



K O O N G G A

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



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This week: Harry Allie: The challenges facing Aboriginal and Torres Strait Islander youths



'Uncle' Harry Allie is a descendant of the Gudjula tribal group. After 23 years' service he retired as an RAAF Warrant Officer. Following a further 11 years working in the defence industry, he served 10 years in the Australian public service, focusing on indigenous affairs.

In retirement, Harry continues to work with Aboriginal and Torres Strait Islander people, as well as being active amongst the wider community in his local government area. He has been appointed by the Chief of the RAAF as the inaugural Air Force Elder.

Harry will talk about the issues confronting Aboriginal and Torres Strait Islander youths and the steps that are being taken to address them.

Last meeting's guests & notices

Vice President John:

- Welcomed our guest speaker, Simone Isemann, and Judy Timms;
- Encouraged members to invite their family and friends to the movie premiere night at Roseville Cinema on Thursday, 22 October, organised by the Rotary Club of Lindfield to raise funds for Polio Plus. The movie is 'Bridge of Spies' directed by Steven Spielberg and starring Tom Hanks;
- Reminded members to invite their family and friends

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Rotary monthly theme: Economic & community

to our club's trivia night on Saturday, 31 October. (See advertisement later in this issue); and

- Announced the board meeting on Monday, 19 October (which all members are invited to attend) and asked the chairmen of the Avenues of Service committees to submit their budget proposals to Treasurer Graham.

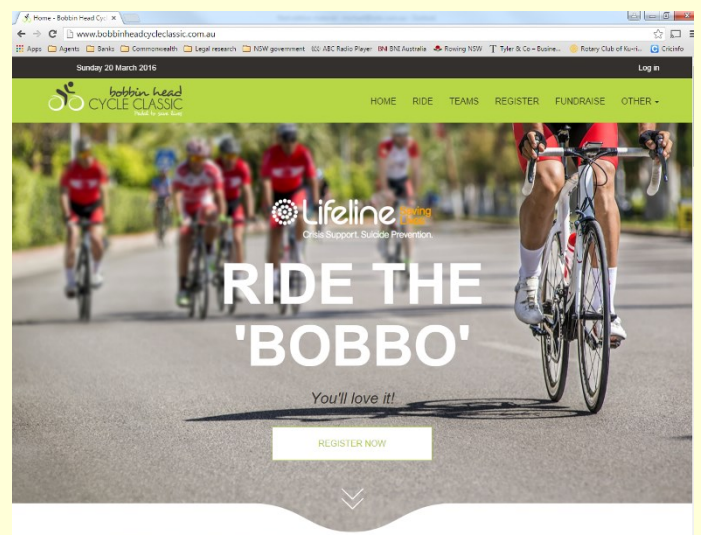
Bob Elsworth took names of volunteers to hand out leaflets advertising the Bobbin Head Cycle Classic at 'Spring Cycle' on Sunday, 18 October.

Roger Desmarchelier:

- Circulated a sign up sheet for members and their partners to join in the visit to Fairfield High School and eat a multicultural meal at its Parent Café on Saturday, 24 October; and
- Proposed that the club match funds raised from members for Australian Rotary Health 'Hat Day' (over \$200) with a donation from the club's own resources.

Rob Hall announced an international night at the home of Georgina Manning on Monday, 16 November and asked members to decide what dishes (from different countries' cuisines) they will contribute.

Bob Ivey announced that the new Bobbin Head Cycle Classic website would 'go live' next day. (Check it out at <http://www.bobbinheadcycleclassic.com.au/>)



The club meets every Monday 6.30pm at Killara Golf Club, 556 Pacific Highway, Killara. Visitors welcome (Tel: 9498 2700). www.kuringgairotary.org.au 'Be a gift to the world' is the Rotary International President's theme for 2015-16

Rotary International Convention 2016

Early registration for the Rotary International Convention in Seoul is now open!

No two conventions are the same. The organisers invite you to travel to Seoul to connect with old friends and make new ones, and be a part of the best Rotary has to offer.

