



# 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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Rotary monthly theme: Peace and conflict prevention/resolution

## This week: Dominic Lo: Pahlavani: Persian yoga

Strong, invigorating, and challenging, Persian yoga is the physical conditioning art of ancient Persian warrior nobility and modern day Olympic wrestlers, lifters and martial artists. Persian yoga (Pahlavani) combines traditional, time tested and battlefield proven methods to forge powerful warriors. It is equally suitable, and adaptable, for beginners, avid physical culturists and aging athletes alike. It is simple but not easy!



Instructor Dominic Lo will provide an introduction to this little known practice. Not only will you discover how to swing mace clubs, handle shields, do push-ups and calisthenics like never before, but also simultaneously develop multiple fitness components, and most importantly have fun while learning new skills and honing existing ones.

Persian Yoga is a powerful, dynamic and exciting practice that will unleash the warrior within.

## Last week's guests & notices

### President Graham:

- Welcomed our guest speaker, Marion Bennett, student Emily Cheung and her mother Pony Ma and Mahiar (Matt) and Mahjoub and his father Reza Mahjoub; and
- Invited members to speak to Joy Newling about making up a theatre party to see the Shen Yun show in the week of 8-13 March.

Ted Price offered his remaining stock of 11 Rotary Christmas puddings at never to be repeated discount prices. (Get them before they all go!)

## Bobbin Head Cycle Classic update

Bob Elsworth provided an update on preparations for the Bobbin Head Cycle Classic . Key points included:

- It's less than 2 months to the event;
- We need 500 volunteers to assist running the event - members, family, friends and volunteers from other organisations;
- Cathy Jackson is managing recruitment of members and their connections;
- People who will have tasks at Karuah Oval can also serve as marshals and will be posted close to the Oval;
- At 25 January 863 riders had registered - 65 more than at the same time last year;
- 123 riders are from Bicycle NSW - 75 more than last year;
- 37% of riders are newcomers to the event;
- Marketing to date includes:
  - Distribution of posters and flyers in bike shops and at other rides;
  - Emails to past riders and team leaders;
  - Direct approaches to local cyclists;
  - Blog articles on the BHCC website;
- Future marketing includes:
  - Emails to high schools;
  - Banners promoting the event;
  - Trailer mounted signs;
  - Fundraising promotion and team promotion.



## Emily Cheung: National Youth Science Forum



Emily Cheung described her experience at the National Youth Science Forum, held at the Australian National University in January.

With other members of the engineering group, Emily visited various commercial sponsors' facilities and engaged in activi-

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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

ties as varied as programming robots and making ice cream with liquid nitrogen.

A major learning experience was networking with prominent scientists, mixing and making friends with 200 other students and acquiring personal development skills.

Emily found her eyes opened to the possibilities of the world of science and discovered that her future occupations may not yet exist. Her particular interest is wearable technology. She thanked our club for sponsoring her to attend the forum.

### **Induction of Mahiar (Matt) Mahjoub**



President Graham inducted Mahiar (Matt) Mahjoub as a member of the club.

Matt and his parents come from Tehran, Iran. His extended family was from Kerman in the south of that country, but is now spread around the world.

Matt has completed a bachelor of science degree in biochemistry and mathematics.

Now he is studying for honours, focusing on biochemistry. His specialty is protein engineering. He is trying to develop a new type of protein as a carrier for drugs, such as cancer drugs.

Matt has been involved in community and charity work previously. He managed his school's participation in World Vision's 40 hour famine, raising \$3,000.

Matt's interests include theatre, classical music and reading. He plays guitar. At university he has been involved in the French society, the baroque choir and the bushwalking club. He swims, plays volleyball and tennis.

Matt will join the Youth Services Committee and will be mentored by Malcolm Braid.

Welcome aboard, Matt!

### **Bringing Vocational Service to life through club projects**

My club does not have a vocational service committee. However, last year when I surveyed my colleagues, it became apparent that the concept of vocational service is deeply integrated into the fabric of our club. My fellow club members knew that through their Rotary affiliation they were using their skills and expertise to do good in our community and the world.

For example, although at the time we did not consciously consider our club's International Women's Day event as a vocational service project, it is an example of an application of the concept by my club.

At the 2014 RI International Convention in Sydney, a local Women in Rotary group told my husband and me about their community International Women's Day program. We realized that while large employers in our area held internal celebrations, students and employees of small- and medium-sized businesses did not have access to such inspiring professional development events. With women making up only 24 percent of our club membership, we were looking for a way to make Rotary more visible to the women in our community. Organizing an International Women's Day event seemed like a good approach.

Tapping the expertise of our members, and with support from area women leaders and Rotary International Direc-

tors Jennifer Jones and Mary Beth Growney-Selene, our club organized its first International Women's Day professional development event last March. More than 200 students, women and men from our community attended and heard five accomplished women speak about their careers and families.

This year we are hosting our second International Women's Day event on 9 March and look forward to bringing more inspiring stories of achievement to an even larger audience in our community.

