



K O O N G G A

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



Volume 58 No. 37 18 April 2016

This week: Ken Zulumovski: Gamarada community healing and leadership initiatives

'Gamarada' is a men's group which emerged out of recognition of unmet needs and lost potential among men in Redfern. It is a community driven program which provides a safe way for indigenous men to come together to heal themselves and aid in the healing of others.



Traditional healing methods form the core of the program, with some eastern and western influences. Throughout the program there is also an emphasis on practical techniques, including stress and anger management and the promotion of life skills.

Ken Zulumovski, managing director of the company that runs the program, will tell us how it operates and benefits the participants and the wider community.

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Last week's guests & notices

President Graham:

- Welcomed our guest speaker, Billy Cantwell;
- Announced that raffle tickets sold at the Dinners For 8 had raised \$1,240 for Fijian disaster relief;
- Said that the Youth Committee, with the assistance of new member Mahiar Mahjoub, is developing a program for Year 10-12 students preparing for university, to help them understand science, technology, engineering and mathematics subjects;
- Reported that the more than 2,000 Shelterboxes had been sent to Fiji from Melbourne within 24 hours of the need arising and our club had contributed \$2,000 for replacement Shelterboxes; and
- Mentioned that our club has contributed \$2,000 for a new minibus for Clarke Road School (see next item).

Joy Newling urged members and their partners, fam-

Rotary monthly theme: Maternal & child health

ily and friends (adults only) to attend 'Comedy for a Cause' (featuring comedians from the Sydney and Melbourne comedy festivals) at **Pennant Hills Bowling Club, 52 Yarrara Road, Pennant Hills at 8pm on Friday, 20 May** to raise funds for a new wheelchair accessible bus for Clarke Road School.

The bus will cost \$120,000. The school (which has only 60 students and therefore has only a small parent body to support it) has 'crowd funded' \$30,000, raised \$25,000 from a 'gift fund' and received a donation of \$20,000 from a business. Comedy for a Cause needs at least 150 attendees. Tickets cost \$35 and can be booked at comedyforacause.net/CR.

Joy also requested **donation of goods or services that can be prizes for a raffle.**

In Support of
Clarke Road Special School's
wheelchair accessible bus

8pm - May 20
Pennant Hills Bowling Club
52 Yarrara Rd, Pennant Hills

Featuring comedians from Sydney & Melbourne International Comedy Festival
Tickets: \$35 at comedyforacause.net/CR
Adults Only

Greg Newling encouraged members to attend the fundraiser for Eagles RAPS on Thursday, 21 April (see flyer later in this Koongga). He said that it will be a good night with good food and good company and Eagles RAPS desperately needs the support.

Rotary Leadership Institute

The Rotary Leadership Institute has two courses organised for later this year. This is course is of great benefit to all Rotarians, but particularly for those who will become members of their club board from 1st July.

The course is run over three days, morning tea and lunch are supplied.

The day starts at 8:30 am and should be completed around 3:45 pm.

The course is held at the District 9685 office in Sefton Road, Thornleigh.

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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

The course dates are:

- Course 33 30 April, 11 June and 2 July
- Course 34 18 June, 9 July and 16 July

If you wish to register for one of these courses, please register on-line [at this link](#).

Barry Philps

Rotary Club of Glenhaven

RLI Convenor

Rotary District 9685

www.rotarydistrict9685.org.au

Mobile 0419 415 451

rli@rotarydistrict9685.org.au

Red Shield Appeal

Hi all

I am away at present but wish to advise that the Salvation Army Red Shield appeal will take place on Sunday, 29 May. As usual for this event I am seeking 8 members to act as team leaders on this weekend.

I will return for the club meeting on 18 April so please let me know then if you can assist.

Kind regards

Chris Hoch



Rotary raffle raises \$130,000



The recent draw of the Rotary Club of Upper Northern Beaches' Community Service Appeal marked the completion of the club's 19th and most successful annual raffle.

Since September, the Rotary club and 17 local community groups have been selling \$2 tickets for the grand prize, a new Nissan Micra. The proceeds from this year's ticket sales, which reached a record \$130,000, will be distributed to the participating groups.

