



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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This week



Nikki Allan Helping children with Attention Deficit Hyperactivity Disorder

Nikki Allan is Turramurra resident who is studying occupational therapy at the University of Sydney. Next year she will complete her final Honours year, with a research project that will build on the evidence for a social play-based intervention for children with attention deficit hyperactivity disorder. Thus far, with support from our club, Nikki has been assisting with therapy sessions in a clinic. Once she graduates, Nikki would like to work as a paediatric occupational therapist, assisting children in schools with special needs such as ADHD and autism. Nikki is currently working part-time as an educator at a special school for children with autism and as a swim teacher for children with special needs.

Nikki's talk will provide an outline of ADHD, including the primary symptomology as well as the functional limitations of the disorder, in particular the social difficulties experienced by children with ADHD. Then Nikki will talk about the development of the intervention "The Ultimate Guide to Making Friends", which is the focus for her research. This intervention is a social-play based intervention aimed at improving the social skills of children with ADHD.

Last week's guests & announcements

President Tony:

- Welcomed guest speaker, Suzy Ogelsby, Ariana Chong and Wally Forbes; and
- Passed on the thanks of Lifeline to the members who provided a barbecue for the opening of Lifeline's store in Pennant Hills.

Joy Newling:

- Circulated a sign-up form for the club's Christmas party – sign up soon if you want to come;

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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 monthly theme: November: Rotary Foundation

- Renewed her call for nomination of candidates for the Rotary Youth Leadership Award week of training in January; and
- Encouraged members to support 'Bollyhills 2014' put on by the Rotary Club of Vinegar Hills on Saturday, 22 November. (RC Vinegar Hills is the newest club in District 9685 and is the first 'coffee club' in Australia. The club meets for coffee at Rouse Hill Shopping Centre each Sunday afternoon. Visit the club's website at <http://vinegarhillrotaryclub.com/>)

Ross Lambert:

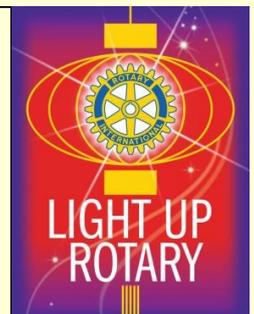
- Invited members to attend the opening of the completed Neringah Hospital Garden Area at 11 am on Saturday, 22 November;
- Announced that an email had been sent to many local businesses, inviting them to advertise in the carol book for Carols in the Park;



- Called for volunteers to make follow up phone calls; and
- Asked members to seek advertisements from other local businesses.

Bob Elsworth provided an update on the Bobbin Head Cycle Classic, including:

- A request for volunteers to distribute flyers and market to bicycle shops, corporate cycling teams and bike user groups;
- Invited attendance at a meeting for volunteers on Thursday, 20 November;
- Linda Lam-Rohlf and Gary & Nicky Dawson are seeking introductions to corporate cycling teams - let them know if you have appropriate contacts and/or



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can help them;

- Bob has an idea for a promotional T shirt;
- Bob has arranged 'tear drop' signs for the event, for use in marketing it.

Bob Ivey demonstrated the use of the 'function attendance list' that is available on the club's website.

Ted Price said that Rotary Christmas cakes and puddings would be available for sale on Monday, 24 November @ \$16.50 each (of which \$2.20 goes to our club project account and \$2 goes to the Rotary Foundation).



Community welcome baskets



Good things sometime come to those who wait long enough!!!

Last February I had an idea that our club should tell people who move into the area that they are welcome to visit us.

So, during February 2014 I distributed a quantity of letters, inviting new residents to visit our club, to real estate agents and the Ku-ring-gai 'Welcome Basket' program (Rachel Wilson. website: www.welcomebasket.com.au). At least one real estate agent refers new residents to the Welcome Basket program, which is also sponsored by the Council.

More info about it (and a copy of the letter) is on our website: <http://www.kuringgairotary.org.au/index.php/members/club-projects-documents/welcome-to-ku-ring-gai-invitation>

Anyway, today I received our **first** feedback – a call from a lady who recently moved with her family into St Ives, to thank us for the lovely letter and 'welcome basket'.

She said she would like to visit us when they have settled in & asked to be put on our Newsletter 'friends' mailing list – which I have done.

So, the idea works - occasionally.

If you notice someone moving into your area, why not print a copy of the letter and give it to them?

Bob Ivey

(Well done, Bob - Ed.)

ITHF Taiwan tour

Putting the "TRAVEL" in Rotary's International Travel and Hosting Fellowship, President Medicare Hsu has arranged a tour of his beautiful country of Taiwan, March 12-23, 2015. Much of the accommodation will be provided by host families, giving everyone an opportunity to have a true Rotarian experience:

- Price in US Dollars: \$1,200 per person twin share with single supplement of \$350.
- Reservations are first come, first served and limited to 30 people (with a 20 person minimum).



- The booking form and itinerary can be found on the ITHF.org web page by clicking on the TOURS tab.

If you have any questions or once you have filled out the booking form, please send it to Ms. Abby Wu, email: rotary.care@msa.hinet.net

Reservation deadline: Nov. 30, 2014

The tour will include such sites as the Yehliu Geopark, National Palace Museum, LongSun Temple, Taiwan History Museum, a tea farm experience & DIY tea making, Salt Mountain, Buddhism Memorial Museum, Sky Lantern Show, and Chi Shing Beach. Luxury hotels have also been booked for those times when host families are not available.

You may also contact John Steven (johnsteven@bigpond.com) if you would like further information.

Neringah Hospital Garden opening

Community Service Committee Chairman Ross Lambert, Roger Desmarchelier and Bob Ivey attended the official opening of the Neringah Hospital Garden. The transformation of the disused kiosk is remarkable, as can be seen in the photos below.

