



K O O N G G A

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



Volume 58 No. 8 24 August 2015

Rotary monthly theme: Membership & extension

This week: District Governor Gina Growden's visit

(Combined meeting with Rotary Club of Lindfield)

Each year the District Governor visits each club in the District to learn how it's faring and what it's doing, to tell the members about developments and plans at Rotary International and District level and to discuss any issues of concern. This is your best opportunity to get to know the District Governor and to express your views to her directly. Don't miss it!



Last week's guests

President Graham welcomed our guest speaker, Dr Anne Prescott, members of her family Mina Benzie, David Benzie, Kate Benzie and members' wives Patsy Hungerford, Gwen Ivey, Anne Maslen and Judy Timms.

Last week's announcements

It was announced that:

- Caroline Jones has resigned from the book club she founded (boo!) but not from our club (hooray!);
- The next club board meeting will be held at Killara Golf Club at 5.30pm on Monday, 24 August (all welcome to attend);
- One of the great secrets* of Rotary is Rotary Fellowships - 70 interest groups covering a wide range of different pastimes - see www.rotary.org/myrotary/en/rotary-fellowships

(* It's not really a secret, because Koongga told you about Rotary Fellowships on 1 June 2015 - Ed.)

School For Life Foundation news

Last month, we hosted 'My Community, My Responsibility' day last month. This is a community service day where teachers, students and parents come together to clean up the local area, plant trees and assist the elderly. The day was a huge success and finished with a big community assembly. The children performed skits around domestic abuse, caring for the local environment

and deforestation, health and sanitation. Teachers and students gave out bars of soap and built hand washing units around the community and their houses.



The pre-schoolers are excited about their new classroom! Our construction team have been hard at work completing the final touches on the new building at Katu-uso. It is scheduled to open in the coming weeks and will be a great new space for students, staff and the community.



Good news on road safety

The latest edition of the Road Safety Education Limited Newsletter leads with the latest road crash statistics that show a 47% reduction in youth road deaths over the past 10 years. Along with Government initiatives and campaigns and the introduction of safer cars and roads, education is a vital piece of the road safety puzzle.

An exciting new partnership with Robert Bosch Australia

In this issue

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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 'Be a gift to the world' is the Rotary International President's theme for 2015-16

Pty Ltd is also announced, read some evaluation results from RYDA 3.0 and look into how the fast evolving world of gadgetry effects us as drivers.

Read the newsletter at <http://rse.org.au/wp-content/uploads/2015/08/Newsletter-2015-2.pdf>

Wildflower Art & Garden Festival

Spring is in the air . . . which means it's festival time at the Ku-ring-gai Wildflower Garden!



Bring the family for a fun-filled day of music, art, food and of course a riot of flowers and plants for our annual Wildflower Art & Garden Festival on Sunday 30th August, 9am-4pm.



Children's entertainer Jay Laga'aia from ABC-TV's Play-school will be our special guest. Our rangers will run guided bushwalks across the day, giving you a chance to sample some of our kids' programs

such as Toddlers & Tadpoles and Junior Rangers Club. The kids will also love the nature art space, trackless train, stiltwalkers, face-painting, story reading and a native wildlife display with live animals.

If you love the smells and sights of springtime you'll be sure to enjoy the wildflower displays, sales of rare and beautiful native plants, and guided botany walks through the Garden.



This year the festival will discover its artistic side with a sculpture walk and art displays to surprise and delight everyone! Music will also be a highlight, including some fabulous local talent and the exciting gypsy vocal ensemble Lolo Lovina.

We'd love to see you there! For more information and a detailed program, please visit the Ku-ring-gai council website.

Northern Beaches Spring Concert

Once again the Rotary Club of Northern Beaches is presenting the Northern Beaches Spring Concert - on Wednesday 16 September - featuring the Northern Beaches Orchestra.

This year the club is delighted to have back as its special guest the acclaimed Australian vocalist, Peter Cousens.

