

THE ROTARY CLUB OF RYDE—DISTRICT 9680 CHARTERED 1946

# The HUB

Tuesday 12th June 2012

Volume 66

Issue No. 48



Reach Within to Embrace Humanity

## Rotary International Officers 2011 — 2012



President Rotary International.....	Kalyan Banerjee Vapi, Gujarat, India
District 9680 Governor .....	David Rands

## Rotary Club of Ryde

### Directors

President .....	Ken Allen
Administration .....	Burkhart Foertsch
Foundation .....	John Mazlin
Membership .....	Allen Horrell
Public Relations .....	Adrian Hallett
Projects .....	Siddharth Maheshwari
Secretary .....	Bob Kaye-Smith
Treasurer .....	Graham Metcalfe
Immediate Past President .....	Allen Horrell

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Community Service.....	Nora Etmekdjian
International Service .....	Erdem Toner
Vocational Service .....	Ron Thomson
Youth Service.....	Charles Kilby

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Photographer .....	John Mazlin
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Programmes .....	Martin Aston
Attendance.....	Ross Rocca
Social Secretary.....	Peter Cooper
Historian & Archivist.....	Doug Thompson
Conference Co-ordinator .....	Patrick Longfield
Public Officer.....	John Dodd
Webmaster.....	Stefan Sojka
Web Address .....	<a href="http://www.ryderotary.org.au">www.ryderotary.org.au</a>
E-mail address for HUB contributions.....	<a href="mailto:editor@ryderotary.org.au">editor@ryderotary.org.au</a>

## 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... The Winds of Change

**Tonight June 12: The Winds of Change —**  
Stuart Heal—Rotary International Director (2010-2012)

### Tonight's Roster

Welcomers	Burkhart Foertsch & Adrian Hallett
Loyal Toast by	Stefan Sojka
Guest Speaker introduced by	—
Guest Speaker thanked by	—



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



**G**reetings to all readers of The Hub. This week we have great cause to celebrate having received several awards at the recent District Awards Night.

Congratulations to Stefan and Lata as once again we were awarded the Norm Roach Award for the Best Club Website! Congratulations to editor David James and all who contributed to the Hub, it receiving two awards, one for best bulletin - large clubs, and one for best produced bulletin overall. Well done and thoroughly deserved! We also received two club awards; A Changemaker award from Rotary International President Kalyan Banerjee for our contribution to positive and significant change in the community and the world. There was a further Club Award for our contributions per member to Australian Rotary Health. Wonderful achievements for the club overall as we look back over the past year.

This week we will be watching a DVD 'The Winds of Change' from Stuart Heal, Rotary International Director 2010 – 2012

Also this week the list for our own Club Changeover will be circulated again for those who missed it last week and please make sure that if you are coming to the District Changeover (and a great many are) that you pay Graham.

Surinder Joson has joined those on the sick list and has asked for leave of absence for a few months. We hope you recover soon Surinder, and look forward to you rejoining us.

See you Tuesday

*Ken*



### Last week ... as extracted from Stefan Sojka ....

*... after what felt like water-boarding, but was really just extra-strong peer pressure to fill in for Allen Horrell.*

**A**fter last week's record POW crowd, that required walls to be knocked down to create a meeting of diamond jubilee proportions, we were back in the little room again for a good old fashioned regular club meeting. Still enthused from the week before, and possibly enlivened by the sheer excitement of having arrived at the club in one piece in the middle of a massive storm, Rotary Grace was delivered with extra gusto and **Ross Rocca** delivered a hearty toast to our diamond jubilee Queen.

**President Ken** continued with the obligatory apologies and announcements. **Victoria Blichfeldt** was back from safari, **Surinder** is not feeling well, **Ashley Peake** and **Les Whitcroft** decided very wisely not to brave the inclement weather, **Patrick Longfield** chose to avoid the 5 hours' drive from Randwick.

