



K O O N G G A

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



Volume 58 No. 14 12 October 2015

This week: Dr Simone Isemann: Hoarding

Simone Isemann is a clinical psychologist who has Master degrees in both Clinical Psychology and Coaching Psychology.



Simone is the Face-to-Face Clinical Services Manager at Lifeline Harbour to Hawkesbury. In addition to managing the service, Simone sees individual clients with a range of issues, including Hoarding Disorder, and facilitates Lifeline H2H's Hoarding Treatment Program.

Simone has previously worked in private practice and has had various corporate roles in Leadership Development and Training.

Simone will talk to us about 'hoarding disorder' (a mental health disorder identified in 2013), its affects and steps that can be taken to treat it.

Last meeting's guests & notices

President John Hepburn of Lindfield Rotary Club welcomed guest speaker Rob Edwards and the members of our club to the joint meeting of the two clubs.

President Graham of our club:



• Reminded members that our meeting on Monday, 12 October will be 'Hat Day', when members are encouraged to wear their favourite headgear (whether stylish, well used, unusual or otherwise interesting) and to contribute a gold coin to support Australian Rotary Health;

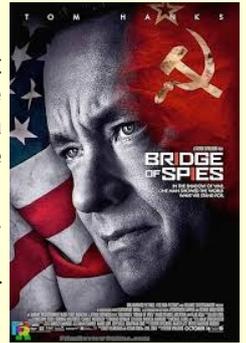
- Announced that the proceeds of the club's trivia night on Saturday, 31 October will be donated for installation of solar energy power for Fijian schools (instead of Rotary Oceania Medical Aid for Children, as

Rotary monthly theme: Economic & community

announced previously); and

- Encouraged members to support the Lindfield Rotary Club's movie premiere night at Roseville Cinema on Thursday, 22 October, to raise funds for Polio Plus.

The movie is 'Bridge of Spies' directed by Steven Spielberg and starring Tom Hanks. Invite your family and friends!



Call for RYLA nominees

YOUR CLUB NEEDS



Someone (or several members and/or their partners) in our club knows a person in their 20s with some leadership experience or potential who would benefit enormously from attending the Rotary Youth Leadership Award for a week in January.

Your club needs you to step forward and nominate such a

person. The Youth Committee needs to find and interview candidates by 31 October, so PLEASE put your thinking caps on* and let Joy Newling know a.s.a.p. It is a wonderful opportunity for a young person and could change their life!

(* Hat Day would be a good time to do so.)

Good news on eradication of polio

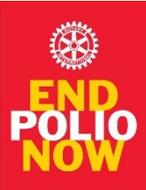
Headlines: In an important step towards a polio-free world, the Global Commission for the Certification of Poliomyelitis Eradication (GCC) has concluded that wild poliovirus type 2 (WPV2) has been eradicated worldwide. With WPV type not being seen anywhere in the world for nearly three years, the programme is seeing exciting strides towards ending polio for good.

Afghanistan: No new wild poliovirus type 1 (WPV1) cases were reported in the past week. The most recent case had onset of paralysis on 7 August in Zaranj district of Nimroz province. The total number of WPV1 cases for 2015 remains nine.

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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



Nigeria: No new case of WPV1 was reported in the past week. Nigeria's total case count for 2014 remains 6. The most recent case had onset of paralysis on 24 July 2014 in Sumaila Local Government Area (LGA), southern Kano state.

Pakistan: No new wild poliovirus type 1 (WPV1) cases were confirmed in the past week. The most recent case had onset of paralysis on 22 August in Khyber Agency in the Federally Administered Tribal Areas.

The total number of WPV1 cases for 2015 remains 32, compared to 165 at this time last year.

Helpful Hat Day

Monday night is our Helpful Hat night to raise money for mental health research. All attendees are expected to wear a hat of one form or another. The sillier the better. There will be fines for the most outrageous hat, the silliest hat, any hat and no hats. Donations will be accepted and there will be a raffle on the night. So don't expect to leave the meeting without giving some monies for this most important health research.

Every cent raised that night and donated to Hat Day through Australian Rotary Health will help the 1 in 5 Aussies suffering a mental illness, by finding preventions and treatments for depression, anxiety, mood disorders and more research.