The concept of vocational service is rooted in the second Object of Rotary. Every time my fellow club members and I say or apply the 4-Way Test, we reinforce our aspiration for high ethical standards.

By including men and women in our club from diverse professions and backgrounds, we recognize the worthiness of all useful occupations. Whether it is a lawyer from my club providing pro bono work, a financial adviser helping a low-income family get on a better financial footing, or a club committee organizing an International Women's Day professional development event, we are using our skills, expertise and occupations to serve society.

January was Rotary's Vocational Service Month, an ideal time to reflect on how the concept of vocational service is being woven into the fabric of each of our clubs around the world. Post your club's vocational service project and join the conversation in [My Rotary's discussion groups](#).

*Beth Keck, member of the Rotary Club of Bentonville, Arkansas, USA, and member of RI's Vocational Service Committee*

### **Mass to Rotarians - 30 April**



My dear friends,

I am pleased to bring you the good news that His Holiness Pope Francis will officiate at a Mass to Rotarians at St. Peter's Square, Rome, on 30 April. We will have 8,000 seats reserved for Rotarians, as well as friends and family.

It is my great pleasure to invite you to join me in Italy on this day as we celebrate the Jubilee of Rotarians, a special event hosted by Rotary District 2080 and the Vatican.

In addition, local Rotarians will host special celebratory dinners and plan a service project for attendees.

I believe this event is a tremendous honour that will raise Rotary's status across so much of the world, and it should bring us all great happiness to be a part of it, regardless of our own religions and beliefs.

For more information, please visit the [Jubilee of Rotarians website](#), which has been provided by our friends in District 2080. Updates and additional information will be available leading up to the event. Registration opened on 18 January.

This Jubilee, as established by Pope Francis, is known



## International Women's Day

as the Holy Year of Mercy. It marks the time of forgiveness and reconciliation, of solidarity, hope, and justice. It is a commitment to serve with joy and in peace across the world.

As you work hard to *Be a Gift to the World*, I do hope you will make the effort to be in Rome with as many members of your district as possible.

Best regards,  
K.R. Ravindran  
Rotary International President, 2015-16

## Last week: Marion Bennett: Homelessness on our doorstep



Following a career in government agencies, Marion is now Head of Policy & Advocacy at Mission Australia, which works to reduce homelessness and strengthen communities across the country.

Marion told us that the Census says there were about 105,000 Australians homeless on Census night 2011. About 44,000 (over 40%) were children and young people, but it's an underestimate.

Most children (under 15 years old) who access Specialist Homelessness Services do so as part of a family, usually with their mother. We call that "family homelessness".

Domestic and family violence and relationship breakdown are the major reasons that women with children become homeless.

The older group of young people are more likely to show up alone, mostly over 18 and female.

Some in Mission Australia's services are as young as 12. So, where do they stay, if not at home? Young people aged 24 and under in different forms of homelessness are in:

- Improved dwellings, tents or sleeping out = 1,342 (3%)
- Supported accommodation for the homeless = 10,948 (25%)
- Staying temporarily with other households = 4,758 (11%)
- Boarding houses = 3,175 (7%)
- Other temporary lodging = 80 (0.2%)
- 'Severely' crowded dwellings = 23,780 (54%)

Prevention strategies need to be aimed at ensuring that young people remain at school, and prevent them adopting a transient lifestyle, becoming involved in the homeless sub-culture and making the transition to chronic homelessness.

The *Cost of Youth Homelessness* study found that, compared to similar people of the same ages, young people who are homeless have:

- **Higher levels of psychological distress.** 61% of the homeless young women participating in the study (and 51% of the men) experienced very high or high distress, compared with 19% of female (and 12% of male) young Australians in the general population.
- **Significantly higher unemployment rates.** Nearly

one-quarter (22%) of homeless young people have never had a paid job in their lifetime, compared with only 6% of young jobseekers.

- **Greater likelihood of leaving school early.** Only one third (31%) of homeless young people had completed Year 12, compared with 57% of young jobseekers.
- **Poorer health outcomes.** Around a third of respondents reported had a long-standing physical health condition.
- **Higher prevalence of mental health conditions.** Over half (53%) of homeless young people reported that they had been diagnosed with at least one mental health condition in their lifetime, compared to 26% of young people in the general population (who met the criteria for diagnosis of a lifetime prevalence of a mental health disorder and experienced symptoms in the previous year).
- **Much higher incidence of reported non-suicidal self injury and attempted suicide.** One in five (20%) homeless young women (and 12% of young men) had attempted suicide in the previous six months. More than one in four (28%) young homeless women (and 17% of young men) had engaged in non-suicidal self-injury behaviours. Just over half (55%) of homeless youth who had attempted suicide in the past six months had not received any counselling or professional support for this.

