

# The HUB

Tuesday 24<sup>th</sup> March 2015

Volume 69

Issue #35



**JUNIOR SCHOOLS PUBLIC SPEAKING COMPETITION  
PRELIMINARY FINALS 2015**



**President Rotary International**

**Gary C.K. Huang**  
**Rotary Club of Taipei, Taiwan**

**District 9685 Governor**

**Ian Scott (Central Blue Mountains)**

**ROTARY CLUB OF RYDE**

**DIRECTORS**

|                                       |                |
|---------------------------------------|----------------|
| <b>President</b> .....                | Kalma McLellan |
| <b>Administration</b> .....           | Victoria Gouel |
| <b>Foundation</b> .....               | PDG John Dodd  |
| <b>Membership</b> .....               | Kathryn Dodd   |
| <b>Public Relations</b> .....         | Tony Abboud    |
| <b>Projects</b> .....                 | Bob Kaye-Smith |
| <b>Secretary</b> .....                | Stephen Thorp  |
| <b>Treasurer</b> .....                | David James    |
| <b>Immediate Past President</b> ..... | Adrian Hallett |

**AVENUES**

|                                    |             |
|------------------------------------|-------------|
| <b>Community Service</b> .....     | Julie Thorp |
| <b>International Service</b> ..... | Ken Allen   |
| <b>Vocational Service</b> .....    | Jan Cutler  |
| <b>Youth Service</b> .....         | John Brown  |

**COMMUNICATIONS**

|                                    |  |
|------------------------------------|--|
| <b>The HUB Editor</b> .....        | Kathryn Dodd   |
| <b>Serjeant-at-Arms</b> .....      | Patrick Longfield  |
| <b>Programmes</b> .....            | Duncan Taylor  |
| <b>Attendance</b> .....            | Ross Rocca   |
| <b>Social Secretary</b> .....      | Peter Cooper   |
| <b>Events Co-ordinator</b> .....   | Julie Thorp  |
| <b>Public Officer</b> .....        | Stephen Thorp  |
| <b>Website Administrator</b> ..... | Stefan Sojka   |
| <b>HUB Contributions</b> .....     | <a href="mailto:editor@ryderotary.org.au">editor@ryderotary.org.au</a> |

**CLUB INFORMATION**

**Chartered 22nd April 1946    District 9685    RI Club #18039**

**MEETINGS EVERY TUESDAY 6PM FOR 6:30PM**

**MEETING LOCATION:**  
 Next Generation Club (Level 2)  
 Ryde Aquatic Centre  
 504 Victoria Rd, Ryde

**POSTAL ADDRESS:**  
 Rotary Club of Ryde Inc.  
 PO BOX 90  
 Ryde NSW 1680

**RSVP GUESTS OR ABSENCES TO JULIE THORP: 9871 1109**

**March 24<sup>th</sup>** Ryde War History Project  
**Kim Phillips**

### TONIGHT'S ROSTER

**Welcomers** Julie Thorp & John Higgins

**Toast to Rotary** Ross Rocca  
 Chartered March 23<sup>rd</sup> 1955 : The Rotary Club of Cupertino, California USA

**Introduction** Allen Horrell

**Vote of Thanks** Ron Taffa

**Upcoming duty roster is on Page 7.** If you are unable to fulfill any duty, please arrange your own swap and inform President Kalma of the change.

### KALMA'S KORNER

Dear Rotarians and Friends of Rotary,

How do you fit so much into a corner since last week – I think I need a room!

Firstly the wonderful feedback you have all provided to the insight on childhood anxiety and its ramifications from daughter-in-law Lauren last week. We were all surprised to hear of the potential outcomes of lack of treatment, and they were not pretty!

Secondly, thank you to everyone for making our 10<sup>th</sup> JSPSC preliminary event at Eastwood Heights Public School another resounding success! Special thanks to event co-ordinator Patrick Longfield for ensuring we all did what was required on the night and that everything ran like clockwork. For those of you unable to attend, you will have the honour of meeting and hearing from the finalists next week – quite a privilege!

And thirdly, a great District Conference over the weekend. I know that our resident reporter Allen Horrell will provide in depth feedback in coming editions, but couldn't let this week go by without mention – what a hoot! And we learned something as a bonus!

Kalma

### A SNAPSHOT OF : THE ROTARY CLUB OF CUPERTINO, CALIFORNIA



District Assembly will be held on Sunday 12<sup>th</sup> April 2015 as a training event for the 2015/16 Board and Avenues of Service Chairs.

Please register at the following <http://assembly.rotarydistrict9685.org.au/>

If you are unable to attend please advise Victoria and find a suitable alternative. New members or those that have not participated in a District Assembly are welcome to join us to learn more about district, how to run a Club and learn new ideas. Please contact Victoria if you would like to attend.