Celebrations included **Ian Henderson**, with 24 years of heckling and **Victoria Blichfeldt**, who turned 18 and looks to be celebrating it with the Dodd clan, a risky but exciting prospect, especially if they manage to pick the lock on DGE **John Dodd's** liquor cabinet.

One of our newest members, **Geoff Nix** was then called upon to give his introductory vocation talk. Using the old adage of "practice what you preach" he utilized his time magnificently effectively, as well as clearly having found the time to have prepared more than adequately, all his slides and content for his presentation. He introduced his new time management training business, "**Make Time Work**", embellished even further with an image of a magical garden on the screen.

Geoff has worked in management, and marketing for 26 years, crowning his career off at the Australian Institute of Management, before striking out now on his own. His mission is to help everyone make the most out of the limited time we have on this earth. Time is very precious (even the time it takes to write this article, when I could be reclining in my La-Z-Boy watching re-runs of Dad's Army), yet they never seem to teach us how to use and manage time at school. Rather, we are taught to leave everything until the last minute (like this Hub article), which leads to stress (just like I am feeling). It is hard to be happy and deliver good results when stressed (as you, dear reader can plainly see, woe is me!). But we can only blame ourselves (or Allen Horrell and David James).

Geoff has researched and built a training program from the ground up, using everything he has learned in 26 years of management. He has found a huge gap in the market for a comprehensive program, which covers the logical, emotional, physical and interpersonal aspects of time management. Some of our members have already experienced the course, as Geoff set up a pilot to which he daringly invited PP **Geoff Brennan** along and foolishly asked him for feedback. Amazingly, though, he came out unscathed and even thanked Geoff Brennan for his valuable contributions. He was going to ask Geoff to come up and talk about his experience with the program, but we ran out of time.

*Continued page 5*

### Last week ... continued

PR guru **Adrian Hallett** then read out a wonderful “thank you” card from James Ruse Interact for letting them participate in **Nora Etmekdjian’s** hugely successful Red Shield appeal and another thank you from Tebbutt Lodge for helping them with their big clean-up. It seems we scored a bunch of goodies, like walking frames and wheelchairs – even a full electric wheelchair, which we can utilize in the “Donations in Kind” program and send them overseas.

Adrian then went on to convince us all that we need to attend Geoff Nix’s “Make Time Work” course, as the next month’s calendar is fuller than a Bavarian at Oktoberfest. Block BBQ at Taffa’s, host family training morning, party at the Crematorium, BBQ at the Gladesville lock-up, Blue Light Disco at the RSL, Epping Club’s birthday, District Changeover, District Awards, Club Changeover... Help, Geoff Nix!! Make Time Work!!!

DGE **John Dodd** added to the time vortex with Mousetrap tickets and a little update about Victoria’s living situation and party plans.

Then it was **Victoria’s** turn. Having just returned from Safari – the massive adventure on every exchange student’s calendar here in Oz – she had plenty to tell us about. She was a little sad that it was over, but had so many awesome memories to take home. She flew to Coolangatta, then Cairns, went to Australia Zoo, went snorkeling, went to Green Island, flew to Alice Springs, slept under the stars, found it cold and windy (and she’s from Norway!), saw a magnificent sunset at Uluru, Kings Canyon, heard some aboriginal stories, slept underground at Coober Pedy, then off south to Mt Gambia, driving the Great Ocean Road, to Melbourne and back home. What a trip!!! She had a great time with the other students, running a fine session to raise money for ShelterBox and putting on a talent quest, where one of the other students could name the capital city of any country in the world. All in all, Victoria said she had an amazing time.

I am not sure if this was in correct order, but President Ken then asked for attendance figures from PP **Ross Rocca**, who chimed in with 83%

Following **Geoff Nix’s** lead, the evening raced along and straight into Sergeant **Steve Thorp’s** fine session and spackle. **Bob Kaye-Smith** won the wine, but not the jackpot, then **David James** and birthday girl **Victoria** set about collecting fines.

