



Reach Within to Embrace Humanity

In this issue

- Volunteers for Gong leaflets
- Michael Tyler Polio Day
- Kitty Ellis Funeral
- This Week
- Last week
- Pymble Players
- From Emyr Evans
- Tony Evans Al-Anon
- District Conference

Back Pages

- Guest speakers
- Market roster
- Door team
- Happy days

Meeting Apology

Please use the club website **before 3 pm** on meeting day to apologise or add a guest, or you will be required to reimburse the club for your meal cost.

<http://www.kuringgairotary.org.au>

Volunteers for Gong leaflets

We have an excellent opportunity to promote our Bobbin Head Cycle Classic at the Sydney to Gong ride next Sunday.

There will be 10,000 riders participating and we are planning a leaflet distribution at the end.

You can drive yourself or travel with Tony who is taking his car and is happy to take up to 4 volunteers.

If you wish to join this fun promotion please contact Peter Kipps.

Michael Tyler Polio Day

Tuesday is World Polio Day

Pink Ribbon day box at Door

Also, for those who did not read the press release from CHOGM, They have donated to Polio eradication and mentioned the good work being done by Bill Gates and others. Polio is now in only 3 countries. Rotary was not mentioned

Kitty Ellis Funeral

Our club was very well represented by our members.

In addition, with the use of our WEB Database were able to advise ex members and many attended.

Some current and ex members accepted the invitation to attend John Ellis son's house after the funeral. Unfortunately the invitation was not issued until the funeral and some regretted that they were unable to attend because of prior commitments.

This Week

Scott and Irene have organised Carers night

Volunteers we called to collect Carers and 5 members volunteered

Last week

ALANON.

We expected AA but Tony Evans spoke about ALANON.

Alanon group is a collection of family groups and is represented in 120 countries and has 25.000 members

Report over

Pymble Players

47 Members and guests attended the Pymble Players last Thursday. It was rather long and did not finish until close to 11pm.

We made a profit of \$470.00 from the evening

From Emyr Evans



Emyr at 2010 Xmas Party

Dear Editor!

I'm just coming to the end of a month in Kota Kinabalu state capital of Sabah where I've been helping teachers prepare for their Trinity College examinations. I'm not actually examining here and will spend another week in Kota Kinabalu examining at a different venue before moving off to Sandakan, the location for those dreaded death marches. Might be given time to go and visit proboscis and orang-utan sanctuaries too?

Looked at the State Muzium here in KK - not by bus or teksi - and discovered some impressive ethnic costumes along with a copious collection of the most beautiful Ming ceramics, been sampling as usual with great enthusiasm the local food. I've looked at reasonable close quarters at the wonderful Mount Kinabalu 4k plus metres high and two hours away which can be 'conquered' by nutters in 2 hours 33 minutes when it takes trampers the best part of two days with an overnight lodge stop! Tony that's a challenge that either you been avoiding or as yet not aware of? No bikes allowed though!

Had a weekend at a very luxurious resort compliments of the owner of the music school whilst on he weekend I will sit down accompanied by Kiwi Music Examiner Colleague Geoff Coker arriving on Sunday to watch France and the Kiwis battle it out to be the World Rugby Champions. OK OK the French got away with a most inglorious game of just scoring a few points and then spending the rest of the time defending that situation. How uneventful and lacking in any sense of giving it all a fair go?

From Emyr Evans

Anyway do we think that for a moment that the ABs are not going to win the competition. But the final with Wales would have been a more fascinating scrap!

Australia v Wales for third place is going to be a bit of a dilemma as to who I'll support but on reflection will be easily resolved I think!

Good wishes to President Caroline, you and all others
Emyr

Tony Evans Al-Anon



Do you need help to cope with the effects of someone else's drinking?

Is the drinking of your partner, parent, child or friend worrying you?

Did you grow up in a family affected by alcohol abuse?

Alcoholism, alcohol abuse, or problem drinking affects thousands of families in Australia and worldwide. Your inquiry is confidential and anonymous. If you are concerned about someone else's drinking, we encourage you to browse our website for information about our programs.

AL-ANON'S PURPOSE: To help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

Similarly, Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members. Alateen provides support for teenagers affected by the problem drinking of a parent or other family member.

