



K O O N G G A

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

Volume 57 No. 4

28 July 2014

Rotary monthly theme: July: Literacy

Farewell to WPBC

Farewell to West Pymble Bicentennial Club

After calling the West Pymble Bicentennial (formerly Bowling) Club home for over 27 years, Monday, 28 July will be the last time that our club holds its regular meeting at that venue. Don't miss this opportunity to relive a few memories, farewell the staff and thank them for looking after us so well for so long.



From Monday, 4 August, our club will meet at the Killara Golf Club, 556 Pacific Highway, Killara (Tel: 9498 2700). Driving north on the Pacific Highway, the entrance is just after the Killara Garage (for those with longer memories: just after where The Black Stump used to be). Driving south on the Highway, you can turn into Fiddens Wharf Road, turn round and drive back up the Highway to the Golf Club entrance.

This week's speaker



Brett Odgers – 'Killer gear & no idea'

Brett is an internationally acclaimed photographer. His work in

the advertising & commercial industry over the past 20 years has seen him producing iconic images for ad campaigns all over the world. He also owns a studio specialising in wedding photography and wrote the book 'The Brides Guide to Wedding Photography'.

Brett's talk is designed to help you make the most of your camera equipment, whatever its standard. Even if

all you currently do is 'point and click', Brett will show you how to turn snaps into photographs and create lasting images with a real 'wow' factor. Bring your camera with you and get advice from one of the best.

Last week's guests & announcements

President Tony:

- Welcomed our guest speakers Rebecca Weragoda and Ben MacNevin from Sydney City Rotaract Club, Assistant District Governor Paul Rickard and Don Riddell.
- Announced that the Lifeline Book Fair raised about \$135,000.
- Encouraged attendance at the Lifeline Sapphire Gala Ball on Saturday, 13 September. (Tony's table for 10 is full; apply to Greg Goodman for a place or form a table for 10 yourself).
- Thanked Michael Midlam for volunteering to replace Caroline Jones on the Bobbin Head Cycle Classic marketing committee.
- Foreshadowed the possible introduction of another Rotary club in the group running the Bobbin Head Cycle Classic.
- Asked for a volunteer to prepare a proposal seeking sponsorship of the Bobbin Head Cycle Classic.
- Suggested that the Sydney City Rotaract Club could assist by providing volunteers marshals for the Bobbin Head Cycle Classic and an information technology specialist to improve the registration system.
- Announced that Emma Bagley has proposed the making of a marketing video for the Bobbin Head Cycle Classic.

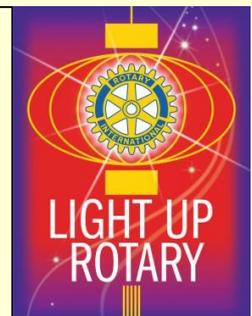


Ross Egan called for volunteers to sell daffodils at Pymble Station to raise funds for the Cancer Council early on **Daffodil Day**, Friday, 26 August. President

Tony, Joyce Enos and Don Riddell volunteered. (The more the merrier, members, so let Ross know if you can

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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 2014-2015

On the 23rd of August get ready to

BOLLYWOOD your help TO NEPAL & INDIA

WITH A NIGHT OF ENTERTAINMENT
which helps bring
smiles
TO THE NEEDY



The important stuff

- Lotsa dancing all night long
- Scrumptious 3 course meal
- Shr Drinks (Wine, Beer & Softs)

Ticket info or 'how you fund some happiness'

- Buy tickets @ www.sydneycityrotaract.org.au
- Early Bird (till June 1st) - \$100 • Normal tickets - \$120
- Table Discount - One ticket Free

From 6pm on 23rd August at Concord Function Centre (138 Majors Bay Rd, Concord)

The SCRC is sponsored by several city Rotary clubs. Rebecca and Ben recommended that our club take these steps to develop relationships with Rotaract clubs:

- Ask to sponsor an existing Rotaract Club - Crosslands, Lower North Shore, Macquarie University;
 - Establish a contact person and communication channels;
 - Attend meetings and support events;
 - Identify challenges and opportunities for both clubs; and
 - Develop a Rotaract to Rotary Transition Process;
- The Rotary Club of Darling Harbour has taken these steps:

- Reduced first year fees for former Rotaractors;
- Electing a former Rotaractor as president; and
- Scheduling its meetings so that its members can also attend Rotaract Club meetings.

News from the bush

Judy Houghton writes: I have been to Sydney a few times since retiring to the bush, however it is usually a rush to back to the peace and quiet.

I will make an effort to be in Sydney on a Monday and try to get to a meeting. Noted change of venue.

I am on a number of committees which keeps me very busy. Not much time to sit back and smell the roses!

