



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: Tim Wilson: Advancing human rights in Australia



This 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.

Tim will talk about the steps being taken by his commission to advance human rights in this country. No doubt he will have something interesting to say about the recent High Court decision about returning refugees to Manus Island and Nauru.

Last week's guests & notices

President Graham:

- Welcomed our guest speaker, Dominic Lo, two of his students, Marika Kahle and Bert Langmade, our Rotary Youth Leadership Awardee, Leah Mangion, and her partner Adam Wilcock; and
- Reported that an application for a Rotary Foundation global grant to assist with the **Fiji schools solar power project** had been unsuccessful, but an anonymous donor who has already contributed \$10,000 for the project has undertaken to make up the difference

required.

Lindsay Forrest said that our club needs to assemble **50 volunteers to assist with the Bobbin Head Cycle Classic** (not counting volunteers from the charities we support) by the end of February. Cathy Jackson will charm you into recruiting your spouse, partner, children and remoter family, business associates, suppliers, customers - anyone with a pulse.



Malcolm Braid announced the holding of **Dinners for 8** in April. The idea is to have social gatherings of 8 people (members and spouses/partners, mixing up older and younger members) for dinner on Friday 8 or Saturday 9 April or for lunch on Sunday 10 April at hosting members' homes.

5 or 6 hosts will be required, who will decide the menu in each case, and visitors will provide the food and drinks (except that if President Graham is hosting, he needs all the help he can get to drink his cellar dry).

Ted Price still has 6 **Rotary Christmas puddings** for sale at \$10 each. President Graham recommends them for breakfast (and undoubtedly has the right wine to accompany them).

Vale Raymond Au

Past Rotarian Raymond Au passed away on Saturday, 30 January. His funeral was held on Thursday 4 February.

Raymond (classification Medicine – Gynaecology), was a Rotarian in Hong Kong for 18 years from 1976. He was awarded Paul Harris Fellow recognition in 1978.

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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 **'Be a gift to the world'** is the Rotary International President's theme for 2015-16

He joined our club in 1994 and was a board member and Youth Service Director for three years 1997-98-99.

He retired from our club in 2005.

Our club sends its deepest sympathy to Raymond's widow, Anna.

Leah Mangion – Rotary Youth Leadership Award report

Leah reported her experience of attending Rotary Youth Leadership Award ('RYLA') 2016. The one week residential course was held at Elanora Heights in January. This is what she said:



I would like to begin to say a huge thank you to everyone involved in Ku-Ring-Gai Rotary club for supporting me to go to RYLA 2016.

RYLA was an incredible experience for me on a professional level and also on a personal level.

I learnt many things about leadership and the different forms it can be portrayed. For me personally one of the main things I have taken away from RYLA is the difference between managing people and leading people. Sometimes, telling people what to do and organising them is necessary in a leadership position but also teaching people how to reach their goal and reaching it themselves can be a vital part of leadership.

Another point that I found helpful is understanding when not to lead. Not taking the lead on something and following your leader is sometimes showing true leadership and leading by example.

On a more personal level for me I learnt that you need to embrace your personality, the strengths and the weakness. If you don't understand both your strengths and your weaknesses you won't be able to improve either of them.



RYLArians cleaned up gardens and gutters and did painting as community service at the local public school

Following on from that point is that fact that I learnt that there will always be ups and downs and you need to embrace those as well.

A big part of RYLA is debriefing and reflecting on what you have learnt or done and thinking about how you can improve and also appreciate the positives. This had a very positive effect for me and I think it is a very useful life skill.

RYLA was an incredible experience that is so unique and valuable to young people from all different walks of life. I am very grateful to have been given this opportunity and to have had such a phenomenal experience.

Once again, thank you to everyone involved in making my RYLA experience possible.

Policewomen walk a different beat

Two off-duty policewomen will start a 357km trek from Martin Place in Sydney at 7am on 3 March, to kick-start the 10-day Trek for Timor to Parliament House in Canberra, arriving 12 March.