Our program of recovery is adapted from Alcoholics Anonymous and is based on the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of Service.

Tony Evans Al-Anon

The only requirement for membership is that there be a problem of alcoholism in a relative or friend. Al-Anon/Alateen is not affiliated with any other organisation or outside entity.

GROUPS: Al-Anon meetings are held in more than 115 countries, and there are more than 24,000 Al-Anon and Alateen groups worldwide. There are meetings in every Australian state.

LITERATURE & MATERIALS: Our publications are based on the shared experience of our membership, and their willingness to apply Al-Anon's principles to their lives. Our literature is available in approximately 30 languages.

MUTUAL SUPPORT: Whether the alcoholic is still drinking or not, Al-Anon and Alateen offer hope and recovery to people affected by the alcoholism of a relative or friend. You can contact your nearest Al-Anon office or the Australian General Service Office for meeting details and other information.

Almost all of us had questions before coming to our first meeting, but we all took that initial step toward recovery and decided to attend a meeting. Years later, many of us still come back because the meetings help us heal and offer hope.

Please read the questions below to understand what happens at a meeting, and feel free to email us if you have any additional questions. Perhaps we can help you decide if Al-Anon is for you. Remember: you are not alone and there is always hope.

What happens at a meeting?

Each meeting is chaired by one of the group's members, usually a different member each week. The Chairman will have chosen a topic, but members are free to say what is in their minds and hearts when asked to speak. Much helpful information is gained by listening to others' experiences, and sharing how each applies the tools of the Al-Anon program.

Who are the group members?

Al-Anon has thousands of members from every walk of life. No matter what your relationship to the alcoholic, you will find someone else in a similar situation. We all have husbands, wives, mothers, fathers, brothers, sisters, sons, daughters, grandparents, great grandparents or close friends who are alcoholics. We all share a common bond: to heal from the effects of another person's drinking.

Where are meetings held?

Meetings are held at local schools, churches and hospitals. There are meetings 7 days a week, both day and night. Meetings offer a safe place where people can come and talk about dealing with the effects of alcoholism in a friend or loved one.

Tony Evans Al-Anon

How are meetings set up?

All meetings start at a specific time; most last about an hour and a half, with perhaps another half hour for refreshments and a chat. You can come into a meeting or leave any time you choose. Many members come early to greet newcomers and talk to friends, and stay after the meeting to socialize and answer questions. Newcomers are given a list of local meetings and a sample of Al-Anon literature (which has lots of useful information about dealing with alcoholism in a relative or close friend), plus a list of phone numbers of members in the group for contact between meetings if help is needed.

Do I have to say anything?

Talking at a meeting is your choice. You do not have to speak, but many newcomers have found it helpful to finally share with others what was going on and how someone else's drinking is affecting them. You are sharing in a safe place where your anonymity and privacy will be respected. You talk only when you feel ready to share. Sometimes newcomers like to talk privately with one or two Al-Anon members before or after a meeting. Whatever you feel comfortable with is OK by us.

What is discussed at meetings?

In general, each week there is a different topic discussed at a meeting. The topics chosen help us to: get in touch with our feelings, detach from the alcoholic, stop feeling like we're always the victim, set boundaries with others, identify abuse, get rid of our anger and deal with our resentments. Such topics also help us to: have healthy relationships with others, raise our self-esteem, face our fears, and deal with our anxiety and depression.

How will a meeting help me?

As individuals around the room share on topics and their own situations, you may hear a little about yourself in their stories. While you may not identify with everything, but in general you will hear others talk about what you may be feeling. Listening to someone else has helped many of us learn about ourselves. Please attend six meetings so you can decide if Al-Anon is for you. It's important to find somewhere you feel comfortable, so if one meeting does not feel right for you we suggest you try others, as each meeting has its own style and personality.

Will anyone say I've been at the meeting?

We place a high importance on anonymity at all our meetings because this makes our meetings a safe place to share. We only go by first names. No one needs to know that you are attending meetings, unless you choose to tell them. What is said in the group, what you hear in the group, whom you see in the group, stays in the group. This is one way we protect our anonymity.

