



K O O N G G A

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



Volume 58 No. 38 2 May 2016

This week: Katie Miller-Crispe: Creating Operantics



Operantics is a young singers' company, run by and for young artists. It aims to provide opportunities for people who are talented but inexperienced, due to lack of opportunities to perform.

The company is primarily a platform for singers, helping them to stretch themselves and develop, especially those who are pursuing professional opera careers.

Operantics produces fresh, engaging productions, such as last year's *Così fan tutti*. This year it has premiered Joseph Horowitz's *Gentleman's Island* and Jonathan Dove's *Mansfield Park* (adapted from the Jane Austen novel).

Katie Miller-Crispe is a founder, artistic director and producer of Operantics. She holds a Bachelor of Arts and a Master of Publishing from Sydney University and a Bachelor of Music (Performance) from the Australian Institute of Music.

Last week's guests & notices

President Graham:

- Welcomed our guest speaker, Ken Zulumovski, Clara Barton, Andrew Marselos and Judy Timms;
- Noted that the guest speaker's work and the topic for his talk aligned precisely with District Governor Elect

Rotary monthly theme: Youth services

Bruce Lakin's aim of having Rotary clubs engage more with the indigenous community, which Bruce expressed forcefully at the District Assembly the previous Saturday; and

- Announced that, the club having achieved its aim of using up long dormant reserves by applying them to projects, it now cannot spend more without first raising the funds required.

Chris Hoch called for and obtained volunteers to assist as team leaders for the Red Shield Appeal on Sunday, 29 May.

Rob Hall announced that at next week's meeting there will be a debate with Lindfield Rotary Club on the topic "That humans are too dependent on computers".

Roger Desmarchelier invited members to attend the club's social evening to see 'Rumours' by Neil Simon at Ku-ring-gai Town Hall on Friday, 6 May, as a fundraiser for Eagles RAPS.

Lindsay Forrest invited members to join him and Frances Forrest attending the Eagles RAPS fundraising event in Seven Hills on Thursday 21 April.

Support Youth Insearch



Some years ago our club helped Youth Insearch by doing the catering for several of its weekend camps for seriously disadvantaged young people. Quite

apart from being a useful service, it was a lot of fun!

Youth Insearch works with youth aged 14 to 20, often from appallingly dysfunctional backgrounds, to turn their disadvantages into advantages, enabling them to reach their full potential. Since 1985 it has helped over 29,000 people rebuild their lives.

We have received this appeal from Youth Insearch:

When retired stockbroker Daryl Allen (aka Dasher) was told that Youth Insearch, the charity he's supported for more than two decades, had its federal government funding slashed by \$300,000 following wide ranging funding cuts to the youth services sec-

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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

tor, it was the trigger that sparked another assault on arguably the world's toughest individual endurance race.

So come May 14 -16 this year, Dasher, now 66, will line-up for the 515km [World Ultraman Challenge](#) at Noosa hoping to be crowned the oldest person on the planet to have successfully completed the grueling test of a 10km swim and 140km bike ride on day one, 280.1km bike ride on day two and a 84.3km run on day three. **[Even Tony McClelland is not this crazy, is he? Ed.]** Adding pressure to the 45 competitors, each day must be completed in 12 hours.

We write to you as a valued donor to ask if you could make a donation to support Dasher in this mammoth effort. All money raised will go directly to Youth Insearch.

To find out more and donate visit: <https://chuffed.org/project/daryl-allen-to-become-the-worlds-oldest-ultraman#>

Heath Ducker | Chief Executive Officer

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Win a car and educate a child!

Thanks to the extremely generous team at Montgomery Investments, the School For Life Foundation is excited to offer a **brand new VW Polo 66TSI Trendline 7 speed DSG (auto)** worth \$20,000 as the major prize in the School for Life Raffle.



Along with the chance to win amazing runner-up prizes, you will be supporting School for Life's work providing education and community development in rural Uganda.

