

THE ROTARY CLUB OF RYDE—DISTRICT 9680 CHARTERED 1946

The HUB

Tuesday 22nd May 2012

Volume 66

Issue No. 45



Reach Within to Embrace Humanity

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Club Information



Chartered: 22nd April 1946
 Club: #18039 / District: #9680 in NSW, Australia
 Meeting Place: Level 2, Next Generation Club, next to
 Ryde Aquatic Centre, 504 Victoria Road, Ryde
 Meeting Time: Every Tuesday — 6:00pm for 6:30pm
 Postal Address: Rotary Club of Ryde Inc.
 PO Box 90 Ryde, NSW 1680

RSVP extras or absences to: Val Payne 9874 5787



Reach Within to Embrace Humanity

Opinions expressed in The HUB are those of the author and do not necessarily reflect those of the editor or the Rotary Club of Ryde, Inc.

This Week... Peace with Justice

Tonight	May 22:	The Sydney Peace Foundation Peace with Justice Professor Stuart Rees
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Tonight's Roster

Welcomers	Kalma McLellan, Peter Cooper
Loyal Toast by	Val Payne
Guest Speaker introduced by	Rob Mitchell
Guest Speaker thanked by	Maureen Mulheron



If you are unable to fulfill this duty, please arrange your own swap and inform President Ken what you've done.

The "Meeting Night Roster" for the next 3 meetings appears on Page 11



Ken's Korner

Greetings all. Well last week was another great evening. Thanks again to Nora and Maureen .We raised \$898 toward mental health research so together with \$200.00 from Eastwood Club a grand total of \$1098

As I write this I'm getting ready to help at the Opening of Lardelli Park and be involved with the Red Shield Appeal so another big weekend for our members.

Don't forget if you have to write a report for the Changeover to have it to David by the 5th June. A list will start circulating soon for our Changeover on the 26th and one for the District Changeover on the 29th began circulating last week. Please make sure you see them and indicate your attendance or apology.

Siddharth Maheshwari has returned to India for a week or so to see about visa arrangements. He is hopeful to be back with us for the 29th and with his employment settled. This is good news.

Tonight we welcome a speaker from the Sydney Peace Foundation to our meeting. This will be followed by a Board meeting with the current and incoming Boards.

I look forward to seeing you on Tuesday.

In Rotary

Ken

Articles for The HUB are welcomed. As a guide, each page contains approximately 540 words. Announcements and notices should be graphical and in A4 format (PDF or JPEG) which can be reduced to this page size. Allow plenty of time so that your article receives the appropriate exposure. Deadline is 5pm Fridays. The HUB is published on or before the Sunday prior to the meeting date. Rotary projects get priority.



Last week ... as recalled by Annie Oakley

A late call to this reporter's pen (or was that her iphone??) reports glorious attendance of about 70 mostly behaved (not headed) enthusiasts supporting the Mental Health theme – well done **Maureen**. Special welcomes to PDG **George and Cathie Papallo**, former mayors **Jim Hull** and **Edna Wilde**, current mayor **Artin Etmekdjian** as well as members from Eastwood, Macquarie Park, Gladesville, St Ives and Hunters Hill clubs.

Announcements included reminders about the two upcoming events this weekend – from **Rob Mitchell** and **Adrian Hallett** the opening of Lardelli Park at the Putney Hill development; and from **Nora** (wearing the colours of Black Caviar) re the Red Shield collections – we have students from James Ruse High School, vehicles donated from local car dealers including one driver!. From south of the border in Victoria we have a club very interested in our web site and its structure for their own – seeking assistance from our resident Webmaster **Stefan** to get them going!

We also received great accolades for our Anzac Service at Tebbutt Lodge from **Geoff Lee** reporting in Hansard. Thanks also to **Allen Horrell** for chasing up the scattered musicians for the event on the day!!

