



K O O N G G A

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

Volume 57 No. 19 17 November 2014

Rotary monthly theme: November: Rotary Foundation

This week

Suzy Ogelsby - Fitness for cyclists and golfers

Suzy is a chiropractor & exercise physiologist who has worked in multidisciplinary health centres for over a decade. She has both undergraduate and postgraduate qualifications in Exercise Science, Rehabilitation and Chiropractic. She lectures and tutors exercise physiology- and rehabilitation-based subjects at university.

Her therapeutic strategy is to look holistically at the structure and function of a patient's body to find out where the true dysfunction lies rather than chasing superficial symptoms. She believes in active care and works with her patients to give them the tools they need to keep their bodies at their best.

She has an extensive sporting background, being involved with softball, hockey, soccer, running and golf. Suzy leads an active lifestyle and enjoys running, going to the gym, and loves beach and snow based adventures.

Based on this mix of experience and training, Suzy will talk about modern approaches to maintaining fitness.



Last week's guests & announcements

President Tony:

- Welcomed guest speaker Past District Governor Tony Castley, past member Wally Forbes and returning member Joyce Enos;
- Reported that Anne Maslen is improving after surgery for a broken shoulder; and
- Talked at great length about the minutiae of organisation of the barbeque to be put on for Lifeline.

Bob Elsworth volunteered to enter the names and contact details of late entrants in the 2014 Bobbin Head

Cycle Classic in the event database. Thanks, Bob!

Bob Ivey educated members about:

- The 'Apologies and guests' booking system; and
- The club documents for organising functions; both of which are in the 'Members' area on the club's website.

Ross Lambert announced a meeting of the Community Service Committee to plan production of a carols book for 'Carols by Candlelight'.

Opening of Lifeline's new shop

President Tony, Geoff and Patsy Hungerford, Rob Hall, Michael Midlam, Graham Maslen, Caroline Jones and Roger Desmarchelier gave their enthusiastic support, putting on a barbeque for the official opening of Lifeline's new shop in Pennant Hills. They served about 160 meals.

President Tony donated the sausages, supplied at a 50% discount by Butchers Delight of 11 Hugh Place, East Lindfield (tel: 9416 3742). Many favourable comments on their quality were received. Other members supplied bread, onions and sauces. Thanks everyone!



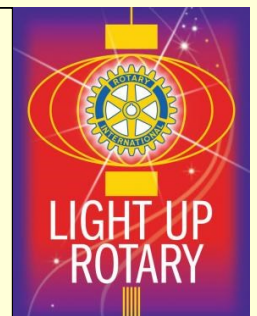
The new shop is spacious and well laid out and should do well.

Margie Abbott spoke as a committed member of Lifeline and mentioned the many aspects and benefits of Lifeline. Lifeline's CEO Wendy Carver as always spoke to the point, explaining Lifeline's services.



In this issue

- This week: Suzy Ogelsby - Fitness for cyclists and golfers
- Last week's guests and announcements
- Opening of Lifeline's new shop • Gran'ma Jones
- Marathon cycle for Redkite
- Invitation to annual RYLA dinner • International Fellowship of Motorcycling Rotarians
- Last week's speaker: Tony Castley - Rotary Foundation
- School For Life Foundation Christmas gift guide
- Calendar of events • Club officers • Club committees



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

Gran'ma Jones



When she's not helping at Rotary BBQs, Caroline keeps herself occupied with other little things.

Marathon cycle for Redkite



On November 29/30 Ross Egan's son, Jonathan, and friends will cycle 238km from Merimbula to Charlotte's Pass and back to Merimbula the following day. They will climb 10,733 vertical metres over the 2 days.

The ride is to raise funds for Redkite, the national charity that helps children and young people with cancer, giving them and their families the essential support they need.

To support Jono, you can donate at <https://supporting-redkite-together.everydayhero.com/au/jono>



Invitation to annual RYLA dinner

**INVITATION TO THE DISTRICT 9685 RYLA DINNER
Tuesday, 13th January, 2015**

Rotary Youth Leadership Awards (RYLA) is a leadership program coordinated by Rotary Clubs around the globe. Each year, thousands of young people participate in this program. Young people ages 14–30 are sponsored by Rotary Clubs to attend the event run by the club's district committee. Participants are chosen for their leadership potential. Rotary Clubs and the Rotary District cover all expenses for the participants. The format of the event may vary from district to district, but commonly take the form of a seminar, camp, or workshop to discuss leadership skills and to learn those skills through practice. Rotary clubs and districts select participants and facilitate the event's curriculum.

RYLA aims to:

- Demonstrate Rotary's respect and concern for youth;
- Provide an effective training experience for selected youth and potential leaders;
- Encourage leadership of youth by youth;
- Recognise publicly young people who are rendering service to their communities.