Funding came from 'Friends of Neringah' (about \$25,000), our club (about \$5,500 plus significant labour) and Hammond Health Care.



The club's demolition squad in action



The completed room for patients and their visitors



The exterior of the converted kiosk



The garden area



The official opening

Last week's speaker



Suzy Ogelsby

Fitness for cyclists and golfers

Chiropractor & exercise physiologist Suzy 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. Here is her summary of her talk.

Riding towards success:

- **Don't be a lazy bum**

The largest muscle and most powerful muscle in your body is the gluteus maximus located in the buttocks region. This muscle is one of the primary hip muscles that is important for cyclists, and is often neglected.



- **It's give and take**

Pedal efficiency is about both pushing and pulling, as well as getting the balance between your left and right leg even. To test this out try riding with one leg only clipped in and look for the differences between both legs and also how effectively you can both push and pull the pedal.

- **Let it all hang out**

One of the most important powerhouses in our body is our lungs which enable us to deliver oxygen to our working muscles. It's simple: more oxygen equals more potential for energy. Two ways to maximize your oxygen intake are to ensure you have good upper body posture (shoulders back, neutral spine) and to breathe using your diaphragm (belly out before or at the same time as your chest rises)

Fairway to heaven:

- **Find your inner balance**

Effective golf involves keeping your lower body stable while your upper body moves. Working on all of the hip stabilisers including the inner thighs is essential in maintaining your balance and allowing you to transfer effective force through the ball.



- **Get the X-Factor**

Research shows that golfers who have the largest separation angle between the upper and lower body are able to drive further. Interestingly, it is the combination of hip and shoulder movement that creates this, and neither factor on its own seems effective.

- **Stretching the truth**

Before hitting off, it is best to use dynamic (moving) stretches to warm up your muscles. Holding stretches in the one position can actually decrease your muscle strength and performance. The static (holding) stretches are best kept until the end of your round to help with muscle recovery.

Everyone else!

- **Move it or lose it**

Each foot has 26 bones in it, which are designed to move! If we don't move the foot we become stiff and lose our sense of balance. Stretching and exercising the foot is an important part of balance training and general health.

- **Don't carry the weight of the world on your shoulders**

When our ears line up over our shoulders and hips, our head weighs approximately 4.5kg. A shift of 3 inches forward places extra stress on the neck muscles that in essence make the weight of the head and

force on the neck muscles 20kg! Upper body posture is very important to reduce neck pain and stiffness as well as avoiding headaches.

- **Too much of a good thing**

Many people now think that sitting is the new smoking. What we do know is that too much sitting can cause insulin changes, reduces the fat that we burn and the activity of the leg muscles. In fact jobs that involve prolonged sitting have a much higher rate of heart disease than those that do not. Luckily the solution is very simple move more often than you sit!

A makeup in Noumea

Some of us already have experienced a makeup at another club while travelling. An interesting report on one is below. Gwen and I have kept in touch with the American couple George & Bev whom we hosted in our home during the Rotary International Conference last June. They are currently on a cruise in the Pacific and we had dinner on board with them last week during their stopover in Sydney. Here is their report on their 'makeup' in Noumea.

Bob Ivey

"Rather than do a tour, we attended a Rotary Club meeting with the members of the Rotary Club of Noumea Owen Toro. The club is the smallest and youngest club of 3 clubs located here. It is a mixed gender club and our first impression was they were friends with each other. They also have the youngest average age of their members compared to the other clubs here. It looks like they are just taking off!!!



It was enjoyable socializing with these local Rotarians. They all spoke French but thank goodness all could understand English, although not all felt comfortable speaking English. 4 Rotarians translated for us and more were capable.

They have some good fund raisers. One was sponsoring local races and they are raising over \$60,000. They support a sizable number of local community projects, and one international orphanage project in Africa. And, very importantly, they are friends that work and laugh together. We very much enjoyed their fellowship. We don't think a tour could have topped this meeting.

They conducted their meeting in French and pulled us in by sometimes translating what was being said. During other times a verbal translation was not necessary for we just figured it out.

We laughed with them when they laughed, clapped when they clapped and had a great time. The lunch was lovely with French cuisine, and, of course, 2 glasses of wine and a cup of expresso coffee. Just delightful. An extra benefit was French being the local language. We think it is the most beautiful language spoken.

We exchanged club banners and took pictures on Beverly's camera (so, I cannot send them to you yet).

It is a nice experience to do this: walk into a private meeting, in a foreign country, and have those attendees welcome you into their company without so much as one person knowing you. That is Rotary in all the club meetings we have attended on this trip.

After the meeting the Club Secretary (Rose-Marie / Rose-Ma) offered us a ride back to the ship. She asked if she could drive us around. She called her office, took part of the afternoon off, then off we went. We had a nice tour topped off with ice cream & waffle as our mid-afternoon snack."

Tick awareness presentation



The photo above shows Prof Tony Bastien, co-chair of the Committee for Tick Induced Allergies Research & Awareness (TiARA), presenting our own Prof Rob Hall with a certificate of appreciation of our club's support for leaflets and a video publicising the need to be aware of the risk of tick bites and how to treat them.



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Excellent condition!
And Children's books, 10 for \$1
Also, CD's only \$2 each

Sat 6th & Sun 7th December
9am to 4pm

Lifeline Book Depot
Cnr Polding & Ignatius Roads
West Lindfield

Enquiries - Phone (03) 9498 8805
Website - www.lifelineh2h.org.au

Calendar of events

December	1	Ian Timms - A walk through the mean streets of Blacktown; 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-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