**Tony Abboud** would have been fined, had he attended, for scaring the police away from his table at last week’s POW dinner. **Geoff** was fined for spruiking Taffa’s hardware with a new tagline: “Great prices and awesome hardware”. **Jan Cutler** was fined for the hugest Pride of Workmanship ever, service chairs for late reports, **Adrian Hallett** for too many dates in the calendar, **Siddharth** for winning his permanent residency, **Geoff Nix** for saying that Geoff Brennan has a friendly face and **Duncan Taylor** for his 34th club anniversary.

It was then time for our guest speaker, **Donna Hendry** (a one time Rotary exchange student), Senior Education Officer at the Macular Degeneration (MD) Foundation, a charity with Ita Buttrose as its patron. **Bill Payne** introduced Donna with a personal story about MD – his (and our) very own **Val Payne** has it. Bill spoke of Val’s disappointment and frustration of slowly losing her visual faculty and having to rely on others.

*Continued page 6*

### Last week ... continued

Donna then introduced herself as someone with a background in marketing and a mission to promote MD awareness and reduce its incidence and impact. She covered MD's causes, remedies and preventions, beginning with a journey through the eye.

The MD Foundation provides education, awareness, representation, research and support services as well as producing publications.



*Donna Hendry and Janice Clarkson, Macular Degeneration Foundation, with President Ken.*

MD is progressive and chronic. Sufferers lose their central vision. It affects 1 in 7 people to some degree over the age of 50. It is generally age-related, but can also be genetic and can be made worse with smoking. There are two main types of MD – Wet and dry. Wet is where a blood vessel bursts in the back of the eye and blocks you from seeing properly. Dry is where the “macula” literally degenerates. Wet MD can be treated, but dry MD cannot.

There are many symptoms. You can't recognize faces and can't read easily. You get dark patches in your field of vision, distortion, glare and night blindness.

Donna urged us all to have regular eye tests and see our optometrist regularly. If anything changes, we must see an ophthalmologist. She very nicely left us all an “Amsler Grid” fridge magnet, so that we can check ourselves at any time for MD. More information can be found at [www.mdfoundation.com.au](http://www.mdfoundation.com.au).

Apparently there are a few foods that are really good for the macula, mainly dark green and yellow vegetables, as well as eye-health-friendly food supplements. Spinach, olive oil and fish, mainly salmon, tuna and barramundi are great, as are some nuts. Donna put a picture of Popeye on the screen, eating his spinach, but noted that he squints a lot, most likely because he smokes. Someone heckled that at least he gets plenty of Olive Oil!

Donna said the MD foundation is very grateful for Rotary's support. **Val** got up and told her story of how her mum had MD but never knew. Val only realized her mum had MD when she started getting it herself. Our resident Optometrist, **Martin Aston** suggested that perhaps Aspirin was a factor, but he is only an optometrist, not an ophthalmologist, so perhaps we should take Martin's Aspirin with a pinch of salt.

It was very fitting that the person to thank the guest speaker was **Geoff Nix**. The evening has run a full 20 minutes under time!! But did we take advantage of the 20 minutes, and “make time work”? Yes we did... we all rushed off home in the blustery, chilly, stormy night to rug up, drink a hot chocolate and meditate for 20 very valuable minutes on what an excellent meeting it had been.

**Stefan Sojka**

**'The Block' @ Taffa's Mitre 10**



*Lara & Brad from Channel Nine's "The Block"*



*Ryde Rotarians testing the merchandise*



*Every Rotary project needs a supervisor, or two (or four?) ..... "Just as I thought, it's not raining..."*



## Learn Grow

### **N**ew Rotarian Action Group helps countries grow food that suits their nutritional needs

When Australian Bruce French went to Papua New Guinea as an agriculture instructor 40 years ago, his students asked him to teach them about native edible plants.