So, how do young people become homeless? What drives that? The common pattern is family conflict, leading to intermittent "couch surfing". Family stressors include:

- Adolescence
- Mental health issues
- Substance abuse
- Poverty
- Domestic and family violence



It's a picture of a group of young people with poor family relationships, experiencing family conflict, not feeling confident that they can cope with stress, sometimes depressed, who leave home repeatedly for periods of a week or so usually to couch surf with friends, because they feel they can't stay with their families at home.

The *Cost of Youth Homelessness* study found that:

- 86% of young people who had become homeless had spent multiple periods couch surfing because they had

nowhere else to go; and

- Even among non-homeless young disadvantaged people, 38% had couch surfed at some point.

Why do some fall into homelessness and others not? Those that don't:

- Receive early intervention;
- Stay at school and/or with their peer group; and
- Don't fall into the negative subculture and lifestyle.

### The Ryde Project



The Ryde Project is a joint initiative between schools and local agencies including Mission Australia. It assists young people who need support to better engage with school or who are experiencing difficulties in their lives.

The Ryde Project uses a multi-step strategy to quickly identify young people and their families who could benefit from additional support. The strategy includes:

- Voluntary completion of a survey by every student in participating secondary schools to identify program participants.
- The school and a local agency make an offer of support to each identified student and their family.
- A support plan containing specific goals is developed for each student to work towards.

The Ryde Project is based on a proven early intervention model first developed in Geelong, which recognises that the best outcomes for young people can be achieved if difficulties are identified, and support provided, as soon as possible.

Mission Australia has called on Government to agree to a target of halving youth homelessness by 2020. It's ambitious, but Marion believes it can be done with:

- Recognition that this needs a shared effort.
- Adequate funding – from governments and institutional investors.
- Continuity of commitment.
- Political leadership.

Mission Australia will be advocating this strongly in the Federal Government.

### **Next week: Tim Wilson: Advancing human rights in Australia**

Next week our meeting will be a joint meeting with the Rotary Club of St Ives on **Wednesday, 10 February** at **Peter Canisius House, 102 Mona Vale Road, Pymble**. ('Canisius College' is inscribed in white on the wall at the entrance to the drive, just north of the junction with Telegraph Road.)

The meeting will be at the usual time: 6.30 pm for 7 pm. The cost will be \$35 per person for a main course and dessert. Bring your own beer or wine.

The guest speaker will be Tim Wilson, Australia's Human Rights Commissioner. Dubbed the "Freedom Commissioner", Tim is a proud defender of universal, individual human rights.

As Commissioner he has focused on preserving a legal environment and culture that values free speech, religious freedom, free association and property rights. Commissioner Wilson has specifically focused on removing impediments that stop the ability of Indigenous Australians to use their land for economic development, and constructively working through the challenges posed by a 21st Century pluralistic society to religious freedom to advance the human rights of all.

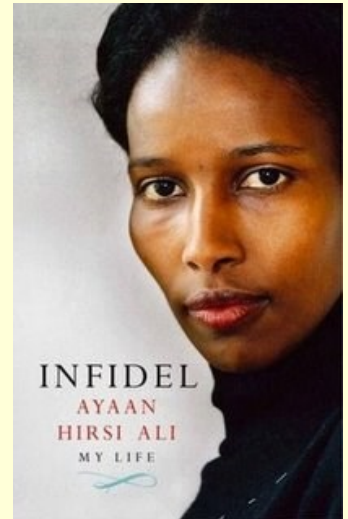
Tim will talk about the steps being taken by his commission to advance human rights in this country.

### **Book club meeting – 23 February**

At its next meeting on Tuesday, 23 February, the book club will discuss 'Infidel', the autobiography of Somali-Dutch activist and politician Ayaan Hirsi Ali.

The meeting will be at the home of Laurel Jackson. (Ask Peter Kipps what time.)

New members will be very welcome.



Plant  
a forest  
with  
a single  
tree.



### **The Rotary Foundation Endowment Fund**

invests in Rotary's vision of a better world. Once planted, your gift provides ongoing funding for education, water, health, economic development, and peace. What you give today secures Rotary's tomorrow.

Plant your money where your heart is.  
Go to [www.rotary.org/give](http://www.rotary.org/give) or call +61 2 8994 9800.



## Calendar of events

February	8	Meeting deferred to 10 February (joint meeting with Rotary Club of St Ives)
	10	(Wednesday: at Peter Canisius House, Pymble) Tim Wilson: Advancing human rights in Australia
	15	Geena Leigh: Coming back from the brink
	22	
	29	Edwina Throsby: Creating TEDx
March	7	Bobbin Head Cycle Classic briefing
	11	(Saturday & Sunday) District Conference, Canberra
	14	
	20	(Sunday) Bobbin Head Cycle Classic
	21	Bobbin Head Cycle Classic report
	28	No meeting (Easter Monday)
April	4	
	8	9 & 10 (Friday - Sunday): Dinners for 8
	11	
	18	
	25	No meeting (Anzac Day)
May	2	
	9	

## 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, 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