



# K O O N G G A

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

Volume 57 No. 3

21 July 2014

Rotary monthly theme: July: Literacy

## This week

### Building connections - a visit from the Sydney City Rotaract Club



The Sydney City Rotaract Club is a vibrant club that clearly has a lot of fun while doing good in the community - take a look at its website for the range of its activities and projects: [www.sydneycityrotaract.org.au](http://www.sydneycityrotaract.org.au)

This week the club's immediate past president Nishant Samuel, its current president Rebecca Weragoda, and current vice-president Ben MacNevin will remind us what it is to be young and perhaps teach us a thing or two about connecting with the next generation and easing their transition from Rotaract to Rotary.

The aim of their visit is to swap ideas and explore how their club and ours can develop an active working relationship. Come along and participate in the discussion!

## Last week's guests & announcements

President Tony:

- Welcomed guest speaker Anna Brzeska, Crosslands Rotaractor Sam Lambert and Adrienne Hall;
- Announced the grant of honorary membership of the club to Past President Ivan Cribb;
- Announced the appointment of Graham Timms as President-Elect;
- Said that Lucy Hoppood-Brown will be scheduled to speak on the proposed Hornsby women's refuge, which Tony would like to make a major club project;
- Thanked Gary Dawson, Ross Egan, John Aitken, Ross Lambert, Graham and Anne Maslen and Geoff Hungerford for helping Lifeline pack up after its book fair; and
- Took an informal vote of members to continue with the Sergeant's fine session each meeting.

## Honorary member PP Ivan Cribb

From NSW Hansard 28 August 2002:

### TRIBUTE TO MR IVAN CRIBB

**The Hon. PATRICIA FORSYTHE:** In July this year, I was pleased to attend the changeover night of the Ku-ring-gai Rotary Club when Ivan Edwin Cribb was received as a Paul Harris Fellow. Ivan has been a member of the Rotary Club of Ku-ring-gai for a total of 12 years, holding the classification of "Legal - Local Government". He first joined the club in 1978, but after three years of service was not able to keep up his membership as he had many commitments with organisations and committees working to serve blind and vision-impaired persons. Ivan re-joined the club in 1993 and has served on the board for four years, including as the club's president for the year 1999-2000. Ivan has been interested in many aspects of club service but has always been available to assist with his vocational expertise in law to advise on legal matters as required by various club offices.

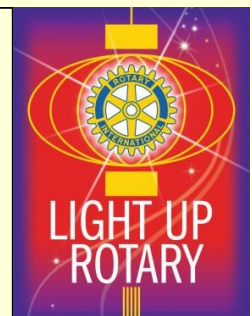


Ivan decided to become a lawyer quite early in life as, having lost his sight when he was four, he believed that a legal career would provide opportunities for a person who was blind. He was not prepared to study in a special school and accept the very limited prospects normally available to blind students 60 years ago. He studied arts and law at the University of Sydney and was one of the first blind students to undertake university studies there. Throughout his life he has pioneered the way and created openings for himself that have allowed other people with disabilities to follow. The greater part of Ivan's legal career was served with solicitors Blake Dawson Waldron, where he specialised in local government law. He mainly attended to the diverse and demanding legal requirements of two very large clients: the City of Sydney and the City of Parramatta. Today Ivan is still interested in what he terms "the law" and is currently preparing a lecture series for the University of the Third Age.

Ivan's career in community service began over 40 years

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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](http://www.kuringgairotary.org.au)

Rotary International  
Theme 2014-2015

ago when he joined the Apex Club of Hurstville. It was as a representative of Apex that he first joined the board of the Guide Dog Association of New South Wales. This was the beginning of 36 years of service to the Royal Guide Dog Associations of Australia, through its many committees, and as National President from 1975 to 1978. Ivan was granted life membership of the New South Wales association in 1997. As well as his work with the guide dogs, Ivan has assisted other organisations and agencies working to improve services for people with disabilities, and he still serves on the Ku-ring-gai council's Access Committee. Ivan has particularly contributed over the last 23 years to the work of the Royal Blind Society. He joined the council of this organisation in 1979 and is still a serving member. He served a maximum term as vice-president and has chaired several of the council's service committees. Information technology and library services have been areas of particular interest, and the recent establishment of National Information and Library Services to provide services taking advantage of technological development has seen him attending committee meetings for this new organisation.