Dinner tonight of grilled chicken on a bed of onion baked potato finished with a sliver of broccolini – looked beautiful. This was followed by the drawing of our raffle prize in lieu of a fines session, with the hand knitted knee rug donated by Mrs Vi Whitfield of Boronia Park won by an excited **Stefan**. All money raised tonight going to Mental Health. This was followed by the exciting winners of the hat competition (did we know we were having a competition??) And what beauties we had on the night! All the ladies excelled themselves from the tiniest (3cm across) to akubras with blond plaits, and some of the boys held their own as the accompanying photos will attest. Winners were:

- Ladies: **Michelle, Kalma, The Chooks, Undine**
- Gentlemen: **Stefan, Tony Tang (Eastwood), Jim Hull, Duncan, Martin**
- General: **Judith Curtin (Hunters Hill), Maureen, Artin**

Great work all round and very inventive creations!!



Professor Philip Boyce

A sticky date pudding with custard to clear the air before we settled down to the serious business of Mental Health.

Professor Philip Boyce works for Sydney University out of Westmead Hospital and is aiming to increase public awareness of mental health. He acknowledged the early involvement of Rotary in Community Health forums focusing on effectiveness of potential treatments and programs such as Beyond Blue, Mental Health First Aid and work with the Black Dog Institute. He reports the difficulty experienced by GPs in providing

Last week ... continued

adequate care, which led to the increase in psychologists to assist with interventions for anxiety and depression, which is the 4th most burdensome global medical condition. The cost and impact of the disease put it right up there in worthiness for treatment. However there is now concern at the level of over-diagnosis, with 'sadness' often diagnosed as 'depression' and drug treatments resulting. Such labels are also often tagged onto the back of poor behaviour in sportsmen instead of addressing the poor behaviour.

In many cases mental illness strikes the young so earliest possible treatment achieves the best results. Facilities called Headspace have been established to enable young people so afflicted to have a safe space to visit and receive assistance, however no equivalent services are provided for adults due to lack of funding. The same funding shortfall affects patients in his specialty area of post-natal and peri-natal depression with no clinical beds available at all for treatment of such patients.

To highlight a couple of disorders: Bipolar is often difficult to diagnose as it requires two mental states to be displayed, and often the second energetic burst can follow many years after the first depressive state. Schizophrenia is very much about hearing voices, believing you are someone you are not and a recent Rotary grant to a colleague provided development funds for a new program using interesting cognitive props such as the game "Where in the world is Carmen Sandiego?"

Questions to the professor from **Geoff Brennan, Surinder Joson, Jim Hull** and others before **Rob Mitchell** gave a final Thank You for both the presentation and the lives we have and the support that is available to so many variables of such a disease.

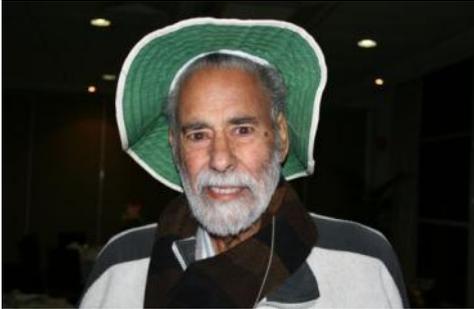
The meeting finished with the anthem, and then 4 or 5 or 6 more notices and reminders from **President Ken**, before the assembled multitude socialized for a further 30 minutes, no-one wanting to leave! Was it the hats? The mental health? The arguments about smacking children? The glorious company?

Kalma McLellan



Can't attend next week's meeting? — Ring Val

Hat Day for Mental Health



Hat Day for Mental Health



Ryde Rotary and the Red Shield Appeal



**RED
SHIELD
APPEAL**

Rotary Club of Ryde has been helping the Salvos for the past 16 years to raise funds for the most needy in our society. The target for 2012 Red Shield Appeal is \$90 Million.

As always our collection started with a generous and kind hearted donation from PDG Les Whitcroft.

This year the number of the JRAHS Interact students and helpers increased. We had 82 James Ruse Agricultural High School Students doorknocking houses in Denistone, West Ryde and Eastwood suburbs.

