



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

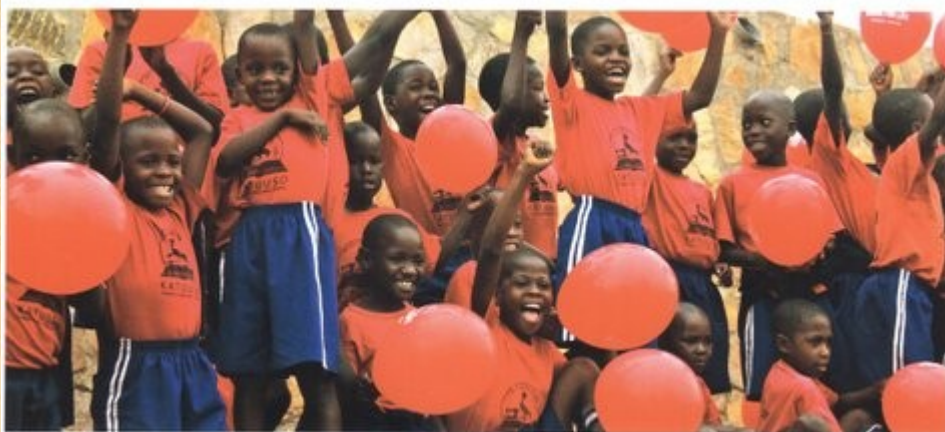
School For Life

Better late than never: on the right is a thank card received from School For Life and the children of Katuuso Primary and Vocational School in Uganda.

Here's the latest news: "This week the children are back at school for Term 1! We are very excited to welcome 40 new students to Katuuso this year, bringing our enrolment up to 220! With a new enrolment comes a need for new child sponsors. It costs just \$50 per month or \$1.65 a day to sponsor a child and give them the opportunity to receive a high quality education, tuition, three meals a day, a uniform, extra curricular activities, access to health care and clean drinking water. [Please click here if you would like to sign up today.](#)

Additionally, the teachers' accommodation is making strong progress on ground with our Ugandan builders working hard on the job. We have hired two more teachers, Suzan and Joseph, increasing our

teaching staff to 10. Our Black Tie Fundraising Ball this year is on the 3rd of May at The Hilton Sydney, so SAVE THE DATE. Tickets are available [online here](#)."



Dearest Greg, Joy and all at Rotary Ku-Ring Gai,
Just a short note to thank you all so much for your generous support this year and for hosting such a brilliantly successful fundraisers. We are so grateful for all that you do for us! Love Annabelle, Dave & the SFL team
XX
WITH LOVE from School For Life
SCHOOL FOR LIFE foundation - australia

This week

Pride of Workmanship Awards

This week we will recognise individuals from 4 local businesses 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 to help employees achieve the goal of job satisfaction and to publicly recognize them for their efforts.

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

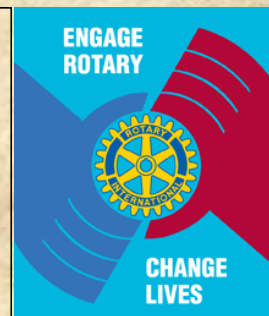
Come along and meet this year's awardees, their managers, colleagues and families.



In this issue

- School For Life; This week: Pride of Workmanship Awards
- Last week's guests and announcements; A democratic constitution for Myanmar; The Rotary Institute
- Last week: Associate Professor Sheryl van Nunen - Ticks and allergies
- Can you make a hospital visit? The (other) news from Thailand; Do you need to do a make up?
- Calendar of events; Club officers; Club committees
- Anniversaries; Door team; Gordon Market roster; WebAware; Club bank details

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 guests and announcements

Last week President Tony:

- Welcomed our guest speaker, Associate Professor Sheryl van Nunen, and Ros Markham, Linda Schilling, David Lewis, Adam Desmarchelier, Sean Dawson, Joyce Cribb, Kerrie McCullough and Adrienne Hall.
- Announced that Mae West was a friend of Graham Maslen's parents. (*¿Qué?*)
- Sought more volunteers for various roles on the Bobbin Head Cycle Classic organisational team. Well done, Bob Elsworth. Who's next?
- Sought an experienced telemarketer for the BHCC (a paid position).
- Said he'll be home hosting a District Governor for the Rotary International Convention. (*Cue cheers and laughter.*) Well done, Tony. Whatever next? Nomination for the RI board?

A democratic constitution for Myanmar

As we all know, Rotary is mostly about taking little steps, changing the little things, changing what we can. But sometimes little things lead to giant changes like the first stone of an avalanche.

