



K O O N G G A

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This week: Leonie Newman: Power generation

Lindfield Rotarian Leonie Newman grew up in southern New South Wales, surrounded by construction of the Snowy Mountains Hydro-Electric Scheme. She studied physics, pure mathematics and statistics at university and worked variously in medical physics and the pharmaceutical industry.



All the while Leonie maintained a close interest in power generation, which is what she will talk to us about.

Last meeting's guests and notices

President Graham welcomed our guest speaker, Kathryn Goozee, teacher Jenny Higgins from Pymble Ladies College, Laurel Jackson and Anne Maslen.

Linda Lam-Rohlfs reported on the club's first science talk for high school students (see separate item).

Chris Hoch:

- Reminded members to make their tax deductible \$100 Centurion donations to the Rotary Foundation before 30 June and to let him know when they have done so;
- Said that the money will support worthwhile international programs, including Polio Plus, and will subsequently be available to our club by way of matching grants for projects; and
- Thanked those members who assisted with the Red Shield Appeal.

Science - is it for me?

On Saturday, 28 May Linda Lam-Rohlf and other members of the Youth Committee presented a seminar for high school students called 'Science, is it for me?' at Gordon Library. This was the first of a series of seminars designed to inform students about the attraction of science and the opportunities available to them.

Rotary monthly theme: Rotary fellowships

The speakers were:

- Elizabeth Richardson, who is studying for a Bachelor of Arts and Science at Sydney University, majoring in molecular biology, genetics and ancient history;
- Mahiar (Matt) Mahjoub of our club, who is currently undertaking honours research in medical biotechnology and biochemistry following his graduation with a Bachelor of Science in mathematics and biochemistry; and
- Lou Coenen of our club.

Matt shared with the audience his passion for science and what science may lead him to in the near future.

Elizabeth inspired the student by describing her journey towards achieving her goals. She has worked on several high profile science projects and stressed that determination is vital. She said the students should take every opportunity to build and expand their networks, and consider studying multiple subjects that may help to strength their position.



15 high school students and (unexpectedly) 7 parents attended the seminar. Some of the students said they will certainly return for the next seminar in July, about the International Genetically Engineered Machine competition that both Elizabeth and Matt attended.

The parents appeared to be very satisfied, and applauded our club's commitment to youth education.

Linda was assisted in running the event by Bob Ivey, Geoff Hungerford, Anil Fulwaria and Rob Hall.

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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

Model United Nations Assembly

Jenny Higgins is a teacher of English, with a passion for debating and public speaking, for which there is growing interest at Pymble Ladies College.

Jenny explained how attendance at Model United Nations Assembly ('MUNA') provides students with an opportunity to develop global understanding and requires them to gain knowledge of public affairs and political systems.

In 2013 Jenny took 6 PLC students to MUNA in Singapore. In 2015 she took a larger group to MUNA at Harvard University. The experience exposed them to many new ideas. As delegates for Guinea, they had to learn all about the country and its issues. Also, they had to become familiar with procedures for debating and negotiating at the United Nations.



The 2015 tour included visits to Washington and New York. The students visited the US Congress and the United Nations, studied the oratory of Thomas Jefferson and Martin Luther King and attended a gospel church.

Jenny will be taking another group to MUNA in 2017. She thanked our club for its support of teams attending MUNA and for igniting the passion of young women to take an interest in world politics.

Red Shield Appeal result

Dear Malcolm Braid,

Thank you so much for your assistance with the Red Shield Appeal on Sunday. With your help the Turramurra Zone raised \$20,085.85 on the day.

The Salvos help over one million people in need every year. You make that possible.

Kind Regards,

Tim Shea

Red Shield Appeal Turramurra Zone Chairman

Lifeline Book Fair - help wanted

Members of our club have assisted setting up and packing away the Lifeline Book Fair in previous years. If you can help this year, please notify Geoff Hungerford.

Lifeline needs people as follows:

Saturday 9 July 7.30 am: 15 to load books in West Lindfield Book Depot

Saturday 8 July 8.30 am: 25 to unload books at Knox Grammar

Sunday 17 July 5 pm: 25 to load tables & books at Knox Grammar

Laos water project update



The first water system undertaken by Rotary clubs in Phoukood District of Lao PDR was implemented at a village called Ban Xai in the dry season of 2012-13. The project was undertaken by clubs from District 9685 in partnership with a Non Government Organisation called MiVAC. The project was multi-faceted, but included the construction of pit toilets and a pipeline supplying clean water from a constant source of supply in hills some 4.5km away.

Following the successful completion of this project, a number of other villages in Phoukood District approached MiVAC to request similar water supply infrastructure and toilets.

The Ban Naxaythong, Hinmou Peung, Pong Hor, Ban Souy Noi and Ban Chomesy Souy water systems are complete and working well. As stated in the final report "This important programme was conducted by staff from the Phoukood District Public Health Department on Friday 12th March, with strong support from the local villagers of both Ban Souy Noi and Ban Chomesy". This bodes well for the future sustainability.



As Project Manager for Global Grant 14112794 there are

many to thank in bringing running water to the minority villages of Phoukood District of Xiengkhouang Province in Lao People's Democratic Republic.