[Click here to buy your raffle tickets!](#)

1 for \$20 3 for \$50 8 for \$100

2nd Prize: Scenic helicopter flight for 3 people over Sydney Harbour and the Northern Beaches, and dine at Sydney's iconic Catalina restaurant to the value of \$450 (\$1500)

3rd Prize: David Jones Beauty Hamper and Samantha Wills earrings (\$580)

4th Prize: An overnight stay at the Larwill, Art Series Hotel, Melbourne and a dining voucher at Smith+Singleton to the value of \$100 (\$500)

Help selling raffle tickets

Are you able to help us sell raffle tickets in your office, at your sporting club or to your family and friends? Please email marina@schoolforlife.org.au and we will arrange to send you a book.

The raffle will be drawn at the Black Tie Ball on May 28th, and there are 5,000 tickets available via online and paper tickets. Winners do not have to be present to collect prize.

Eagles RAPS fundraiser - 21 April



Accompanied by President Graham & Judy Timms, Lindsay & Frances Forrest represented our club at the fundraiser for Eagles RAPS last Thursday. They really enjoyed the evening and parted with folding money in the good cause. Highlights included Eagles RAPS' drive to raise \$1million to see them through the next 5 years. They received commitment from KPMG and followed with an unexpected cheque for \$100,000 from an organisation which supports charities. So a great start to their goal.

Another highlight was hearing from several of Eagles "graduates" - young people who described how their lives were changed from despair to real hope, with jobs and families of their own now. It made our relationship with Eagles RAPS truly come to life.

Neither Forrests nor Timms won anything from the raffles, but Graham is the proud owner of a stubby holder personally signed by Mark Winterbottom - Eagles Ambassador.

Fabulous Fashionistas - 11 May

Gordon Library is screening the movie "Fabulous Fashionistas" on Wednesday 11th May 2016 at 10:30am. It's a short film that explores the art of ageing in the company of six extraordinary, stylish women in the UK. With an average age of 80, they are determined to squeeze the pips out of life, keep going, look fabulous and have fun!

This is a free event and morning tea will be served. *(More details appear on the event flyer later in this edition of Koongga. Ed)*

If you would like to attend, call or email Ku-ring-gai Library.

Douglas

Gordon Library | Ku-ring-gai Council

P: 9424 0120 | F: 9424 0216

E: gordon.library@kmc.nsw.gov.au

Comedy For A Cause - Friday 20 May

Momentum is growing for the new, smaller, wheelchair accessible bus desperately needed for Clarke Road School. Why not come and join in the fun at the Comedy For A Cause night on Friday 20 May and add your support? (See the advertisement later in this Koongga.) Great prizes to be won too! Bring your family and friends! If you have any queries, please give me a call on 9487 2338.

Cheers, Joy Newling

Opening doors in Cuba

Along with 40 friends and supporters of the H2OpenDoors project, its director Jon Kaufman took part in an eight-day exploratory expedition to Cuba on 8 April.

Members of six Rotary clubs in District 5150 and their friends and family joined The Bay Area Cuba Community Alliance, starting on the far eastern side of the island for a visit and site survey at a small village in Granma province. Each person presented a suitcase of donations to the Town Delegate in an emotional ceremony.



Baseball equipment, animal husbandry tools, school supplies, and children's clothing were among the gifts for over 550 residents. The town had been home to one of the best community baseball teams in Cuba, but they have been unable to play for over two years for lack of equipment. After a great ball game, the town elders hosted the visitors for a lunch feast.

H2OpenDoors will return in December to install a Sun-Spring water purification plant to provide safe drinking water for the entire community, and an additional system in a similar community near Havana.

Following the visit to the rural colonies, the group hosted a cocktail gala at Havana's iconic Hotel Nacional for Cuban entrepreneurs to start a dialogue about Rotary and the recent visit by U.S. President Barak Obama's administration, and to build new friendships. The 120 participants broke out into four focus groups for lively discussions about the arts, education, water and infrastructure, and businesses.

Another 40 people will be able to join H2OpenDoors between 8-17 December for a similar schedule, including a day at the Havana International Jazz Festival. For more information go to www.H2OpenDoors.org or contact Jon Kaufman at jon@H2OpenDoors.org

St Ives in the 1950s

Kim Rudder (the editor's rowing coach and rowing partner) reminisces:

Some recollections...rated ~80-90% accurate... Enjoy the read, best with Google Maps open in Satellite mode!

