

K O O N G G A

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

Volume 57 No. 36 20 April 2015

Rotary monthly theme: maternal & child health

This week: Bobbin Head Cycle Classic Review

For the past four years, the Bobbo has been one of the most important events in the Ku-ring-gai Rotary Club calendar. Planning starts late in the preceding year, and as the March ride date draws closer, members of the club expend a great deal of energy and inventiveness to make the event happen. While some members carry a major portion of the weight, everyone is involved in some way or other to make the day a success. Without the members and the volunteers they recruit, the ride would not be possible and substantial funding for our selected charities would not be available.



This year, 2,700 riders took part and we had 588 responses to the online feedback survey. This was a substantial increase in both riders and responses over previous years. On Monday evening, we will review and critique the preparation of the event and discuss the club's approach to the future of the Bobbin Head Cycle Classic. To help ensure that we cover all the key issues, President Tony will set his timer on a tight schedule. The draft agenda for the evening is as follows:

An overview of the outcomes

This will be a summary presentation of facts and figures about the event and subsequent feedback

Then a discussion on each of following topics, led in each case by the relevant team leader

- Ride planning, marshalling and volunteers – the process.
- Marketing - getting the riders we want
- Sponsorship – getting community support
- Fundraising – getting rider sponsorship
- Site – providing a venue
- Logistics – getting supplies to the right place
- Systems – registration, fundraising, web, volunteer allocation, reporting

- Follow up – thanks to riders and others, prizes & recognition, surveys
- Charities to support
- The club's conclusions for 2016

Last week's guests & announcements

President Tony welcomed our guest speaker, Todd Kerslake, the Bobbin Head Cycle Classic's printer, Peter Cheung, Amy Cheung, Matthew Pegg, Henry Pegg, Namrata Kotecha, Keshav Kotecha, Gary Keating, Chris Lewis, Lois Hamlin and Stan Glaser.

Roger Desmarchelier urged members to fill the remaining 70 seats for the play 'Black Coffee' on Thursday, 14 May (see advertisement later in this edition). The evening is to raise funds for cyclone relief in Vanuatu - of the \$25 ticket price, \$15 will go to that cause.

Chris Hoch called for volunteers to assist with the Red Shield Appeal on Saturday 30 and Sunday 31 May. He reminded members that they must register on www.kidsguardian.nsw.gov.au/check and at a Motor Registry and warned that the process currently takes 3-4 weeks.

Induction of new members

Last week **President Tony** inducted two new members.

Chris Lewis is a retired actuary, who spent 31 years with AMP Limited and another 7 years with the Australian Prudential Regulation Authority.



Chris lives in Willoughby with his wife Lois Hamlin, who is a retired Senior Lecturer in nursing at the University of Technology, Sydney. They have 2 sons, Ryan and Alex.

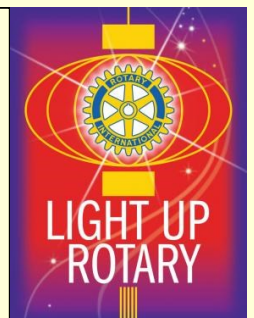
Chris is a golfer, an oenophile and enjoys theatre, music and travel with Lois. Later this year they will tour South America.

Chris serves as a volunteer driver at the Ku-ring-gai Neighbourhood Centre. He expects to join our club's

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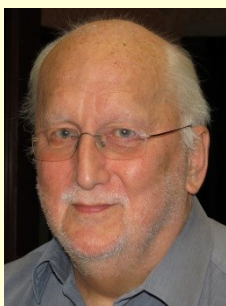
The club meets every Monday 6.30pm at Killara Golf Club, 556 Pacific Highway, Killara. Visitors welcome (Tel: 9498 2700). www.kuringgairotary.org.au



Rotary International
Theme 2014-2015

Community Service Committee.

Stan Glaser's profession is applied psychology. Formerly a professor of management at Macquarie University and then at the University of Western Sydney, he now consults to industry, with a particular focus on trade practices issues.



Stan resides in Roseville with his wife, Lyn, a clinical psychologist whose practice is in Macquarie Street. They have 2 daughters, Rachel and Natalie, and 5 grandchildren.