A few years back some clubs from our District, including Ku-ring-gai, with the aid of a **Rotary Foundation** grant, became involved in establishing a Rotary Youth Leadership Award program in East Timor. It seemed a little step at the time but that little step led to those first RYLA participants becoming involved in the first genuinely free and fair East Timor election.

In another part of the world the disastrous floods in Myanmar led to the provision of thousands of Shelterboxes. Well, that's what Rotary does: just another little step. But it wasn't realised at the time just how momentous that was; that the military junta in command of the country allowed Rotary to come in. And Rotary was allowed in because Rotary was trusted.

Now another "small step" is being taken. Led by Professor of Jurisprudence at the University of Sydney, Professor Wojciech Sadursky and supported by Lane Cove Rotary and a special Rotary Foundation grant, a special three day workshop was held in Yangon in May 2013 to provide the Myanmar participants with what were described as the "technologies of democracy."

Just like the East Timor RYLA program in another context, the aim was not to provide any sort of "blueprint" for further reform, not to tell the people of Myanmar what to do, but to open discussion and provide the tools, provide help in Myanmar's transition to democracy.

So successful was the workshop that Professor Sadursky and his team, with the encouragement of the Myanmar government, are planning follow-up events in several cities in Myanmar and have applied for additional Foundation grants.

So remember, when you send in your Centurion application or renewal, it's not just the little things that the Rotary Foundation touches. Sometimes we really do change the world.

Graham Timms

Director - Rotary Foundation



Rotary Leadership Institute

If there is anything you don't know or want to know about Rotary, the Rotary Leadership Institute is the place to find out. The Institute runs short programs which are **open to any Rotarian who wants to know more about Rotary.**



To encourage our members to attend the Institute, the club's board has decided to sponsor (i.e., pay for) any member of the club who attends the Institute.

The next Institute course will be run over three Saturdays - on 22 February, 29 March, and 5 April. The program starts at 8:30 for 9:00am and finishes around 3:30 in the afternoon. Morning tea and lunch are provided.

The course is held at the District 9685 office in Thornleigh.

To register email either Michael Schwarcz on mschwarcz@gmail.com or Barry Philps on bphilps@bigpond.net.au

These courses are in small groups, so I suggest "get in quick". Everyone I have spoken to who has attended has been very impressed and recommends the course.

Greg Newling

Last week's speaker



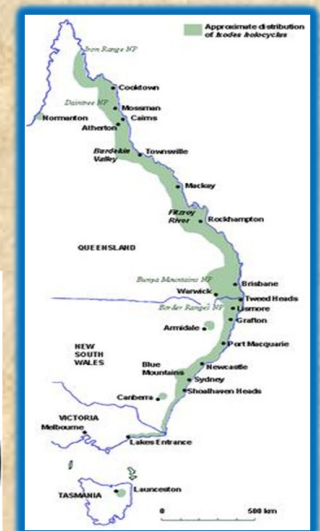
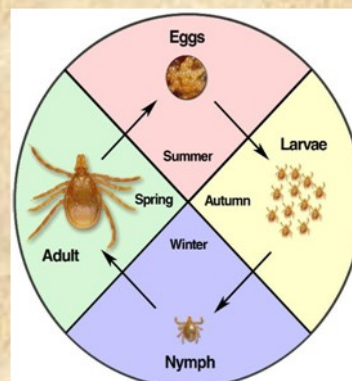
Clinical Associate Professor Sheryl van Nunen

Allergic Reactions due to Tick Bites

Sheryl van Nunen is a Senior Staff Specialist, Dept of Clinical Immunology and Allergy, Royal North Shore Hospital and Sydney Medical School - Northern, University of Sydney. Because of the importance of her message to anyone

who lives on the east coast of Australia, by permission we're reproducing the essential information from the Powerpoint slides she used to illustrate her talk.

On the right is a distribution map of the Australian paralysis tick (*Ixodes holocyclus*).



The life cycle of *ixodes holocyclus* is illustrated in the diagram on the left.

Tick larvae are very small ~ 1mm in size and can be difficult to see. Nymphs are slightly larger at ~ 2mm diameter with adult ticks (before a blood feed) being ~ 4mm in size.