Four car dealers in the area offered us free vehicles or sponsored a bus to make the ferrying of the students easier. David Tompkins who is the owner of Ryde Toyota sponsored a 20 seater bus and offered to drive it on Sunday and Rotarian Graham Metcalfe was the navigator for him. On Saturday Mr. Richard Roebuck, a volunteer from Gladesville offered to drive the bus for free and Rotarian Bill Payne was the navigator.

Tom Kerr Auto offered us an eleven seater vehicle and Rotarian John Brown was the driver for Saturday and Sunday. Brad Garlick Auto offered a seven seater and Rotarian Kalma Mclellan was the driver for the two days.



When two Rotarians informed me that they will not be able to help, I did not stress and thought someone will help. I received a telephone call from Hunter Holden the following day informing me that there will be a ten seater bus with a driver available for Saturday and Sunday to transport the students. Mr. Des Klein from Hunter Holden was the driver of the bus and Erdem Toner and Graham Metcalfe were the navigators for the two days.

On Sunday mid morning PP Noel Dunn turned up to make sure we are all doing a good job. Thank you Noel for your support, you have been doing this job for over ten years and you taught me a lot. We'll now strive to do the job as good as you did in past years.

Continued page 9

Ryde Rotary and the Red Shield Appeal ... *continued*

Having James Ruse Agricultural High School students and all the local car dealers, the job was made easy. Eight Rotarians (Martin Aston, John Brown, Adrian Hallett, Kalma Maclellan, Graham Metcalfe, Bill Payne, Duncan Taylor and Erdem Toner) were busy transporting students, Rotarian Ron Taffa was counting money and Rotarian Val Payne was in charge of the morning tea. This year the morning tea was sponsored by St George Bank.

Thank you to everyone. We raised a total of \$16,596.00 and this includes PDG Les Whitcroft's donation. We did our share to make sure the Salvos can continue the great work they do to look after the most vulnerable and needy in our community. God bless their work.

Nora Etmekdjian

Opening of Lardelli Park at Putney Hill

The redevelopment of the Royal Rehabilitation site is in full swing and the residential developers, Frasers Property, invited our club to provide traffic marshalls and BBQers at last Saturday's opening of Lardelli Park within the complex. At our last meeting, Project Director Rob Mitchell explained the opportunity that this invitation represents for future events.

A good crowd from Ryde met early on-site for a briefing and the more important ranks went off to direct traffic etc, resplendent in black polo shirts and high visibility vests. To see Bob Kaye-Smith and Graham Metcalfe proudly patrolling the crowd, clutching very important clipboards, was proof to us humble BBQers that there are higher levels to which we can aspire.

Thanks again to our expert and master providore Adrian Hallett, the BBQ went very well with 350 sausage sandwiches dispatched in about 2 hours. Rob Mitchell and Ian Henderson on snags, myself on onions and Paul Burnett and Jenny magnificent on dishing-up. Richard Henricus handled the running commentary. He started talking at 9.45am, notched it up a level when Hendo arrived and maintained the pace until noon, notwithstanding jumping in with a massive back-up of Paul and Jenny when the crowds came. Who said males can't do two things at once; this bloke served at a rapid pace matched only by his repartee! As you can see from the photos, Hendo was mightily impressed and the two are now "hugging buddies"; fellowship is too weak a description for the relationships that can form at a Rotary BBQ.

It was a wonderful morning at the BBQ and Adrian Hallett and Rob Mitchell are to be congratulated on their handling of the exercise.



Geoff Brennan


Attendance last meeting

Attendance Last Meeting: 85.00%

Makeups: Bob Kaye-Smith, John Dodd

Apologies: Les Whitcroft, Allen Horrell, Ashley Peake, Bob Carroll, Bob Kaye-Smith, John Dodd, Mick Nelson, Noel Dunn, Patrick Longfield, Tony Abboud, Ian Henderson, John Mazlin, Richard Henricus

Rotarian Guests: Judith Curtin (Hunters Hill), Lydia Scuglia (Macquarie Park), Neville & Lyn Hodgson (Hunters Hill), Patricia Keith (Eastwood), PDG George Papallo & Cathie (St Ives), Phillip Siggelkow (Hunters Hill), Tony Tang (Eastwood), Hameed Fazal (Macquarie Park).