Stan doesn't ride a bicycle or play golf. His interests include current affairs, societal change, reading and the sciences. He has been invited to join the Youth Service Committee and become involved in Eagles RAPS.

Welcome Chris and Stan!

National Youth Science Forum



Henry Pegg and Keshav Kotecha told us about their experiences at the National Youth Science Forum. This is what they said:

Henry Pegg: Good evening, Ladies and Gentlemen

My name is Henry Pegg and in the Christmas holidays I was sponsored by this Rotary club and by my school to attend the National Youth Science Forum held yearly at the Australian National University. I am in year 12 at Knox Grammar School and I have a passion for science and mathematics, which is why I chose to apply for this experience. At school my subjects are physics, chemistry, advanced English and 4 unit mathematics.

As I was leaving for NYSF, I did not know what to expect. I was excited and nervous and trying to shoo my family off without them making too much of a scene. When the bus arrived at ANU, I was immediately entranced by the names of the buildings. If any of you have read Bill Bryson's book "Notes from a small island", you will notice that he has a fascination with the names of places in the English countryside. To a science enthusiast like myself, driving past the 'National Australian Supercomputer' or the 'Particle Accelerator Lab', I felt for the first time that I could understand his enthusiasm, and we hadn't even hopped off of the bus yet.

Over our two week stay I saw and talked to many amazing people. We played with liquid nitrogen and observed the results of particle collisions and we talked to many esteemed professors and lecturers. My favorite talk, however, was to a gentleman sitting next to me on

Rotarians night (a formal dinner to thank Rotary). This gentleman had been part of Rotary for many years and through conversation I learnt that he had been a successful engineer and had travelled the world studying at the renowned university Massachusetts Institute of Technology. His passion for science and the life that he had led inspired me just as much as any of the esteemed people I spoke to.

One of the principal aims of the National Youth Science Forum is to connect like-minded people from all social backgrounds across Australia. Before we had even left I had already had a long conversation with my buddy, who came from a small town in rural Victoria. There, he told me, he was the only pupil to take 4 unit maths and there were only 40 pupils in his year. An obvious contrast to my 40 pupils doing 4 unit maths and 300 in my year.

By the end of my 2 weeks, I had befriended all kinds of people. From Alex and Isaac, the two surfers from Newcastle, Harry, the cricket mad ginger from Adelaide, to Jimmy, the future mad physicist from Rockhampton. On the surface the only thing that was similar about us was our love of physics, yet by the end we found we shared many interests and memories.

Thank you for giving me the opportunity to attend this very worthwhile youth forum.

Keshav Kotecha: Good evening Rotary club members and guests. My name is Keshav, I'm seventeen years old and I attend Baulkham Hills High School. Thanks to this Rotary club, I was given the privilege of attending the National Youth Science Forum held in Canberra earlier this year. I attended Session A and the forum camp lasted approximately 12 days. From my stay at the forum, there were 2 main things that really appealed to me which I would like to share with you today.

1. It was extremely interesting and also a learning experience of sorts to notice the similarities between myself and other kids from varying demographics in Australia. I'm not talking about our vested interest in science, but other things such as small interests in politics or our taste in music. However, there was a significant difference in our lifestyles. Many kids my age from remote areas of Australia would live on the farm and have an extremely different daily routine from me, which I found quite an eye-opener
2. Secondly, the science during my experience was amazing. I had countless lab visits, seminars, meet and greets with professors all to do with science, and one thing that I discovered was the unlimited applications of science in real life. My favourite experience was visiting Lockheed Martin, a military components manufacturer.

I'd like to finish by thanking this great Rotary club. Thankyou for sponsoring me on this once in a lifetime opportunity, where I learnt and gained so much knowledge, not just in science but other aspects of life. Thank you once again to every member here and especially Malcolm Braid for their time and efforts.

Rotary Districts blood drive

Many will have seen the article (and front cover) of the March edition of Rotary Down Under with our very own Bruce de Graaf dressed as a vampire. Hopefully it will set the scene for a great Rotary community activity and



everyone gets to have a bit of fun on the way.

The teams at the Blood Service are in the process of being updated about the Rotary blood drive.