Allergic conditions caused by tick bites

The most common serious medical complaints caused by ticks are allergic reactions to their bites:

- Large local allergic reactions
- Tick induced anaphylaxis
- Mammalian meat induced anaphylaxis associated with prior tick bites
- Anaphylaxis to both ticks & mammalian meat (often associated with co-existing mastocytosis)

In tick endemic areas these allergies are the most common allergies requiring adrenaline in adults

Large local allergic reactions to tick bites

- “Large local reactions” are allergic reactions.
- Large local reactions are the least dangerous type of allergic reaction to ticks, however, they are physically limiting when present and very uncomfortable.
- These reactions commence within 4-12hours and keep increasing in size for 24-72 hours .
- The allergen to which the body is reacting is most likely a protein molecule in the saliva of the tick.
- These reactions typically extend from the joint above the bite to the joint below the bite.
- Treatment consists of rest, elevation of the part above the heart (if possible), ice, regular antihistamines and often oral cortisone. Because these reactions are caused by a puncture wound and the tissues are grossly swollen, antibiotics are often given.
- Large local reactions usually take at least 10 days to resolve and typically have no after effects.
- Large local reactions occur with many different insects- bees, wasps, mosquitoes, midges.



Tick-induced anaphylaxis: general information

- Rarely, anaphylactic allergic reactions to tick bites have been fatal.
- Life-threatening allergic reactions to ticks are much more common than similarly severe reactions to bees or wasps.
- Life-threatening allergic reactions to ticks are much more common than shark attacks or being struck by lightning.
- The anaphylactic reaction itself is treated as for anaphylaxis from any other cause.
- Australian researchers have identified the allergens as proteins in the tick saliva.
- **Crucially, people who have an anaphylactic reaction to a tick bite react only when the tick is disturbed.**



Tick-induced anaphylaxis: First Aid

- Lie the person down if possible and elevate the legs as this maximises the blood flow to the head and therefore the oxygen to the brain.
- Call 000 and explain that the reaction is life-threatening.
- If you are alone, open the front door and chock it and then lie down and put your feet up on a chair/settee, leaving a note beside you noting that you have been bitten by a tick, if time permits.
- If you have an adrenaline auto-injector (EpiPen®, Anapen®) in the home - use it while waiting if there is any closing over of the throat, breathing difficulty or impending loss of consciousness.

The association between tick bites & mammalian meat allergy

- **The association between prior tick bites and mammalian meat allergy was first described in 2007 by van Nunen et al.** The Association Between *Ixodes holocyclus* Tick Bite Reactions and Red Meat Allergy. Internal Medicine Journal 2007; 39 (Suppl5): A132.
- **The molecular basis has been determined by Commins et al.** Delayed anaphylaxis, angioedema or urticaria after consumption of red meat in patients with IgE antibodies specific for galactose-alpha-1,3-galactose. Journal of Allergy and Clinical Immunology 2009; Vol 123, Issue 2, 426-433.
- **The allergen in the mammalian meat (beef, lamb, pork... meat from any animal apart from humans, great apes and Old World monkeys), as it is a carbohydrate allergen, is a very rare type of allergen (almost all other known allergens are proteins).**



Association between tick bites & mammalian meat allergy: typical features

- Mammalian meat allergy is exceedingly rare in adults in the absence of an association with prior tick bites.
- Tick bites precede any reactions to mammalian meats.
- Often, tick bites in the past often have given rise to small local reactions (or larger local reactions) usually to adult ticks, occasionally to smaller stages of ticks (nymphs, larvae).
- Mammalian meat allergy symptoms often do not commence until several months after the tick bites.
- The allergic reaction to the meat is typically delayed by several hours after the ingestion of the meat (usually 3-6 hours).
- Amplifying factors for food allergy may modify the severity of the reactions.
- **In tick endemic areas MMA after TB is as common in adults as peanut anaphylaxis, the commonest allergy requiring adrenaline use in adults (0.1%).**

Preventing tick bites

- Wear long-sleeved shirts and long pants when walking or working in areas where ticks occur
- Tuck pants' legs into long socks
- Wear a wide-brimmed hat

- Wear light-coloured clothing, which makes it easier to see ticks
- Brush your clothes to remove ticks before coming inside
- Undress and check for ticks daily, checking carefully on the neck and scalp
- Use insect repellent, particularly ones containing DEET (such as RID®, Tropical RID® or Tropical Aerogard® or Bushmans®) or Picaridin (OFF!®)
- Use permethrin-treated clothing when exposed to ticks (e.g. gardening)

If you live, work, volunteer or play where ticks live

- **DO NOT SCRATCH ANYTHING YOU CAN'T SEE**
- **DO NOT DISTURB A TICK**
- **KILL THE TICK WHERE IT IS (USING AN ETHER-CONTAINING SPRAY)**



Avoiding ticks around the home

- Install animal proof fencing. This prevents the host animals coming into your yard where they can drop ticks.
- If there are tick prone areas around the home, install fencing to prevent children from entering those area.
- Ticks do not like dry conditions! Keep overhanging foliage and leaf litter to a minimum, and mow lawns regularly.
- Apply insecticides to areas where ticks occur, you may need the service of a professional pest controller. Ensure that the ticks are on the insecticide label.
- Regularly treat pets to prevent ticks; many dogs die every year from tick paralysis.