Our guest speaker, Simone Isemann from Lifeline will speak about one specific aspect of mental health that could affect us all.

Partners and friends are welcome. If bringing a guest, please complete the normal attendance form on the web site.

Roger Desmarchelier

Wine tasting

St Ives Rotary Club invites you to a wine tasting with Petersons Wines on Wednesday 14 October. The wine tasting will replace our normal club meeting.



Petersons Wines website is: <http://www.petersonswines.com.au>

The event will be held at Peter Canisius House - 102 Mona Vale Rd Pymble 2073. The cost will be \$25.00 per person for platters of cheese, crackers, cold meats and fruit to accompany the wine tasting.

We hope you can join us for this evening of fun, fellowship and excellent wines.

To book a place, contact Judy Gordon Tel: 9402 5338 Mobile: 0421 769 152 Email: judygordon@cba.com.au

Spreading the word at Spring Cycle

On Sunday 18 October 2015 our marketing for the 2016 Bobbin Head Cycle Classic kicks off in earnest.

We do this by distributing flyers to cyclists attending the Bicycle NSW Spring Cycle at around the half way point in Five Dock and at Sydney Olympic Park, Homebush where most cyclists will finish.

The task is not onerous. It simply requires volunteers to



hand out an A5 flyer, detailing our event, to cyclists once they have stopped at either of these 2 locations to rest.

As for previous years Ross Warden, from the Turramurra Rotary Club, is our Team Leader for this task.

If you can assist, or if you know of someone who'd be happy to give up a few hours of their Sunday to assist, please advise. It would certainly be greatly appreciated.

Bob Elsworth

Marketing Coordinator

Visit to Fairfield High School



On Saturday 24 October our club is invited to go to Fairfield High School and have a lunch with the parents of this multicultural school. The school is very excited to meet with our group on their site, as being with them is really such a wonderful initiative to stand and support their group. It will be very powerful also for the hospitality team to build their self-confidence to do such an activity for our group. They can cater for as many as we can bring. They have already catered for groups between 20 - 1000.

The location is inside Fairfield High School, which is at Horsley Drive, Fairfield- NSW 2165. The time is 12 to 2pm.

We need to finalise numbers by Monday 19 October. The cost will be \$30 per head.

I will take names at Monday's meeting, but if you are not coming to that meeting and want to attend, please advise me directly.

Roger Desmarchelier

Thank you from the Cancer Council

We have received a thank you from the Cancer Council NSW for the support we gave to its Daffodil Day on 28 August. Our effort at Pymble station resulted in \$1,171.60 being collected. Thanks go to those club members who withstood the cold, windy conditions that Friday morning to assist in this very worthwhile cause.

Roger Desmarchelier

Rotary Leadership Institute



The next two training courses in 2015 - and the first two in 2016 - are now available for registration. The courses consist of three parts and are held at the district office in Thornleigh. The course session starts at 8:30 in the morning and finishes at around 3:45 pm. Morning tea and lunch

are provided. Course materials will be sent to you nearer the time.

If you wish to attend either of these courses please register now by emailing rli@rotarydistrict9685.org.au

The courses are:

Course 29 : 10 and 31 October and 7 November -

Course 30 : 15, 29 November and 13 December

Course 31 : 13 February, 5 March, 2 April

Course 32 : 21 February, 6 March, 3 April

If these dates are not suitable but you would wish to be notified in the new year, please let us know and we will contact you early in 2016.

We look forward to hearing from you shortly.

Barry Philps

Rotary Club of Glenhaven

RLI Convenor

Rotary District 9685

Mobile 0419 415 451 rli@rotarydistrict9685.org.au

The Cromehurst Foundation

The Cromehurst Foundation is a new beneficiary of the Bobbin Head Cycle Classic. The Foundation provides essential facilities, resources and programs for children and adults with an intellectual disability, including those with high support needs who attend or have previously attended Cromehurst Special School at Lindfield.

One of the essential facilities is an independent living skills program conducted at The Cottage. Past and present students of Cromehurst School live in during the week and learn many of the skills essential for daily living, such as cooking, cleaning, shopping skills as a complement to their school programs.

