



K O O N G G A

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

Volume 57 No. 15 20 October 2014

Rotary monthly theme: October: Vocational Service

This week



Dave Everett - School For Life update

School For Life Foundation founders, Annabelle Chauncy and Dave Everett, have just returned from a productive trip to Uganda where they met their ground team and caught up on all the latest progress at Katuuso and Bujuko.

They participated in a 'Go Green' Day, an environmental conservation initiative run by the local community and also enrolled another 80 children in pre-school and pre-primary for 2015.

Dave Everett will join us to bring us up to date with the latest developments, including the two new schools that the Foundation plans to build.



Wedding bells



There's more to Rotary and the Rotary Youth Leadership Award than you might imagine.

Last weekend Greg and Joy Newling attended the engagement party of Koz Yamada, who our club sponsored to attend RYLA in 2012, and Hugh Martin, whom she met there. Koz and Hugh have since volunteered at Clarke Road School and the Bobbin Head Cycle Classic. Greg and Joy were introduced as 'the cause of it all'.



Who needs an internet dating site when you've got Rotary? 11 days remaining to nominate for RYLA 2015!

Rotary Leadership Institute

The Rotary leadership institute program is proving so popular that registration for two more 2015 courses has been opened already.

The program of the leadership institute both supplements and complements the district training program and builds up some new networks and knowledge. It's a great introduction for new Rotarians.



NEW COURSES OPEN FOR REGISTRATIONS

- **COURSE 22 - SATURDAYS** 11 April, 18 April and 2 May 2015.
- **COURSE 23 - SUNDAYS** 10 May, 24 May and 7 June 2015.

Both courses will be held at the District 9685 office in Thornleigh, starting at 8.30 am for 9 am and finishing around 3.30 pm. Morning tea and lunch are provided. The course cost is only \$55.

If you are an incoming club officer or director or if you simply want to learn more about Rotary, join a course by emailing Past District Governor David Rands at dli@rotarydistrict9685.org.au.

Gnomebrook

The Rotary Club of Lower Blue Mountains has developed a very successful media awareness program based on the annual Australian Gnome Convention as part of the Glenbrook Australia Day Celebrations each year.

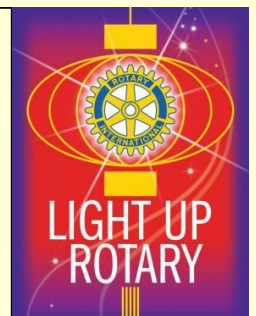


Well, a funny thing happened between drinks one year and prominent Aussie boutique movie maker Murray Fahey decided to make a 'tongue in cheek' movie to capture the fun and spirit of the Gnome Convention and the innovative qualities of a well organised Rotary club.

Almost three years in the making, Gnomebrook - this unique story one of Rotary's most successful media

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The club meets every Monday 6.30pm at Killara Golf Club, 556 Pacific Highway, Killara. Visitors welcome (Tel: 9498 2700). www.kuringgairotary.org.au

Rotary International
Theme 2014-2015



promotions - will premiere in Glenbrook, NSW, on November 6. At the same time it will also open at Roseville, the Cremorne Orpheum at Neutral Bay and Cootamundra.

Glenbrook is of course the 'home' of The Australian Gnome Convention - the smart/crazy project of Lower Blue Mountains Rotary which draws crowds of eight to ten thousand people to Australia Day celebrations on Glenbrook Park each year.

Rotary Clubs and Districts around Australia and New Zealand are welcome to 'cash in' on the generosity of Murray Fahey and his Coventry Films/Magic Box Entertainment organisations.

Murray and his company is making the movie available FREE OF CHARGE to clubs and Districts as a fund raiser for their own activities. The only charge will be \$50 to \$100 for secure return postage.

Clubs and Districts interested in staging such a fun night should contact John Knowles of Solid Lines Creative, who is the bookings manager for the film.

John's contact details are - 02 9787 4388 (office); 0413 631 549 (mobile); or email jknowles@ihug.com.au

Days for Girls

Days for Girls, promoted by the Rotary Club of Burwood, won the worldwide "Girls Challenge" on "CrowdRise" ahead of all other charities, a total of US\$135,000 for Days for Girls America!