At the finale for the raffle, held at Bayview Golf Club, the prize car was on display on the clubhouse terrace. Pittwater Member of Parliament Rob Stokes drew the winner from the tickets that had been loaded into the boot of the car. Rotarian Mark Lawrie, who has been managing the raffle project for the past 15 years, then phoned the winner, a hard-working family who couldn't believe their good fortune.

Help Studio Artes rise from the ashes



into their creative potential. The Studio is a place where

Studio ARTES is a leading not-for-profit service provider in Hornsby offering programs that empower people living with disability by tapping

all people with any disability can participate in artistic, creative and recreational activities.

Studio ARTES has put out this appeal:

A fire may have destroyed our building, but our members' inherent creative fire is not deterred by our recent tragedy. We are ready to paint and dance our way through to recovery. But we need your help!

A fire tore through the pool shop which adjoins Studio ARTES Jersey St premises on Sunday April 3. The fire caused massive damage to our premises. Our roof has caved in, and it is doubtful we can ever re-enter the building. Artworks, filming equipment, computers, costumes - to name a few - have been lost.

Thanks to Hornsby Council we have found a temporary home at Wallarobba Arts Centre and we are on the way to finding a more permanent location. We are ready to resume our creative programs, and our members are keen to create again!

But we need immediate equipment in the form of art supplies, stationery and iPads.

We need cash donations to support us to purchase this essential equipment NOW so our members can get back to work.

\$7000 to replace our critical technical equipment such as IPADS

\$5000 to purchase urgent materials for our visual arts program. Your donation gives our artists immediate access to paints, paper and brushes.

\$3000 for our Performance Program to purchase costumes, lighting and sound equipment

\$3000 for our training program to replace sporting equipment

\$3000 to cover stationery costs across programs

Your donation buys immediate materials and equipment for our members to use **NOW**

You can donate at www.everydayhero.com.au/event/STUDIOARTESURGENTFIREAPPEAL

RAWCS Rover April 2016

Rotary Australia World Community Service (RAWCS) Volunteers are doing some really great things to make lives more comfortable for many of our near neighbours. You can assist the program by making sure that all Rotarians know about RAWCS, in particular the Rotary Australia Benevolent Society (RABS) Program, that will allow tax deductibility for donations to projects that meet the conditions, operating in our own local communities.



If you don't know about RABS, [Click here](#) and check out the conditions. Your club might have somebody or group that could be assisted!

Here are a few of the many RABS projects presently in place. More can be found on the website www.rawcs.com.au

- *To improve the living standards of homeless youth clients to Taldumande and other safe houses in Sydney and immediate areas*

- To provide Welcome Packs of items to refugee families arriving in NSW.
- To provide financial & other relief for the family of 21 year old Tahlia who is suffering from Chronic Lyme Disease which causes frequent seizures. Her medications are expensive and not covered by the PBS.
- To raise funds for Dean Walsh who was seriously injured in a car accident and requires a special vehicle to get him to physiotherapy & medical attention to complete his rehabilitation.

Download the latest edition of the RAWCS Rover to know more and share it with your fellow Rotarians and friends at <http://www.rotarydistrict9685.org.au/Stories/rawcs-rover-april-2016>

Club social night - Friday, 6 May



Following on from an article in last week's Koongga about a play being performed at the Ku-ring-gai Town Hall, Pacific Highway, Pymble by the Epicentre Theatre group, we have tentatively arranged for a club social night to be held there on Friday 6 May. The play is Rumors by Neil Simon.

We have made a tentative booking for 24 (4 tables of 6) and it will be on a first in first served basis. A sheet will be circulated at next Monday's meeting with monies then payable at our 2 May meeting. Cost will be \$35 per persons, with a percentage of this cost going to Eagles RAPS.

The play will start at 7.30pm, but patrons are encouraged to come early, bring your own dinner and byo alcohol. Seating arrangements are tables of 6.

Roger Desmarchelier

Joy Newling

Mendelssohn's Elijah - 22 May

May I take this opportunity to let you know about the Willoughby Symphony Choir's performance of Mendelssohn's ELIJAH at Chatswood Concourse on Sunday, 22 May at 2.00 pm.

