



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

Annual General Meeting



Roll up, roll up for the club's annual general meeting. Be prepared with your questions for our treasurer and auditor. Rally your supporters to vote

for you as an officer or director. (Get your nominations in quick.) And vote to update the club's constitution. (It's compulsory!)

Graham Timms - Wine appreciation

If you need a reviver after the excitement of the AGM, relax and enjoy an educational examination of selected vintages by our very own oenological expert. Here's your opportunity to hear from someone who will explain the mysteries of the winemaker's art and product in plain and fruity terms. And if it all gets too complex, just savour the complimentary samples.



Last week's guests & announcements

President Tony:

- Welcomed guest speaker Nikki Allan, Ariana Chong, Stan Glaser and Christine Kipps;
- Thanked Lindsay Forrest, Michael Midlam, Roger Desmarchelier, Caroline Jones, Emyr Evans, Malcolm Braid, Joyce Enos, Ken Sutcliffe, Bob Ivey and Greg Newling for volunteering to make follow up calls to local businesses seeking advertising for the Carols in the Park carols book; and
- Thanked all who participated in the conversion of the old kiosk at Neringah Hospital, led by Ross Lambert.

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Rotary monthly theme: December: Family

Joy Newling re-circulated the list for attendees and contributors to our Christmas party. Let Joy know if you intend to come but haven't seen the list.

Ross Lambert reported on the opening of the visiting room and garden at Neringah Hospital. **Bob Ivey** reminded us that we had donated 21 special beds to the hospital in the past.

Bob Ivey displayed the letter on the club's website welcoming new local residents, said he had distributed 1,000 copies to local real estate agents and encouraged members to give it to newcomers to Ku-ring-gai.

Ted Price offered Rotary Christmas cakes and puddings for sale. Only \$16.50 each, with \$2.20 going to the club's project account and \$2 to the Rotary Foundation. Buy some for your family, friends, business associates and staff!



Thank you from Friends of Neringah

Dear Bob & other members who worked on Neringah Garden & Kiosk.

It was a great pleasure to meet you at the opening last Saturday.

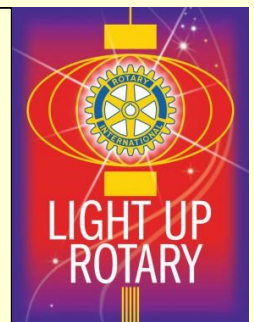
Yesterday the kiosk was used for Christmas Carols for staff and patients and it will be used for Neringah staff Christmas Party on 10th Dec. It is wonderful to have a place to hold functions that is just so beautiful and modern.

We would be delighted to work with your people on any other projects that may come up, as you kindly offered. Thank you on behalf of Friends Of Neringah for all your work.

Kindest regards

Jeanette Batcheler

President - Friends of Neringah



Dear Bob

Heartfelt thanks to you and your team at Rotary for helping to transform the kiosk into a lovely space for our patients and families to gather. It was great you were able to come to the opening and we have already used the kiosk for a Carol concert and have a few other Christmas festivities planned!



Kind regards

Sarah Thompson FRACGP FACHPM

Palliative Care Staff Specialist

Neringah Hospital

4-12 Neringah Ave South, Wahroonga, NSW 2076

Trivia night at Newport Arms



Hi, I'm touring Australia raising awareness of plastic pollution in our oceans by holding trivia nights for people of all ages. It is supported by the Australian Marine Debris Initiative and Surfrider Foundation.

The next trivia night will be at The Newport Arms on Wed. 3rd December (Facebook: <https://www.facebook.com/events/1482179515404357/>). I hope that your club will promote it to its members and possibly field a team. I have invited all other clubs in the area too.

If you have any queries, please check my website or call me on 0403 755 803. Your assistance would be much appreciated!

Best regards

Anthony Hill

The Family Trivia Tour - Saving Oceans from Plastic

Pollution Mobile: (+61) 0403 755 803 Website:

www.triviatur.quizwest.no Facebook: [https://](https://www.facebook.com/familytriviatur?ref_type=bookmark)

www.facebook.com/familytriviatur?ref_type=bookmark

Ryde Rotary e-club



Ryde Rotary has launched its very own satellite E-Club.

A satellite E-Club is an ideal way for people with busy lives and families to participate fully in the Rotary movement, without necessarily committing to attending weekly meetings in person.

E-Clubs are Rotary clubs that meet electronically. They follow the same policies as all Rotary clubs that are part

of Rotary International. The key difference is that an E-Club conducts its weekly meetings via the club's website and/or via teleconference, rather than requiring physical attendance at an appointed day and time.

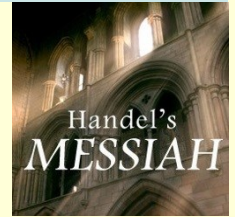
Handel's Messiah at Hornsby Cathedral

Join what is now becoming a tradition of attending the *local* performance of Handel's Messiah and supporting local talent and local needs.

December 11 (8pm) this year will mark the 6th annual performance of Handel's Messiah at Our Lady of the Rosary Cathedral, Waitara, featuring the Hornsby Ecumenical Choir and young up and coming soloists.

A Cathedral Church is traditionally both a centre of art and culture and a place of welcome and care. It is therefore fitting that an oratorio about one born homeless would take place in a Cathedral and that all proceeds would go towards the Hornsby Homeless Task Force once again. Funds raised in past years contributed to the shower facility at Brooklyn. This year's project is the establishment of a Women's Shelter in the Hornsby Shire.

Ticket prices are \$30 for adults, \$20 concession, \$10 students and children under 5 enter for free. Phillip Linquist will again direct the performance, accompanied by Heather Boyd on organ.



World Toilet Day

Why celebrate toilets?

