for 5 minutes or 6 pages, whichever comes first.
3. Simply write down your thoughts as you have them. Don't judge them, just write them down. If you miss one, let it go and move on to the next.
4. When you have finished your 5 minutes or 6 pages, put them away **without re-reading**. After a month, you can take them out and re-read them. You might be surprised at how many situations you had worried about have resolved. You might also be interested in the ideas that start to come through your writing.
5. As a variation, try using your non-dominant hand (for most of us this is the left hand). As the left hand accesses the right side of the brain which is where creativity and intuition reside, you might be surprised over time at the results you achieve. Another variation Joy likes to use is unlined paper, and/or coloured paper. It is less like school and more like fun if you can write unrestricted by lines or white paper. Some authors (Bryce Courtney was one) favour the use of yellow legal pads).

News of past member

At the last meeting Past President Pat Skellet was reported to be recuperating in Lady Davidson Private Hospital. Hopefully she will have recovered and returned home by the time of publication.

Next week

Pride of Workmanship Awards

Next week we take the opportunity to congratulate a number of people who demonstrate an exceptional attitude in their work.

Pride of Workmanship is a project instigated in 1975 by the Rotary Club of Pennant Hills.

The Pride of Workmanship Program enables managers in our society to help employees achieve the goal of job satisfaction and publicly recognize them for their efforts.

Participating businesses promote the Pride of Workmanship theme of "Do it once — do it well" throughout their organization and nominate employees worthy of recognition, not only within the organization, but the wider community. Nominees of the Pride of Workmanship Program are presented with a trophy in recognition of their achievements.



Calendar of events

February	10	Pride of Workmanship Awards
	17	David Bennett - Shaping suburbia: towards the suburbs of the future
	23	(Sunday) Inaugural District 9685 Conference - venue: the Concourse, Chatswood
March	23	(Sunday) Bobbin Head Cycle Classic
June	1 - 4	Rotary International Convention - venue: Olympic Park, Homebush
	3	Rotary International Convention Host 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-Rohlf

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-Rohlf, Joy Newling, Ted Price

Anniversaries - February

Birthdays				Wedding Anniversaries	
10	Tony McClelland	19	Nicky Dawson	6	Ross & Penny Lambert
18	Bob Elsworth	24	Adele Mitchell	15	Loïc Lacombe & Sofia Kulchyski
19	Eunice Price	27	Louise Tyler		

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

February	March	April	May
Peter Tang	Gary Dawson	John Aitken	Caroline Jones
Roger Desmarchelier	Rob Hall	David Forsythe	Geoff Hungerford

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	9 February	9 March	13 April
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	Nick Kenyon	Caroline Jones
2ND SHIFT 10.30 to 1.00	Gary Dawson Loïc Lacombe	Ross Egan Jack McCartney	Rob Hall Joy Newling
3RD SHIFT 1.00 to 3.30	Michael Midlam Bob Elsworth	Malcolm Braid Graham Maslen	Roger Desmarchelier Peter Kipps

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 - club calendar

Last meeting webmaster Bob Ivey demonstrated the new club calendar in the members forum part of the club's website. Details of speakers at club meetings also appear on the home page of the club's website.

Entries on the calendar are categorised and colour-coded as 'Regular meeting', 'Board meeting', 'Club Function/Event' or 'No meeting'.

Any member who arranges something that needs to be included in the calendar can apply to Bob to be given access to make entries and edit the calendar.

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.