Elijah is a magnificent piece of music, full of drama and exhilaration. We have some terrific soloists and our choir of over 100 singers will be accompanied by the Willoughby Symphony Orchestra.

We are trying to publicise this event to as many people as possible. I wonder if I could ask you to spread the word to your members who I'm sure would thoroughly enjoy this celebrated choral work.

The details are on the attached flyer.

Sue Francis

Last meeting: Billy Cantwell: Editing the North Shore Times

Billy Cantwell has a strong connection with Sydney's



north shore, since all his children were born here and his son attends St Aloysius College, Milsons Point. And after arriving from Ireland, his first job was in an aged care facility in Turrumurra. He recalled the embarrassment of the staff and residents dressing in 18th century costumes to celebrate Australia Day, 1988.

Billy established the Irish Echo newspaper for the Irish community in Australia and is proud that it is still being published 30 years later.

He is also pleased to be still editing a print newspaper. The major newspaper groups make most of their money from their print publications, rather than their electronic counterparts. Billy appreciates the technical aspects of printed newspapers and the discipline of working to deadlines.

By comparison, online journalism is much less disciplined, since there are no deadlines – stories can be posted at any time, as they arise. Despite that, he understands that online publications are the way of the future.

Billy circulated a copy of the first edition of the North Shore Times and mentioned that The Australian and the North Shore Times are the only 2 newspapers that Rupert Murdoch established. All others in the News Corp 'stable' he bought.

Billy learned the newspaper trade from compositors with a deep knowledge of layout and other skills. But the old processes were very labour intensive and inefficient. In due course they were replaced by desktop publishing and then the internet revolutionised the industry.

Billy noted that he rarely sees people reading newspapers on public transport. Instead, most people are intent on their smart phones.

There is no model for producing online news content cost-effectively. Online journalists have to write headlines with search engine optimisation in mind. Their aim is to get people to read the advertisements. Because of the 'up to the minute' nature of online publications, it is not possible for their journalists to research a story for weeks before publishing a story.

By contrast, the North Shore Times (which is a free newspaper) still works well. Many people read it in print and advertisers get a return. The paper's focus on local stories attracts readers because larger newspapers don't generally cover local stories.

Billy maintains a close connection with the community and gets over 200 emails each day in response to stories in the North Shore Times. The newspaper engages with all sorts of people in the community and wants feedback from readers. Its power is illustrated by a story on buses being late, which soon had them running on time.

The newspaper is developing digital adjuncts to the print publication, for example a mobile app 'Where I live' which publicises local events.

Billy is optimistic about the future of printed newspapers. Hard copy book sales in the USA are increasing and Amazon is opening book stores (which it previously caused to close) and the same effects are being seen with newspapers.

Next week: no meeting (ANZAC Day)

**Next meeting: Katie Miller-Crispe:
Creating Operantics**

Operantics is a young artists company, run by and for young artists. It aims to provide opportunities for young artists who are talented but inexperienced, due to lack of opportunities to perform.

The company is primarily a platform for singers, helping them to stretch themselves and develop, especially

those who are pursuing professional opera careers.

Operantics produces fresh, engaging productions, such as *Così fan tutti*. In 2016 it will premiere Joseph Horowitz's *Gentleman's Island* and Jonathan Dove's *Mansfield Park*.

Katie Miller-Crispe is a founder, artistic director and producer of Operantics. She holds a Bachelor of Arts and a Master of Publishing from Sydney University and a Bachelor of Music (Performance) from the Australian Institute of Music.

Dinners for 8

Secrets exposed:

Tom let it slip that he gets up at 1.00 am every morning for cornflakes and taking the dog out.

Lindsay admitted to be a cornet player for many years but his lips are not the same these days.....Francis also agreed.

Dilys is a Kindle lover and has been known to buy a Kindle for friends to reduce the use of paper books.



Information revealed:

There's more to eat in Verona, Italy than horse and donkey.

Young Ted was quite a lad: he had a car the scent of which would put a girl to sleep.

Margaret Throsby has a sister called Adrienne.

Inside ASIO.

(No leaks from here.)



