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## Meeting Apology

Please use the club web-site **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>

## Ken Murphy

Ken Murphy phoned David Forsythe today – he is almost 90 and came from Uladulla for Kitty Ellis funeral.

Ken requested that we organize an old members dinner before too many fall off the perch.

## Board Meeting

Board meeting next Monday before Rotary

## Peter Kipps

Peter advised that Linda had organized for Graeme Creed, the ABC Weatherman to be a celebrity for the BBHC.

Several members will meet with Graeme on Monday morning for a photo shot with the North Shore Times. Well done Linda

Editors note—at the moment Peter is the driving force behind the BNCC and nearly every action is a consequence of Peters planning and “persuasion”.

## Leaflets at Gong Ride

Today Rasma, Linda and Tony went to the finish line of the Gong ride to hand out leaflets for our Bobbin head Cycle Classic.

This was a successful day and in all we handed our 4,000+ leaflets and our box which had 5,000 is looking very empty.

Most of the riders were happy to take a leaflet and 10+ went out of their way to come and ask for a “Bobbin Head” leaflet.

I expect the outcome from this day will give us a good starting entry line up for the BBHC.

This was another initiative organized by Peter Kipps—what a job he is doing!

## This Week

Ian Ralph "IT's an Arms Race!"

Ian is the IT Manager at SCEGGS Darlinghurst. An interesting speaker

## Last week

Carers evening.

This year it was different, the Carers sat together and not mixed with our members. This turned out to be a great plan and there was a warm buz of enthusiasm between Carers as they swapped stories!

## Bob Vernon

Scott Drake presented a certificate to Bob Vernon for his past contribution to Carers.

Bob said he organized the Carers evening for the past 10 years and is has been a satisfying and worthwhile experience.



## Carers Evening

Irene Kennedy and Scott Drake organized the evening and Irene said we have 2 groups one organized by Fred Novak. Fred thanked our club on behalf of Victoria Zammit, Rita Barbara Novaka and Stan McDonald. Fred said it is a labour of love' One of the issues is social isolation and Carers don't look so much for thanks but they enjoy their participation.



**Fred Novak**

Claire Ganley from Sunshine Respite Inservice organized the second group

Terry Gordon has an 18 year old son who has an eating disorder and is continuously hungry, fridge, freezer, garbage anything with food. The home is dysfunctional and it impossible to understand unless you live with it.

He needs 24/7 assistance Prader-willi Syndrome  
*From Wikipedia Prader-Willi syndrome is also frequently associated with an extreme and insatiable appetite, often resulting in morbid obesity. There is currently no consensus as to the cause for this particular symptom, although genetic abnormalities in chromosome 15 disrupt the normal functioning of the hypothalamus.[3] Given that the hypothalamus regulates many basic processes, including appetite, there may well be a link. In the hypothalamus of PWS patients, nerve cells that produce oxytocin, a hormone thought to contribute to satiety, have been found to be abnormal.*

*Prader-Willi syndrome patients have high ghrelin levels, which are thought to directly contribute to the increased appetite, hyperphagia, and obesity seen in this syndrome. Cassidy states the need for a clear delineation of behavioural expectations, the reinforcement of behavioural limits and the establishment of regular routines.[21]*

*The main mental health difficulties experienced by people with PWS include compulsive behaviour (usually manifested in skin-picking) and anxiety.[4][7] Psychiatric symptoms, for example, hallucinations, paranoia and depression have been described in some cases[4] and affect approximately 5-10% of young adults.[3] Psychiatric and behavioural problems are the most common cause of hospitalization.[8]*

## Carers Evening



**Terry Gordon**

Para's son is 21 and Autistic - when he was born the parents were told he had to be institutionalised but they chose to keep him at home. The experience has taught Para many social skills. His son became aggressive and need to be put on medication. It is important not to allow the relationship to self destruct and to be even handed with discipline



**Irene Kennedy Para Senevitratne**

Kathryn Hehnke has a 4 year old boy who has special needs with 2 disorders. The time out that Sunshine provides is most welcome

## Carers Evening

Roger Desmarchelier became a Carer last year and he did not realise the requirements until he was thrown in the deep end. There were times when he needed a break but the volunteers need skills.

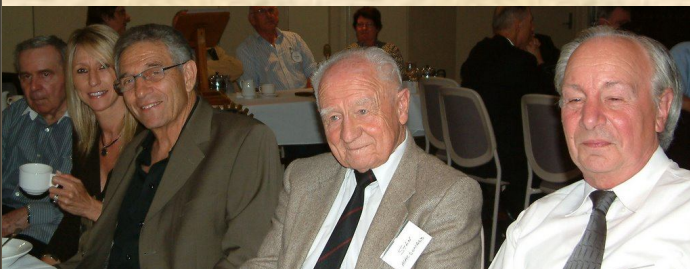
Therese Rubio is Rogers neighbor and her father had an accident and injured his spine – C4 and he is a quadriplegic. Theresa is his carer



## Carers Evening



Irene Kennedy and Claire Ganley



## Guest Speakers and events

7 November	Ian Ralph "IT's an Arms Race!" Ian is the IT Manager at SCEGGS Darlington.	
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	<b>BOB</b>
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