In the 35 years Ivan has lived in the Ku-ring-gai area he assisted many local community organisations. When his children were young his expertise and guidance were sought by their schools and other organisations connected with their sporting and other interests. In more recent times his skills proved very useful during a three-year term as foundation secretary of the Probus Club of Ku-ring-gai West. Ivan was made a member of the Order of Australia in 1994 in recognition of his service to the community and vision impaired people. I bring this matter to the attention of the House because I believe that someone who has given extraordinary community service and found a way to overcome his own disabilities serves as an example for many other people in the community.

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*Ivan continued as an active member of our club until he resigned his membership on 30 June this year. (At the Bobbin Head Cycle Classic in March he was busy selling raffle tickets.) We look forward to welcoming him - and his wife, Joyce, who is also a past member of our club - to meetings of the club whenever they can visit us.— Ed.*

## Last week's speaker

Anna Brzeska

### Updating your cardiopulmonary resuscitation skills

Anna Brzeska is a medical secretary who has been volunteering with St John Ambulance for 6 years. During that time she has done thousands of hours of first aid at community events, in various roles including as a mentor, team leader and commander. She's also a member of Crosslands Rotaract Club.

Anna explained and demonstrated the latest cardiopulmonary resuscitation technique and gave several of our



members an opportunity to practice the technique themselves.

Following are some of Anna's key points. Later in this edition is a copy of St John Ambulance's 'DRSABCD' action plan for resuscitation.

- Cardiac arrest may occur with no warning or only a few seconds' warning.
- Signs include pale colour and/or blue lips, due to lack of blood flow.
- Before attempting resuscitation, look around for dangers (traffic, loose electric cables, etc) and take action to avoid them.
- Seek a response from the patient – e.g., by squeezing their shoulder and speaking to them.
- If there's no response, call an ambulance.
- Look for airway obstructions. Turn the victim on one side and remove them.
- Roll the victim on his/her back and look, listen and feel for breathing.
- If the victim is not breathing, commence cardiopulmonary resuscitation ('CPR'), pressing on the sternum.
- Compress the chest 30 times at a rate of 100/minute.
- Depress the chest by 1/3 on each push.
- Tilt and hold the victim's head back, squeeze the nose closed and give two mouth to mouth breaths, looking to see the chest rise and fall.
- Use a defibrillator if available (e.g., in some shopping centres, golf clubs, etc.). Modern defibrillators give audio instructions once started. Defibrillators give the heart a chance to 'reset'.
- The chances of survival decrease by 10% for every minute without defibrillation.
- Remove clothing off the victim's chest and apply the defibrillator pads to the top right and bottom left of the torso.
- Repeat CPR, mouth to mouth breaths and defibrillator use until an ambulance arrives. If others are present, take turns, swapping every 2 minutes.
- CPR helps to maintain heart operation and oxygen to the lungs.
- Plastic with a mouth hole can be used to cover the victim's nose and mouth to protect against infection.
- Chest compression is effective in getting air into the lungs and therefore is more important than mouth to mouth breathing. Minimise 'hands off' time.
- It is obvious when a victim starts breathing again: colour improves and there may be limb movement.
- CPR guidelines are the same for both adults and children. In the case of a child aged below 12, use one hand only. For an infant, use fingers. Modify the volume of mouth to mouth





breathing to suite the victim. Don't tilt infants' heads back.

- Post-resuscitation care:
  - Put the victim on one side, with the lower arm out-stretched, the upper arm across the chest and the legs crossed;
  - Keep checking the victim's pulse and breathing;
  - Keep defibrillator pads on.
- CPR courses are available from St John Ambulance.

## Change of booking/apology time

Effective immediately, the cut-off time for booking in guests or recording apologies for our meetings is now 11.55 am.

The change has been made so that you become accustomed to it before we move to our new meeting venue, the Killara Golf Club, on Monday, 4 August.

## Tick awareness



One of our club's current projects is supporting Associate Pro-

fessor Sheryl van Nunen and the tiara (Tick Induced Allergies Research & Awareness) organisation spread the word about preventing and dealing with tick bites. The Ku-ring-gai contribution is two-fold - assisting in the editing and design of a brochure aimed at professionals in the community health and veterinary professions, and developing a video to be hosted on Youtube. This week, the brochure design and content passed an important stage in that Northern Sydney Local Health District Communications Office has authorised its distribution. Along with the important information about ticks, the brochure will carry the Rotary International logo.