The Days for Girls project is all about giving poor girls an equal chance with boys for education, in countries where girls have no means to manage their period. Many make do with corn-husks, newspapers, furniture stuffing etc., in order to be able to leave house and go to school. That leads to infections and even more schooling lost and later on to possible illiteracy, early marriage and large families. Knowledge of their 'mature' situation makes them 'available'. These girls will have children before their bodies are ready for it!

Days for Girls washable kits cost \$10 to make and \$16 include shipping, distribution and education. They last for 3 years, giving girls dignity and education and a better chance in life. Kits are culturally appropriate and, being washable, are environmentally friendly as the very places where they are used lack means of disposal.

Will you join us in giving more girls a chance? Even a small donation helps reach the \$25,000 start-up cost of producing an 'in-country' cottage industry, giving added employment in the Philippines.

Visit www.daysforgirls.org or www.facebook.com/DaysforGirlsAustralia to realise what a marvellous, innovative and inexpensive international female hygiene project Days for Girls is. We are seeking individual donations of \$16 or multiples thereof, or from companies/clubs \$160.



Photos of your Rotary activities

Koongga needs photos of your Rotary activities, so remember to take a few shots on your camera or mobile phone each time you undertake a project. We want photos not only of you and your fellow Rotarians, but also of the projects themselves, other participants, etc. For publication in Koongga, the preferred file size is not more than 300kb. Email your photos to: michael@tyler.com.au.



District: To showcase the variety of projects that clubs are involved in across Rotary District 9685, each Rotary club is invited to submit their best photos which will be displayed in the Club Photos set on the District Flickr page.

Preferably the photos should show the club in action. They should capture the fun and vibrancy of the club and its members and have some Rotary identification.

It is important that the original, hi-res photo be submitted, in case it is selected to be published at a later date.

Email your photos to: michael@tyler.com.au.

Last week



'Hat Day': At last week's joint meeting of the Rotary clubs of Ku-ring-gai, St Ives, Turrumurra and Wahroonga, our members wore their favourite hats and donated gold coins to support research into helping those affected by depression, anxiety, schizophrenia and other mental illnesses.

The main purpose of the joint meeting was to update all 4 clubs on progress in planning for the Bobbin Head Cycle Classic 2015.



The meeting started with the promotional video based on last year's event, which can be found under the 'Media' tab on the Bobbin Head Cycle Classic website at <http://www.bobbinheadcycleclassic.com.au/>.



Event Ambassador, **Margie Abbott**, spoke about her involvement with the event and with Lifeline.

As the Prime Minister's wife, Margie is involved in several charities. Her particular interest is in children, notably KidsXpress, which helps children overcome emotional trauma through art and drama. She also assists the Manly Women's Shelter and another organisation that helps families with children with disabilities, helping them to

build relationships.

Margie's connection with Lifeline began with a flyer for the 2013 Bobbin Head Cycle Classic, where she met Lifeline CEO Wendy Carver. Now Margie assists with a Lifeline program transporting people for shopping, medical appointments and companionship.

Margie is a cyclist and rides with 'The Saddlebags'. She plans to do the 57km ride in the 2015 'Bobbo'.

Margie complimented the four organising clubs on their respective major projects:

- Ku-ring-gai: assisting Clarke Road School for children with disabilities;
- St Ives: building links between St Ives Village and communities in the far west of NSW;
- Turramurra: graffiti removal; and
- Wahroonga: assisting St Lucy's School children with disabilities.

She also praised the clubs, Lifeline and their respective volunteers for their efficient organisation and management of the 'Bobbo'.

Chairman of the organising committee, **Paul Rickard** of Turramurra club, outlined the 2015 objectives:

- Raise money for the ride's charity partners;
- Involve the community in a healthy activity and highlight road safety; and
- Enhance the image of Rotary.



New features of the Cycle Classic are:

- Involvement of the Rotary Club of Wahroonga.
- A fundraising target of \$180,000.
- A target of 3,000 riders.
- New rides of 11km for families and 27km for intermediate riders.
- An earlier start time for the shorter rides, to make better use of the marshals.
- 'Queen of the Mountain' to complement 'King of the Mountain' and a team event, each to be on the uphill section from Bobbin Head.
- A major focus on attracting corporate teams. Paul pointed out that rider registration fees cover the event running costs; net distributable funds come from corporate sponsorship and rider donations. Competition between teams to raise funds is encouraged.
- A need for 310 marshals— i.e., nearly 78 per club.
- First aid training for team leaders.



