

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

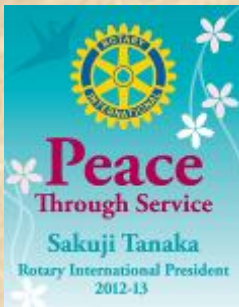
# KOONGGA



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[www.kuringgairotary.org.au](http://www.kuringgairotary.org.au) The club meets every Monday 6.30pm at West Pymble Bowling Club



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Nick Kenyon  
Geoff Hungerford

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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>

### This Week

Forum, Induction and 2013-14 plan

### Last Week

**70** members and guests attended the presentation to Lifeline H2H and Bo Hospital.

Michael Robertson, the initial ideas man and facilitator of BHCC made the presentations.

### Michael Robertson presents \$42,000 to Wendy Carver Lifeline H2H



### Michael Robertson presents \$42,000 to Laurie Facer Bo Hospital



### BHCC

### Peter Kipps presented a plan for BHCC 2014



### Bo Hospital

Rotary has a vision to build a hospital in Bo, Sierra Leone to care for sick children and to provide health education for families.

The Republic of Sierra Leone has a population of 5.5 million - 45% are children under the age of 15. The average life expectancy is 34 years, and as well, the country has a very high infant mortality and a very low life expectancy. The maternal death rates are also the highest in the world, at 2,000 deaths per 100,000 live births. One in six infants dies at birth. (In Australia it is one in 200!) The Under Five Mortality Rate is the highest in the world – three out of every ten children die. The common causes of child deaths include: 1) under nutrition: 25% of under 5; 2) Diarrhea: 5% of under 5s; 3) Malaria: up to 63% of deaths and 4) Respiratory Diseases including Tuberculosis.

The main reasons for this appalling mortality rate are inadequate health facilities, especially for children, poor nutrition due to poverty, and the low level of education. The major killers are acute respiratory infections, diarrheal diseases and malaria. There is only one surgeon for every million people. In addition, there is a huge lack of Maternal Health Care: 1 midwife for every 26,000 people. Yet the only children's hospital in the country is in Freetown, the capital, which is located on the coast. Bo is the largest rural city in Sierra Leone and is centrally located.



## Lifeline H2H

Lifeline H2H is one of largest of 40 centres in Australia and has been providing services for over 40 years.

There are 15 centres in NSW and 4 in Sydney

### What does Lifeline H2H do?

Provides services for Crisis Support and Suicide Prevention

National Telephone Crisis line 13 11 14 (24/7)

Plus a wide range of community crisis support services predominately provided by volunteers. Saving lives in the local community.

### Telephone Crisis Support

Over 160 accredited volunteer TCSs at Lifeline H2H  
80 paid overnight TCSs

47/7 crisis support 365 days per year.

Last year they answered 34,000 calls.

### Telephone Crisis Support Presenting Issues

- Seriously contemplating taking their own life.
- Feeling vulnerable or at risk.
- In relationship difficulties.
- In financial difficulties.
- Lonely or isolated.
- Loss and Grief.
- Struggling with addiction.
- Just needing to talk

Other activities

**Personal Counselling**

**Financial Counselling**

**Problem Gambling Counselling**

**Emergency Relief/Welfare**

**Community Aid**

**Suicide Prevention**



## Lifeline H2H

### Presidents of Ku ring gai, St Ives and Turramurra and Laurie Facer



### Presidents of Ku ring gai, St Ives and Turramurra and Wendy Carver



### Some guests at the presentation





## Active Opportunities

My name is Marc Davies and I'm one of the founders of an organisation called 'Active Opportunities'. At Active Opportunities we develop and deliver sports programs to people with a disability and to those who are disadvantaged. Our programs currently run all over the northern parts of Sydney as we are an organisation based on the North Shore.

At Active Opportunities we currently run 2 main sports programs (Ability Counts and Safer Neighbourhood-Social Inclusion) and have ambition to launch our new programs early 2014.

Our 'Ability Counts' program is designed for people with a disability to reach their potential in sport, we run one on one coaching sessions to develop motor skills and to increase physical fitness to people with a disability, with the added benefit of providing critical respite to families of our participants where they can sit and enjoy a coffee and reading the paper while watching their children. Our second program is 'Safer Neighbourhoods- Social Inclusion' program which is designed for youths aged 12-18 years who maybe homeless, or come from broken homes or are at risk of alcohol or substance abuse. These programs are run in conjunction with council youth centres and officers and provides structured physical activity to these youths providing them with opportunities to participate in a safe, positive environment.

Our programs currently run in the Ku-ring-gai area, and we would welcome the opportunity to talk to your club about the work we do and the ways in which your club can support us.

You can also read more about what we do by visiting our website [www.activeopportunities.org.au](http://www.activeopportunities.org.au) or contact me anytime via the below contact details.

Thank you for your time,

Kind Regards

Marc Davies

## Clarke Road School

On Friday, nine of us spent all day at the NEW Clarke Road School. For those of you that don't know Clarke Road, it is a special school in Hornsby with 55 students who all have an intellectual disability and many have one or more physical disabilities. Classes range from Kindergarten to HSC. As you can imagine, the staff are very dedicated and there is a high teacher/student ratio. For example, in one class there are 2 teachers for 6 students.

Our Club's association with Clarke Road started in 2005 as our Centenary project, when amongst other things, we provided a new school sign and constructed a new outdoor seating area, complete with paving, tables, seating etc and BBQ.

Today was a special day at Clarke Road School as it was the students first day in a brand new, multi-million dollar school. The staff had 2 pupil free days last Thursday and Friday to complete the move from their temporary school across the road to the new school, and nine of us helped them on Friday, together with two parents. We moved boxes, unpacked boxes, flattened boxes, removed rubbish to the skips, sorted and cleaned books and toys, cooked sausages at lunch time, did emu-bobbing for nails, screws and rivets in the grass and on the paths etc, helped set up classrooms, attached Velcro to pictures and signs and put them up, and more! The school has fantastic facilities and the staff are excited about it. Many of them thanked us during the day and last night I received this email from Di Robertson, their amazing Principal:

"Hi All, Thank you so much for everything you did on Friday. It was such an amazing community effort. We would never have been able to do it without you all. A great team effort. Thank you from the bottom of our hearts. We have a wonderful school and a wonderful community supporting us. We have a big week ahead of us! Thank you, thank you and thank you.  
Regards  
Diane"

I just want to add my thanks to Anne Maslen, Laurel Jackson, John and Sue Aitken, Bob and Gwen Ivey, Michael Midlam and Greg for giving up a day for one of our special projects. I am hoping everyone will be able to visit before too long and see the amazing new buildings and play areas, and the re-constructed famous BBQ in the peaceful Turpentine forest area.



## Meeting Schedule

<u>2012/13</u>	Calendar	
May	27	Club Night. 2013.14 Board Presentation
June	1	Trivia Night 1 June
	3	BM Sally & Marten Wynd EAGLES RAPS
	10	Queens Birthday public holiday
	17	Rotary Awareness Night
	24	Changeover Night