Read on for all the information you need but the **important thing to remember is that you must register with the Red25 program to make your donation count. Obviously the real winners will be the patients in hospital.**

The following documents are available on the **Red25 page** on the District website:

- An Adobe presentation that can be used to present at club meetings.
- A list of Donor Centre addresses and list of Blood Service Community Relations contacts.
- Registration Slip for individuals to join Red25 and nominate their Rotary District (under Division). This form is to be handed to reception when donating.

To find out what you need to do to join the drive, visit our Red25 page or go to <http://donateblood.com.au/rotarydonateblood.com.au/rotary>

The donateblood.com.au web site has a great deal of information for members and you will be able to:-

- check your eligibility to donate blood
- find your nearest location to donate
- make a booking to donate
- obtain advice on preparation for a donation
- check how our District is going in the drive (on the Rotary landing page on our web site click on the red "Tally" at point No 4, click on advanced search, filter by Division (not State). Enter date range and select Search.

If you want to organise a group donation or guest speaker, contact your nearest Community Relations person from the list on our Red25 page

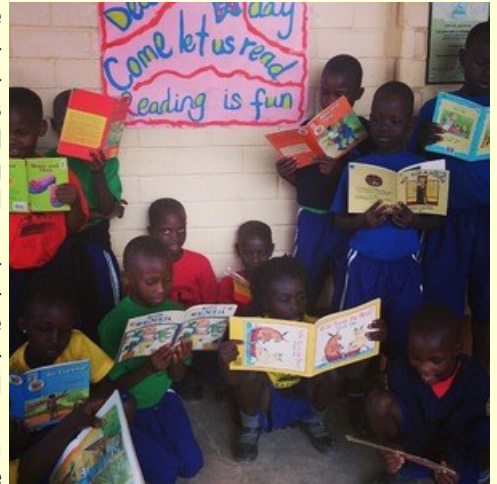
If you want to organise an individual donation, you can simply contact our call centre on 13 14 95 or book via the web site.

Under Rotary Australia in the Red25 Program you will need to nominate your Rotary District if you want your donations to count towards the District total. Forms to register are at all Blood Donor Centres or the form on our Red25 page. Good luck with the drive and may the best District win. Obviously the real winners will be the patients in hospital. - See more at: <http://www.rotarydistrict9685.org.au/Stories/red25#sthash.LV48NZCP.dpuf>

Latest news from Katuuso

Drop Everything and Read Day

This month, the Katuuso students participated in Uganda's second annual Drop Everything and Read (DEAR) Day. Along with thousands of Ugandans across the country, students and teachers



paused at 11am to dedicate time to celebrate reading. For 90 minutes, students and staff engaged in group and individual reading, discussion, and enjoyed a skit about the importance of reading, performed by some of our students.

Agriculture update



The team have been hard at work and the pig pens, cow shed, and ag house are undergoing the final stages of construction. We have started planting soybeans, ground nuts, peas,

pumpkins, beans, sweet potato and elephant grass in the lower fields. Check out the gorgeous piglets - part of our animal husbandry program!

Farewell Rod Kubyk

This week we farewell our incredible Agriculture Manager Rod Kubyk aka Pablo. We are beyond grateful for his drive, energy, passion and commitment to School



for Life. He has worked tirelessly on animal husbandry, infrastructure, cropping and sustainability for our projects and he will be sorely missed. You're an asset Pablo and we can't thank you enough for your hard work!

Grants to help amazing Australians

Your members may be interested to know that AMP's Tomorrow Fund is once again offering \$1 million in grants to amazing Australians doing great things.

Now in its second year, this unique grants program is open to individuals of all ages, walks of life and abilities. In 2014, AMP's Tomorrow Fund awarded grants to 47 AMP Tomorrow Makers, including artists, athletes,

inventors, social innovators, writers, dancers and disability advocates.



What they have in common is a determination to contribute to the community – be it through creating something special or doing something inspiring.

AMP is now seeking more talented Australians who are working hard on a project or passion but just need a financial boost to take it to the next level. Grants of between \$10,000 to \$100,000 can cover a range of activities, including training, travel and equipment costs, living expenses, rent and research.