Sponsorship committee chairman, **Jack McCartney** from our club, commended Emma Bagley from Lifeline and Felicity McDonald from Ku-ring-gai Youth Development Service ('KYDS') for their success in attracting sponsors. He announced that Lifestyle Financial Services is the first gold sponsor and Century 21 Turramurra and another are the first 2 silver sponsors for 2015.

Jack and his assistants need leads for a major sponsor (they will make the approaches) and also offers of sponsorship in kind: equipment and supplies for the event – everything from audio visual gear to bananas & drinks.



Chairman of the marketing committee, **Bob Elsworth** from our club, highlighted the need to market the Bobbo at the 'Spring Cycle' and to attract people who have not ridden in Ku-ring-gai National Park. He outlined the many roles and

tasks to be fulfilled and named the key organisers, all of whom need assistance:

- Social media: Georgia Carver.
- Event flyer distribution: Ross Warden.
- Flyer and poster distribution: Grahame Rivett.
- Analytics: Peter Kipps.
- Trailer signs: Geoff Hungerford.
- Rider communications: Diana Stewart.
- Promotion and public relations: Linda Lam-Rohlf.
- Corporate cycle clubs: Nicky Dawson.
- Photography: Brendan Trewartha.
- Post-event survey: Dilys Geddes.

Lifeline Harbour to Hawkesbury CEO **Wendy Carver** expressed her gratitude for the support of the four clubs and said that Lifeline volunteers were glad to assist.



Wendy said that Lifeline's vision is Australia free from suicide; its purpose is to support people in crisis and equip them to be resilient. Currently suicide is the leading cause of death among people aged under 44.

Lifeline's mental health work encourages people to talk about mental illness and to seek help. Good mental health means wellbeing and good relationships. Much mental illness is undiagnosed. It affects wellbeing and therefore relationships.

Mental health can be improved by such things as:

- Talking about and expressing feelings;
- Regular exercise;
- Healthy eating;
- Getting enough sleep;
- Spending time with family; and
- Developing new skills.

Mental illness can be caused by, for example:

- Stress at work;
- Overuse of alcohol and other substance abuse;
- Social isolation; and
- Financial pressure.

Mental illness is not a character flaw, but can be genetic or biological at source. One in five Australians will experience mental illness – it can affect anyone at any time.

People can recover from mental illness, but it is not cured simply through personal strength. Sufferers are no more violent than other people, but are more likely to harm themselves.

Lifeline provides a 24 hour service, receiving over 700,000 calls per year, likely soon to exceed one million. Over 25,000 people - mostly under 25 years old - contact Lifeline each year on its 'chat line'. Anxiety is increasing; depression is declining.

Lifeline also provides a wide variety of clinical and community services.

The four clubs organising the 'Bobbo' raise about 5% of Lifeline's budget. The government contributes 11%.

Felicity McDonald from Ku-ring-gai Youth Development Service said KYDS is delighted to be involved in the 'Bobbo' which, amongst other things, helps raise the profile of KYDS.



KYDS has been operating for 10 years, providing free one to one counselling, group support and information programs for people aged 12-18 years. It helps them deal with issues such as:

- Anxiety.
- Depression.
- Drug and alcohol issues and addictions.
- School problems and exam stress.
- Relationship problems and communication break downs.
- Anger management.
- Body image concerns and self esteem issues.
- Bullying.
- Grief and loss.
- Loneliness
- Self harm and suicide.

The service works with them for the long term. Consequently, it is now seeing people graduating from university who started with KYDS at its inception.

KYDS receives no government funding.

Paul Rickard wrapped up with 3 final points:

- He thanked all for their support and noted that volunteers are the essence of the 'Bobbo'.
- Help is needed to publicise the event at the Spring Cycle, the 'Gong Ride' and disseminating other marketing; and
- The first leaflet for 2015 is available for distribution; a prospectus is available for potential sponsors.

Coping with diabetes study



Your members may be interested in the Coping with Diabetes Study that we are currently running at the Centre for Emotional Health, Macquarie University.

All people aged 60 years and older with Type 2 Diabetes are welcome to participate. They receive one individual psychological therapy session (supportive counselling addressing any distress relating to their diabetes) as well as \$20 and free parking. (*Advert next page - Ed.*)

All the people who have participated so far ($n=61$) report that they found it enjoyable and helpful. Furthermore, this study is part of important research that aims to improve our knowledge of how to help older adults with chronic health conditions.