### UPCOMING EVENTS FOR YOUR CALENDAR

**March 28th (Sat) Bop the Blues Away : A Rock'n'Roll Night to Remember**  
7pm / \$45pp / Roselea Community Centre / More info on request

**March 29th (Sun) Meals on Wheels**  
Volunteers Needed - see Bob Carroll for more information

**April 11th (Sat) Ryde Rotary BBQ @ Ryde Aquatic Centre for Rainbow Club**  
Volunteers Needed - see Adrian for more information

**April 12th (Sun) District 9685 Assembly**  
Club Directors & Avenues of Service Chairs must attend training

**April 19th (Sun) Lindfield Rotary Fun Run : 5km run/walk & 10km run**  
\$30pp / Earlybird Rates Online / [www.lindfieldrotaryfunrun.org.au](http://www.lindfieldrotaryfunrun.org.au)

**May 3rd (Sun) Graffiti Removal (First Sunday every month!)**  
Meet 8am West Ryde Car Park in Ryedale Rd

**May 15th (Fri) E-SatRYDE Golf Day**  
Save the date (but don't cancel your work day) / More information to come!

**May 19th (Tues) Ryde Rotary Pride of Workmanship Awards**  
6 for 6:30pm / \$30 / Next Generations, Ryde Aquatic Centre

**June 7th (Sun) Graffiti Removal (First Sunday every month!)**  
Meet 8am West Ryde Car Park in Ryedale Rd

### WE'LL BE SAD IF WE DON'T SEE YOU NEXT TUESDAY!



If you need to give a late apology for non-attendance at any meeting, please contact **Julie Thorp as early as possible!**  
(10am Monday at the absolute latest)

**9871 1109 0416 208 332 [j.thorp@bigpond.net.au](mailto:j.thorp@bigpond.net.au)**

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?**



We're embarking on a golf tournament in May which is a form of golf which can be played without having to wear funny clothes or turn up on a rainy morning to play 18 holes in soggy shoes.

The Rotary Satellite e-Club of Ryde (known as "eSatRyde"), under the auspices of our Rotary club (the "core" club), has embarked on a new project and, as far as we know, an untried method of fundraising ... Golf in your pyjamas. It's an eSatRyde brainchild. **The Ryde e-Cup.**

We've set aside **Friday 15th May 2015** as the "day"; starting at 8am and concluding at 9pm. Yes a whole day of virtual golf – 18 holes of golf played with your mouse! Drinks are provided by you, from your own kitchen. And you can also have as many breaks in the game during the day as you need – just keep the game open on your computer.

**Registrations are open** and the only way to book is at [www.trybooking.com/HBNZ](http://www.trybooking.com/HBNZ).

The cost of a game is \$30 per person (plus booking fee), so why not enrol your family as well! Our mascot, Rory McIlmouse will be happy to receive your registration. If you register now and later discover more people you'd like to pay for, add a new registration.

In the next week or so we will launch the web page dedicated to the Ryde e-Cup.

### **WE ARE LOOKING FOR SPONSORS!**

Tournament sponsors receive a space for a banner advertisement on the web-page as well as a similar visual in each of the mailouts we'll send to our "golf list". These little ads can have a hyperlink back to your website.

Most Ryde club members have connections through their current or recent profession. Please use them to promote firstly a sponsorship opportunity and then a wee game o' golf. If they sign on as the major sponsor, this comes with 4 games.

Practically all funds raised can be used for community purposes and the Satellite e-Club is charged with such distribution. The following beneficiaries have been identified for this year:

Brighter Futures, West Ryde (Benevolent Society)

Tamil Nadu Project (an extension of the prior commitments of the core club)

and a corporate citizenship award

Please support this initiative. You don't have to be a wiz at golf or a technical genius. If you can load a web-page and use your mouse and keyboard then that's the primary qualification.

Please call me if you have any questions, comments or offers.



Rory McIlmouse

A green army turned out at the Ryde venue for the St Patrick's Day meeting, with many an improvised Irish greeting and a run on sales of Guinness to mark the day. **President-Elect Victoria** was well prepared to toast Rotary International, and **President Kalma McLellan** welcomed our guests including her son **Alex** and daughter-in-law **Dr Lauren McLellan**, both of whom proved to be good company at our table. **Steve** reported that **Hendo** is on the mend, but will be in rehab at Ryde Hospital for at least another four weeks. Visitors welcome.