Join thousands of Rotarians from all over the world from 28 May - 1 June 2016 to experience the hospitality of this world-class city and discover its rich culture and time-honoured traditions. Taste delicious Korean cuisine and shop for the latest fashions and electronics.

See what's in store at the Seoul convention by visiting the convention website today: <http://www.riconvention2016.org/2015new/en/introduction/outline.php>

Consider contributing your knowledge and experience at a breakout session during convention. Submit your proposal online by 15 October.

Take advantage of early registration savings by 15 December and register today!



The most recent case had onset of paralysis on 16 September in Peshawar. The total number of WPV1 cases for 2015 is now 38, compared to 205 at this time last year

Taking an apple to teacher

"An apple a day may keep the doctor away", but "an apple for the teacher" is exactly how St Ives Rotary Club is honouring teachers in St Ives. There are ten schools in St Ives and this week every school received a gift-wrapped basket of apples ... and that equates to just over five hundred teachers in our schools!



Rotarians around the world celebrated Basic Education and Literacy Month in September. In response to that focus month the Rotary Club of St Ives responded by initiating apples to say thank you to our teachers.

Inaugurated on 5 October 1994 by the United Nations Education, Scientific and Cultural Organisation (UNESCO), World Teachers' Day is celebrated annually in over 100 countries. World Teachers' Day celebrates the efforts of teachers on a global scale, acknowledging the important contribution made to our community in an increasingly complex, multicultural and technological world.

Di Barnes from Rotary Club of St Ives said "we recognize quality education offers hope and the promise of a better standard of living for children as well as providing support to families". Schools were sent a basket of apples for their teachers as a token thank you for the positive impact they have on the lives of students.

Young leaders recognised



Young leaders from primary schools in Lower Blue Mountains and Penrith were honoured with 'Service Above Self' awards by Lower Blue Mountains Rotary on Tuesday night.

More than 120 pupils, their families, Rotarians and friends enjoyed the inspirational night at Emu Plains

Polio update

Headlines: In Lao Democratic People's Republic a circulating vaccine-derived poliovirus type 1 (cVDPV1) outbreak has been confirmed, with one case, an eight year old boy who had onset of paralysis on 7 September. Outbreaks of cVDPVs can arise in areas of low population immunity, emphasizing

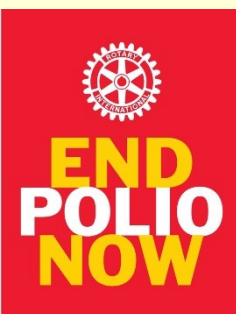
the importance of strong vaccination coverage.

Thirty five million children were reached with polio vaccines during the September campaigns in Pakistan. Nearly 3 million children who were previously missed were vaccinated during the catch up days following this campaign. Continuous community-protected vaccination' (community based vaccinators who carry out immunization activities on an ongoing basis) and health camps are helping to reach children in the most difficult to reach areas.

Last week, the Independent Monitoring Board met in London to assess progress towards polio eradication and to make recommendations for the coming months. The report is expected to be published in the next few weeks.

Afghanistan: One new wild poliovirus type 1 (WPV1) cases was reported in the past week in Batikot district of Nangarhar with onset of paralysis on 4 September. This is the first case in this district in 2015. The most recent case had onset of paralysis on 6 September in Sherzad district of Nangarhar province. The total number of WPV1 cases for 2015 is now 13.

Pakistan: Two new wild poliovirus type 1 (WPV1) cases were confirmed in the past week, one in Chakwal district of Punjab and one in Karachi-Gulberg, Sindh.



Sport and Recreation Club.

Schools were required to nominate one outstanding senior leader for the annual event each year and Rotary recognized the students with a framed citation and special book prize.

The Rotary Club's Youth Service Director Glenn Anslow explained to those present that it was never too early to recognize leadership and citizenship – and that the recognition evening was a perfect 'fit' for Rotary's youth mentoring projects.