We moved into our house in St Ives in early 1956.

From about 1958, I and a bunch of friends and Cousin Rick who lived in Banool Ave (they moved in there in 1957) had pretty much free rein to explore, and we did. We spent most of our holidays in the bush.

From 1958 to 1960 there was not much development, but things kicked off in the 60's.

So in the late 50's this is what I recall existing in North St

Ives...basically not much.

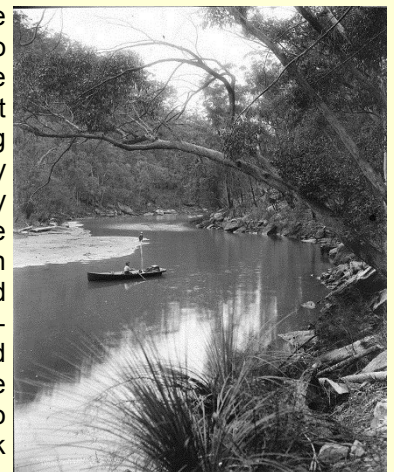
Killeaton, Mungarra and Binburra all terminated where they now meet Warrimoo. Warrimoo did not extend south more than about 150m west of Carbeen. All the houses on the west side of Banool backed onto the bush. There was a short, steep access track at the bottom of the valley on Banool which we used to access the creek (Cowan Creek) besides which we used well established tracks to ride our bikes and walk Cowan Creek right down to the limit of the tidal estuary. These were often two or three day bush treks. Along the way, there is a waterhole which was called the Blue Hole where it was de rigeur to go skinny dipping. If you go to Google Maps and Satellite, you can see this about 150m from the end of Kapiti St.

Collins Road extended only to Toolong, but Toolong did not exist. Mudies was the furthest north east-west road, and Carbeen was the only link to Warrimoo which went all the way north as it does today. In those days there was only one cross street on Warrimoo, and that was Dalton Road. It was farm land and Steers Dairy occupied the ridge (basically all the developed land you see today) from Tomah to Timburra. Warrimoo Avenue was called Warrimoo Road then and was sealed, but only one lane.

What you see on Google Maps as the Warrimoo walking track was there as a fire trail for about 500m and then a walking path that was pretty poorly defined, especially when you reached the drop into the Cowan Creek valley. We used to, on a fairly regular basis, say every second month or so, ride to the end of the fire trail, go down to the tidal creek and fish for flathead, which were almost a guaranteed catch. I doubt very much that the Blue Hole would be very inviting to swim in and that you could catch flathead in Upper Cowan Creek these days.

Mudies Rd did not extend east of Collins and Memorial did not exist north of Killeaton. Also, Kenthurst did not exist and Douglas St West terminated before the bottom of the valley somewhere near the church that is there today, but not then. Likewise, Woodbury Rd did not cross the creek. I don't think Warrabina was there and there was no development west of the Grammar Preparatory School, with Mawson not extending west of the school grounds. For my entire time at Grammar Prep, there was bush immediately west of the school's property and Hassell Park backed onto the bush.

We had a fabulous cross country course that we contested every year that went out the bottom gate onto Mawson. At the bottom of the road it followed a track straight down to the creek, about 50 m in the creek (it might have been less), then out of the creek, up the hill to Hassell Park, across the oval, back in the top gate to the school on Mawson and finish on the main oval. The main thing I remember was that if you wanted to win, you had to be amongst the first out of the creek, because at that point



the bank was that orange clay and once that got wet, it was virtually impossible to get out of the creek at that point. I think they abandoned the course because too many kids found it more fun to stay in the creek and have clay fights! That was when cross country running courses were fun.

St Ives Shopping Centre did not exist. It was a pear orchard. The Bowling Club was there, and the eastern part of the Park next to the bowling club, but the western part of the park was either another orchard or a chook farm... not sure about this, but there were definitely chook farms out along Warrimoo.

