



K O O N G G A

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This week's speaker



Mystery speaker

The previously advertised speaker for this week is unavailable, but a substitute will be found. Come along and hear our mystery speaker on a surprise subject!

Last week's visitors

Last week President Tony welcomed Rtn Greg Keighran from Beecroft Rotary Club, Felicity McDonnell and Bob Elsworth.

Member news

Ted Price is back in command at his pharmacy and finds he only needs to be there 4 hours each day. He hopes to be back at our meetings from this week.

Exhausted by his early weeks as a Rotarian, Rob Hall is in Italy for a bit of R&R. He writes:

"Our teaching at the University of Verona has been going well but our R&R is even better. One colleague has a home in Venice but also a "retreat" in the north of the lagoon, away from the crush of the central city. You can see that, in contrast to the constant crush of the tourist ant-trails, it provides a lagoon of calm.



We also went with another colleague to the Italian Alps. (In case you don't remember me, I am on the left, Adrienne on the right and our colleague, Margherita Brondino, in the middle).

The piece of mountain behind my right shoulder is, for Italians (and perhaps Austrians) rather like Gallipoli for Australians.

Here, in WWI, the Alpini fought the Austrians and because fighting on the surface was too difficult, each side riddled the mountain with tunnels, trying to out manoeuvre each other within the mountain. Very evocative to go into the tunnels and to see and hear the audio that can be triggered by the visitor."



Speaker on nuclear power



Apparently President Tony is thinking of getting back into business. He wants to learn about nuclear power and has asked for recommendations of speakers on the topic. Who do

you know who can tell us all about nuclear power (or maybe just part of it) in 20 minutes?

Rotary Centurions

Graham Timms has promised to keep telling us about the multiple benefits that return to our club in the form of 'matching grants' (e.g., for the solar power plant for Katuuso School in Uganda) until all members sign up and make their annual contributions to the Rotary Foundation. Since we get more back for our projects than we put in, it behoves us all to contribute. Remember, contributions are tax deductible!



Fête de Noël du club

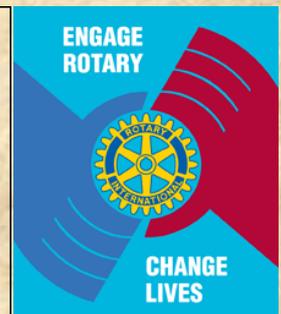
Expect something special for our Christmas party, as Loïc Lacombe has taken on the role of organiser. Well done, Loïc! Does anyone know how to cook geese?



Pitch in and help Loïc, everyone!

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The club meets every Monday 6.30pm at West Pymble Bicentennial Club, 2 Prince of Wales Drive, West Pymble. Visitors welcome. www.kuringgairotary.org.au

Rotary International Theme 2013-2014

A banker's holiday

Last week Linda Lam-Rohlf reported that she and Joy Newling had spent the day volunteering at Clarke Road School. Linda is given a day away from her banking job each year to do some community service. Often she has chosen tree planting but this year she chose Clarke Road School and Joy went along too. They did three main jobs:

- Tidying the physical education store room and putting labels on the shelves, for which the teachers were very grateful as it was in quite a mess
- Stacking some of the shelves in the library with books for primary and senior students



- Filling new "crash mats" with foam pieces. This entailed filling a large synthetic net bag with pieces of foam, zipping it up and then pushing it inside a large, colourful, strong, water-proof cover (about the size of a double bed) which is closed

with a zipper and then wide velcro. It was definitely a two person job!

The crash mats are used in their chill-out rooms or quiet rooms within the classrooms. They serve 2 functions:

- 1) To calm students for those who are anxious; and
- 2) To alert students for those who need to be energised (they can walk or jump on them).



This is to help students be in the zone for learning, so that they can achieve higher-order thinking skills such as reading, writing, maths. This is all part of a program they have been investigating since 2012 called "In the Zone for Learning: A program to assist students with complex learning needs".

All in all it was an enjoyable day, despite the heat and being locked in one of the classrooms by mistake!

Next week: international night



Next Monday, 4 November is our International Night at the home of Graham and Judy Timms, to raise funds for the School for Life in Uganda.

Cost will be \$35 per head, which will include food and wine and fun activities. Graham is generously

donating dry red and white wines. BYO beer and soft drink.

This is the night before the Melbourne Cup and there will be some \$2 sweeps.

Partners and friends are very welcome!

Annabelle Chauncy, one of the founders of School for Life, will be joining us during the evening.

Jumbo flight

For children with disabilities and underprivileged children



This annual event, organised with Qantas by the Rotary Club of Turramurra, involves a Boeing 747 taking children and their carers on a 90 minute joy-flight over the Sydney-Newcastle-Wollongong area. This year's flight will be on Saturday 23 November 2013. For details on how you can help, talk to Caroline Jones.

Trivia night - Saturday, 23 November



Half the places for the trivia night at the Warrawee Bowling Club are taken already, so get your booking for a table of up to 8 people in soon. The event starts at 7 for

7.30 pm and ends by 10 pm. BYO supper. Drinks at bar prices. Lots of prizes to be won.

Last week's speaker

Felicity McDonnell

KYDS Youth Development Service



Felicity has an extensive background in business management, marketing and fundraising. A mother of two adolescent boys, Felicity is passionate about her role as fundraiser for KYDS, the work KYDS does in our community, and how the community, in turn, supports KYDS.

Felicity began her presentation with a broad KYDS history.

