



# K O O N G G A

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



Volume 58 No. 20 23 November 2015

## ***This week: Club business meeting***



Where *has* the Rotary year gone? 5 months into it already and what's been achieved? What have the board and the service committees been up to? Has the Treasurer set the budgets yet? What's in the till and where has all the rest of the money gone? Why are we having a club business meeting 2 weeks before the AGM? Will it influence your choice of directors for next year?

For the answers to all these questions and to put forward your own enquiries, suggestions, requests, demands and objections, don't miss the club business meeting. It's an important opportunity for everyone to discuss what our club is doing - not an excuse for a night off.

## ***Last meeting's guests***

**President Graham** welcomed Roy Mundy, President of the Rotary Club of Redhill Redstone in England, and many members' spouses/partners.

## ***Australian Rotary Health dinner***



Have you booked to attend the Australian Rotary Health Christmas Dinner on Wednesday 9<sup>th</sup> December 2015 -Cocktails 6.30 for 7pm start at the Epping Club 45-47 Rawson Street Epping? Better still, book a table and make it a Club Christmas Party!

Keynote speaker is Fay Jackson, Deputy Commissioner, Mental Health Commission in NSW. Her company "Vision in Mind" focuses on mental health in the workplace.

Also hear from some Australia's brightest young researchers speak of their work – loneliness in homes, adolescents and anxiety, depression and ovarian cancer. It is an opportunity to meet some of our Indigenous

## **Rotary monthly theme: The Rotary Foundation**

Health Scholars.

Contact Jenny Towe on 8837 1900 for information and tickets **BUT** bookings close Tuesday 1<sup>st</sup> December 2015.

## ***Operation Cleft***

Operation Cleft started in September 2005 as a club project of the Rotary Club of Box Hill Central. It was initiated after a presentation by Colin Macfarlane AM prompted the club to sponsor 60 cleft repair operations in Bangladesh. Colin went to Lamb hospital to observe the program and returned to show club members photographs of the children before and after surgery. The incredible difference in children like the child pictured, had such a profound effect on club members that they decided to develop the activity as an on-going club project.



After ten years

Operation Cleft is still going strong. Most of our eight surgeons have been with us from the beginning and between them have completed more than 10,000 cleft repair operations. They are extremely proud of their achievements and of their association with Operation Cleft. They asked us to express their gratitude to all those who support this amazing project that enables them to utilise their professional skills to help underprivileged children in their country.

Whilst much economic progress has been made in Bangladesh over the past decade, it remains a low-income country with substantial deprivation and poverty. More than 45 million people, almost one-third of the population, live below the poverty line with the majority of these being in rural areas.

A child born with a cleft lip or palate in rural Bangladesh is very unlikely to have the surgery they need unless it is free and in a local hospital reasonably close to their village. Our plastic surgeons travel extensively to offer their surgical skills at rural hospitals. This enables them to provide a service to local communities which, in the past,

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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](http://www.kuringgairotary.org.au) 'Be a gift to the world' is the Rotary International President's theme for 2015-16

was only available to families who live in major cities like Dhaka, Chittagong, Jessore or Sylhet. No child should have to suffer the humiliation and health issues associated with an untreated cleft regardless of where they live or their socio economic status.

For further information see: <http://operationcleft.org.au/>

## **St Ives Food and Wine Festival**



The Rotary Club of St Ives will be holding the St Ives Food and Wine Festival on Sunday 6 March 2016 at the St Ives Village Green. This will be the club's major fund raising event for the 2015-16 Rotary year. The club would appreciate the support of all Rotarians, their family and friends by coming along for a fun day.

The event will have 60 food, wine and life style stalls on the St Ives Village Green.

The Festival will be a family day with events including children's rides, face painting and an animal farm from Bowral. Companies that have committed to participate will offer food from Vietnam, Nepal, Spanish Paella, Biltong, Turkish Gozleme, Gelato, Mexican, Malaysian, Chinese and Indian food. There will be Mudgee honey, jams, olive oil, salami, cheese and many other delicious specialities.

Leading wine producers from the Hunter, Mudgee and Orange will include Petersons, Petersons House, Tamburlaine, Savannah Estate, McLeish Estate, Monument Wines, Brokenwood, Briar Ridge, Gilbert Family Wines, Noyce Brothers, Mountview Estate and Huntington Estate. There will also be Landhaus Estate and Teusner Winery from the Barossa and Curly Flat from Victoria.

There will be life style products including ladies fashions, jewellery, sunglasses, cosmetics, photography, giftware, gifts for pets and hand bags.

Please visit the festival website at [www.stivesfoodandwine.com](http://www.stivesfoodandwine.com) and "like" our Facebook page at [stivesfoodandwinefestival](http://stivesfoodandwinefestival).

## **Have you visited Korea?**



Perhaps you've visited Hong Kong, China, Japan— maybe even Taiwan. But have you ever been to that distinctively different country, Korea, and explored its history, culture and cuisine and met its dynamic people?

Going to a country for a holiday and, incidentally, comb-

ining it with attendance at the Rotary International Convention puts the idea into a totally different perspective. Rather than wondering why you would spend so much money just to attend the Convention, it becomes a low cost added bonus at the beginning or end of an entirely separate vacation.