We would encourage you to tell your colleagues and community contacts to apply online at ampstomorrowfund.com.au by 14 May 2015. This website also includes links to videos on our past recipients and useful resources such as downloadable posters, fact sheets and a sample application.

Please help us to attract diverse Australians who are passionate about creating a better tomorrow for everyone. If you require more information or a poster or fact sheet, please do not hesitate to contact us.

Kind regards

AMP's Tomorrow Fund

PS: Please share our Tomorrow Fund posts on...
Twitter @ampfoundation & Facebook.com/ampaustalia
AMP Foundation

Level 23, 33 Alfred St Sydney NSW 2000

Tel +61 2 9257 5334 Fax +61 2 9257 2002

Web: amp.com.au

Study on driving and Alzheimers disease



I am undertaking a PhD in Psychology at Macquarie University. The focus is on the development of a cognitive test battery which can predict driving performance in individuals with Alzheimer's disease.

I am currently running a study in which I am trying to get individuals with early stage Alzheimer's disease and healthy older individuals (65+) to come into Macquarie University to complete a short cognitive assessment and undertake a drive on a driving simulator. This will take approximately 1 hour and participants will get paid \$30 for this time. (See advertisement later in this edition of *Koonga – Ed.*)

I am very willing to be as active as I can in providing education to older individuals, those with and without Alzheimer's disease, about driving and driver safety. I have presented at a number of conferences about older drivers and more specifically findings on dementia and driving, and I regularly lecture at Macquarie University on older drivers. If you would like, I am willing to offer my time to hold an information evening for individuals within your community to talk to them about driving and driver safety.

If you have any questions/concerns or just want to talk

through the project in more detail, please feel free to contact me anytime. This can be done return to this email address: joanne.white@students.mq.edu.au or via phone, either [0456 035 830](tel:0456035830) or [\(02\) 9850 9939](tel:0298509939).

Thank you for both your time and consideration. I look forward to hearing from you soon.

Joanne White

Department of Psychology

Level 4, C3A

Macquarie University NSW 2109

Last week: Todd Kerslake: investing in uncertain times



Todd Kerslake is a stockbroker in the Chatswood office of Morgan's Financial.

Morgans Financial is Australia's largest retail stockbroker. It has offices throughout Australia, offering an extensive range of services for individuals, self-managed superannuation funds and other clients.

Wealth+ is the firm's administration platform that takes care of all the paperwork and administration associated with clients' share portfolios. It allows clients to feel safe in the knowledge that somebody is always taking care of their portfolio, so they won't miss dividends or corporate actions again.

Todd talked about market 'X' factors:

- Will the Reserve Bank of Australia cut rates further? Morgans' feeling is there are likely to be two cuts, the timing of which are 'X' factors.
- On the oil price, Todd spoke about the unsustainability of a low oil price environment. However, the timing of a recovery remains an 'X' factor.
- China? The mining boom may be over, but economic growth continues at +7%. China will always be an 'X' factor.
- The global 'X' factor? Terrorism, economic collapse (e.g., Greece), war and natural disasters are 'X' factors for our market.

In the mining sector, Morgans believes in survival of the fittest. Its suggestion is to stick with BHP Billiton, which it regards as 'best of breed' for its diversified asset portfolio, low cost of production and strong dividend yield.

Todd has always been keen on Telstra because of its majority market share. Morgans has it as a buy recommendation with a \$7.20 price target. Telstra is a beneficiary of our need for greater download capacity, thanks to new products like iphone, iwatch and the new market players of Netflix and Stan. Telecommunications is now less about phone calls and more about bandwidth.

Admedus Limited is a stock to watch. It's a small, diversified healthcare company that makes a product called 'Cardiocal', which is a bovine tissue used to fix holes in the heart. Todd also spoke about other applications in spinal repair and head injuries. It's a speculative stock that Morgans feels has a big future.

Todd said there is a new GFC - making Good Financial Choices:

- What can you do about under performing stocks? Be

objective and look at the bottom line of your portfolio. Is there an opportunity to use a capital loss against gains in your portfolio?

- What we're looking for when buying: Morgans like to invest in companies with strong management and low debt. Make sure you know the risks of investing and have discipline to follow your own rules, perhaps use a stop loss strategy, and don't be afraid to take profits. It's important to take the emotion out of investing.