If your Club has sponsored one or more young person(s) for the RYLA Seminar in January 2015, or if you are interested in the journey they will be undertaking during the week, you are invited to the RYLA Dinner. This



will be held at Pittwater RSL at 6.45 pm for 7.00pm on Tuesday, 13th January 2015.

It is essential to register for the dinner. The registration form is attached. We urge all Rotarians to attend this dinner, and send the registration form and payment as soon as possible. We are unable to accept applications for the dinner on the night, or in the last week before the RYLA Seminar week. Your early consideration of, and response to, this invitation would be very welcome and greatly appreciated.

Best wishes,

Marilyn Kenney

Chairperson 2014-15

Rotary District 9685 RYLA Committee

Mobile: 0404 041 325

Email: ckenny@bigpond.net.au

Fellowship of Motorcycling Rotarians

The International Fellowship of Motorcycling Rotarians brings together Rotarians with an interest in motorcycling.

Recently the Australian chapter of the IFMR organised a ride for members to the Woomera rocket range. Now it's advertising a tour from Griffith to Albury, Orbest, Batemans Bay, Bathurst, Singleton, Tamworth, Walgett and Cobar. Its president is planning a visit to Europe to ride with IFMR members there.

You can read more about the IFMR at www.ifmraustralia.org



Last week's speaker



**Tony Castley
Rotary Foundation**

Past District Governor Tony Castley of the E-Club of Greater Sydney is the District 9685 Rotary Foundation Director and Central Coast Coordinator. His talk summarised what the Rotary Foundation is all about and the programs it runs.

The purpose of the Foundation is to enable Rotarians to advance world **understanding, goodwill, and peace** through the improvement of **health**, the support of **education**, and the alleviation of **poverty** – or, in short, 'to do good in the world'.

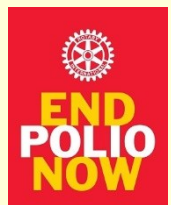
The Foundation's programs comprise:

Grants

- District grants - small grants administered by District
- Global grants - large grants administered by the Foundation, which can be a project grant, vocational training team or a scholarship
- Special grants

Programs

- Polio Plus: the Foundation's No.1 priority!
- Peace Fellowships: post-graduate study fully funded by the Foundation



Key facts about Polio Plus:

- Over 25 years of Foundation promotion and administration
- Over \$US1.2 billion spent on polio by the Foundation
- Only 3 endemic countries remaining
- \$US1.5 billion funding gap and a new Gates Foundation challenge - matching Rotary funds by 2:1
- Foundation advocacy to ensure Government support



Key facts about Rotary Peace Fellowships

- **Two year master's degree** – up to 2 years of fully funded graduate study at a Rotary Peace Centre in the US, Japan, UK, Australia or Sweden. **Average cost to the Foundation \$US76,000.**
- **Three months professional development certificate** – Bangkok. Designed for mid-career professionals already working in leadership positions in the field of peace and conflict resolution. **Average cost to the Foundation \$US22,000.**
- Our 9685 Peace Scholar in 2013-14 was Mezgan Temory from Afghanistan.

Peace Fellow applications and time line

- Application form www.rotary.org/rotarycenters
- Applicants to contact their local Rotary Club asap
- Nominations from Club to District by 31 May 2015
- District selection and online nomination to the Foundation by 1 July 2015
- Foundation selection in September 2015
- Masters degree courses to start in 2015/2016
- PDC courses either Jan-Apr or June-Aug 2016

Share funding and grants

Funds contributed from District 9685 become available for distribution for use in projects run by clubs in the District three years later.

District grants

- Educational and humanitarian activities consistent with the mission statement "To do good in the world"
- For smaller activities and projects, locally or internationally
- Managed by District
- Grants up to \$6,000 for international projects and \$3,000 within Australia
- Example: The Rotary Clubs of Hills-Kellyville and Illigan City (Philippines) used a District grant to help fund construction of a school toilet block following Typhoon Sendong in the Philippines.



Global grants

- Larger projects \$30,000+
- Long-term projects
- Larger grant awards - up to \$200,000
- Sustainable, measurable outcomes
- Alignment with the six areas of focus
- World Fund match - minimum \$15,000
- Example: our club used a Global grant to help fund installation of solar electricity school for Katuuso School in Uganda.