Last meeting: Dr Simone Isemann: Hoarding disorder



Simone Isemann is a clinical psychologist and the Face-to-Face Clinical Services Manager at Lifeline Harbour to Hawkesbury. She spoke to us about Lifeline H2H's Hoarding Treatment Program. Following is a summary of the key points.

In May 2013, Hoarding Disorder (HD) was identified as a new mental health disorder in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). HD is a chronic disorder and if left untreated will continue to escalate over time, resulting in increasing risk and impairment in functioning. The clutter increasingly interferes with the person's ability to live in their home and can ultimately result in homelessness. Cluttered homes increase the risk of injury and pose a dangerous fire risk. People with HD are often very reluctant to allow others into their home and as a result become increasingly isolated. The clutter creates conflict with neighbours and concerned family members. Forced clean ups are often a short-term intervention and can cause severe distress for the person with HD. A local council became a strong advocate for treatment when a person with HD suicided as a result of a forced clean up.

In July 2013, Lifeline H2H piloted a group based hoarding treatment program which was funded by community grants from local councils. Implementing the treatment program provided an opportunity for Lifeline H2H to meet a local mental health need linked to suicide prevention. The program was based on the "Buried in Treasures Workshop: A Facilitators manual" (Shuer and Frost, 2011), an evidence based program developed in the USA. The program offered 15 weeks of treatment over 5 months. Lifeline H2H approached Dr Jessica Grisham of the University of NSW for assistance in supervising and evaluating the program.

Eleven participants completed the program and the eval-



uation results showed a statically significant reduction in hoarding related behaviour and cognitions. At the end of the program, Lifeline H2H continued to support participants by offering a bi monthly support group for six months. As a result of the success of the program, Lifeline H2H was able to secure further funding to run a Hoarding Treatment group and support group in 2014 and 2015. An analysis of results from Lifeline H2H's first two programs showed a mean improvement in hoarding related behaviour of 29% by the end of the treatment. This result is in line with treatment outcomes reported in the research literature:

Ayers et al. (2011) 20% reduction

Steketee et al. (2009) 27% reduction

Tolin et al. (2007) 28% reduction

The Hoarding Treatment Program provided a cost effective group program offered in a non-threatening community setting. Participants attending the program are able to access an evidence-based treatment that helps reduce clutter in their homes by improving their ability to discard items and by reducing the amount of items they are acquiring. A reduction in hoarding related behaviour in turn results in a reduction in distress and encourages the individual to explore other activities. The community has also benefited from have a Hoarding Treatment Program in the region. It provided councils with an alternative to forced clean ups and in the longer term should reduce the severity of HD through earlier intervention.

Next week: Lou Coenen: Innovation

Innovation in the form of services such as Uber and Airbnb is having a dramatic effect on people's lives and the way that business is done. The government is keen to ensure that Australia doesn't get left behind as more such changes occur, but becomes a leader instead. It's a good time to consider where we are heading and how it will affect our economy and way of life.

Lou Coenen knows a lot about innovation and change management and is bound to bring out a few novel ideas when he discusses the issues with us next week. Don't miss it!

Hat Day fashion

The cause was raising funds for Australian Rotary Health. The fashions were . . . extraordinary!



Is that street legal, Bob?

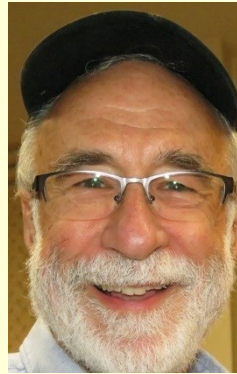


Hang on, Cathy! The Melbourne Cup's next month!

An oldie, but a goodie. Go you good thing!



I'm the Pearly King, guv!



No, you can't see my hat - it's a secret!



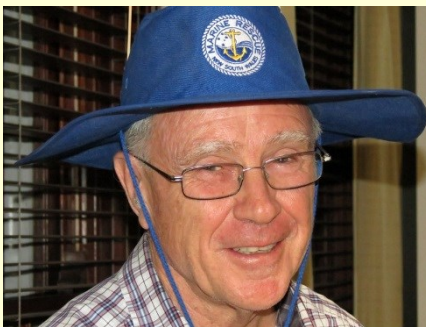
The poet



Dr Livingstone, I presume?