Another place we used to go skinny dipping was Bungaroo, but in the 60's they built what is called in Google Maps the Cascades Track, which made Bungaroo popular with anyone who was game enough to try to drive a car down the hills hoping to get back up again, and we had to return to modesty. By then we were getting older and in summer we would ride our bikes down to Newport beach and back, sometimes three times a week...now that was quite a day's work! About 80% of the development east of Mona Vale Road in North St Ives did not exist then. There were no cross roads linking the west-east finger roads such as Kitchener, Ayers, Woodbury, Douglas and Killeaton.

Virtually none of the development east of St Ives High School was there.

If you drive along Horace St, just opposite the Uniting Church, you will notice the rock is shale...To the west of Horace St, in the area where the northern part of Alvona St is, there was a quarry where they mined shale and clay for brick making. They filled it in with land fill, as was common practice, dumped a whole lot of overburden on top, hoped it had consolidated and built a whole lot of residences on top...It was a disaster, with methane problems, and subsidence and many of the residences had to be rebuilt after appropriate remediation.

Vista St did not cross the valley, nor did Rosedale or any other road. The only access between St Ives and more southern suburbs was Eastern Arterial Road at the Rocky Creek bridge, which has barely changed at all since then. The original road from St Ives down to Rocky Creek was what is now called Nicholson Ave. Thus, we could walk all the way from what is now called Brown's Forest, but really is the Dalrymple Hay State Forest, to Middle Harbour and only cross one road (at the Rocky Creek Bridge). It was a good two day hike from Max's place (which backed onto Dalrymple Hay State Forest about halfway between Pentecost and Fairway, to Middle Harbour then back upstream to Bungaroo and then home.

So we saw the development of St Ives through the 60's and 70's. Then nothing much changed until fairly recently they started over-populating the suburb with "Flocks of Bats", and as I understand it with no consideration at all to public transport and now Mona Vale road is like a car park. Not surprising, since it is one of only three ways that peninsular residents can escape.

Last meeting: Ken Zulumovski: Gamarada community healing and leadership initiatives

Ken is a Kubbi Kubbi man, whose tribal name is Kira-



dhan. He is a former Australian Army soldier and a qualified mental health practitioner, who founded his company, Gamarada Universal Indigenous Resources ('GUIR'), to provide aboriginal mental health and wellbeing program consulting services. ('Gamarada' means 'friends' or 'comrades'.)

Before setting up GUIR, Ken worked in the mental health section of the Aboriginal Medical Service, especially in Redfern. However, believing that the organisers were holding back progress improving indigenous people's situation, he set up GUIR to provide healing initiatives which he described as "therapeutic change and cultural renewal".

He studied the application of Dadirri – a traditional, Indigenous contemplative practice of 'deep listening and quiet stillness' – for trauma recovery, and for health and wellbeing, with Professor Judy Atkinson.

Dadirri involves an experiential process of generating acute awareness to the self, the present, and the task ahead by connecting to people and country, understanding circumstantial change, seeing what bonds us, and using tools to connect deeper with people. It respects ancestral lineages, which is particularly applicable to coaching in an Indigenous environment.

In 2007, Ken applied this knowledge to developing and delivering free community 'Healing and Leadership' programs to support his community-based, not-for-profit organisation, Gamarada Indigenous Healing and Life Training.

Dadirri now forms the foundation of the programs that he and his team deliver free to the community, and it is now the longest continual, non-funded community leadership program in Australia. By bringing a deeper sense of peace and awareness into families, classrooms, sporting clubs, workplaces and social networks, the organisation is able to encourage growth in the professional and personal lives of their clients.

While Ken has over 20 years of experience and has coached over 1,000 clients, he credits his successes to leadership skills learned in the military and his studies and experience in mental health and resilience training.

"Dadirri guided me to a realisation about my potential. I knew that with my experience and attitude I could have a huge impact on people who were ready to commit to growth in their professional and personal lives and had the 'courage' to try something outside the square. The Dadirri practice that I learned from my teachers was the missing key that unlocked my potential and now I am



sharing it with the world.”

He was then able to apply his newly named 'COURAGE' (Culture, Optimism, Understanding, Relationships, Acceptance, Gratitude, Encouragement) model to the Australian workforce, providing a unique flexibility with peer support across culture in the workplace. It is influenced by mindfulness coaching – when in doubt, breathe! As for any front line worker, whether a driver driving an ambulance or a surf lifesaver scanning the waves on the beach, self-care and self-preservation is a key skill.