Tick Induced Allergies Research & Awareness (TiARA)

Established by RNSH:

- To promote awareness of tick-induced allergies by the public, health professionals, those in at-risk occupations, educators and government.
- To provide resources and support for sufferers of tick-induced allergies who live remote from expert medical and dietetic advisors.
- To promote research into the prevention & cure of tick-induced allergies.
- To disseminate established tick management strategies and help develop novel, proven tick management measures.



My thanks to the Rotary Club of Northbridge for sponsorship of Anna during her stay.

After much assessment at The Children's Hospital, Westmead by Dr John Harvey and his team, Anna will be admitted on Thursday for the first operation in an effort to straighten her legs. Then 7-10 days in hospital followed by many days of physio, then back to hospital for another operation, then ... the story goes on until the doctors are happy with Anna's progress.

I have commenced a roster/schedule of volunteers to visit Anna and Marie in hospital. A visit will entail 30 minutes to an hour, just being there with them, attempting to speak to Marie (and she understands much more than we thought!) and assessing whether all parties, Anna, Marie, the nurses, the doctors etc, want for anything, and then reporting back to me.

If you can spare the time to visit, please email me your contact details and specify a morning, lunch or evening you could get there - email me at ro-mac@rotarydistrict9685.org.au

Why I am appealing to you? Because it is estimated that Anna's treatment will take approximately 3 months. Therefore I seek your help! And I am still seeking alternate host parents and transport volunteers! So please give this consideration!

Regards
Philip Smith
District 9685 ROMAC Chairman



The (other) news from Thailand



Hello Michael, Louise and all the Tylers,

Happy belated New Year!
Glad to hear that all of you are doing well.

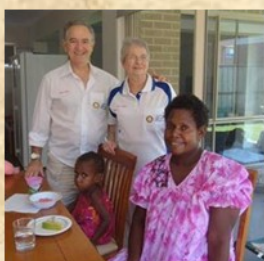
I'm now busy with my work as usual and even double busy

when I decided to buy a condominium (near my workplace) last December with no furniture and have to buy all myself. I spent every of my weekend in IKEA, Home Pro, Index Living Mall, SB Design Square, and any Home Decorating stores I could reached. I wish it would be ready for me to move in at the beginning of March.

Thank you for this lovely greeting email and hope that Louise would win the bush turkey one day (GET OUT OF MY EXPENSIVE PLANT!!! LOL)

Lots of love and miss,
Job and The Kongkiatkul Family

Can you make a hospital visit?



Last Sunday little 6 year old Anna and her mother Marie arrived from Port Vila, Vanuatu. Rotarian Liane from the Rotary Club of North Ryde and myself met them at the airport and took them to volunteer host parents, Jenny and Neville from the Rotary Club of Glenhaven.

Do you need to do a make up?

It's come to Koongga's attention that there will be no club meeting on Monday, 24 February because it's expected that all club members will attend the District Conference the previous day instead. If you're unable to attend the Conference, then don't forget to do a make up at another Rotary club within 2 weeks before or after the event ... and let Koongga know. We'd like to hear what you discover at the other club!

Calendar of events

February	17	David Bennett - Shaping suburbia: towards the suburbs of the future
	23	(Sunday) Inaugural District 9685 Conference - venue: the Concourse, Chatswood
	24	No meeting
March	3	Club forum
	10	Nick Watt - Rotary Youth Leadership Award
	17	Bobbin Head Cycle Classic member/volunteer briefing
	23	(Sunday) Bobbin Head Cycle Classic
	24	TBA
	31	Gareth Hall [financial topic TBA]
April	7	Roger Cherry - Who are those people? The plaques of Circular Quay.
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-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 - 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 March	13 April	11 May
BANNERS	Frank White	Frank White	Frank White
SIGNS	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford	Geoff Hungerford
MORNING SET UP	Frank White	Frank White	Frank White
PUBLIC RELATIONS			
1ST SHIFT 8.00 to 10.30	Nick Kenyon	Caroline Jones	Tom Jackson
2ND SHIFT 10.30 to 1.00	Ross Egan Jack McCartney	Rob Hall Joy Newling	Ross Lambert Emyr Evans
3RD SHIFT 1.00 to 3.30	Malcolm Braid Graham Maslen	Roger Desmarchelier Peter Kipps	Peter Tang Rob Hall

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

The club calendar appears 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.