Rotarians Libby Bleakley and Teresa Beck (both Australian Federal Police members) are walking a different beat to raise funds for their Community and Youth Centre 'Sentru Formasaun Ba Juventude', in Dili, Timor-Leste

After being deployed to Timor-Leste for 3 years, Libby and Teresa have researched the needs of community at a grass roots level and have now developed the concept of the Centre (based on the Australian Police Citizen Youth Club model), as a crime reduction initiative. The Centre is a labour of love for the two women who have utilized their own funds and money raised to give something back to a deserving community. The Centre is the first of its kind in Timor-Leste and will meet a critical niche for crime prevention in the most populous community.

The project has been registered under Rotary Australia World Community Services (RAWCS) and the Rotary Club of Blackheath is the managing body, overseeing the project and assisting in raising funds.

The youth and community centre has a designated women's centre, classrooms, community meeting area and gymnasium and is open to all community members.

Libby and Teresa need to raise a further \$300,000 to complete the centre and will be holding overnight fundraising events throughout the marathon walk. A detailed route plan is on the Sentru Formasaun Ba Juventude Facebook page.

Tax-free donations can be made through the Rotary Club of Blackheath's webpage

www.rotaryclubofblackheath.com.au or alternatively on the Sentru Formasaun Ba Juventude Facebook page, by clicking the hyperlink on the left hand side under "About".

Ku-ring-gai Chase Walk/Run

The 4th annual Ku-ring-gai Chase and Barry Easy Walk is taking place on Sunday, 13 March 2016. This community based fun run supports the local Special Olympics Program. Ku-ring-gai Council has supported this growing Ku-ring-gai event since its inception. The event celebrates the Special Olympics Athletes' love of sport and the community that supports them. The highlight of the event is the Knox Buddies running or walking with the Special Olympics Athletes.

Registrations, donations and more information: visit:

www.kuringgaichase.com.au

What: The 4.5km Barry Easy Walk Or The 9km Kuringgai Chase Run

When: Sunday 13 March 2016 - Starting 9am

Where: Claude Cameron Grove (Cnr Kintore St & Westbrook Ave), Wahroonga

There are a number of ways your organisation can support the event:

1. Form a team and participate
2. Bring a stand to promote your organisation (or utilise space in a community stand provided).
3. Promote the event to your community and network contacts – a flyer is attached

As well as the fun run and walk element there is also a community carnival on Claude Cameron Grove, Wahroonga with Knox Grammar School bands, the LI-ONS Epping Eastwood sausage sizzle, coffee and ice-cream vans, Lulu the face-painting clown and activities - hold a fire hose, sit in a fire truck, kick a goal, watch a magic show, arm wrestle a Knox Buddy etc. - the Athletes love doing the activities and all children participating in the event are invited to join them!

Last year the event raised over \$30,000 to help the Special Olympics Sydney Upper North Shore Region to:

- Deliver a gross motor skills program to over 300 children in local special schools and special needs units of mainstream schools.
- Deliver a sports program across 11 sports in 40 locations to over 220 athletes - allowing the athletes to develop lasting friendships, engage with their local community and to reach their full potential.
- Support our athletes competing in State and National Games.

The Ku-ring-gai Chase is open to all and presents a fantastic opportunity for our community to unite behind a truly worthwhile cause.

For more information about the event and to register, please visit the website www.kuringgaichase.com.au
Kind regards,

Eve Ismaiel Community Development Officer (Weds – Fri) Tel: (02) 9424 0997 Mobile: 04 5014 0551

Email: eismaiel@kmc.nsw.gov.au

Connect with new friends in Korea

Are you one of the 35,000 who has registered for the Rotary International Convention in Seoul, Korea already? If not, don't miss the opportunity to connect with new friends from around the world at the convention from 28 May to 1 June, 2016.



At convention, tour the House of Friendship and the more than 100 booths to exchange project ideas, partner with other clubs and explore new hobbies. Convention provides an opportunity to network, hear about new initiatives and make a difference, while forming relationships that can last a lifetime.

The convention is for all Rotarians and offers something for everyone. Register today for the Rotary convention in Korea. Early registration savings end 31 March.