Firstly I extend my very grateful thanks to the three Districts and thirteen clubs in three countries, their Foundation Chairs International Directors and Presidents who have participated in this cooperative venture with Mines Victims and Clearance (MiVAC), for their donations to make the Application possible in the first place and for their forbearance with some of the frustrations we have shared.

Secondly thank you to the Local Operations Project Managers in Phonsavan and their local supervisors and translators providing direction and communication to the villagers on site.

Thirdly to the villagers who installed the water systems which, when properly maintained, will provide significant improvement in the lives of their families for years to come.

Fourthly to the officers of the Rotary Foundation for their understanding and assistance in executing the project and without which we would not have received the grant.

Lastly thank you to the members of the committees at Mosman RC and District 9685 for their timely assistance and advice.

Charlie Barnett, Project Manager Global Grant 1412794

Rotary fellowships

Rotary Fellowships are international, independently organized groups of Rotarians, Rotarian spouses, and Rotaractors who share a common vocation or recreational interest. Rotary Fellowships give their members the opportunity to have fun, make new friends around the world, and enhance their experience in Rotary.

There are 64 fellowships listed at www.rotary.org/myrotary/en/rotary-fellowships - as varied as amateur radio, beer, cooking, curling, Esperanto, go, Italian culture, jazz, magicians, quilters, scuba diving, tennis and wine.

Last meeting: Kathryn Goozee: Researching Alzheimers disease

It was a presentation not to be forgotten, when Hon. Associate Prof Kathryn Goozee spoke about her work and research in Alzheimer's disease. Among her affiliations are Macquarie University, NSW; Edith Cowan University, WA; Anglican Retirement Villages, Sydney and the KaRa Institute of Neurological diseases, Macquarie Park.



Often topics like this can be quite heavy and a little depressing, but the information she shared gave a clear message of hope and positivity.

In Australia the number of people suffering dementia, of which AD is the most common type, is currently estimated at 335,000. Unless a major breakthrough is found, by 2050 this figure will exceed 1 million, which will be catastrophic individually, socially, and economically. (That's the depressing part).

However, she shared a brief DVD explaining the research investigating curcumin (the active ingredient of

turmeric and also found in ginger) for the prevention of Alzheimer's disease, based on Kathryn's research undertaken with people living in the Anglican Retirement Villages

The hallmark feature of Alzheimer's disease is reported as amyloid beta plaques (sticky proteins) between the neurons, tau tangles inside the neurons and shrinkage of the brain. Until recently this pathology in the brain could not be seen until after death (too late), whereas now in research the pathology can be detected using cutting edge brain imaging technology even before the symptoms appear.

In fact, it can be seen to be accumulating up to 20 years before the first signs of dementia. Again, this might seem depressing, but the uplifting message is that researchers are using this information as a window of opportunity. Taking an early intervention approach, researchers are working to stave off the disease, prevent the clumping of the protein, enhance the clearance and potentially push this disease off the grid, to the point that people outlive the disease, without developing the condition.

So...while researchers are working tirelessly to tilt the balance in our favour, many of us continue to worry about our memory, yet do nothing about it! We may forget where we put the keys, forget what we were about to do, or perhaps forget to buy items at the shops. But despite the worry, we down play the issue, laugh it off and 'forget about it' (pardon the pun). Well the message is clear: prevention is better than cure and even if you already have the early signs, clinical trials which are designed to modify the disease are available.

Prof Goozee along with Prof. Ralph Martins, an internationally renowned expert in Alzheimer's have in the last 18 months established the KaRa Institute of Neurological Diseases, based in Macquarie Park, in order to facilitate a range of internationally based clinical trials for people concerned about their memory or wanting to prevent memory changes associated with dementia. People who have a family history of dementia should be even more proactive, but should also take comfort in knowing that genetically inherited Alzheimers disease is not common. However, there are genetic risk factors that may influence particular lifestyle choices and again, it is important to know about them.

If you would like a free quick memory check, would like to attend KaRa's brain training program, or are interested in hearing more about the international clinical trials being conducted, contact the KaRa Institute of Neurological Disease (KaRa MINDS) on 02 89607788 or 1800 433 700 to find out more.

Next meeting (20 June): Marten Wynd: Eagles RAPS

In late 1997, Eagles RAPS was formed by local community members in response to youth suicide in the Blacktown area. Determined to make a difference, they established a service where young people could seek assistance. Although not trained in youth work, they believed that they could help the young people by seeking the right professional help to address their issues.

Marten Wynd was one of those founders. He will update us on the current status of Eagles RAPS and its plans for the future.

Studio ARTES presents

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FLY features music,
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Hornsby RSL Showroom

16 June -17 June, 2016

16 June -12.00pm Schools and Services

17 June - 11.00am Matinee, 7.30pm Evening

TICKETS ON SALE AT STUDIOARTES.ORG.AU OR CALL (02) 9482 5266

STudio ARTES

WINDOWS OF OPPORTUNITY

Calendar of events

June	13	No meeting (Queen's birthday)
	20	Marten Wynd: Eagles RAPS
	27	Club changeover
July	4	

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, Cathy Jackson, Gary Keating, Chris Lewis, Matt Mahjoub, Joy Newling, Don Riddell