Professor van Nunen was recently asked to prepare an article (published online on 13th May this year) for the journal Current Treatment Options in Allergy, bringing together the research evidence from across the world. It is clear that the problem of tick induced allergies - particularly the mammalian meat allergy - is a global problem. Both Ku-ring-gai and Chatswood Rotary Clubs are playing an important role in raising community awareness in Australia and supporting efforts to do the same overseas.

Rob Hall

## Rotary International Convention



The picture is of the breakout session "What is Rotary?" at the Rotary International Convention - one of the more popular sessions. Many people were turned away when the 800 seats filled.

Rotary International went to a lot of effort last year to comprehensively review Rotary's 'branding', including creation of a new 'Brand Centre' website. <https://brandcenter.rotary.org/en-GB>

In addition to the new logo (above right) and detailed



instructions for its use, the site provides guidelines for telling the powerful 'Rotary Story', including how to answer the

question 'What is Rotary?'

The aim of the breakout session was to provide guidelines on answering the question. In my view the form of words in the guidelines is directed at a level more appropriate for discussion at an international, country, political or large corporation level - rather than with an individual person. When this point was raised by a UK Rotarian in the audience she was given the answer "we had it validated by independent experts". It was obvious that the presenter was not going to agree with or take on board any critical comment.

One example of a recommended form of words by RI is "Rotary Unites Leaders". It was suggested by the UK person in the audience that use of the term 'leaders' immediately excludes from potential membership people in the community, such as small business owners who do not think of themselves as leaders. I agree - however, what would I know?

So I am working on a form of words applicable for us. One suggestion is "**Rotary is ordinary people working together to improve our communities and help the less fortunate. It's amazing what we can accomplish when hearts and minds work together**".

We need an updated form of words on our website (don't forget the 'fun' bit). It is work in progress and contributions are invited.

Bob Ivey

## Bob's good advice

About four years ago I was paying too much to my internet service provider, who also hosted our "Hamble" domain name.

Bob Ivey suggested I try his supplier, Digital Pacific.



Following is an email I sent them this week. I thought members might like to be aware of this Australian company, whose support staff are in Sydney.

To the Chief Compliments Officer,

I have had cause to write to you in the past, but you've done it again!

Over the last few weeks I have had, and continue to have, problems caused by my installation of Office 365 and the difficulties of getting it to communicate as advertised, whilst retaining my domain name.

Because she was involved in the start of the process I have had more to do with Sally and once again, she deserves a medal!

All of your staff have as usual been outstanding; helpful, knowledgeable and above all patient.

Please congratulate all your technical support people.

Management should take a bow as well, because this type of outstanding service only occurs regularly where there is a great attitude and careful recruitment.

Yours faithfully,

Greg Newling

## District 9685 Directory

The District 9685 Directory, which includes a vast amount of information about the District, the District team and other clubs, is available online at <http://www.rotarydistrict9685.org.au/Page/district-directory>.

Whilst telephone numbers and email addresses are given for some people, starting with District Governor Ian Scott, for others (e.g., club officers) it's necessary to use a 'contact email' system to initiate contact with them.

## Has anyone seen Adele?

In case you're wondering what's become of Adele Mitchell and Ross Goodman, they're currently living on the shores of Lake Macquarie. It's a temporary stay, while they're building a house on land they have bought at Paterson in the Hunter Valley.

Adele still has her travel business in St Ives Shopping Centre and Ross is still working part time at Everleigh.

Adele will drop in to visit the club when she's in Sydney on a Monday evening.

## Clean energy future

Last week's report on the talk on a clean energy future by John Davis was based on Koongga's notes. Here's John's authoritative version:

The sun stores energy in biomass. Two thirds is made of sugar, one third is lignin. When compressed underground lignin becomes coal and methane.

The methane is held onto the surface of the coal by water pressure. When the water is removed during mining the methane escapes and can cause gas explosions.

### Coal seam gas

Before mining a coal seam, the methane is normally removed and uses for power. Deep underground coal seams can supply methane as coal seam gas. High-pressure water pumped into boreholes crack the coal seam to make it more porous. Sand in the water holds the cleats, or cracks, open allowing the water and the methane to be drained off together.