The Irish Jokes section of the evening started with **Stefan O'Sojka's** tale of Tall Shaun's head. **PDG John Dodd's** Irish cat buried itself in the back yard, while **David James'** holiday story paled beside **David Johnston's** Irish Air Disaster. **Swati O'Maheshwari**



told us what a three man tree-planting team did when Shaun rang in sick, earning her a well-deserved 1st Prize certificate, a Leprechaun's hat and a bag of potatoes. **David Johnston** came 2nd, and **John Dodd** came last, but only because competition organiser **Julie Thorp** told her Irish email joke after the awards had been given out!

Guest speaker **Lauren** drew **Paddy Mahony's** ticket, but **Paddy O'Longfield** managed to retain the joker for another week. Cross-fines ended with **President Kalma McLellan** being fined by her own son for her outrageous fluoro-green hairdo. She retaliated with a mother's stink eye, which had little apparent effect.

**Dr Lauren McLellan** was then introduced very ably by **PP Martin Aston**, and began her talk on anxiety, which she described as a malfunction of the "Fight or Flight" reflex, a problem if you want to do both, but can do neither. She described anxiety attacks using a slide of a cloud, a thermometer, a person and a large arrow. The "cloud" was a thought bubble, the thermometer represented feelings, the body physiological reactions, and the big arrow was taking action.

Lauren has been developing the **Cool Kids** clinical program to help kids with anxiety disorders, but found there were barriers to taking part in the program at Macquarie University: stigma, access and cost for starters. She is now delivering the program on-line to reduce the cost and increase the reach of her program, making good use of the \$225,000 grant from Rotary Health. **PP Geoff Brennan** thanked Lauren on our behalf, and we sang our National Anthem to end the meeting. Alex and Lauren would both make great Rotarians: Someone should invite them to join.



**Percentage Attendance 17<sup>th</sup> March: 94.12%**

**Makeups:** PP Rob Mitchell, Rtn Victoria Gouel.

**Apologies:** PDG Les Whitcroft, PP Artin Etmekdjian, PP Burkhart Foertsch, PP John Higgins, PP Ken Allen, PP Peter Cooper, PP Rob Mitchell, PP Tony Abboud, Rtn Ian Henderson, Rtn John Brown.

**LOOKING AHEAD**

- March 31<sup>st</sup>**      **Junior Schools Public Speaking Competition FINALS**
- April 7<sup>th</sup>**      Ryde SES - **Warren Smith**
- April 14<sup>th</sup>**     Army Timor Barracks Cadets
- April 21<sup>st</sup>**     **Ryde Rotary Birthday Party! Details TBA.**

**FELIX MORLOCK - FRIDAY NIGHT ROSTER**

**Felix is currently hosted by the Jenkins family**

**Felix: 0420 286 303**

Please confirm your plans in advance with both Felix and the Jenkins family!

- March 27<sup>th</sup>**      Peter & Margaret Cooper
- April 3<sup>rd</sup>**        If you have something on, invite Felix!
- April 10<sup>th</sup>**     Bill & Val Payne
- April 17<sup>th</sup>**     Ross & Rose Rocca

**BIRTHDAYS & ANNIVERSARIES**

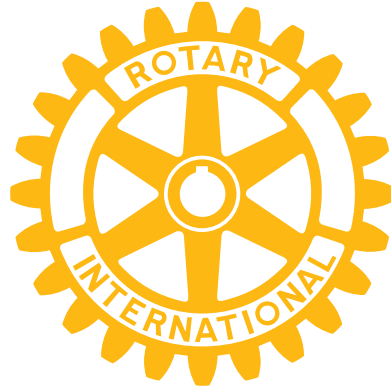
- March 25<sup>th</sup>**      64th Birthday for **Adrian Hallett**
- March 30<sup>th</sup>**      Birthday Celebration for **Rose (Ross Rocca)**

**CLUB MEETING DUTY ROSTER**

**If you are unable to fulfill this duty, please arrange your own swap and inform President Kalma of the change.**

| <b>DATE</b>  | <b>WELCOMERS</b>               | <b>TOAST</b> | <b>INTRO</b>      | <b>THANKS</b> |
|--------------|--------------------------------|--------------|-------------------|---------------|
| <b>31.03</b> | Bob Carroll & Swati Maheshwari | Martin Aston | Patrick Longfield | Ron Taffa     |
| <b>07.04</b> | Erdem Toner & Bob Kaye-Smith   | Bill Payne   | Julie Thorp       | Jan Cutler    |

# Rotary



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## 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 over 34,000 Rotary clubs in more than 200 countries and geographical areas. Clubs are non-political, non-religious, 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.

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## ROTARY THANKS

For good food,  
For good fellowship, and the  
opportunity to serve through Rotary,  
We give thanks.

## THE FOUR-WAY TEST

of the things we say, think & do

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

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## 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!

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