Last meeting: Rob Edwards:

Solar power for Fiji schools



Rob Edwards has a background in human anatomy and physiology, but has also worked in areas as diverse as a wilderness based rehabilitation program for young offenders. In about 2007 he sold a successful corporate health business and established the 'Its Time Foundation' to provide clean, free energy for lighting and computers and to utterly transform the education and

prospects for Pacific island children. Following are notes from Rob's presentation to our club and Lindfield Rotary Club on 2 projects in Fiji.

Our mission

The aim is to provide reliable electricity to create modern education opportunities for children in remote island communities. That stops them being left behind. A quality school solar system creates the opportunity for computer education and the savings on generator fuel provides decades of cash flow to purchase those education resources. The initiative also eliminates substantial carbon dioxide emissions.

Bouma District and Salia Levu primary schools solar project objectives

- Deliver all day and evening power for the electronic needs of a modern school. In particular the initiative

allows the school to transition to a growing computer education program.



- Create on-going cash flow for the purchase of the electronic equipment. Money is saved from generator fuel and modest contributions from teachers for their power supply.
- Reduced need for generator maintenance. Also, unlike generators, the "clean" power supplied by the solar system does not shorten the life of computers and other electronic equipment.
- Improve teachers' capacity to perform their job by allowing computer work, photocopying etc. when it best suits their routine rather than arranging schedules around generator run times.
- Provide power to the teachers' quarters to enhance the quality of life for teachers and their families. This along with the school's new capacity for a robust computer education program will make the school more attractive to quality teachers.
- Eliminate use of kerosene lanterns in teachers' quarters, therefore creating further savings and reducing fire and health risks.
- We encourage the school to engage students in learning about renewable energy and climate change. We hope that the presence of the solar system will result in more environmentally aware and proactive school leavers.
- The energy efficiency strategy provides an attitude/cultural change consistent with the global trend toward energy conservation. The students will take these behaviours into adulthood.
- Reduce carbon dioxide emissions and make a small contribution to mitigating climate change.
- Also a difficult to define benefit is the morale and pride of parents and the community in knowing their children are now not forgotten and being left behind.

Bouma District School

Taveuni Island, Fiji (Search Google maps: Bouma Taveuni, Fiji).

Bouma has 157 students in 2015. The students travel from the six surrounding communities of Korovou, Qali, Vidawa, Waitabu, Wai and Vurevure.

9 teachers are providing classes from years 1 to 8.

8 teachers' quarters are in the school precinct and will receive benefit of the school solar system.

The school has a diesel generator that runs for an average of two hours per day. During that time teachers do activities that require power. Due to the lack of power the school has no computer education program. Note, in Fiji primary is to year 8 and an age where computer

education is becoming critical for kids to advance.

Because of the lack of wiring, the generator does not supply any power to the teachers' quarters.

Instead teachers use their own small generators or use kerosene lanterns or battery lamps.

The school uses 40 to 50 litres of fuel per month. This plus fuel transport, kerosene and battery costs in the teachers quarters is approximately \$200 per month. We do not have a clear estimate of cost of small generators or that fuel cost used by some teachers.

Electrical wiring is absent in the 8 teachers' quarters and the library. The remaining electrical system requires substantial general repairs but not replacement.

Salia Levu Primary School

Taveuni Island, Fiji (Search Google maps: Navakawau Taveuni, Fiji).

Salia Levu has 35 students in 2015 from the nearby village.

2 teachers provide classes from years 1 to 8.

2 teachers' quarters are in the school precinct and will receive benefit of the school solar system.

The school has a small diesel generator that runs during school days on a needs basis, but only when funds are available to purchase fuel. Due to the lack of consistent, longer duration, power the school has no computer education program.

The generator runs for an average of three hours in the evenings to supply the teachers' quarters.

Otherwise and when fuel is low the teachers use kerosene lanterns.

The cost of fuel, transport and kerosene is approximately \$290 per month.

The electrical wiring is sub-standard and dangerous (apparently installed by an unqualified local). The school and the teachers' quarters will be rewired as part of the project brief.