Finally, Todd made the point that we seek professional advice when we're sick, selling our homes and servicing our cars. Your share portfolio is no different it requires regular maintenance. He asked: when was the last time you got a service?

Theatre Night

BLACK COFFEE

by **Agatha Christie**

Where: Pymble Players
cnr Bromley Ave & Mona Vale Rd, Pymble

When: Thursday 14 May 2015 at 7.45pm for 8pm

Why: Fundraising for Vanuatu

Book: <https://docs.google.com/a/wildcolour.com/forms/d/1Tk8zVo-SG8C6ckLjVhmDCv6b6Mf12NK6gu29DLcHqdl/viewform?c=0&w=1>

Pay: BSB: 032 089; Account no.: 253 333

In an English country house an eccentric inventor is murdered and his important formula stolen. One man immediately senses a potent brew of despair, treachery and deception among the house party. That man is Hercule Poirot. Enjoy the classic Christie setting for a Poirot whodunit – French doors, elegant women, country tweeds and knowing housekeepers.



Next week: Dr Claire Hooper: age-related macular degeneration

Dr Claire Hooper is a medical retina and uveitis specialist. A graduate of the University of Melbourne, she completed her ophthalmology training at Sydney Eye Hospital. She was awarded a travel scholarship and undertook a further two years of medical retina and uveitis specialist training at Moorfields Eye Hospital in London.

Dr Hooper has been involved in clinical trials for macular degeneration and has published several articles in peer-reviewed journals and co-written three book chapters. She has extensive experience in the diagnosis and treatment of age-related macular degeneration, diabetic retinopathy, retinal vascular disorders and inflammatory conditions of the eye (uveitis and scleritis).

In her talk, Dr Hooper will briefly explain how the eye works; what the terms early, wet and dry age-related macular degeneration ('AMD') mean; who gets AMD; preventative measures; current treatment options; and the latest research developments.

DRIVING AND ALZHEIMER'S DISEASE



Interested to learn about your current driving ability?

Want to know more about the relationship between cognitive ability and driving performance?

We are looking for both individuals with **mild Alzheimer's disease and older individuals who still have a driver licence** to help out with an interesting study looking at the relationship between driving and cognitive ability.

Participation will involve completing a 10 minute drive on a driving simulator at Macquarie University and undertaking a series of short cognitive assessments. This is expected to take no longer than 1 hour.

The researcher will be able to assist with getting you to and from Macquarie University if necessary.

You will be reimbursed \$30 for your time!!

If you are interested in participating, or want to know more information, please contact Joanne White:

joanne.white@students.mq.edu.au or 0456 035 830

Share Koongga with your partner and your friends

Do your partner and your friends know what's happening in the club? Did you know that they can be added to the mailing list to be notified of publication of each edition? Visit the 'News & Pics' page of the club website and simply enter their names and email addresses to subscribe.

Positions vacant

Koongga invites applications from budding writers, editors and producers to assist the current staff. No experience required, as training will be provided. Editors/producers will need access to Microsoft Publisher.

Apply to the Editor: michael@tyler.com.au



UNITE TO SAVE LIVES

MAKE YOUR DONATION COUNT

Sign up to Red25 and make your donation count towards your organisation's tally.

Red25 is a movement supported by many businesses, schools, community groups and government departments.

The more donations, the greater the opportunity for your group to be recognised for their support and lifesaving contribution towards 25% of Australia's blood supply.

This form is not part of the donor registration process, and is completely voluntary. **You only need to complete this form once**, unless you wish to make changes to any of the information in the future. Donations are reported as a number without any identifying information.

Please complete **all sections** of this form to ensure your donations count towards your tally.

New to Red25 Update my details

Full Name

DOB / / OR Donor ID (if known)

Email

Organisation/Group

Division (if applicable)

Privacy Statement: All information collected will only be used by the Australian Red Cross Blood Service. Providing your contact details allows us to communicate with you about the Blood Service. The Blood Service is bound by the Federal Government Privacy Act 1988. The Blood Service respects and protects the privacy of its donors' personal information by complying with the National Privacy Principles.