Jamie Nowlan

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E <mailto:jamie.taylor@mq.edu.au>
W www.centreforemotionalehealth.com.au

Come sing Handel's Messiah

The Hornsby Ecumenical Choir will be performing Handel's Messiah on December 11, and is seeking choristers from the local community to participate.

An audience is also welcome, and funds raised will go towards the establishment of a Women's Shelter in Hornsby.

See further information below.

Kind regards,

Sue Jenkins

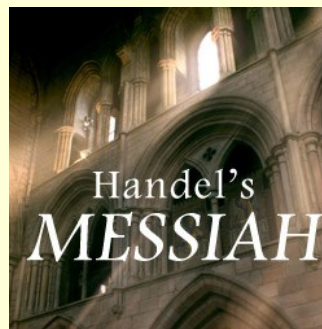
Planning Committee Member

[Hornsby Ku-ring-gai Ecumenical Choir](#)

Performing **Handel's Messiah** at **Hornsby Cathedral**

Supporting: **Hornsby Ku-ring-gai Women's Shelter**

hcmessiah@gmail.com



Join what is now becoming a tradition of attending the *local* performance of Handel's Messiah and supporting local talent and local needs.

December 11 (8pm) this year will mark the sixth annual performance of Handel's Messiah at Our Lady of the Rosary Cathedral, Wai-tara, featuring the Hornsby Ecumenical Choir and young up and coming soloists.

A cathedral church is traditionally both a centre of art and culture and a place of welcome and care. It is therefore fitting that an oratorio about one born homeless would take place in a cathedral and that all proceeds would go towards the Hornsby Homeless Task Force once again. Funds raised in past years contributed to the shower facility at Brooklyn. This year's project is the establishment of a Women's Shelter in the Hornsby Shire.

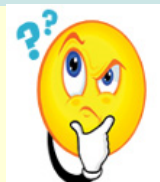
Ticket prices are \$30 for adults, \$20 concession, \$10 students and children under 5 enter for free. Phillip Linquist will again direct the performance, accompanied by Heather Boyd on organ.

Choristers from all parishes and churches and the general community are invited to attend rehearsals at 7.30 p.m. on Wednesdays November 12, November 19, November 26, December 3, at St Swithuns Anglican Church, cnr Merrivale Road and Telegraph Road, Pymble, with the final rehearsal at the cathedral church, 23 Yardley Ave, on Tuesday December 9, evening 7:30pm. A \$10 participation fee will entitle each chorister to a complimentary ticket.

Choir registrations and information at <https://sites.google.com/site/hornsbychoir> or phone Jo 9457 9808

Trivia Night postponed to February 2015

Due to lack of numbers, a decision has been taken to postpone to February next year the trivia night that was to be held next Saturday, 25 October at the Warrawee Bowling Club.



Travellers' tales (1)



I have been trotting along the Camino Way for the last 20 days. There were days I was largely in wilderness as there were no villages, no farms, but brown fields stretching as far out as my eyes could see.

But at night after checking into an albergue, wifi was readily available and that reminded me the marvel of modern technology that allowed me to keep contact with the outside world if I wanted to.

I then realised I've not received Koongga for a number of weeks now. I've updated my email to see how the modern technology works.

Cheers

Peter Tang

Travellers' tales (2)



Malcolm Braid sent in the photo above. But what does it mean?

Have Malcolm and Roger Desmarchelier defected to the Rotary Club of Batlow? Or did they just like its colourful sign and were they about to abscond with it?

Or was Roger helping Malcolm choose a new pair of shorts to replace those dreadful pink pants?

Membership matters

Rotary is running a five-part Membership Matters webinar series to help clubs attract, engage, and inspire members.

By going to the District 9685 website, you can listen to parts one ([Membership, It's Now or Never](#)) and two ([Perception vs. Reality: Club Evaluation and Visioning](#)),

and sign up for part three, [Simple Steps to Innovate Your Club](#), scheduled for Wednesday, 4 February.

International Service seminar papers

If you missed the recent seminar hosted by District's International Service Chair, Theo Glockemann, you will find the seminar materials now available the District website invaluable. You can download them from the International Service page of the website (see the foot of the left column).

On the same page you'll find information about many different international service projects.

