



# K O O N G G A

Bulletin of the Rotary Club Of Ku-ring-gai Inc  
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Rotary serving humanity

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## Rosemary Galagher guest speaker



Rosemary Galagher is an outstanding speaker because she engages all the audience in her presentation. She is a Physiotherapist focusing on sporting and general fitness.

She asked us all to imagine and a VERY large apple in filling our core (stomach) and pointed out that we should continually focus on muscular control grabbing on the apple from all directions.

Deep muscle therapy

She then rolled a towel between her ankles with a pillow on leg to exercise the glutes.

Rosemary demonstrated a Slider machine with a \$2,500 price tag to build up glutes

Here is your editor on the Glute machine



Rosemary massaged Gary Keating's legs and observed he has very good muscles— Grrrrr



## Lindsay Forrest

Our Lindsay Forrest visited the Rotary Club Seaford, Adelaide Giving Garden community project



## Bobbo volunteers night

**Mon Mar 13** Volunteer briefing for the Bobbin Head Cycle Classic

## And what about “Car for Belinda”

And what about “Car for Belinda” RC North Sydney presented a Toyota Corolla to Belinda Campbell at a Club meeting on 16 February. Belinda is a disabled lady who needed modified controls to obtain her driving licence. When the Club heard of her success in qualifying for her licence, they decided to purchase a vehicle for her. With the assistance of Phil McCarroll ( a great supporter of Rotary projects) and a number of generous donors, the car was obtained in near record time. Now Belinda is now well equipped to undertake her work as a staff member at NDIS. Another great project from RC North Sydney



## Bob and Gwen Ivey in Myanmar

**Fishing on Lake Inle**



**Women carry baskets of rocks on their heads to repair roads by hand**



**Fly-infested 'fresh' chicken at local**



**Floating gardens. The stakes stop them floating away in the current**



**Primary school classroom**



**No money to build jetties for tourist or cargo ships- the generals stole it all**



## Volunteers Night

### Bobbo Rider Bibs

#### Rider bibs

17 Volunteers from Ku ring gai Rotary club are assembling 3.500 envelopes in the week starting March 6 with bibs, 5 inserts two plastic ties and three adhesive labels.

There are 42,000 items in the assembly. A different assembly sequence is being used for the first time this year to save time in the later weeks

### Bobbo Registrations to yesterday 2017, 2016 2015

|   |      |      |      |
|---|------|------|------|
| Today's registrations                   | 23   | 20   | 34   |
|   | 2017 | 2106 | 2015 |
| 104 km - Bobbin Head Cycle Classic 2016 | 1014 | 952  | 1252 |
| 80 km - Bobbin Head Cycle Classic 2016  | 319  | 309  | 240  |
| 57 km - Bobbin Head Cycle Classic 2016  | 290  | 296  | 318  |
| 27 km - Bobbin Head Cycle Classic 2016  | 115  | 115  | 42   |
| Total to date                           | 1738 | 1672 | 1852 |
| Total 2016 & 2015 without 11k riders    |      | 2384 | 2530 |

## Bobbo 2017 and 2016 P&L income to date

### Bobbin Head Cycle Classic

#### Income Profit and Loss

|   | 2017 to date      | 2016 to date      | 2015 to date  |
|---|-------------------|-------------------|---------------|
|   | Total             | Total             | FR only       |
| <b>Income</b>                           |                   |                   |               |
| 4100 Rider Registrations                |                   |                   |               |
| 4105 - 27k                              | 3,738.88          | 3,534.12          |               |
| 4107 - 57k                              | 15,954.68         | 16,357.34         |               |
| 4109 - 80k                              | 24,007.77         | 22,239.53         |               |
| 4111 - 104k                             | 78,386.46         | 68,033.12         |               |
| <b>Total 4100 Rider Registrations</b>   | <b>122,087.79</b> | <b>110,164.11</b> |               |
| 4200 Sponsorship                        |                   |                   |               |
| 4210 Income from Sponsor                | 55,813.63         | 43,295.45         |               |
| <b>Total 4200 Sponsorship</b>           | <b>55,813.63</b>  | <b>43,295.45</b>  |               |
| 4300 Donations & Fundraising            |                   |                   |               |
| 4310 Rider Donations                    | 15,126.50         | 17,815.00         | 20,714        |
| 4315 Fundraising                        | 25,371.75         | 15,653.84         | 20,527        |
| <b>Total 4300 Donations &amp; Fundr</b> | <b>40,498.25</b>  | <b>33,468.84</b>  | <b>41,241</b> |
|   |                   |                   |               |
| 4500 Other Income                       | 646.96            | 1,068.69          |               |
| 4510 BBQ                                | 19.49             | 19.15             |               |
| 4520 Interest                           | <b>666.45</b>     | 1,087.84          |               |
| <b>Total 4500 Other Income</b>          | <b>219,066.12</b> | <b>2,175.68</b>   |               |
| <b>Total Income</b>                     |                   |                   |               |
| Cost of Sales                           |                   | 1,818.32          |               |
| Cost of sales-1                         | 2,102.13          | <b>1,818.32</b>   |               |
| 5820 Payway Merchant Fees - GST         | <b>2,102.13</b>   | <b>1,818.32</b>   |               |
| <b>Total Cost of sales-1</b>            | <b>2,102.13</b>   | <b>1,818.32</b>   |               |
| <b>Gross Profit</b>                     | <b>216,963.99</b> | <b>190,922.40</b> |               |