Best wishes

Judy



More about CPR

Anna Brzeska, who was our guest speaker 2 weeks ago, provided these additional notes on her talk.

Introduction

Cardiac arrest occurs when the heart fails to pump blood successfully to the body's vital organs. This

usually occurs with little or no warning. Normally, a heartbeat may be recovered with the use of a defibrillator.

After a cardiac arrest

After the patient loses consciousness, it's not uncommon to have some seizure behaviour. This might be a few seconds of stiffness of all limbs, or a couple of jerking movements. This activity occurs when an oxygen starved brain starts miss-firing.

Of course at this stage there are a number of possibilities for this:

- A simple faint with some jerking behaviour (quite common)
- A seizure from epilepsy
- A cardiac arrest

Importantly, if it is a simple faint the patient will regain consciousness upon lying flat within seconds.

If there is any doubt, it is safest to assume the patient is in cardiac arrest.

Perhaps one of the most confusing things which occurs post cardiac arrest is agonal gasps. One of the final parts of the brain to shut down is the respiratory centre. As a result, the patient may continue to have some abnormal breathing efforts *after* cardiac arrest. These may last for several minutes. Agonal breaths can be identified by the lack of movement of air in and out of the patient's lungs.

Action Plan

D: is for Danger.

Look for dangers to you, others and the patient, e.g. road traffic.

R: is for Response.

Approach the patient.

Ask their name.

Squeeze their shoulders.

S: is for Send for Help

If the patient is unconscious ... they need advanced help, fast.

Call 000 to request an ambulance.

A: Is for Airway

Open the airway, inspect for foreign bodies.

If there are any present, roll the patient on their side and scoop them out.

B: Is for Breathing

Check for breathing by Looking, Listening, and Feeling (see picture on DRSABCD chart).

Remember, agonal gasps are not a sign of normal or adequate respirations, and are an indication to commence CPR.

Always, if there is no respiratory effort, commence CPR.

C: is for CPR

Lay the patient on their back and tilt their head back.

Commence chest compressions and give breaths in a 30:2 ratio.

D: is for Defibrillation

Send for and apply a defibrillator at the earliest opportunity.

Simply open the cover and follow the instructions given by the machine.

More about CPR

CPR should be a vigorous activity. The chest should be compressed to 1/3rd of its depth at a rate of 100 compressions per minute. The CPR chest compressors should change every 2 minutes - as people tire, their CPR quality decreases.

Immediately post defibrillation, CPR should be commenced again. If circulation is re-established, it will become obvious (e.g. skin colour improvement, spontaneous regular breathing, spontaneous limb movements).

However, as time progresses, the rhythms deteriorate, and become less responsive to defibrillation. Hence, early defibrillation is important! The effect of bystander CPR is that it slows the deterioration of responsiveness to defibrillation.

For the musical purists

The World of Music

featuring
The Sydney Male choir



with special guest artist
Yvonne Kenny



Photo: Paul Gosney

Sydney Town Hall

2:00 pm Saturday 30 August 2014

For tickets and further information go to:
www.sydneymalechoir.com.au book on-line
to choose your preferred seating

or

Send a stamped self-addressed envelope together with a cheque or money order for the full amount and nominating your preferred seating (which will be allocated if available), as well as a contact telephone number and email address if you have one.

or

phone: Gary Withyman **0407 913 455**

Adults \$40, Concessions \$35, Groups (10+) \$30.

And for the not so purist

AVOCA BEACH PICTURE THEATER
presents



the WUGALUG STRINGBAND

69 AVOCA DRIVE, AVOCA BEACH

Tickets \$32.50 - Bookings 4382 1777

7:30 pm, Friday 5th September, 2014

www.jugalugstringband.com

graffiti REMOVAL DAY

SUNDAY 26 OCTOBER 2014

Join the fight against graffiti

VOLUNTEER

NOMINATE A SITE

PROMOTE THE DAY

www.graffitiremovalday.org.au

More information:

Call **1300 665 310**

info@graffitiremovalday.org.au



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Calendar of events

August	4	Graham Timms - Easter Island mysteries revealed
	11	Paul Adams - The glory that is chocolate
	18	Restaurant evening - venue: TBA
	25	TBA
September	8	Meeting postponed for one day
	9	Venue: Pymble Golf Club - District Governor's visit to Upper North Shore clubs
	15	Lucy Hobgood-Brown - Women in Rotary
October	6	Public holiday – no meeting
	13	Joint meeting - Rotary clubs of Ku-ring-gai, St Ives and Turramurra
	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

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	Greg Goodman
Bobbin Head Cycle Classic	Bob Elsworth
Sergeant-at-Arms	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