The techniques draw on mindfulness-based tools, which are provided to the coaches, to assist in cultivating clarity around interactions with each other to provide support and gently challenge. The coach and coachee can be from different backgrounds and interchangeable roles, depending on the context, staying in touch with the needs of the moment.

Competition in the workplace can be productive, however it can also come at a cost, leaving staff at risk of depletion and burnout. Reciprocity helps us to keep our vulnerabilities in perspective, to give and receive feedback in healthy ways, staying balanced in the workplace.

Ken noted that this year is the 25th anniversary of the Royal Commission into Aboriginal Deaths in Custody. However governments are still struggling to find effective ways to address the problems faced by indigenous communities and their consequences. The programs GUIR runs train people in healing and anger management and help to keep them off drugs and out of prison.

News from Rasma

Past member Rasma Andrejewskis writes:

It's been a busy 12 months. This time last year I was on my way to commemorate Gallipoli. Amazing time.

Hit the ground running when I returned. Was hospitalised for a couple of weeks last August and then major surgery before Christmas. Still recovering but much better. My brother was hit by a taxi while riding his bike in January and has broken his neck. He's recovering and is OK.

Working like a crazy woman - health system broken here. Having to pull out of uni to allow myself to fully re-

cover and be "match fit" again.

Off to India in October, then France for a wedding!

Keep trying to get to Sydney - not anytime soon.

Just been to Melbourne for the Grand Prix last month.

I have been involved in one of the local surf lifesaving clubs for a few years now. It's another avenue of community service.

Met some lovely Rotarians here but work has made commitment very difficult.

Please say hi to everyone. I will turn up one day unannounced. I hope you and yours are well and everyone happy.

Love getting the news emails. I attach a photo of me at the "Nek" in Gallipoli last year - I had been up for over 24hrs, Still had 5 layers of clothing on underneath - and then interviewed by Turkish television - very glamorous!



Big hugs - Rasma

Next meeting: Debate with Lindfield Rotary Club: Topic "That humans are too dependent on computers"

Before we moved our meetings to Killara Bowling Club we used to have an annual debate with the Rotary Club of Turramurra. In our new location, that's going to be resurrected as a debate with our new neighbours. And what could be more topical a subject in the present era? Come along to support your team!



In Support of:

Clarke Road Special School's
wheelchair accessible bus

8pm - May 20
Pennant Hills Bowling Club
52 Yarrara Rd, Pennant Hills

Featuring comedians from Sydney & Melbourne
International Comedy Festival

Tickets: \$35 at comedyforacause.net/CR
Adults Only



SENIORS
FESTIVAL
2016

CELEBRATING SENIORS FESTIVAL at Ku-ring-gai Library - Gordon branch

Fabulous Fashionistas a film by Sue Bourne



Fabulous Fashionistas is a short film that explores the art of ageing in the company of six extraordinary, stylish women in the UK

With an average age of eighty they are all determined to squeeze the pips out of life, to keep going, to look fabulous and to have fun!

WEDNESDAY 11 MAY, 10.15am (movie starts at 10.30am)

WHERE

Gordon Library
799 Pacific Hwy, Gordon

COST

Free - morning tea will be provided

BOOKINGS

9424 0120, visit any Ku-ring-gai Library branch
or email gordon.library@kmc.nsw.gov.au

kmc.nsw.gov.au/library

Calendar of events

May	9	Debate with Lindfield Rotary Club on the topic "That humans are too dependent on computers"
	16	No meeting (meeting deferred to Wednesday 18 May)
	18	(Wednesday) Bobbin Head Cycle Classic presentations
	23	Graham Timms: Grapes I have trodden
	30	Kathryn Goozee: Researching Alzheimers disease
June	6	
	13	No meeting (Queen's birthday)
	20	
	27	Club changeover
July	4	
	11	
	18	
	25	
August	1	
	8	
	15	
	22	
	29	

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, Anil Fulwaria, Gary Keating, Chris Lewis, Matt Mahjoub, Joy Newling, Don Riddell