Come along to the Grand Theatre at United Cinemas Warriewood and enjoy this exciting live show, a special evening of hits from musical theatre.



Full details and online ticket booking are available at www.rotarynorthernbeaches.org.

Global health & wellbeing survey 2015

Dear Rotary Club of Ku-ring-gai,

I am writing to make contact with your Rotary club because of your important position in the community. We are getting in touch with organisations like yours that might want to get on board a health and wellbeing global initiative for their staff and club members. By doing this you will be an integral part in the improvement of health and wellbeing in the community.

We have recently launched a Global Health & Wellbeing 2015 Survey www.globalhwsurvey.com and we need your Rotary club's help by spreading the word about this campaign.

WHAT IS IT ALL ABOUT?

This is an international online survey conducted by the University of Sydney and the Young and Well Cooperative Research Centre commissioned by the Movember Foundation. The survey is online, so is easy to access, and will ask people in Australia, Canada, New Zealand, the United Kingdom, the United States and other countries their views on health and wellbeing in the communities they live.

The aim of the survey is to reach at least 10,000 people (that is 2,000 people in Australia) and considerably improve global understanding of health and wellbeing, with a particular focus on men's health. It will be used to inform policy, research and education programs within the health and mental health sectors across each participating country and the world.

We now need to get the word out as fast as possible across the globe. But first we want to call on our friends to help us get started.

HOW CAN YOU HELP US?

Attached is a summary of ways your rotary club might be able to help us. This includes:

- 1) Raising awareness of the campaign at www.globalhwsurvey.com.
- 2) Advertising to staff and/or members and encouraging them to take part. This might be through an organisational mail out, an advertisement on the intranet, an article in their e-news, or raising awareness of the campaign on the ground such as in team meetings.
- 3) Promoting us on Social Media platforms (including Facebook, Twitter, LinkedIn, YouTube, Google+ and Instagram).

Please do not hesitate to get in touch if you would like a communications pack tailored to your club's needs or a phone call to discuss this further. We would also be delighted to give you a summary of the research at the end of the project if this is something your rotary club is interested in.

As the survey only runs for a few months, every second counts, so please do get in touch about ways we can get your rotary club involved in this exciting and important project.

Kindest regards,

JOANNE HANNA | Research Assistant

Brain and Mind Centre
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 NSW | 2050
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Last week: Dr Anne Prescott: Sambhav Nepal



Sambhav Nepal is a local charity whose mission is to achieve grassroots reforms in education, poverty, health and sanitation and also community support to women, various youth clubs, vocational skills and training programs along with supplying necessary stationary and sports equipment in 29 village development community (VDC) of the Gorkha district in Nepal, so as to improve the living conditions of the underprivileged.

Anne Prescott is a senior lecturer in Mathematics and is one of the important supporters of the Sambhav Nepal's project. She assisted in the teacher training program at Gorkha in 2011 and shared her views and ideas on mathematics and provided training on various teaching methodologies. In January 2013, Anne was also involved in Gorkha fund raising Charity Trek event. She is very keen on further assisting Sambhav Nepal in future for various teacher training programs and other different projects in Gorkha.

Anne's talk about her work in Nepal included these points:

- The teacher education program is mostly training, because the teachers don't have any teacher training.
- Some of the teachers walked 3 hours each way to attend the training school.
- In Nepal girls stop going to school when they reach secondary stage.
- The trekking group camped in tents. They built 2 classrooms and a toilet block, funded by Australian government money.
- A butcher in Eastern Road combined with some customers to build a library. The teachers did not know how to use a library. Anne read a book to them - they had never had a book read to them.

- The lighting in schools is inadequate – teachers and pupils have to change their seating to suit the available light.



- There was no equipment in the school that Anne worked at. They used stones for counters. Anne needed sticks, so she went to a rice paddy and chose stalks to do the job.
- The group started outdoor activities at the school – games and making things.

- In April and May this year, massive earthquakes occurred in Nepal. The village and school where Anne worked were as close as 2 kilometres to the affected areas.