The larrikin



The yachtie



Another good thing (practising his death stare)



Don't mess wi' us, laddie!



The rower



The runner



Emyr - our sole Sri Lankan representative (cricket).



Wally's going to shout the bar - for wearing a hat inside a golf club!



Cheer up, Mike. There'll be another chance next year!



*You've played **what** for 75 years?!!*

**Griffith University researchers would like to talk to you
about your loved one who is a farmer****We warmly welcome your contribution to the study if:**

- ✓ You are aged 18 years or over
- ✓ You are next of kin to a farmer
- ✓ You would be willing to give two hours of your time to talk to us

This study aims to better understand the factors influencing suicide among farmers. To obtain this understanding, we will compare experiences of farmers who died by suicide with those of living farmers and would therefore like to talk to next of kin of farmers who are still alive. Your participation would involve taking part in a one-on-one interview, conducted over the phone by a clinical interviewer. This information will assist us in underpinning the issues specific to Australian farmers who died by suicide.

If you are interested in participating, please contact Lisa Kunde via:

Phone: (07) 3735 1144 or

Email: l.kunde@griffith.edu.au

We thank you for considering our invitation and look forward to hearing from you.

We would like to assure you that your privacy will be protected at all times and any information you provide will remain confidential. This study has been approved by the Griffith University Ethics Committee (Reference No CSR/08/13/HREC).



Maldegem, October 05 - 2015

Dear Mrs. Governor, Dear Mr. Governor,

We would like to appeal on your special attention and support in favor of the Prospective Rotarian Action Group Addiction Prevention (PRAG - AP)

The PRAG-AP is an organization by Rotarians and individuals having the same conviction, who wish to give an answer to the worldwide problem related to drug, alcohol and tobacco addiction.

This Rotarian Action Group wishes particularly to encourage, motivate and assist the clubs and the districts to act individually or to collaborate with the authorities, the ONG's or other associations to promote "evidence based" programs which help to prevent such addiction or to teach methods to acquire social attitudes and the appropriated handling of this type of products.

In order to operate efficiently, the PRAG-AP gathers worldwide knowledge and expertise, which is then put at the disposal through its web site (www.rag-ap.org), its monthly bulletins, the social media and Rotarian discussion groups on drug prevention. (Refer to www.rotary.org)

This Action Group was founded in February 2013 and aims the full recognition by Rotary International which would mean a very important step for its future functioning.

Last year Rotary International already confirmed that " addiction prevention is a valuable theme" for a Rotarian Action Group.

Awaiting this recognition, the Action Group obtained the authorization to continue its action under the appellation " Prospective" Rotarian Action Group Addiction Prevention.

In order to be in a position to continue the goal we set forward, we aspire worldwide support and cooperation. To continuing the positive development of PRAG - AP, it is essential that PRAG - AP be better known, that the number of members increases which would also result in increased financial possibilities.

We would very much appreciate if you would bring the theme of drug prevention and the existence of PRAG - AP to the attention of the Rotarians and the Clubs of your district, stimulating them to cooperate and to join PRAG - AP as a member.

On behalf of the Prospective Rotarian Action Group Addiction Prevention we would like to thank you in advance.

Best Rotary greetings.

Dirk Schockaert
Chairman
DG 2012 - 2013
District 1620

Johan Maertens
Vice Chairman
District 1620

Prospective Rotarian Action Group Addiction Prevention
Damse Vaart West 10 • 8340 Damme Belgium

Iban: BE93 7370 3896 7367
Bic: KREDBEBB

RPR: Gent afdeling Brugge

Info@rag-ap.org
www.rag-ap.org

ROTARY INTERNATIONAL

District 9685

INDOOR

RIDE TO END
POLIO

NOV 14 - 21, 2015

EVERY CLUB AND DISTRICT
THROUGHOUT AUSTRALASIA
CAN PARTICIPATE

Enter as a team or as an individual in the
Indoor Ride to End Polio fundraising
competition.

