



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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Rotary monthly theme: youth services

This week: club business meeting

This week's meeting will be for club business - the last such meeting before the current board of directors and committee chairmen hand over to the new team in July. This is your opportunity to raise questions and make suggestions about management of the club's affairs, including proposing new projects.

(It's also your last chance to grill President Tony about what's been happening under his stewardship. He'd be disappointed if you don't make the most of it.)

As there was no time to discuss the reports on the Bobbin Head Cycle Classic two weeks ago, this week's meeting will be the place and time to do so.



Last week's guests & announcements

President Tony:

- Welcomed our guest speaker, Dr Claire Hooper, Gordon Eye Surgery practice manager, Sue McNeill, Eunice Price and Anne Maslen;
- Thanked Joyce Enos for volunteering to help with next year's Bobbin Head Cycle Classic registrations;
- Called for volunteers:
 - To assist with fundraising; and
 - To manage competition prizes; for next year's Bobbin Head Cycle Classic; and
- Invited suggestions for a new charity to be our club's chosen charity for next year's Bobbin Head Cycle Classic.

Chris Hoch announced that he has a full team to assist with the Red Shield Appeal on 31 May and reminded all members to register for working with children.

Roger Desmarchelier said there are 30 tickets remaining for the play 'Black Coffee' on Thursday, 14 May and urged members to invite their family and friends.

Rotary social media workshop

Is social media still a mystery to you? Are you freaked

out by Facebook? Can't you get the hang of hashtags?

Rotary Down Under is offering low-cost social media training grounded in practical skills to help you and our club realise the benefits of publicity and communication through social media. The training is delivered by an experienced professional who understands Rotary and the need to increase its social media profile.

The next workshop will be held at Rotary Down Under House, Parramatta on Saturday, 13 June. The cost is only \$55, including morning tea (but lunch at your own expense.) To book, email:

digitalenquiries@rotarydownunder.com.au

Blue Mountains Interplast dinner

Over 50 Rotarians and friends raised over \$6,500 at the Interplast Dinner last Wednesday night. Despite heavy rain, everyone turned up for a night of fun, fellowship and serious fundraising.

The funds raised contribute to District 9685's goal of raising \$50,000 to fund an Interplast team of plastic reconstructive surgeons to the Asia/Pacific region. The night was organised by the Rotary Club of Upper Blue Mountains Sunrise and was well supported by the other mountains clubs, particularly Springwood, Central Blue Mountains and Blackheath.

Interplast teams include volunteer plastic reconstructive surgeons, anaesthetists, nurses and allied health professionals to repair bodies and rebuild lives of those with cleft palate, burns, and hand and foot deformities, and to upgrade the skills and capacity of local medical personal.

For more information, see: www.interplast.org.au

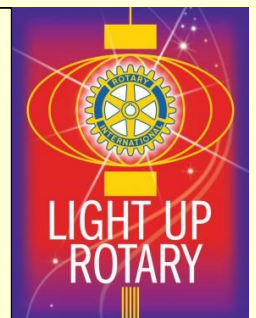
Wheelchairs for kids

At the workshops Wheelchairs For Kids Inc ('WFK'), on February 18, the 30,000th wheelchair was loaded, along with 165 others, into a sea container for Myanmar. The occasion was celebrated by the WFK volunteers, along with special guests including the Governor of Western Australia, Kerry Sanderson.



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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



Special mention was made of the enormous support given by the WA State Government, the Rotary Club of Scarborough, the Christian Brothers, many Rotary Clubs across Australia, schools, commercial enterprises and social groups.

This milestone has been achieved after 16 years of volunteer wheelchair production, during which time there have been in excess of 380 volunteers who have given their time to hands-on wheelchair production in the workshops at Wangara.

Currently 160 volunteers are engaged across 5 half days each week carefully cutting, drilling, bending, assembling and packing the 485 components which come together to make one free wheelchair with all its accessories.

The next 30,000 wheelchairs could well be made in under 10 years.

For more information, see: www.wheelchairsforkids.org

Profile of a youthful Rotary club

The Rotary Club of Melbourne Park looks like the youngest-profile club in D9800, and maybe in Victoria. President-elect Jason Reynolds says that the average age of the 35 members is about 30. "Only a few are elderly - i.e. over 30," he says. (Jason is 31).



The club started five years ago with 25 members, including some from Rotaract and former beneficiaries of Rotary youth and study exchanges. They meet Tuesdays at 6.45pm at the Olsen Pub, South Yarra, but for wine and canapés, not dinner.



President Nicole Lake and Jason say the club has been a keen supporter for three years of the Ainger Public Speaking Award for secondary students. It helps inspire schools to put contestants forward, provides a judge, and helps with the three evenings of the contest, with at least ten speakers a night during the week in May. "The kids come up with their own topic," Jason says. "Last year the winner talked on 'The definition of Cool'. A lot of kids tackle heavy sociology like 'Impact of feminism on female students' futures". "We back the program because kids learn to think critically and talk logically."

Another club project is micro-finance for mothers in the Philippines, Cambodia, Tajikistan and Kenya, using the 'Kiva' lending platform. The women use the funds to

create business earnings and then afford schooling for their kids. The club initially raised US\$800 as a pilot stash. So far they've been paid back about US\$200 and they don't expect any bad debts – overall the default ratio for the program is only 3%.

The club fund-raised \$10,000 last year, largely from a quiz/auction night, \$6,000, with 100 people and three corporate sponsorships at \$500 each. They also raised about \$4,500 for the Peter MacCallum Foundation.