UN Secretary-General Ban Ki-moon said in his Message for the World Toilet Day: "*We have a moral imperative to end open defecation and a duty to ensure women and girls are not at risk of assault and rape, simply because they lack a sanitation facility.*"

It is hard to imagine that 2.5 billion people do not have access to proper sanitation. And the impact of that lack of access is severe: disease, pollution, vulnerability to assault, girls missing school time... the list goes on. Sanitation may not be sexy, but it matters!

Read more at <http://worldtoilet.org/>



Last week's speaker

Nikki Allan

Helping children with ADHD

Nikki Allan is studying for a bachelor's degree in occupational therapy at Sydney University. She came to tell us about a research project that she will undertake as part of her Honours year in 2015.

By way of background, Nikki said that approximately 5% of school-aged children have Attention Deficit Hyperactivity Disorder (ADHD). The symptoms are hyperactivity and/or impulsiveness. Affected children experience a range of difficulties in functioning in everyday life, in particular their social functioning.



Examples of the problems are difficulties engaging in co-operative play with others and responding to others' social cues. The children experience social difficulties well into adolescence and adulthood. If left untreated negative outcomes can result, such as dropping out of school, depression, substance abuse and criminality.

The annual cost of the disorder has been estimated at \$US36-52.4 billion (\$US12,005-\$17,548 per child per year). Medication (e.g., with Ritalin) is effective in the management of symptoms, but of limited effect in addressing the pervasive social impairment of children with ADHD.

Nikki will study the long term effectiveness of 'A Social Play Based Intervention for Children with ADHD' (The Ultimate Guide to Making Friends'), using a play-based model which recognises play as the primary occupation for children and as an intrinsically motivating context for intervention. The particular focus of Nikki's study will be parent-delivered play-based social intervention.

In the study children will attend clinic sessions with a playmate and parent. A therapist will facilitate the sessions, modelling pro-social behaviour (for example, sharing toys) and providing parents with strategies for reinforcing it. The home component is based on a parent manual and interactive DVD for parents to watch with their children.

A recent randomised control trial of 31 children showed significant improvements in the social skills of children with ADHD (an 80% success rate in the group that received the training). A follow up is now required to see whether the children are able to maintain the gains over the long-term. This will be the subject of Nikki's research.

Nikki thanked our club for a cash donation, which will be used to buy toys, recording devices and small gifts for participants in her study.

Joyce Enos - '10 on me'

Joyce was born in England and attended 9 different schools (due to her brick-layer father moving around for work) before training to be a primary school teacher.

She was born without a left forearm but with a quiet (at that time!) determination to be independent and do everything that her brothers could do - ride a 2 wheel bike, swim, drive, etc - with the exception of cartwheels, which she said she probably couldn't do even with two arms!

Until quite recently, Joyce had a prosthetic left forearm. However, she stopped using it when she realised it was really just to make other people feel comfortable. She told us of leaving her prosthesis behind in a NZ motel and having to call and enquire if it had been found - yes it had, much to the shock of the new housemaid! On another occasion, the thumb flew off in a kindergarten classroom and in playtime Joyce found the children searching for the blood.

Following the birth of Joyce's daughter, her family moved to NZ where her son was born, shortly followed by the adoption of her third child, another boy. After 4 years she returned to Devon to run a family-owned



country house hotel - a Fawly Towers experience. Then she moved to Sydney, where she taught in the preparatory school at Pymble Ladies College.

After 10 years and a mid-life crisis, Joyce returned to NZ, where she first worked in real estate (which she hated). Then she set up her own coffee shop in Rotorua, where she did all the cooking herself. But after 4 years, teaching and her now adult children called her back to Sydney, where she joined Abbotsleigh as Year 6 Coordinator. She held the position for 12 years. She remarried and has since travelled a lot. *(As one might expect, since Robert Enos is a (retired) naval officer - Ed.)*

Joyce has a real passion for helping children and young people to achieve their potential whatever their circumstances and environment. She is also an advocate for increasing opportunities for adoption in Australia.

Why give to the Rotary Foundation?

By Quentin Wodon, a member of the Rotary Club of Washington D.C.



This is November - Foundation month for Rotary. As an economist, I have to have clear reasons to donate to the Foundation. Here are my top five reasons to do so:

1. The Rotary Foundation allows clubs like mine to have a much larger impact than we could ever have on our own. Recently, we partnered with a nongovernmental organization that is working to reduce malaria-related child mortality in Mali. They have had a ten-fold impact in the target area. Your giving helps qualify your club to take part in global grant projects like these.
2. Donations to the Rotary Foundation (in Australia, through the Centurion program) are tax-deductible.
3. The impact of every dollar you give is multiplied thanks to the grant system and Rotary's partnerships with other organizations. For instance, the Bill and Melinda Gates Foundation is matching every dollar committed to polio eradication 2:1, tripling your donation.
4. When you give to The Rotary Foundation, you know your money is in good hands. In the United States, Charity Navigator is a trusted evaluator of nonprofits, measuring charities on their financial health, accountability, and transparency. The Rotary Foundation has consistently received four stars, the highest possible rating. It does well on both financial performance (rating of 89.76 out of a maximum of 100) and accountability and transparency (rating of 97.00).
5. The above four reasons spell out why giving to the Foundation is the smart thing to do. It is also the right thing, as Rotarians, to do. We are committed to making a difference in our communities and putting service above our own ambitions. And there is no better way to do that than by supporting our Foundation. As members of Rotary, we ought to give.

We tend to give to charities we know, and we often give on the basis of events or stories that move us. As Mother Theresa once said, *"it's not how much we give but how much love we put into giving."* How could we not agree? But giving with love does not imply giving blindly. Giving to the Rotary Foundation is both right and smart.

Calendar of events

December	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