So consider holidaying in Korea in May/June next year and taking in the Convention at the same time. For more information see: <http://www.riconvention.org/en/seoul>

## **Last meeting: International night**

Last week 50 Rotarians, spouses and partners enjoyed Georgina Manning's hospitality and contributed a delicious array of foods from around the world. Through entry fees, a raffle and a cycling challenge between Tony McClelland and Gary Keating, they raised over \$1,800 for



international projects, including the Fijian solar power project. Well done everyone and thanks, Georgina!





for the Rotary Friendship Exchange from District 5020 in USA and Canada to our District 9685.



President Graham, Lindsay Forrest and Bob Ivey treated Roy Mundy to a round of golf at the 'Royal Turrumurra'. The winner was Rotary friendship.

### **Rotary Can Regatta**

Many years ago our club ran a regular weekend fundraiser called 'Cash A Can'. It involved our members in a lot of sitting around chatting, while the public delivered used aluminium drink cans for recycling.

Well, here's a new challenge involving used drink cans: building a boat for the Rotary Can Regatta on Manly Dam on Sunday, 21 February 2016. Somewhere amongst our members there's bound to be a budding naval architect, with the skills and imagination to come up with a winning design. So put your thinking caps on, crack a beer or a soft drink and see what you can come up with. (Hint: Vice President John knows a lot about boats and, more importantly, safety on the water.)



### **Next week: Greg Mumm: Planning for career transitions**

How does a professional sportsman transition to a new occupation when his career ends? How should a person who's not happy at work go about finding an alternative that gives them real satisfaction? How can school leavers select the careers they are best suited for?

After a first career as a professional rugby coach Greg Mumm underwent his own transition, becoming a careers adviser specialising in helping others going through change. In his talk, he will focus on the importance of identifying a person's core values as a means of making the best career change choices.

### **Wisdom**

'Seek wisdom, not knowledge. Knowledge is of the past; wisdom is of the future' - Proverb.

'Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it into a fruit salad'.



### **Extra-curricular activities**



Michael and Louise Tyler hosted Pete and Robyn Buechel & Marie and Lorne Rosko, who were in Sydney

# Australian Rotary Health *presents ....*

“Looking back on my  
last 15 years ....”



[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)

## *An Evening with Fay Jackson*

**Deputy Commissioner  
Mental Health Commission of New South Wales**



Fay had experienced symptoms of mental illness since age 10. Her teenage years were filled with fear, angst and disappointment. Despite doctors telling her she would never hold down meaningful work or be a contributing member of society, she fought back to become an accomplished artist, public speaker, trainer, service director and CEO. Though initially floored by the diagnosis 1 years ago, the mother and grandmother of two picked herself up after the death of an adored brother, ABC children's programmer Peter Jackson, to become a potent champion for people with mental illness.

Fay was one of the first people in Australia to regularly speak as a consumer of mental health services at public events. Fay's company Vision In Mind focuses on mental health in the workplace – “how to work and stay safe and well, how to come back to the workplace after a period of illness, and how to manage people with mental illness ... Given the opportunity we can work hard, succeed in our careers and be positive contributors to our workplaces and communities,” she says.

As a Deputy Commissioner of the Mental Health Commission of NSW, Fay wants to maintain her focus on employment issues, as well as support for students to stay in school, TAFE or university while they have mental health issues. She will also work to raise awareness of the particular needs of people in rural areas, destigmatise mental illness, raise the awareness of prevention and recovery, and of the needs of children whose parents have a mental illness.

You will also hear some of Australia's brightest young researchers speak of their work – Loneliness in the Australian homes population, Adolescents with Anxiety and Depression and Ovarian Cancer research and others. It is also an opportunity to meet some of our Indigenous Health Scholars.

Bring your club, family and friends to the

## **Australian Rotary Health Christmas Dinner**

on

**Wednesday 9th December, 2015**

at

The Epping Club, 45-47 Rawson Street, Epping  
for an interesting and entertaining night  
featuring many of our *Sponsored Researchers* and

**Fay Jackson**

**\$65 per person**

including table drinks & 3 course meal

*Cocktails 6.30 for 7pm Start*

Contact Jenny Towe on 8837 1900

*For information and tickets*



Rotary   
Club of Dee Why Warringah

# CAN REGATTA

**BUILD IT**

**RACE IT**

**WIN CASH PRIZES!**

A fundraising project of the Rotary Club of Dee Why Warringah  
supported by the combined Lions Clubs of Darwin Beer Can Regatta

Receive some of the funds raised!

Sunday 21 February 2016

9am to 5pm

MANLY DAM

Section 3—112 King Street Manly Vale NSW 2093



**ENTER NOW** and start building your boat. There are a limited amount of numbers for each race so get your entry registrations in now. Don't miss out!

Then come and enjoy a great family day at Manly Dam.

Or **ENTER OUR ONLINE COMPETITIONS**. Register now and send them in as soon as you have finished them. Final entry date for online competitions is Friday 12 February, 2016.

All competitions have cash prizes.

There are events for all ages on land and in the water. Entry to Manly Dam is free (gold coin donations appreciated).

Entry in the competitions and boat races have a charge.  
See our Schedule

There will be entertainment, stalls, BBQ and lots of fun!

Learn more: [canregatta.com.au](http://canregatta.com.au)



## Calendar of events

November	30	Greg Mumm: Planning for career transitions
December	7	Annual General Meeting; Annabelle Chauncy: School For Life Foundation
	14	Club Christmas party <i>chez</i> Tyler
	21	No meeting
	28	No meeting
January	4	No meeting
	11	
	18	
	25	
February	1	
	8	
	15	
	22	
	29	

## Club officers and committee chairmen 2015-16

### Board of directors

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

### Service committee chairmen

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