There are plans in Queensland to have 40,000 coal seam gas wells. The farmers hate this because their farms are converted to industrial sites with the problems of water loss and contamination, land covered in road base and gas leakage.



### Coal

Coal mining has problems at several stages. The mining transport causes dust with very fine particles causing silicosis or black lung disease. There have been very few health studies in Australia, but in the USA health studies show that every year 23,600 people are killed and over half a million asthma attacks are caused by

coal dust. Part of the problem comes from burning the coal.

The real problem however is the CO<sub>2</sub>. In recent years man-made CO<sub>2</sub> has caused a very rapid increase in CO<sub>2</sub> in the atmosphere. This is causing temperature rise in the atmosphere.

Half the CO<sub>2</sub> produced is dissolved in the oceans. This is causing the oceans to become more acidic. The problem with this is that it dissolves shells on shellfish, and dissolves coral. It is predicted that, if the temperature rises 3°, then the coral reefs will be dissolved. The temperature rise so far is 0.8°.

### Carbon capture and storage

The coal industry has delayed action by promising clean coal through carbon capture and storage or CCS. This means the CO<sub>2</sub> will be captured from the flue gas and buried underground. Although this is possible it would be very expensive, requiring 30% to 40% of the power stations' energy. It is unlikely to ever be done, since wind and solar are now cheaper. There is also a problem of very few potential burial sites in New South Wales so CO<sub>2</sub> would need to be piped thousands of kilometres.

### Wind

The answer is blowing in the wind. Australia has huge wind resources, especially in West Australia, South Australia and Tasmania where the Roaring Forties hit the land mass.

However there is plenty of wind on all high parts of Australia.

Wind turbines can be built on land, in shallow water, or floating in deep water. The advantage of deep water is that the wind is usually stronger further out to sea.

### Wave energy

Waves are produced by wind, so they usually come together. Once again Australia has a lot of wave energy, equalling anywhere else in the world.

There are many ways of getting the energy out of waves: floats on arms, floats in the water, turbines turning in the wind or displaced by falling or rising waves, and many others. One of the most advanced is the Carnegie underwater buoys. This is a West Australian company and they have contracts to supply power to Jamaica and some other islands.

### Tidal power

Tides can be harnessed either by building a barrage across the opening of inlet, or mounting turbines on the seabed similar to wind turbines.

### Geothermal

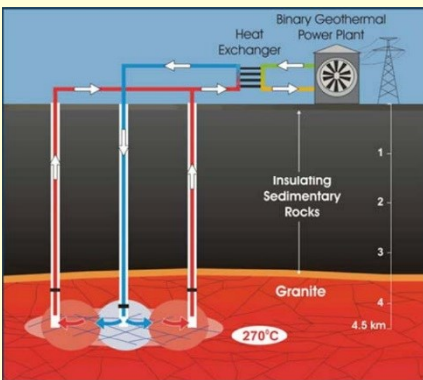
Beneath the earth surface rocks are hot rocks and these can be used to generate steam and electricity.

Nearly all geothermal stations are built on the boundaries between the earth's tectonic plates. When tectonic





plates move past each other, they generate friction which in turns melts rock. This molten rock is lava and heats rocks around it.



Australia however is not near the plate boundaries. We have a different form of geothermal, based on hot dry rock. Several wells are drilled and then the rock between them fractured by using high-pressure water or explosives.

Water is pumped down one well, through the fractured rock, then up the other wells as hot pressurised water. This in turn passes through a heat exchanger to produce steam.

### Solar

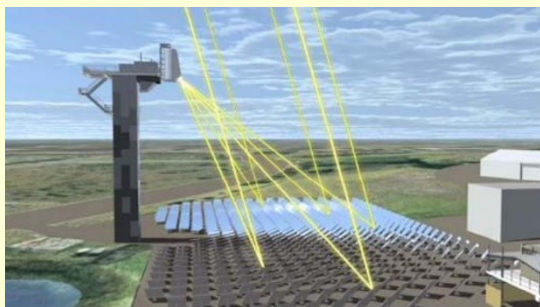
We could use a fraction of Australia to produce enough solar energy for the whole world. A couple of large cattle stations could supply enough solar for the whole of Australia.