- Dharapani school collapsed (fortunately it occurred on a Saturday; otherwise many children would have died).
- Ratmate village was flattened in the quake and most of the domestic animals died.
- In Gandaki and Manbuall all the houses and schools collapsed.
- Rotary Australia World Community Service is organising relief and rebuilding donations.
- Ann had planned to visit Nepal next January and open a school but may not be able to. She plans to build some homes.
- Available 'global' grants do not cover building schools and homes, but does cover teacher training.
- Days for Girls, which provides reusable sanitary napkins, is working in Nepal.

Next week: Bob Elsworth: Bobbo marketing

There are less than 7 months to go until the next Bobbin Head Cycle Classic on Sunday, 20 March 2016. (Put the date in your diary now!) The secret to the success of the event is marketing and we can't start work on it soon enough.

Marketing supremo Bob Elsworth has any number of different ways to market the event and he needs as much help as he can get. To start with he needs teams of people willing to do anything and everything from making phone calls to placing advertisements in bike shops.

Come along to find out how you can assist and put up your hands!

World's biggest dinner party

Umoja Orphanage, Kenya, has its 'World's Biggest Dinner Party' fundraiser coming up during October. Please consider hosting a dinner party and help raise funds to complete Umoja's first home. You can invite as few as 2 people or as many as you wish. For further information and to read Umoja's latest newsletter, see the advertisement later in this Koongga or log on to https://gallery.mailchimp.com/27451c8c3723a00be8f99956a/files/Newsletter_August_2015_edit_.pdf



YOUNGANDWELL
Cooperative Research Centre



Global Health and Wellbeing 2015 Survey

BACKGROUND

The Young and Well CRC and the Brain & Mind Centre (The University of Sydney) are conducting a pioneering global survey on health and wellbeing commissioned by the Movember Foundation.

This is a multi-site international study that will ask people across five countries including Australia, Canada, New Zealand, the United Kingdom and United States their views on health and wellbeing in the communities they live.

The aim of the survey is to reach at least 10,000 people and considerably improve global understanding of health and wellbeing, with a particular focus on men's health. It will be used to inform policy, research and education programs within the health and mental health sectors across each participating country and the world.

People from 16 years of age living in Australia, Canada, New Zealand, the United Kingdom and the United States are eligible to take part.

ORGANISATIONAL INVOLVEMENT

We are currently approaching individual organisations to help us promote this global initiative. Your organisation can help improve health and wellbeing around the world by:

- 1) Raising awareness of the campaign at www.globalhwsurvey.com.
- 2) Advertising to their staff and/or clients and encouraging them to take part. This might be through an organisational mail out, an advertisement on the intranet, an article in their e-news, or raising awareness of the campaign on the ground such as in team meetings.
- 3) Promoting us on Social Media platforms (including [Facebook](#), [Twitter](#), [LinkedIn](#), [Google+](#) and [Instagram](#))

To help you with this process, we can organise an individualised communications pack suited to your organisation's needs.

**Be a part of this project with global impact and
help us change the way the world thinks about health and wellbeing.**

Contact

Contact us at contactus@globalhwsurvey.com

Like and share us on [Facebook](#)

Follow and retweet us on [Twitter](#)

Join us on [LinkedIn](#)

Find us on [Google+](#)

Follow us on [Instagram](#)

Help Umoja Raise the Roof for Kenyan orphans by hosting your own dinner party during the month of October.

Join together with people from across the globe to help break last year's record. Every guest helps Umoja break the cycle of poverty.