"I knew nothing about Papua New Guinea food plants," he recalls. "So I had to start learning."

The result was a series of books on indigenous food plants, and the not-for-profit Food Plants International, which maintains a database of 25,000 edible plants that includes descriptions, lists of countries and climates where they grow, photos and drawings, and cooking methods.

"There are thousands of nutritious plants, but people don't have any information about them," says Buz Green, an agriculturalist and member of the Rotary Club of Devonport North, Australia. "We're trying to bridge some of the gaps."

"Rotarian teams in developing countries inevitably identify hunger, malnutrition, and food security as critical issues," Green explains. "They tend to look to Western solutions to address food production issues."

#### **Nutritional profile**

The problem, he says, is that Western crops don't have the right nutritional profile for people in the developing world, whose diets often have little variety. Indigenous crops can allow them to eat more nutritiously and are already adapted to local pests, diseases, and climatic conditions.

The "green revolution" of the 1950s and '60s, for example, led to increased agricultural productivity in Asian countries, but also to unforeseen effects. The weeds that grew in rice paddies had served as the primary source of vitamin A for villagers in India, and when those weeds were eradicated, the people became deficient.

"Virtually every woman in the tropical world is anemic," French adds. "We go there with cabbages and make the situation 10 times worse."

#### **Learn Grow**

French and Green launched the Learn Grow project in June 2007 to help people in developing countries grow local food that suits their nutritional needs. Early last year, the RI Board recognized the Food Plant Solutions Rotarian Action Group, whose 195 members will help Rotarians implement Learn Grow efforts, according to its chair, Past RI Director John Thorne, of the Rotary Club of North Hobart, Australia.

In August 2010, Learn Grow launched a pilot project in the Solomon Islands, producing a compendium of local edible plants, field guides for growers, and a book on crops for schools and community groups. Local organizations provide support and distribute information. The project team has received inquiries from 20 developing countries; another effort is underway in the Democratic Republic of Timor-Leste.

*Diana Schoberg and Katie Hills  
The Rotarian — June 2012*

## Rotary Success Conference

### *Who should be attending?*

**A**ll Rotary Leaders, Presidents and Presidents Elect, PR Chairs, Membership Chairs and Future Rotary Leaders and Rotarians who want to be involved in the continuing success of Rotary in Australia.

**Everything is in place  
for the National Rotary  
Success Conference on  
July 21st-22nd**

At this conference you will be able to participate in breakout sessions on various topics such as Membership Retention, Membership Recruitment & Extension, Diversity in Rotary, Flexibility and Innovative Clubs in the Future, Leadership, Public Image and Media, Club Visioning and more. As well people will be able to learn about the IT behind setting up an E Club.

Social Media will play a big role in the future of Rotary, Mark Wallace the Editor of Rotary Down Under is an acknowledged expert in this field and he will be leading two breakout groups on Social Media and how it can help your club to grow.

Philip Archer the Rotary Public Image Coordinator for the Zone is a leader in his field of Public Relations and public Image. Philip is a visionary and has good practical ideas that all Clubs and Districts can use in promoting Rotary.

Hear about new innovative ideas on a wide range of topics, all practical ideas that you can use in your club.

RI President 2013-2014 Ron Burton will be a keynote speaker on the Saturday morning. The closing speaker will be Kirsty Sword Gusamao who will share how Rotary has been successful in her country of Timor Leste.

I am positive that every Rotarian will gain practical knowledge and new ideas to take back to their Clubs and Districts from this Conference. You will meet Rotarians from across Australia and be able to share with them your ideas and hear their ideas; it will be a great experience. Register now at the Rotary Down Under website. The cost is \$100 per person; this includes morning teas, afternoon tea and the Saturday night dinner.