Last week: Dominic Lo: Persian yoga



Dominic Lo is an exercise physiologist and sports scientist who discovered Persian Yoga ('pahlavani') when he was looking for a change from practising Japanese swordsmanship.

Alluding to the government project 'Real Men Move', he said that movement is important for both

physical and mental health. He pointed out that humans are designed to run after or away from things and to fight.

Persian yoga was used to train warriors and was passed down through generations in group sessions. It is now used by wrestlers and other athletes, accompanied by music, drum beats and song.

The system trains both the brain and the body and is about coordination, rather than just strength. As Dominic said, our brains evolved for movement and if we don't use them accordingly, we lose that ability.

Historically, pahlavani was practised only by men in Iran, but now it is being made available to women as well. People from ages 7 - 70 can do it. Dominic has one 69 year old student who wants to introduce it in nursing homes. Dominic himself uses it with rehabilitation patients.





Next week: Geena Leigh: Coming back from the brink

Geena's story is raw, powerful, provoking ... even disturbing. Most importantly it's real, courageous, honest, and inspirational, for Geena's story is that of a 'working girl' who stepped back from the precipice.

Today, Geena is the best-selling author of "Call me Sasha" which debuted as the #1 bestselling non-fiction book in Australia in 2014. Geena chronicles her life from the abuse of her father, being thrown out of home and her slide into prostitution and drugs.

When asked why she wrote her memoir Call Me Sasha, Geena's response was: "I thought someone will read the book and say to themselves. 'If she got through all that - then I can get through this!' At the very least, I knew I had a story that would entertain."

ROTARY YOUTH EXCHANGE INFORMATION NIGHT



**THE OPPORTUNITY
OF A LIFETIME**

**FOR YOUNG AUSTRALIANS
CURRENTLY IN YEAR 9, 10 or 11**

Come along to meet current and former exchange students, host families and participating Rotary Clubs, and find out more about Rotary Youth Exchange.

**WEDNESDAY 9th MARCH
7:00PM**

**DAVIDSON HIGH SCHOOL
MIMOSA STREET
FRENCHS FOREST**

For more information contact:
secretary@ryep.org
www.rotaryyouthexchange.net.au

ROTARY SUPPORTING YOUTH IN TIMOR-LESTE

Trek-4-Timor

Sydney to
Canberra

3-12 March
2016



Let's build
the
Learning
Centre



Policewomen to walk a different beat

Two off-duty policewomen will start a 357km trek from Martin Place in Sydney to Parliament House in Canberra from 3-12 March... a 10-day "Trek-4-Timor".

Rotarians Libby Bleakley and Teresa Beck (both Australian Federal Police members) are walking a different beat to raise funds for the **Sentru Formasaun Ba Juventude** (Learning Centre for Youth & Community) in Timor-Leste.

Tax-deductible donations can be made through the Rotary Club of Blackheath's website www.rotaryclubofblackheath.com.au by clicking on our emblem, or alternatively through the Sentru Formasaun Ba Juventude Facebook page.



Our Patron -
His Excellency
Xanana Gusmão



Rotary



Come for a Walk or Run!


THE
KURINGGAI CHASE
AND BARRY EASY WALK

FOR


Special Olympics
Sydney Upper North Shore

Claude Cameron Grove, Wahroonga
Cnr Kintore St & Westbrook Ave

Starting 9am on Sunday the 13th of March 2016

The 4.5km Barry Easy Walk

Or

The 9km Kuringgai Chase Run

For registrations, donations and more information:

www.kuringgaichase.com.au

Join us for entertainment and a sausage sizzle afterwards
A shuttle bus will run from Turramurra Station from 7:45am



With thanks to our sponsors:



Calendar of events

February	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	Graham Wilcox: The struggle for unity - a story of the federation of Australia
	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	
	16	

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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), Chris Hoch (Red Shield), Nick Kenyon, Ted Price

International: Georgina Manning, Roger Desmarchelier, Emyr Evans, Dilys Geddes, Rob Hall, 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, Stan Glaser, Gary Keating, Chris Lewis, Matt Mahjoub, Joy Newling, Don Riddell