Tony Evans Al-Anon

• **The Twelve Traditions of Alcoholics Anonymous**

- Our common welfare should come first; personal recovery depends upon A.A. unity.
- For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- The only requirement for A.A. membership is a desire to stop drinking.
- Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- Every A.A. group ought to be fully self-supporting, declining outside contributions.
- Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
- A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

District Conference

Plans for the District Conference in Wollongong 16 to 18 March are proceeding apace. It will be a great event and you would not want to miss out. Some recent news follows.

You can book for the Conference at conference.rotarydistrict9680.org

CLUB SHOWCASE

The Club Showcase is a new feature of the Conference this year. Every Club in the District will be given the opportunity to promote the best of its projects and its skills. In this way other Clubs can become more aware of what is going on within our District, share ideas and seek to collaborate with other Clubs. We invite you to prepare a presentation in the form of a poster display, and to be ready to stand by your display and promote it to other Rotarians who seek to know more. If a poster display is not sufficient to meet your needs, you can discuss with our representative what else you require.

While the Showcase will be on display throughout the Conference in the southern foyer of the Conference venue, we are setting aside an extended period over lunchtime on Saturday, during which time we ask that every club have members standing by their display to answer questions and to spread your good news. We will be inviting all conference delegates to express their opinion about the Club Showcase displays, and those which excite the most interest will be acknowledged and will have an opportunity to further promote their projects during the closing session of the Conference.

For further information and assistance in setting up your Club Showcase display, contact Brian Banfield of the Rotary Club of Beecroft on bban777@optusnet.com.au

You will also soon be able to register directly on the Conference website your interest in participating in the Club Showcase.

ROTARY EXPO

This year's conference will provide, once again, an opportunity for a range of organisations to promote their programs and projects to the Conference delegates.

These will include Clubs with a particular project they wish to promote, organisations whose activities span a number of Clubs, and commercial organisations of interest to delegates. A Rotary Expo will be held in the western foyer of the Conference venue, adjacent to the Club Showcase. Participants will be able to set up stalls in the traditional manner, at a cost to be negotiated, depending on their degree of association with Rotary

District Conference

For further information, contact Brian Banfield from the Rotary Club of Beecroft on bban777@optusnet.com.au

Registration will shortly be available on the Conference website.

MASKED BALL

The social highlight of the Conference will undoubtedly be the Masked Ball on the Saturday night. Here the emphasis will be on elegance in dress, though you are free to interpret that as you wish. Your Club is invited to prepare masks on whatever theme you wish, and inspired by any influences that take your fancy. As usual, this will be competitive, though the judging will take place at the tables. There will be no Grand Parade. It is likely that the judging will take account of a variety of criteria, including flamboyance, elegance, creativity and imagination.

This will be a grand occasion, on a number of dimensions. An 18 piece swing band will be on hand to provide the music for your dancing. A photographer will be available to record your contribution to the occasion.

SPEAK YOUR MIND OVER SUNDAY LUNCH

In another initiative for this year's Conference, we are inviting you to stay on for lunch after the conference ends on Sunday and take part in a lively discussion about the future of Rotary, the programs we should be pursuing and how best "to do good in the world". We often hear that Conference delegates feel that they have spent the weekend being spoken to (or at!) and would like the opportunity to speak back and express some views.

Now is your chance. The discussion groups will be facilitated by experienced Rotarians, and the views you express will be made more widely known through a variety of media.

To help us with catering you will need to register for this additional activity, which you can do through the Conference website, at a cost of \$15. You are likely to be spending more than that on lunch anyway, so why not do it in the company of your fellow Rotarians while helping to shape the direction in which Rotary is moving.

David Elyard
District Conference Chair
ConferenceChair@rotarydistrict9680.org

Guest Speakers and events

31 October	Carers' Night	
7 November	Wifi—also Board Meeting	
14 November	Pam Pritchard	
21 November	Movie Night	
28 November	Eating for Life	
5 December	AGM; Elevator statement	Board meeting
12 December	Christmas party	
19 & 26 Dec & 2 Jan	Christmas break	
9-Jan	Banjo Paterson	Board meeting
16-Jan	Bowls night	BOB
23-Jan		
30-Jan	Movie night	
6-Feb		Board meeting
13-Feb	Pride of workmanship	
20-Feb		24/2 Growers' market
27-Feb		
5-Mar		Board meeting
12-Mar	Dilly Bag	16-18/3: Conference
19-Mar	Who do you know?	25/3: Bike Classic