To view your organisation's tally visit:
donateblood.com.au/red25

 **RED25**

 **Australian Red Cross
BLOOD SERVICE**

Calendar of events

April	27	Dr Clare Hooper: age-related macular degeneration
May	4	Club business meeting
	11	Robert Mulas: The parent café - creating community amid diversity
	14	(Thursday) Fundraising night: Pymble Players: Black Coffee by Agatha Christie
	18	Meeting postponed 2 days
	20	(Wednesday) Bobbin Head Cycle Classic presentation to charities
	25	Chris Russell: Behind the scenes at 'New Inventors'
June	8	Queen's birthday - no meeting
	15	Lindsay Forrest: '10 on me'
	29	Changeover dinner

Club officers and committee chairmen 2014-15

Board of directors

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

Service committee chairmen

Club Service	Joy Newling
Vocational Service	Michael Midlam
Community Service	Ross Lambert
International Service	Roger Desmarchelier
Youth Service	[Vacant]
Bobbin Head Cycle Classic	Bob Elsworth
Sergeant-at-Arms	Malcolm Braid

Club committees 2014-15

Administration: Joy Newling, Geoff Hungerford, Rob Hall, Graham Maslen, Michael Tyler (Koongga)

Bobbin Head Cycle Classic: Bob Elsworth, Graham Timms, Tony McClelland, Ross Egan, John Aitken, Michael Midlam, Emyr Evans, Dilys Geddes, Geoff Hungerford, Jack McCartney, Linda Lam-Rolfs

Club History: Malcolm Braid, Tom Jackson

Community: Ross Lambert, Michael Midlam (Bowel scan), Lou Coenen, Linda Lam-Rolfs, Gary Dawson, Roger Desmarchelier, Chris Hoch (Red Shield), Caroline Jones, Nick Kenyon, Loïc Lacombe, Ross Egan (Daffodil Day)

International: Roger Desmarchelier, Graham Maslen, David Forsythe, Peter Tang, Georgina Manning, Lindsay Forest, Loïc Lacombe, Emyr Evans, John Aitken

Membership: Greg Newling

Public Relations: Michael Midlam

Rotary Foundation: Graham Timms, Peter Tang

Vocational: Michael Midlam

Youth: Joy Newling (acting), Bob Ivey, Malcolm Braid, Tom Jackson, Ted Price, Joyce Enos, Greg Goodman, Linda Lam-Rolfs, Jack McCartney

Sick parade

Ken Sackville underwent surgery at Royal North Shore Hospital last Monday and all went to plan. Following a period of recovery at the hospital, he will return to rehabilitation unit in Ryde.

Anniversaries - April

Birthdays				Anniversaries			
5	Roger Desmarchelier	9	Judy Timms	18	Geoff Hungerford	6	Tom & Laurel Jackson
5	Frank White	12	Kerry Midlam	22	Jaime Lewis	29	Greg & Joy Newling
7	Emyr Evans	15	Loïc Lacombe	30	Malcolm Braid		
8	Laurel Jackson						

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 record your apology or guest on the website at <http://www.kuringgairotary.org.au> **before 9.25 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

April	May	June	July
Roger Desmarchelier	Bob Ivey	Caroline Jones	Jack McCartney
David Forsythe	David Lewis	Linda Lam-Rohlf's	Greg Goodman

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

Gordon Market roster

MARKET ROSTER	10 May	14 June	12 July
BANNERS	Frank White	Frank White	Frank White
SIGNS	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	Bob Ivey	Caroline Jones	John Aitken
2ND SHIFT 10.30 to 1.00	Joyce Enos Lindsay Forrest	Nick Kenyon Linda Lam-Rohlf's	Christina Tilston Chris Hoch
3RD SHIFT 1.00 to 3.30	Gary Dawson Loïc Lacombe	Jack McCartney Don Riddell	Ross Egan Peter Tang

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.**

Rotary fashion

Looking for the most up to date Rotary club shirt or cap? Contact menswear and ladies wear boutique, Ross Egan.

Club bank details

Rotary Club of Ku-ring-gai **General** account
BSB: 032 089 Account no.: 253 341

Rotary Club of Ku-ring-gai **Project** account
BSB: 032 089 Account no.: 253 333

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.