Solar thermal, or heat from the sun, can be collected using parabolic troughs or dishes, Fresnel lenses, or a field of flat mirrors aiming at large central tower. In the large central tower is molten salt. It can be stored in large tanks until needed, when it is then passed through a heat exchanger again to generate steam.

Another scheme is to have a huge glasshouse with a tower 200m in diameter and a kilometre high. The hot air from the glasshouse rises up the chimney. In the base of the chimney are turbines which are turned by the air rising. An Australian company is building one in Nevada, and another company is planning one in Caernarvon.

### CSIRO

CSIRO has a field of mirrors heating air, which then turns a turbine.



### Nuclear energy

There are three forms of nuclear energy: radioactive decay which heats rocks for geothermal; fusion, which is the process in the sun; and fission which is the process we use in nuclear power stations. The process we use is a dangerous one because it was chosen to make plutonium for atom bombs. The far safer molten salt reactors were not developed because they produced no waste. This was a tactical error. Nuclear power stations use only 0.6% of the fuel before requiring a new batch. The problems with nuclear reactors are the waste is dangerous, the risk of proliferation, the expense, and there's not much of it. At present 12 percent of the world's power is generated with nuclear, and there is enough uranium for 80 years. If all the world's electricity was generated by nuclear, there would only be enough for 10 years. The far safer molten salt reactor exists only on the

drawing board, and there's no way we have enough time to develop this and produce significant amounts of power. We only have 5 to 10 years to get serious about carbon reduction.

### Retail electricity prices

The cost of generating electricity is only about 4 or 5 cents per kilowatt-hour, so it wouldn't really matter if we doubled it. It wouldn't affect the retail price much. Most of the recent increase in price is due to the cost of spending \$43 billion on network upgrades, many of them not needed.

### Rooftop power

This has led to the situation where it is much cheaper to produce electricity, or hot water, on your rooftop than to buy it from the grid. The price of photovoltaic electricity depends on how long you write off your investment. You can say \$0.50/kWh for three years and then the rest of your life it will be free. Or you can write it off over 10 years for a cost of \$0.17/kWh. The next 10 or 15 years would be free.



Solar hot water pays for itself in four to six years.

### Storing energy

Most energy storage today is done by pumped hydro. Hydropower power stations buy electricity off-peak, then sell back during the peak. In Japan seawater is pumped to a hilltop dam for the same purpose. Energy can be stored in tanks on a hill, large magnetic fields, super capacitors, hot gravel, ammonia, compressed air underground or in tanks, flywheels, flow batteries, or coolth can be stored in a phase changer such as ice. Phase change air-conditioning means you freeze something overnight when it is cold and electricity is cheap, then during the day, blow air over the ice to provide cheap air-conditioning.

### Electric vehicles

Nowadays electric vehicles are cheaper than petrol cars due to less maintenance, and less fuel costs.

The dream is to charge electric vehicles with solar cells, or off-peak electricity. When the car arrives home at night it plugs into the house micro-grid. It supplies electricity during the expensive part of the day, then charges up overnight when off-peak electricity is cheap.



## Can you help - RYDA/Clarke Road?

Can you spare a few hours to help at these very worthwhile projects? No previous experience required.

- Rotary Youth Driver Awareness in late July/early August? Talk to Greg Goodman for details.
- At Clarke Road School from 11.50am on Wednesday, 30 July? Full details from Bob Ivey.

# DRSABCD action plan

In an emergency call triple zero (000) for an ambulance



## D

### DANGER

Ensure the area is safe for yourself, others and the patient.

## R

### RESPONSE

**Check for response**—ask name—squeeze shoulders

#### No response

- Send for help.

#### Response

- make comfortable
- check for injuries
- monitor response.



## S

### SEND for help

**Call Triple Zero (000)** for an ambulance or ask another person to make the call.

## A

### AIRWAY

**Open mouth**—if foreign material is present:

- place in the recovery position
- clear airway with fingers.

**Open airway** by tilting head with chin lift.



## B

### BREATHING

**Check for breathing**—look, listen and feel.

#### Not normal breathing

- Start CPR.

#### Normal breathing

- place in recovery position
- monitor breathing
- manage injuries
- treat for shock.