Next week: Harry Allie: The challenges facing Aboriginal and Torres Strait Islander youths

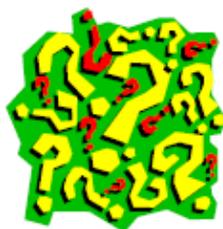
'Uncle' Harry Allie is a descendant of the Gudjula tribal group. After 23 years' service he retired as an RAAF Warrant Officer. Following a further 11 years working in the defence industry, he served 10 years in the Australian public service, focusing on indigenous affairs.

In retirement, Harry continues to work with Aboriginal and Torres Strait Islander people, as well as being active amongst the wider community in his local government area. He has been appointed by the Chief of the RAAF as the inaugural Air Force Elder.

Harry will talk about the issues confronting Aboriginal and Torres Strait Islander youths and the steps that are being taken to address them.

SATURDAY Oct 31st 2015 @ 7:00 pm

*Bring your friends** & join in the fun & games!
An evening not to be missed*



**Ku-ring-gai Rotary TRIVIA NITE
BY POPULAR DEMAND!**

VENUE: WARRAWEE BOWLING CLUB*

BYO SUPPER

COFFEE & TEA & DRINKS AVAILABLE.

TICKETS AT DOOR \$20 per person

**Pacific Highway, Warrawee,
Parking on site*

*** tables of up to 8 or 10 are welcome
. Contact Ross Egan for bookings*





MENTAL HEALTH FACT SHEET

How many people experience mental illness?

- Almost one in five Australians (20%) will experience a mental illness in a 12-month period.
- Nearly half (45%) of the population will experience a mental illness at some stage in their lives.
- At least one third of young people have had an episode of mental illness by the time they are 25 years old.
- Anyone can develop a mental illness and no one is immune to mental health problems.

What are the most common mental illnesses?

- Anxiety disorders affect around 14% of the adult population every year.
- Depression affects around 6% of the adult population every year.
- The remainder are affected by substance abuse disorders, psychotic illnesses such as schizophrenia, personality disorders, and other conditions. Many people have more than one diagnosis.

What are the chances of recovering from mental illness?

- Most people with mental illness recover well and are able to lead fulfilling lives in the community – when they receive appropriate ongoing treatment and support.
- However, only about half of those affected actually receive treatment. The majority of people who develop anxiety disorders and depression improve over time with appropriate treatment and support.

What is Hat Day?

- Hat Day is a national fundraising and awareness day to shine a light on mental health research in Australia.
- Hat Day occurs each year on World Mental Health Day - the second Friday in October (October 9, 2015).
- Hat Day is an initiative of Australian Rotary Health, one of the largest non-government funders of mental illness research in Australia.

Where do Hat Day funds go?

- 100% of the money raised on Hat Day goes directly to funding mental health research through Australian Rotary Health (ARH).
- ARH PhD and Project Grants are used to develop and trial preventions and treatments for depression, anxiety, bipolar disorder, schizophrenia and other mental illnesses.
- Examples include:
 - Suicide prevention strategies
 - Web & phone-based self-help tools
 - New understanding & treatments for schizophrenia
 - Early interventions for mental illness prevention
 - Reducing substance misuse in at-risk groups

#HATDAY15



HATDAY.COM.AU



Nominations open for

Ku-ring-gai Australia Day Awards 2016

- Ku-ring-gai Citizen of the Year (25 years +)
- Ku-ring-gai Young Citizen of the Year (under 25 years)
- Outstanding Service to the Ku-ring-gai Community (individual/group)

If you know of an individual or group who has made an outstanding contribution to the Ku-ring-gai community, now is your chance to give them the recognition they deserve.

The awards will be presented at the Ku-ring-gai Australia Day celebrations on 26 January 2016 at Bicentennial Park, West Pymble.

Nominations close Friday 13 November 2015

For further information please contact
Community Department on 9424 0831



Please take a nomination form
or download from kmc.nsw.gov.au/citizen

Calendar of events

October	19	Harry Allie: The challenges facing Aboriginal and Torres Strait Islander youths
	26	
	31	Saturday: Trivia night (fundraising for Rotary Oceania Medical Aid for Children)
November	2	Hugh McKay: The community
	9	
	16	
	23	
	30	
December	7	
	14	Club Christmas party
	21	No meeting
	28	No meeting
January	4	No meeting
	11	

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