Founded in 2005 as "Ku-ring-gai Youth Development Service", KYDS was an initiative of the Rotary Club of Lindfield. In the early years, KYDS main role was providing responsive counselling and support services to the young people of Ku-ring-gai, "filling a gap" that existed in health services on the North Shore. With premises discretely located behind Lindfield library, easily accessed by private or public transport, specialist adolescent psychologists and counsellors help young people and their families deal with issues such as grief, loss, anxiety, school and exam stress, bullying, relationship and communication break downs, drug and alcohol use, self harm and suicidal thoughts.

KYDS counselling is confidential, non judgmental, and free of charge.

Using behaviour-based therapies, KYDS counsellors will work with each young person for as long as is required to effect positive change in their life. Felicity likened the work of KYDS staff to "peeling onions", using case studies to emphasize the time and care and compassion it can sometimes take to work down from the outward symptoms of a problem (anger, sleeplessness, truanting etc), through tears and other emotions, to reach the root causes and then move to creating a better situation and a more positive life outcome.

Free, confidential counselling is still the core of KYDS. Around 200 young people each year contact KYDS for support, referred to KYDS by school staff, youth workers, clergy, medical practitioners, friends, family, other service providers, help lines, the police and justice systems. They now come from across Northern Sydney, KYDS has a counselor co-located with "The Shack" at Epping two afternoons a week, and the organization name officially changed to "KYDS Youth Development Service" last year -- better reflecting the changing demographics of the user base.

In addition to counselling, KYDS also facilitates a special support group for young people who have a parent or sibling with mental illness. Through a structured program of art and craft activities, social outings, role plays and discussions, these vulnerable young people learn coping, relaxation and stay safe skills, build a tool kit of resources to call upon, learn about mental illness and support available to them, begin to understand that they are not alone in their situation, and are likely to achieve better life outcomes than similar teenagers who do not receive support.

The final area of work for KYDS is preventative, early intervention mental health education. Regular parent and community information forums are held at public venues -- sometimes attracting hundreds of attendees when particularly topical issues are being discussed and explained. Outreach programs to schools, where KYDS facilitators run interactive workshops to help young people come to terms with school and study stress, inter-



generational and cross-cultural conflict, risky behaviours and drug and alcohol use, reached around 1500 young people last financial year, with participant numbers growing this year.

Between 3% and 5% of people who attend a KYDS information event or workshop approach KYDS for additional, personal support.

In speaking about the growth of KYDS, and the consistent community support that enables the organization to continue operating and expanding its reach, Felicity mentioned how important a range of funding relationships are to the organisation. As KYDS receives no on-going state or federal government funding, support from individuals, businesses, philanthropic foundations and trusts, and community networks such as Rotary is vital to the organization. With nearly all funding received by KYDS being directed back into front-line service provision, administration and fundraising activity for KYDS is run on a shoe-string budget. The on-going financial support of Lindfield Rotary club via their annual fun run, the Wahroonga Rotary club through the annual Novus Foundation dinner, and now the combined efforts of the Ku-ring-gai, St Ives and Turramurra Rotary clubs with the Bobbin Head Cycle Classic are budgeted major fund raisers for KYDS - events KYDS could not hope to emulate on its own.

Felicity summed up by reminding us that KYDS was born out of a Rotary initiative, and continues to exist and serve the community because of strong links with the community. Felicity reflected that, on so many levels,

both Rotary and KYDS reflect the old adage "It takes a community to raise a child", stating that KYDS, and the young people helped by KYDS, are very grateful for the support of the community that supports them.

Zoo to zoo ride

Last Friday to Sunday Jack McCartney was one of 120 riders who rode 420 kilometres from Taronga Zoo to Dubbo Zoo.

The event was a charity ride which raised over **\$170,000** for the Black Dog Institute, which is a remarkable result.



As you might expect, the riders had some challenges getting across the mountains with the fires, but thankfully the group made it safely.

They stayed at Mt Victoria on the first night, where they were surrounded by fires and the air was that thick with smoke, it made your eyes water. Thankfully there were plenty of brave firefighters doing a great job.

On the second day the group rode from Lithgow to Molong, with perfect weather and some great riding. One highlight was Jack's peloton overtaking another peloton on the opposing side of the road. They were going about 50km/h and were praying that an oncoming car wouldn't appear at the last moment. Very exciting and particularly dangerous.

The next day they rode through to Cumnock, where all the locals came out and made them breakfast. The locals spoke of how important the ride is to their community and the great work that the Black Dog Institute do in their area. The country folk have lost a lot of good people to depressive illness and it's only when you talk to them that you really start to understand how terrible the damage is.

The Zoo to Zoo ride also contributes to the local towns (especially Dubbo) through tourism, meals, accommodation, etc and the locals always mention how grateful they are to the riders for their support.

Neringah Hospital kiosk

Ross Lambert has asked Bunnings what it or its suppliers can provide by way of material to complete the conversion of the Neringah Hospital kiosk.



Ross is seeking a sink with cupboard under; a mixer set; some white tiles; overhead cupboards; hard set concrete to fill the void in floor; paint to spray the ceiling; six light fittings so we can remove the fluoros; paint for walls; a sheet of plasterboard to cover the area under a window; front door; some industrial carpet or carpet tiles, and a large bi-fold door to replace the old very heavy siding doors at the front of the kiosk.

Ross will set the date for the next stage of the Neringah project when he has confirmation of materials.