The great 'I' lunch

Starters

Iranian (Persian) dips and nibbles

Mains

Indonesian chicken
Indian curried potatoes and rice pilaf
Italian cheese ravioli and putanesca sauce
Icelandic fish surprise

Dessert

Iraqi Sour cherry pie
Ice cream

Drinks

Indian Kingfisher Lager beer
Italian Soave white wine
Iranian (Persian) sparkling pomegranate drink
Italian Chinotto (citrus soft drink)



Recipe for Icelandic Baked Fish

Ingredients:

1 tablespoon butter
6 fish fillets or 6 cod fish fillets
1 lemon
salt, pepper to taste
200g Emmentaler cheese or 200g Tilsiter cheese, grated
1 tablespoon mustard
1 cup cream
1/2 cup breadcrumbs

Directions:

- 1 Preheat oven at 180° celsius.
- 2 Butter a baking-dish.
- 3 Put the fillets into the baking-dish.
- 4 Season the fillets with salt, pepper and freshly squeezed lemon juice.
- 5 Cover the fish with ground cheese.
- 6 Mix mustard with cream and pour it over fish fillets.
- 7 Cover with breadcrumbs.
- 8 Bake the fillets for 35 minutes.
- 9 Serve with rice or noodles or mashed potatoes



In Support of:
Clarke Road Special School's
wheelchair accessible bus

8pm - May 20
Pennant Hills Bowling Club
52 Yarrara Rd, Pennant Hills

Featuring comedians from Sydney & Melbourne
International Comedy Festival

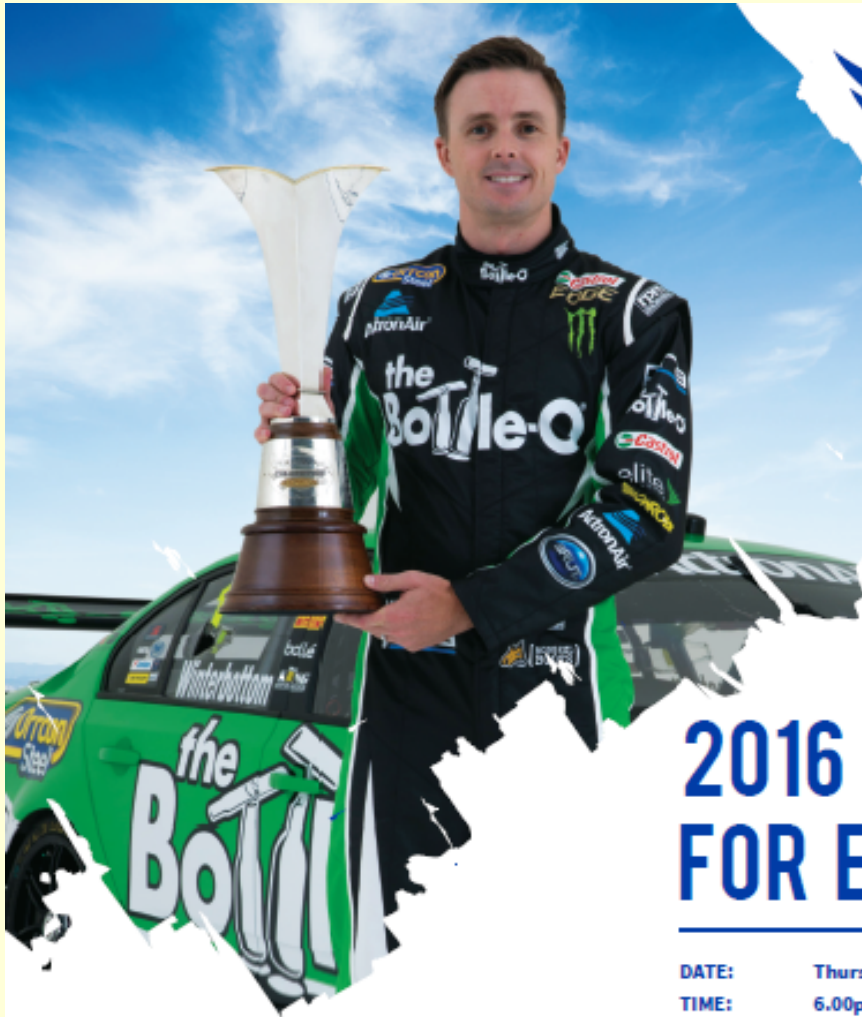
Tickets: \$35 at comedyforacause.net/CR
Adults Only



EAGLES RAPS
TOGETHER WE SOAR

SPECIAL INVITATION

2016 FUNDRAISER FOR EAGLES RAPS



Many changes have happened in 2015/16 thanks to your generous support which has ensured our continued ability to work with our young people.