## C

### CPR

**Start CPR—30 chest compressions : 2 breaths**

Continue CPR until help arrives or patient recovers.



## D

### DEFIBRILLATION

**Apply defibrillator** if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

Learn First Aid | 1300 360 455 | [www.stjohn.org.au](http://www.stjohn.org.au)

## Calendar of events

July	28	'Killer gear & no idea' – Brett Odgers shows us how to take cracker photos
August	4	Graham Timms - Easter Island mysteries revealed
	11	TBA
	18	Restaurant evening - venue: TBA
	25	TBA
September	8	District Governor's visit to North Shore clubs
October	6	Public holiday – no meeting
	20	Club forum
November	10	Restaurant night - venue: TBA
December	22	No meeting
	29	No meeting

## Club officers and committee chairmen 2014-15

### Board of directors

<b>President</b>	Tony McClelland
<b>Vice President</b>	John Aitken
<b>President Elect</b>	Graham Timms
<b>Secretary</b>	Geoff Hungerford
<b>Treasurer</b>	Graham Maslen
<b>Director - Membership</b>	Greg Newling
<b>Director - Public Relations</b>	Michael Midlam
<b>Director - Club Administration</b>	Joy Newling
<b>Director - Service Projects</b>	John Aitken
<b>Director - Rotary Foundation</b>	Graham Timms

### Service committee chairmen

<b>Club Service</b>	Joy Newling
<b>Vocational Service</b>	Michael Midlam
<b>Community Service</b>	Ross Lambert
<b>International Service</b>	Roger Desmarchelier
<b>Youth Service</b>	Greg Goodman
<b>Bobbin Head Cycle Classic</b>	Bob Elsworth
<b>Sergeant-at-Arms</b>	Malcolm Braid

## Club committees 2014-15

**Bobbin Head Cycle Classic:** Bob Elsworth, John Aitken, Ross Egan, Peter Kipps, Tony McClelland, Michael Midlam, Graham Timms

**Club History:** Malcolm Braid, Tom Jackson

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

**Community Service:** Ross Lambert, 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, Loïc Lacombe, Jack McCartney, Michael Midlam (Bowel Scan), Frank White (Markets)

**International Service:** Roger Desmarchelier, David Forsythe, Graham Maslen, Greg Newling, Peter Tang

**Membership:** Greg Newling, Dilys Geddes, Linda Lam-Rohlf

**Public Relations:** Michael Midlam

**Program:** Rob Hall, Ross Egan

**Rotary Foundation:** Graham Timms

**Vocational Service:** Michael Midlam

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

## Anniversaries - July

Birthdays			Anniversaries				
6	Margaret Tang	26	Graham Timms	8	Peter & Christine Kipps		
16	Greg Goodman	27	Gwen Ivey	14	Robert & Kathryn Elsworth		
19	Susan White			23	Peter & Margaret Tang		
25	Peter Kipps						

## 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 **11.55 am** 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

July	August	September	October
Graham Maslen	Geoff Hungerford	Michael Midlam	Emyr Evans
Greg Goodman	Lou Coenen	Graham Timms	Joyce Enos

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	10 August	14 September	12 October
<b>BANNERS</b>	Geoff Hungerford	Frank White	Frank White
<b>SIGNS</b>	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford
<b>MORNING SET UP</b>	Geoff Hungerford	Frank White	Frank White
<b>PUBLIC RELATIONS</b>			
<b>1ST SHIFT 8.00 to 10.30</b>	Graham Maslen	Caroline Jones	TBA
<b>2ND SHIFT 10.30 to 1.00</b>	Roger Desmarchelier David Lewis	David Forsythe Nick Kenyon	TBA TBA
<b>3RD SHIFT 1.00 to 3.30</b>	Bob Elsworth Jack McCartney	Peter Tang Michael Midlam	TBA TBA

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 - emails to all members, etc.

If you want to send an email to all members of the club, simply email [members@kuringgairotary.org.au](mailto:members@kuringgairotary.org.au). Similarly, you can send an email to all 'friends of Rotary' by emailing [friends@kuringgairotary.org.au](mailto:friends@kuringgairotary.org.au). A full explanation of the system and how to use it appears in the member forum section of the club's website. You can reply (or 'reply all') to such emails. You can also add to the list of 'friends of Rotary' - e.g., your partner or friends.

## 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.