***PDG RC Noel Trevaskis***

## We'll be sad if we don't SEE YOU ON TUESDAY ...



If you need to give a late apology for non-attendance at any meeting please ring Val Payne **(9874 5787)** **before 10am Monday**. Club policy is that you will be expected to pay for your meal if you are absent without timely apology. Isn't that **fair to all concerned?**



### Attendance last meeting

**Attendance Last Meeting:** 81.40%

**Makeups:** Allen Horrell, Charles Kilby, Siddharth Maheshwari  
**Apologies:** Surinder Joson, Les Whitcroft, Allen Horrell, Artin Etmekdjian, Ashley Peake, Charles Kilby, Mick Nelson, Noel Dunn, Patrick Longfield, Ron Thomson, Tony Abboud, Kalma McLellan, Paul Burnett, Richard Henricus, Terry Kerim  
**Guests:** Janice Clarkson (Macular Degeneration), Victoria Blichfeldt  
**Guest Speaker:** Donna Hendry, Macular Degeneration Foundation of

### Looking Ahead...



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

**June 26:** **Club Changeover**

**July 3:** **Club Night + My Year in Australia** — Exchange student Victoria Blichfeldt's recollections of her year with us prior to returning home to Norway on July 11

**July 11:** **Zone Meeting with DG** — **Note that this week we meet on Wednesday**

**July 17:** TBA

*Any suggestions? Contact David James: [david.w.james@gmail.com](mailto:david.w.james@gmail.com) 02 9712 7290*

### Birthdays and Anniversaries



**June 17th** 59 year Wedding Anniversary for **Ross and Rosina Rocca**

### Useful websites

- Rotary Club of Ryde [www.ryderotary.org.au](http://www.ryderotary.org.au)
- Rotary International [www.rotary.org](http://www.rotary.org)
- Rotary Down Under [www.rotarydownunder.com.au](http://www.rotarydownunder.com.au)
- ShelterBox Australia [www.shelterboxaustralia.com.au](http://www.shelterboxaustralia.com.au)
- School of St Jude [www.schoolofstjude.co.nz](http://www.schoolofstjude.co.nz)

### Meeting Night Roster

Date	Welcomers		Loyal	Intro	Thanks
<b>19/06/12</b>	Ian Henderson	Richard Henricus	Ron Taffa	—	—
<b>26/06/12</b>	John Higgins	Allen Horrell	—	—	—
<b>3/07/12</b>	Charles Kilby	Patrick Longfield	Duncan Taylor	Charles Kilby	Adrian Hallett

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

## Other events ...

- ▶ **District Training for new Exchange Students**  
Date: Saturday 16th June  
Time: 9:00am to 12:30am  
Location: Thornleigh
- ▶ **Official Opening of new Function Centre**  
Northern Suburbs Crematorium  
Date: Saturday 16th June  
Time: noon to 3pm  
Location: Delhi Road, North Ryde
- ▶ **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
- ▶ **Gladesville Police Station—BBQ**  
Date: Sunday 17th June  
Details: TBA
- ▶ **Blue Light Disco**  
Date: Saturday 23rd June  
Venue: North Ryde RSL  
Details: Macquarie Uni Rotaract
- ▶ **District Changeover**  
Date: Friday 29th June  
Time: 6.30pm
- ▶ **Paint Vandalism (Graffiti) Removal**  
Date: Sunday 1st July (first Sunday in the month)  
Time: 8am — 10am  
Details: Charles Kilby
- ▶ **Theatre Party—The Mousetrap**  
Date: Sunday 15th July  
Time: 3pm, Sydney Theatre, Walsh Bay  
Details: John Dodd is collecting your money.
- ▶ **National Rotary Success Conference**  
Date: 21-22nd July



## Friday Night Roster for Victoria

Victoria is presently hosted with John & Janelle Dodd

Who	When	Who	When
Jan Cutler	15/6/2012	District Changeover	29/6/2012
Artin & Nora E.	22/6/2012	Burkhart Foertsch	6/7/2012

## 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!