Rotary Australia World Community Service project in Nepal

The latest newsletter of Rotary World Community Service (RAWCS) includes this item on a project at Mera School, Kharakhola Village, Nepal by the Rotary Club of Port Macquarie Sunrise:

The next step is to expand the initial objectives by increasing the living standard of the Kharikhola community through the implementation of an environmental conservation and sustainable development programme. We aim to introduce a system of bio-organic toilets at the school - this will provide a cleaner and more hygienic toileting program for the children and staff at the Mera School.

The Bio-Gas Digester:



If implemented and maintained correctly, the process will provide the self-sustaining cycle we are working towards. The waste product is processed and the slurry used as fertilizer in the recently constructed Greenhouse. The methane byproduct can be harnessed as energy for cooking.

Benefits to the community include:

- Local people assisting in the construction builds skill within the community;
- Local maintenance – provides work opportunity;
- Cleaner environment;
- Increased education relating to health & hygiene, leading to reduction in illness i.e. gut infection & diarrhoea.
- Reductions in deforestation;
- Biogas production for cooking – reduces respiratory and eye infections as families cook in a smoke free, cleaner environment;
- Bio-slurry is produced and used as fertiliser for greenhouse crops – results in other areas has seen a 3 fold increase in food production;
- Increased food production providing greater opportunity

ty for small business to develop.

Due to the altitude of Kharikhola - we will need to partner with a Nepalese organisation – Biogas Nepal, which has a history of success at this elevation.

Last week



Dr Claire Hooper Age-related macular degeneration

Dr Hooper is a medical retina and uveitis specialist. She 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).

Dr Hooper began her talk with an introduction to the anatomy of the eye and then gave a detailed explanation of age-related macular degeneration, its causes and treatment. This is her summary of the key points of her talk:

Age-related macular degeneration (AMD) is a degenerative eye disease that affects central vision but not peripheral vision. It is the commonest cause of irreversible vision loss in people aged 50 years and older. It becomes more common with increasing age. Other risk factors include family history, smoking and, to a lesser extent, diet.

Early AMD is the accumulation of waste products in clumps – called **drusen** - under the macula. These can be seen as yellow spots on eye examination. One in 7 people over the age of 50 have drusen. By the time we reach 90, 1 in 2 people have drusen. Drusen do not affect vision very much, or at all, but people with drusen have a greater risk of developing late AMD than people without.

Late AMD can either be **dry** or **wet**. Dry AMD – known as **geographic atrophy** – is when patchy thinning (like a threadbare carpet) develops in the macula over months to years. Initially the patches spare the very central macula but eventually this becomes involved. There is currently no treatment for geographic atrophy aside from low vision aids.

Wet AMD – known as **choroidal neovascularisation** – is when a blood vessel from the choroid beneath the retina breaks through, leaking blood and fluid into the macula. Without treatment, most people lose their central vision within 6 months and ultimately become legally blind in the affected eye. Early detection of wet AMD is crucial. Monitoring for distortion of straight lines or a blurred patch can be performed using the **Amsler grid**. Treatment involves injections into the affected eye. These are initially monthly but can be extended out to 3-monthly depending upon response to treatment and the sight in the other eye.

Preventative measures for AMD include regular (1-2 yearly) macula checks, Amsler grid monitoring, stopping smoking and a healthy diet. Green and gold vegetables are high in the macula pigment, Lutein, and should be

eaten daily (people on Warfarin need to be careful to consume consistent amounts of green leafy vegetables). Do not overdose on orange vegetables, especially carrots, as these contain beta-carotene which increases the risk of lung cancer in smokers and ex-smokers and reduce absorption of lutein from the gut. Oily fish is thought to be of benefit as well.

Supplements, based on the AREDS 1&2 formulas, reduce the risk of developing wet AMD by 25% in those with one eye already affected or in those with lots of drusen at high risk of progression. The benefits for people with milder forms of early AMD were not statistically significant but supplements may be worth considering in those with a strong family history. Supplements contain Vitamin E which, along with fish oil, can affect warfarin levels.

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 & Nepal

Book: <https://docs.google.com/a/wildcolour.com/forms/d/1Tk8zVo-SG8C6ckLjVhmDCv6b6Mf12NK6gu29DLcHqd/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: Robert Mulas: The parent café - creating community amid diversity

When he was the Principal of Fairfield High School, Robert Mulas started a project allowing new migrant parents to get together over a cup of tea to learn about their community and to encourage their involvement in their children's schooling.

In just a few years this has turned into a cooperative catering enterprise specialising in a diverse range of foods from the participants' countries of origin. The café now has its own building in the grounds of the school, which is used by the parents group for a variety of purposes, including provision of educational courses and information needed by migrants.

Robert, who continues his involvement as Public Officer of Parents Café Fairfield Inc, will tell us about this wonderful community building initiative that has assisted the integration of many newcomers to Sydney.

ANZAC PARRA-AMBLE

DISCOVERING THE ANZAC SPIRIT IN THE MODERN ERA

SUNDAY 24 MAY 2015

- All proceeds go towards the **ANZAC Scholarship** for PhD Research Grants into post traumatic stress disorder.
- Cost \$35 per team (4-6 players), \$10 per extra game booklet.
- Find secret checkpoints & complete challenges.
- How much do you know about the ANZAC legend?



www.auniversity.edu.au

To register visit: www.parra-amble.com

Calendar of events

May	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'
	22	TBA
	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