Areas of focus

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation

- Maternal and child health
- Basic education and literacy
- Economic and community development

Funding the Foundation by Rotarians and Clubs

- Annual Fund – for support today – tax deductible
- Endowment Fund – to secure tomorrow – not tax deductible
- Polio Plus – Rotary Foundation's priority
- Bequest Society – to secure tomorrow – gifts by will

Annual giving - Centurions

- Rotarians who contribute at least \$A100, annually
- Tax deductible
- Districts manages the Centurion programs
- Club Foundation Chairs manage the members' contributions.
- Members should pay their \$100 to the Club Foundation Chair, who should keep a detailed report on the club members and the Centurion Program



Last year District 9685 had 660 paying Centurions. We need to increase this to at least 1,000 to meet our target - but that is still less than 50% of the Rotarians in the District

Paul Harris Fellow Recognition

- Person who contributes, or in whose name is contributed, \$US1,000
- Tax deductible
- Make contributions for oneself or for someone else
- Not an award, but is often given as a gift in recognition of service
- One of the most important fund raising programs of the Foundation



Paul Harris Society Member

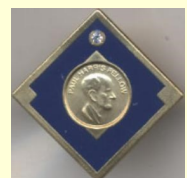
- Anyone who commits to a \$ US 1,000 donation each year to the Foundation
- Tax deductible
- Now 35% of total Foundation income
- 60 Paul Harris Society Members in District 9685
- A Rotarian can pay the \$1,000 annually and wears the PHS wings, which is also the perfect addition for everyone who already wears a PHF badge
- Can work one's way up to 1st level Major Donor



Major Donor

Please consider becoming a Major Donor:

- Level 1: \$10,000
- Level 2: \$25,000
- Level 3: \$50,000
- Level 4: \$100,000
- Arch Klumpp Society: \$250,000



- Tax deductible

Annual giving in District 9685

District 9685 is the leading donor District in Australia. Rotarians and Rotary Clubs gave \$653,214 in 2013-14 (a 12% increase over the previous year). The District target for donations to the Annual Fund this year is \$430,000, which includes an average donation of \$2,600 per club. The District target for donations to Polio Plus is \$130,000 (an average of \$1,700 per club).

Do you give to charity? Why not give to Rotary's charity?

SCHOOL FOR LIFE'S

GIVE A GIFT 2014

HOW FAR WILL YOUR DOLLAR GO THIS CHRISTMAS?



1 cup coffee (\$4)



= 5kg rice

or



= 11kg bananas



FOOD



SCHOOL SUPPLIES



FARMING EQUIPMENT



FARM ANIMALS



FAIR TRADE APRONS



FAIR TRADE BATH ROBES



SPORTS EQUIPMENT



MUSIC EQUIPMENT

MAKE YOUR DOLLAR GO FURTHER!

ALL DONATIONS THIS CHRISTMAS WILL BE GENEROUSLY MATCHED UP TO A TOTAL OF \$30,000!

What a wonderful incentive to give this Christmas and to help our kids at Katuuso.

Find our online store at
<http://shop.schoolforlife.org.au/collections/gift-donation-catalog>

And follow us on





RYLA DINNER REGISTRATION

Tuesday 13th January 2015

Pittwater RSL

6:30pm for 7:00pm

Rotary Club of: _____

CONTACT ROTARIAN	_____
CLUB POSITION	_____
PHONE/MOBILE	_____
EMAIL	_____

This is an important part of the sponsor club obligation and participation in the success of the RYLA Program.

1. Our guest(s) for the RYLA dinner who will attend at a cost of \$45.00 per person is/are:
2. If applicable, please indicate any special dietary requirements

NAME	DIETARY REQUIREMENTS

3. Payments can be made by cheque or direct deposit:

Cheques made payable to:

Rotary D9685 RYLA

Direct deposits to:

Rotary D9685 RYLA

Westpac BSB: 032 086

Account No: 333127

Incl. nominating Rotary Club Name as reference and RYLA Dinner

4. Please forward Dinner Registration form and cheque by Friday 19th December 2014 to:

By Mail:

Ralf Rendall

RYLA Dinner Committee

P.O. Box 177, HORNSBY NSW 1630

By email:

Send to Ralf Rendall youth@waitararotary.org

Please make RYLA Dinner enquires to Ralf Rendall: (M) 0411 670 294 (H) 02 9489 1569

NOTE: Due to the Christmas/New Year holidays, please submit RYLA Dinner registrations by Friday 19th December 2014. Any additional registrations must be made by Friday 2nd January 2015, but will only be considered if space is available.

Calendar of events

November	24	Nikki Allan - Helping children with Attention Deficit Hyperactivity Disorder
December	1	Annual General Meeting
	8	Phil Morley - Preparing rally cars
	15	Christmas party chez Tyler (last meeting in 2014)
	22	No meeting
	29	No meeting
January	5	No meeting
	12	TBA
February	16	Pride of Workmanship
March	16	Bobbin Head Cycle Classic club briefing
	29	(Sunday) Bobbin Head Cycle Classic
May	14	(Thursday) Fundraising night: Pymble Players: a Hercule Poirot whodunit
	17	Meeting postponed 3 days
	20	(Wednesday) Bobbin Head Cycle Classic presentation to charities

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

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-Rohifs

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-Rohifs, Joy Newling, Ted Price