You must enter on the website at
www.indoorridetoendpolio.com to be
eligible for team recognition.
Full details on this worldwide
fundraising competition
are available on the website



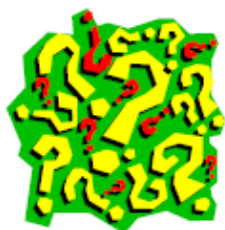

**END
POLIO
NOW**

HOW IT WORKS

Each rider chooses the number of minutes that they will ride, and seeks donations or sponsorship to PolioPlus in support of their efforts. Many riders ask as little as \$1 per minute. At the completion, the Team Leader reports their total amounts to D9685 IRTEP Coordinator. The top fundraising team, club and district receive recognition.

SATURDAY Oct 31st 2015 @ 7:00 pm

*Bring your friends** & join in the fun & games!
An evening not to be missed*



**Ku-ring-gai Rotary TRIVIA NITE
BY POPULAR DEMAND!**

VENUE: WARRAWEE BOWLING CLUB*

BYO SUPPER

COFFEE & TEA & DRINKS AVAILABLE.

TICKETS AT DOOR \$20 per person

**Pacific Highway, Warrawee,
Parking on site*

*** tables of up to 8 or 10 are welcome
. Contact Ross Egan for bookings*



Calendar of events

October	26	Lou Coenen: Innovation
	31	Saturday: Trivia night (fundraising for Fiji solar energy project)
November	2	Hugh McKay: Community
	9	Professor Michael Pailthorpe: Forensic investigation of textile clues in crimes and accidents
	16	International night <i>chez</i> Manning
	23	
	30	
December	7	
	14	Club Christmas party <i>chez</i> Tyler
	21	No meeting
	28	No meeting
January	4	No meeting
	11	
	18	

Club officers and committee chairmen 2015-16

Board of directors

President	Graham Timms
Vice President	John Aitken
Immediate Past President	Tony McClelland
President Elect	Michael Midlam
Secretary	Geoff Hungerford
Treasurer	Graham Maslen
Director - Membership	Tony McClelland
Director - Public Relations	Roger Desmarchelier
Director - Club Administration	Michael Midlam
Director - Service Projects	John Aitken
Director - Rotary Foundation	Peter Tang

Service committee chairmen

Administration (Club Service)	Michael Midlam
Vocational Service	Lindsay Forrest
Community Service	Roger Desmarchelier
International Service	Georgina Manning
Youth Service	Linda Lam-Rohlfs
Social events	Joy Newling
Bobbin Head Cycle Classic	Tony McClelland
Sergeant-at-Arms	Malcolm Braid
Assistant Secretary	Lindsay Forrest
Assistant Treasurer	Chris Lewis

Club committees 2015-16

Administration: **Michael Midlam**, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Michael Tyler (Koongga)

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

Club History: Malcolm Braid, Tom Jackson

Community: **Roger Desmarchelier**, Gary Dawson, Ross Egan (Daffodil Day), Greg Goodman (Bowelscan), Chris Hoch (Red Shield), Nick Kenyon, Ted Price

International: **Georgina Manning**, Roger Desmarchelier, Emyr Evans, Dilys Geddes, Rob Hall, Loïc Lacombe, Graham Maslen, Greg Newling

Membership: **Tony McClelland**, Caroline Jones, Ken Sackville

Public Relations: **Roger Desmarchelier**, Linda Lam-Rohlfs, Georgina Manning,

Rotary Foundation: **Peter Tang**, Lindsay Forrest, Chris Hoch, Greg Newling

Social Events: **Joy Newling**, Ross Egan, Dilys Geddes, Georgina Manning,

Vocational: **Lindsay Forrest**, Lou Coenen, David Forsythe, Peter Kipps, Michael Tyler

Youth: **Linda Lam-Rohlfs**, Joyce Enos, Stan Glaser, Gary Keating, Chris Lewis, Joy Newling, Don Riddell