Google for Non-profits

Google [Google for Nonprofits](#) offers charitable organisations in Australia free access to Google tools like Gmail, Google Calendar, Google Ad Grants and more. These tools can help you reach new donors and volunteers, work more efficiently, and tell your non-profit's story.

Australian Charities and Not-for-Profits can now [apply to join the program](#), which provides access to a suite of free products and tools, including:

- [Google Apps](#) provides a range of enterprise tools -- from email to Google Docs -- that reduce technology costs and encourage collaboration.
- [Ad Grants](#) provides a \$10,000 grant for nonprofits to raise awareness and target new audiences online.
- [YouTube for Nonprofits](#) and [Google Earth Outreach](#) provide rich opportunities for nonprofits to create interactive content and visualize their impact.

Read more at: <http://www.google.com.au/nonprofits/>

MACQUARIE
UNIVERSITY



NSW GOVERNMENT Health
Northern Sydney
Local Health District

DO YOU HAVE DIABETES?

And are you 60 years or older?

If so, we invite you to participate in a study exploring how to help older adults cope with diabetes

We are interested in understanding how people cope with Diabetes Type 2 (adult-onset), so a psychologist will talk to you about the difficulties associated with your illness.

- The results from the study will inform treatment for older adults with diabetes in order to help those who are experiencing distress.
- All that is required from you is to attend an interview at Macquarie University that will last two hours and one follow-up telephone call lasting 20 minutes one week later.
- Free parking will be provided at the university and you will also be given \$20 to thank you for your time

If you are interested in participating, please contact Jamie Nowlan

by phone (02-9850-1807) or email (jamie.nowlan@mq.edu.au)

Your participation in this research would be greatly appreciated.

Calendar of events

October	27	John Lockyer & Annabelle Daniel – Hornsby/Ku-ring-gai Women's Refuge
November	10	Tony Castley - Rotary Foundation
	17	Suzy Ogelsby – Fitness for cyclists and golfers
December	15	Christmas party chez Tyler (last meeting in 2014)
	22	No meeting
	29	No meeting
January	5	No meeting
	12	TBA
March	16	Bobbin Head Cycle Classic club briefing
	29	(Sunday) Bobbin Head Cycle Classic
May	17	Meeting postponed 3 days
	20	(Wednesday) Bobbin Head Cycle Classic presentation to charities

Club officers and committee chairmen 2014-15

Board of directors

President	Tony McClelland
Vice President	John Aitken
President Elect	Graham Timms
Secretary	Geoff Hungerford
Treasurer	Graham Maslen
Director - Membership	Greg Newling
Director - Public Relations	Michael Midlam
Director - Club Administration	Joy Newling
Director - Service Projects	John Aitken
Director - Rotary Foundation	Graham Timms

Service committee chairmen

Club Service	Joy Newling
Vocational Service	Michael Midlam
Community Service	Ross Lambert
International Service	Roger Desmarchelier
Youth Service	[Vacant]
Bobbin Head Cycle Classic	Bob Elsworth
Sergeant-at-Arms	Malcolm Braid

Club committees 2014-15

Bobbin Head Cycle Classic: Bob Elsworth, John Aitken, Ross Egan, Peter Kipps, Tony McClelland, Michael Midlam, Graham Timms

Club History: Malcolm Braid, Tom Jackson

Club Service/Club Administration: Joy Newling, Geoff Hungerford, Graham Maslen, Michael Tyler (Koongga Editor)

Community Service: Ross Lambert, Lou Coenen, Gary Dawson, Roger Desmarchelier, Ross Egan (Daffodil Day), Bob Elsworth, Rob Hall, Chris Hoch (Red Shield Appeal), Geoff Hungerford (Markets) Caroline Jones, Nick Kenyon, Loïc Lacombe, Jack McCartney, Michael Midlam (Bowel Scan), Frank White (Markets)

International Service: Roger Desmarchelier, David Forsythe, Graham Maslen, Greg Newling, Peter Tang

Membership: Greg Newling, Dilys Geddes, Linda Lam-Rohifs

Public Relations: Michael Midlam

Program: Rob Hall, Ross Egan

Rotary Foundation: Graham Timms

Vocational Service: Michael Midlam

Youth Service: Greg Goodman, Malcolm Braid, Joyce Enos, Emyr Evans, Bob Ivey, Tom Jackson, Linda Lam-Rohifs, Joy Newling, Ted Price