Umoja Orphanage Kenya is a non-profit organisation building a self-sustainable children's village to give orphaned and vulnerable children a second chance at life. *Together we achieve the extraordinary.*

REGISTER YOUR DINNER PARTY:

Wayne Limbrick

M: 0402 869 304 | E: wayne@limoshardware.com

Go to: www.umojahome.com for more info



Bundaberg Sunrise Rotary



Supported By: Australian Aid, Rotary Club of Bundaberg Sunrise, Rotary club of Shepparton Central and RAWCS
REGISTERED CHARITY NUMBER CH2110, RAWCS PROJECT NO. 51/2011-12

A vibrant banner for the Wildflower Art & Garden Festival 2015. The background is a bright blue sky with a decorative border of various wildflowers and greenery. The main text is in a large, stylized, pink and red cursive font. To the right, the date and time are in a bold, white sans-serif font. Below that, the location is in a smaller white font. A red starburst graphic contains the text 'FREE ENTRY'. Two yellow starburst graphics highlight 'Sculpture Walk' and 'Native Plant Display & Sales'.

Wildflower Art & Garden Festival 2015

Sculpture Walk

Native Plant Display & Sales

Sunday 30 August
9am – 4pm

Ku-ring-gai Wildflower Garden
420 Mona Vale Rd. St Ives

FREE ENTRY



International Yachting Fellowship of Rotarians

Calling all fun loving Rotarians who enjoy boating: If you are from the Hawkesbury, Sydney Harbour, Botany Bay and Port Hacking or inland of these areas; own any type of boat and would like to fellowship with like minded boaties we'd love to have you join our Fellowship!!

We enjoy raft ups, boating and social outings. There is no fund raising and minimal meeting committments.

Contact: Commodore Allan Sweet

allansweet@me.com

Mobile: 0413781980

Calendar of events

August	31	Bob Elsworth: Bobbo marketing
September	7	
	14	Archie Law: Action Aid
	21	Shen Yun: Chinese artistic performers
	28	
October	5	Public holiday: no meeting
	12	[Hat Day] Simon Isemann: Hoarding
	19	
	26	
November	2	Hugh McKay: The community
	9	
	16	
	23	
	30	

Club officers and committee chairmen 2015-16

Board of directors

President	Graham Timms
Vice President	John Aitken
Immediate Past President	Tony McClelland
President Elect	Michael Midlam
Secretary	Geoff Hungerford
Treasurer	Graham Maslen
Director - Membership	Tony McClelland
Director - Public Relations	Roger Desmarchelier
Director - Club Administration	Michael Midlam
Director - Service Projects	John Aitken
Director - Rotary Foundation	Peter Tang

Service committee chairmen

Administration (Club Service)	Michael Midlam
Vocational Service	Lindsay Forrest
Community Service	Roger Desmarchelier
International Service	Georgina Manning
Youth Service	Linda Lam-Rohlfs
Social events	Joy Newling
Bobbin Head Cycle Classic	Tony McClelland
Sergeant-at-Arms	Malcolm Braid
Assistant Secretary	Lindsay Forrest
Assistant Treasurer	Chris Lewis

Club committees 2015-16

Administration: Michael Midlam, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Michael Tyler (Koongga)

Bobbin Head Cycle Classic: Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Graham Timms

Club History: Malcolm Braid, Tom Jackson

Community: Roger Desmarchelier, Gary Dawson, Ross Egan (Daffodil Day), Greg Goodman (Bowelscan), Chris Hoch (Red Shield), Nick Kenyon, Ted Price

International: Georgina Manning, Roger Desmarchelier, Emyr Evans, Dilys Geddes, Rob Hall, Loïc Lacombe, Graham Maslen, Greg Newling

Membership: Tony McClelland, Caroline Jones, Ken Sackville

Public Relations: Roger Desmarchelier, Linda Lam-Rohlfs, Georgina Manning,

Rotary Foundation: Peter Tang, Lindsay Forrest, Chris Hoch, Greg Newling

Social Events: Joy Newling, Ross Egan, Dilys Geddes, Georgina Manning,

Vocational: Lindsay Forrest, Lou Coenen, David Forsythe, Peter Kipps, Michael Tyler

Youth: Linda Lam-Rohlfs, Joyce Enos, Stan Glaser, Gary Keating, Chris Lewis, Joy Newling, Don Riddell