



KOONGGA

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

Rotary serving humanity

Volume 59 No. 33 13 Mar 2017 — Disease Prevention and Treatment Month

Guest Speakers Hammond Care Neringha

Anne Marks



Stewart James



Stewart explained Hammond Care has an extensive campus of facilities at Wahroonga, comprising the Wahroonga Care Home and Neringah Hospital. These provide a wide range of health and aged care services, including dementia-specific Residential Care, Palliative Care, and Pastoral Care services.

Anne explained the difficult interface she experienced when her husband was diagnosed with brain cancer and the comfort she received from Neringah

They both paid tribute to our Project 2013 refurbishing the Kiosk to become a location for visitors

Bobbo volunteers night

Mon Mar 13 Volunteer briefing for the Bobbin Head Cycle Classic

Meals on Wheels

The Ku ring gai Rotary club and other Rotary Clubs and also Rotary International donated \$90,000.00 for this van



Appreciation from Paul Rickard Bobbo Ride Director

Tony

Please pass on my thanks to all those who helped with the envelopes
A big job!

Very much appreciated

Regards **Paul Rickard**

Ku ring gai club volunteers stuffed 3,000 envelopes

3,000 envelopes stuffed by 22 volunteers from our club



Volunteers 2017 Graham Timms Judy Timms Michael Midlam Malcolm Braid Margaret Braid Tony McClelland Geoff Hungerford Patsy Hungerford Bob Ivey Gwen Ivey. Kenny Aitken, Roger Niki Dawson Julia Niki's friend Graham Maslen Annie Maslen Peter Tang Don Riddell Margaret Tang Peter Kipps Emyr Evans

International Womens Day

International Women's Day Nepalese Cultural Evening

Nepalese Dining Feast & Traditional Dancing

Supporting
Days For Girls, BRAVE Centre &
Bhawani Hostel for Girls

DAYS FOR
GIRLS Every Girl. Everywhere. Period.



Providing skill development for young people
with a disability



Rebuilding the hostel so girls
aren't sleeping in tents in winter

Rotary
Club of Wahroonga



Saturday 18 March ~ 6:30pm for 7:00pm Start

WHERE: Ku-ring-gai Town Hall, 1186 Pacific Highway (Opposite Telegraph Rd), Pymble

COST: Tables of 8 \$60 per head - Bring your own drinks

BOOKINGS: [HTTP://WAHROONGAROTARY.ORG/EVENT/INTERNATIONAL-WOMENS-DAY-EVENT/](http://wahroongarotary.org/event/international-womens-day-event/)

PARKING: Parking in the Town Hall carpark or Telegraph Rd

For details about Tax deductible donations for the hostel anne.prescott@uts.edu.au

Guest speaker Monday 20th March Dr Leon Cowen

Club events Thank you, all those Ku-ring-gai Rotarians who responded to my request, for ideas about speakers and topics. As a result, we have a diverse line-up for the next few months with something to interest everyone including partners and guests. If you see a topic that is of particular interest to you, use that evening as an opportunity to invite a potential member.



Next week, (Monday 20th March) Dr Leon Cowen will be talking about hypnotherapy. So, if you are considering using hypnotherapy to get rid of bad habits like playing golf or riding a bike wearing Lycra, he is your man. Or maybe not. He will answer questions and talks us through what hypnosis can and can't do.

Dr Cowen (PhD) has been a practicing Clinical Hypnotherapist for over 40 years. After being responsible for the continuing professional education of two clinical hypnotherapy associations he responded to numerous requests to teach and founded the Academy of Applied Hypnosis in 1983. Apart from his private practice and designing and developing the Academy's courses, Leon consults to Professional Associations, Government Agencies and Industry Boards regarding Australian Clinical Hypnotherapists' professional training standards.

The week following will be a combined meeting with Lindfield as we celebrate the current crop of RYLA candidates.

Travellers' Tales: On Monday 10th April, you will be the speakers. Emyr and five as yet anonymous club members will each spend a strictly enforced 5 minutes recounting an experience that has amused, amazed, confused, informed or simply gobsmacked them while travelling overseas. To avoid any unseemly pushing and shoving on the night, I would like to hear from volunteers who, at last, can let go of that nugget of news they have hoarded for so long.

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

Bobbo 2016 was one week early so the 2016 numbers only have one week to go - 2017 has two weeks

Today's registrations	18	47	41
	2017	2106	2015
104 km - Bobbin Head Cycle Classic 2016	1112	1040	1366
80 km - Bobbin Head Cycle Classic 2016	334	349	267
57 km - Bobbin Head Cycle Classic 2016	322	346	337
27 km - Bobbin Head Cycle Classic 2016	127	143	55
Total to date	1895	1878	2025
Total 2016 & 2015 without 11k riders		2384	2530

Bobbo 2017 and 2016 P&L income to date

Bobbin Head Cycle Profit and Loss	Classic		
	2017 to date	2016 to date	2015 to date
	Total	Total	FR only
Income			
4100 Rider Registrations			
4105 - 27k	4,038.88	4,584.12	
4107 - 57k	17,853.11	19,876.88	
4109 - 80k	25,421.76	25,639.07	
4111 - 104k	86,531.90	76,071.76	
Total 4100 Rider Registrations	133,845.65	126,171.83	
4200 Sponsorship	623.64		
4210 Income from Sponsor	58,313.63	43,295.45	
Total 4200 Sponsorship	58,937.27	43,295.45	
4300 Donations & Fundraising			
4310 Rider Donations	16,386.50	19,200.00	22,989
4315 Fundraising	36,461.51	24,500.84	29,785
Total 4300 Donations & Fundraising	52,848.01	43,700.84	52,774
4500 Other Income	646.96	1,068.69	
4510 BBQ	19.49	19.15	
4520 Interest	666.45	1,087.84	
Total 4500 Other Income	246,297.38	2,175.68	
Total Income			
Cost of Sales		1,818.32	
Cost of sales-1	2,102.13	1,818.32	
5820 Payway Fees - GST	2,102.13	1,818.32	
Total Cost of sales-1	2,102.13	1,818.32	
Gross Profit	244,195.25	217,162.12	

Coming Guest Speakers

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

March Birthdays and Anniversaries

Door Team

March	April	May	June
Forsythe	Hungerford	Kenyon	Manning
Hall	Hoch	Ivey	Lewis

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