Guests of Members: Danielle Allen, Janice Brennan, Dee Brown, Margaret Cooper, David Trenear, Patricia Foertsch, Linda Hallett, Bernadette Horrell, Jennifer & Cameron, Carolyn Metcalfe, Rose Rocca, Marli Taylor, Undine Kovaluns, Vicki Jandey

Other Guests: Simone Checchia, Jason Cowland, Jim Hull, Nieta Mathews, Michael & Michelle Pont, Daphne Spurway, Ulrike Eichmeyer, Linda Werbeloff

Guest Speaker: Prof Philip Boyce

Looking Ahead...

May 29: Pride of Workmanship Awards

June 5: Macular Degeneration—Donna Hendry
Macular Degeneration Foundation

June 12: Travel Management—Barry Mayo

June 19: Club Night—Burkhart and the team will propel you into next year.

June 26: Club Changeover



Any suggestions? Contact David James: david.w.james@gmail.com 02 9712 7290

Birthdays and Anniversaries

None!

Meeting Night Roster					
Date	Welcomers		Loyal	Intro	Thanks
29/05/12	David James	Ron Thomson	Ashley Peake	—	—
5/06/12	Jan Cutler	Nora E.	Ross Rocca	Bill Payne	Ashley Peake
12/06/12	Burkhart F.	Adrian Hallett	Stefan Sojka	Val Payne	Ross Rocca

If you are unable to fulfil this duty, arrange your own swap and then advise President Ken

Other events ...

- ▶ **Paint Vandalism (Graffiti) Removal**
Date: Sunday 3rd June (first Sunday in the month)
Time: 8am — 10am
Details: Charles Kilby
- ▶ **Rotary Club of Epping 50th Anniversary celebration**
Date: Saturday 16th June
Time: 6.30 for 7pm
Venue: The Epping Club
Details: Graham Stevens 9743 6974 (see notice page 6)
- ▶ **District Changeover**
Date: Friday 29th June
Time: 6.30pm
- ▶ **Theatre Party—The Mousetrap**
Date: Sunday 15th July
Time: 3pm, Sydney Theatre, Walsh Bay
Details: John Dodd is collecting your money.



END OF YEAR REPORTS

ARE DUE

Tuesday 5th June

MS Word or plain text format
E-mail to: editor@ryderotary.org.au
and give printed copy to David James

Friday Night Roster for Victoria

Victoria is presently hosted with Charles & Victoria Kilby

Who	When	Who	When
Paul Burnett	8/6/2012	Artin & Nora E.	22/6/2012
Jan Cutler	15/6/2012	District Changeover	29/6/2012

The Rotary Club of Ryde



The Rotary Vision

Rotary is a worldwide organisation of more than 1.2 million business, professional, and community leaders. Members of Rotary clubs, known as Rotarians, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

There are 33,000 Rotary clubs in more than 200 countries and geographical areas. Clubs are non-political, nonreligious, and open to all cultures, races, and creeds. As signified by the motto "Service above Self", Rotary's main objective is service — in the community, in the workplace, and throughout the world.

Rotary Grace

O Lord and giver of all good
 We thank you for our daily food
 May Rotary friends and Rotary ways
 Help us to serve you all our days.

The Four-Way Test

of the things we think, say & do:

1. Is it the Truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Advance Australia Fair

Australians all let us rejoice, for we are young and free;
 We've golden soil and wealth for toil;
 Our home is girt by sea;
 Our land abounds in nature's gifts,
 of beauty rich and rare;
 In history's page, let every stage, Advance Australia Fair.
 In joyful strains then let us sing, Advance Australia Fair!