With your continued support in 2016 Eagles RAPS can become a registered school in early 2017. Join us in April to learn more, have fun, entertainment, lucky door prizes, raffles and auctions. Get involved and meet, ambassador for Eagles RAPS Inc Mark "FROSTY" Winterbottom, 2015 V8 Supercars Champion.

Eagles RAPS is a service for 'disadvantaged youth' that wish to complete their year 10 certificate and further education with the assistance of the mother and son team Sally Wynd and Scott Dent. This is all made possible from the support of the distance education programs through TAFE NSW and the funds raised by the staff, friends of the association and community members. Visit www.eaglesraps.org for more info.

This not for profit organisation is for disadvantaged youth who want to achieve a brighter future for themselves.

All donations over \$2 are tax deductible.

DATE: Thursday, April 21st 2016
TIME: 6.00pm
VENUE: Lily's restaurant
162 Prospect Highway Seven Hills
COST: \$60.00 per head

Wine, beer, soft drinks and canapés will be provided.

The evening will be MC'd by Dr. Jim Taggart OAM and Tony Eades

Purchase tickets or make a donation on www.eaglesraps.org

Proudly sponsored by:



If you are unable to attend this great event but want to help young kids achieve a brighter future, we welcome your donation

YOU CAN FORWARD DONATIONS DIRECT TO:

ACCOUNT NAME: Eagles RAPS Inc.

BSB: 062 293

ACCOUNT NUMBER: 1015 1662

\$50 \$65 \$100 \$200 other

Thank you for making a difference in young lives.

For further information please contact Marten on 0418 464365 or marten@eaglesraps.org



Century Challenge Cycle Ride Sunday 15th May 2016

THE BIGGEST CYCLE EVENT ON THE NSW CENTRAL COAST

Now in its 16th year, Century Challenge attracts everyone with an interest in cycling and keeping fit – Cycling challenge for Children, Beginners (20k), Intermediate (50k) and Elite riders (100k). Please see the website for more details.

Start at Mount Penang Parklands and cycle through lush hinterland

Registration: Register yourself or your team and online sponsors at www.centurychallenge.com.au. **Early bird registration by 11 May, 2016.**



www.centurychallenge.com.au





WILLOUGHBY
SYMPHONY



WILLOUGHBY
CITY COUNCIL
City of Diversity

ELIJAH

MENDELSSOHN

WILLOUGHBY SYMPHONY CHOIR
WILLOUGHBY SYMPHONY ORCHESTRA

Conductor: **Peter Ellis**
Soprano: **Penelope Mills**
Alto: **Nicole Smeulders**
Tenor: **David Hamilton**
Bass: **Alexander Knight**

2PM SUNDAY 22 MAY 2016
THE CONCOURSE, CHATSWOOD

Tickets: \$45 Adult / \$40 Concession / \$20 Child

Book now at www.theconcourse.com.au
The Concourse Box Office: 8075 8111

www.willoughbychoir.com.au



Calendar of events

April	25	No meeting (Anzac Day)
May	2	Katie Miller-Crispe: Creating Operantics
	9	Debate with Lindfield Rotary Club (topic TBA)
	16	No meeting (meeting deferred to Wednesday 18 May)
	18	(Wednesday) Bobbin Head Cycle Classic presentations
	23	
	30	
June	6	
	13	No meeting (Queen's birthday)
	20	
	27	Club changeover
July	4	
	11	
	18	
	25	
August	1	
	8	
	15	

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), Chris Hoch (Red Shield), Nick Kenyon, Ted Price

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

Membership: Tony McClelland, 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, Anil Fulwaria, Gary Keating, Chris Lewis, Matt Mahjoub, Joy Newling, Don Riddell