## Coming Guest Speakers

### **Mon Mar 06**

Anne Marks will update the club on Neringah Hospital where in 2013 we assisted with creating a new Kiosk building.

### **Mon Mar 13**

Volunteer briefing for the Bobbin Head Cycle Classic

### **Mon Apr 03**

Brad Ceely from Westmead Hospital will give us an update on what is new and what is needed in child health care

## Permanent committee to manage Gordon Markets

Turrumurra and Ku ring gai Rotary clubs have a joint venture with Gordon Markets

A permanent committee has been established to oversee the markets with a view to increase income. Tis Shea is manager.

A new book and pay program will be introduced which will remove the hassle of collecting money on the day

Our club representatives are Michael Midlam Malcolm Braid Roger Desmarchellier

## Door Team

| <b>March</b> | <b>April</b> | <b>May</b> | <b>June</b> |
|--------------|--------------|------------|-------------|
| Forsythe     | Hungerford   | Kenyon     | Manning     |
| Hall         | Hoch         | Ivey       | Lewis       |
|              |              |            |             |
|              |              |            |             |

|  |                     |
|--|---------------------|
| <b>President</b>   | Michael Midlam      |
| <b>Vice President</b>  | John Aitken         |
| <b>Immediate Past President</b>  | Graham Timms        |
| <b>President Elect</b>   | Malcolm Braid       |
| <b>Secretary</b>   | Lindsay Forrest     |
| <b>Treasurer</b>   | Chris Lewis         |
| <b>Director</b>  | Greg Newling        |
| <b>Director</b>  | Linda Lam Rolfs     |
| <b>Service committee chairpersons and committees</b>   |                     |
| <b>Administration (Club Service)</b>   | Gary Keating        |
| <b>Vocational Service</b>  | Lou Coenen          |
| <b>Community Service</b>   | Roger Desmarchelier |
| <b>International Service</b>   | Georgina Manning    |
| <b>Youth Service</b>   | Linda Lam-Rohlfs    |
| <b>Social events</b>   | Joy Newling         |
| <b>Bobbin Head Cycle Classic</b>   | Tony McClelland     |
| <b>Sergeant-at-Arms</b>  | Graham Timms        |
| <b>Club committees</b>   |                     |
| <p><b>Administration:</b> Gary Keating, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Tony McClelland (Koongga)</p> <p><b>Bobbin Head Cycle Classic:</b> Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Michael Midlam, Gary Keating</p> <p><b>Club History:</b> Malcolm Braid, Tom Jackson</p> <p><b>Community:</b> Roger Desmarchelier, Gary Dawson Rob Hall Geoff Hungerford (Gordon Markets) Gary Keating Ross Egan (Daffodil Day) Chris Hoch (Red Shield) Anil Fulwaria Nick Kenyon Ted Price Cathy Jackson</p> <p><b>International:</b> Georgina Manning, Rob Hall, Graham Timms, Graham Maslen, Greg Newling, Anil Fulwaria, Emyr Evans</p> <p><b>Membership:</b> Tony McClelland,</p> <p><b>Public Relations:</b> Emyr Evans, Georgina Manning,</p> <p><b>Rotary Foundation:</b> Chris Hoch, Peter Tang, Lindsay Forrest, , Greg Newling</p> <p><b>Social Events:</b> Joy Newling, Ross Egan, Georgina Manning,</p> <p><b>Vocational:</b> LOU Coenen, David Forsythe, Peter Kipps, M Tyler</p> <p><b>Youth:</b> Linda Lam-Rohlfs, , Cathy Jackson, Gary Keating, Chris Lewis, Matt Mahjoub, Andrew Marselos, Joy Newling, Don Riddell</p> |                     |