

THE ROTARY CLUB OF RYDE—DISTRICT 9680 CHARTERED 1946

# The HUB

Tuesday 11th October 2011

Volume 66

Issue No. 15



**October is  
Vocational Service  
Month**

## Rotary International Officers 2011 — 2012



|                                      |   |
|--------------------------------------|---|
| President Rotary International ..... | Kalyan Banerjee<br>Vapi, Gujarat, India |
| District 9680 Governor .....         | David Rands                             |

## Rotary Club of Ryde

### Directors

|                                |                   |
|--------------------------------|-------------------|
| President .....                | Ken Allen         |
| Administration Director .....  | Burkhart Foertsch |
| Foundation .....               | John Mazlin       |
| Membership .....               | Allen Horrell     |
| Public Relations .....         | Adrian Hallett    |
| Projects .....                 | Rob Mitchell      |
| Secretary .....                | Bob Kaye-Smith    |
| Treasurer .....                | Mick Nelson       |
| Immediate Past President ..... | Allen Horrell     |

### Avenues

|                             |                      |
|-----------------------------|----------------------|
| Community Service .....     | Nora Etmekdjian      |
| International Service ..... | Siddharth Maheshwari |
| Vocational Service .....    | Ron Thomson          |
| Youth Service .....         | Charles Kilby        |

### Communications

|  |  |
|--|--|
| Bulletin Editor — The HUB .....            | David James  |
| Photographer .....                         | John Mazlin  |
| Serjeant-at-Arms .....                     | Steve Thorp  |
| 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**



## This Week... The Young Love Foundation

**Tonight Oct 11:**            **The Young Love Foundation—Jenny Moulder**

## Tonight's Roster

|                                     |                                    |
|-------------------------------------|------------------------------------|
| <b>Welcomers:</b>                   | <b>John Higgins, Allen Horrell</b> |
| <b>Loyal Toast by:</b>              | <b>Noel Dunn</b>                   |
| <b>Guest speaker introduced by:</b> | <b>Charles Kilby</b>               |
| <b>Guest speaker thanked by:</b>    | <b>Maureen Mulheron</b>            |



If you are unable to fulfil this duty, please arrange your own swap and inform President-Elect Burkhart.

**The Roster for the next two weeks appears on Page 11**

## Burkhart's Blurb



**G**reetings to all for another week. President Ken will be back in the chair this Tuesday.

Last week we had an extremely interesting presentation from Dr. Felix Chan about gynaecological cancer and his efforts to fight it. Unfortunately, the main target audience was very much underrepresented. In connection with this talk, at the end of October we will have a fundraising effort to support the "Eggtober Foundation" set up by Dr. Chan and some of his patients, to fund research, education and equipment to combat this silent killer of our womenfolk.

This week we will hear from Jenny Moulder from the "Young Love Foundation", a non-profit organisation providing mentoring programs and personal development workshops for troubled youth. The BBQ at the Lane Cove Park on Sunday the 16<sup>th</sup> October will go ahead after all, in a smaller scale, as a goodwill gesture to the Park.

See you on Tuesday night,

***Burkhart***

Deadline for material in **The HUB** is **Friday** 5pm unless otherwise arranged.

## Absentee Advice — RING VAL

If you need to give a late apology for non-attendance at this week's meeting, please ring Val Payne (**9874 5787**). Club policy is that you will be expected to pay for your meal if you are absent without timely apology. Not only that, it's the polite thing to do.



## Last Week... as recalled by Allen Horrell

**W**e were back in the big room at Next Generations, and signposted by a new sign by the lift, thanks to the efforts of PE **Burkhart Foertsch**. He introduced guests **Catherine Potter** and "**Lindy Chamberlain**" who pointed out that her name was Lynda, and no relation. We all had the chance to guess the weight of a watermelon, with the closest to win...the watermelon. While it went around the room, with a gold coin donation for each guess, **Tony Abboud** told us the first Top Ryde City Apartments are nearing completion with fitting out under way, and he offered interested members a trip to the top of the World, or to the 13<sup>th</sup> Floor of the residential tower anyway. Contact Tony if interested. **Adrian** spruiked two Barbeques, one for the Ryde Hospital Mental Health day and the other for the Family Cycling Fun Day at Lane Cove National Park. How a 25Km pushbike ride can in any way be described as a "Fun-day" was not explained.

PP **Peter Cooper** deserves the club's thanks for the effort he has put into organising the Ryde Fellowship weekend in Lithgow 28-30<sup>th</sup> October. I'm sure it will be as much fun as past events, and a great way for newer members to get to know the other members and their partners.

**Patrick** announced that so far 27 members and partners are booked for the Wollongong Conference in March, and pointed out that we will be running the same event the following year, so we should be regarding this one as an opportunity to see how it's done.

**Victoria Blichfeldt** is in the last week of her school holidays. She spent last Wednesday and Thursday in Canberra at the Floriade, with **Michelle Dodd**, soon to become Michelle Westland the following Sunday. She also was taken to the Blue Mountains by DGE **John Dodd** on Friday along with his German house guests. This is pretty amazing considering the major Dodd family event on the Sunday!



*Dr Felix Chan with Bob Kaye-Smith and Burkhart Foertsch—and the 8.35kg Watermelon*

**Burkhart** won the 8.35kg Watermelon with a 8.275Kg estimate, and then put it up for auction by inventive horticultural expert **Geoff Brennan**, eventually selling to **Bob Kaye-Smith** who had the second place in the guessing game at 8.1kg. **Dr Felix Chan**, our guest speaker, drew PP **Geoff Brennan's** spackle ticket, and having split the pack at the wrong card Geoff retired with the usual consolation prize. Part time Serjeant **David James** fined me for the Warrior loss,

*(Continued on page 5)*

### Last week ... more

**Graham Metcalfe** for leaving **Lydia Scuglia** out of the Blue Book, **Hendo** for being a great greeter, **Patrick** for his 16<sup>th</sup> Club anniversary, Geoff for going excessively horticultural about the South African watermelon, and **Martin Aston** fined himself for having invited Patrick to join, adding that the new club shirts are ready to be re-delivered at a date to be arranged when he is not playing Golf.

When Dr **Felix Chan** was introduced, for some reason the words "Cat Scan" popped up in my head, and I knew I would never forget Felix Chan's name.

He was born in Hong Kong but now lives with his wife and two children in Putney, when he is not working to improve the services, treatment and awareness on Gynaecological Cancers in Western Sydney. He described how hard he studied for his qualifications, determined to his best for himself and his family, how he underwent specialist training at Westmead and Liverpool hospitals then studied overseas in Europe and the UK in Gynaecological Oncology. He is the only surgeon in Australia trained to use robots in Gynaecological surgery. There are now two such robots in Sydney, one at St Vincent's and the other at Macquarie Hospital. He posed the question "What is a woman's greatest problem?" Well trained, every man in the room uttered the word "MEN!" and this turned out to be correct, but not in the way we thought: Women's main problems are MENarche, MENses, MENopause, MENtal Health, MANic Depression and finally deMENTia! He showed us slides of Cervical, Uterine and Ovarian cancers, none of which made for pleasant post dinner viewing. Ovarian Cancer is the most deadly because it is difficult to diagnose, and often by the time symptoms are obvious the disease has spread to other parts of the body. We learned of risk factors and that apart from genetic predisposition, obesity is the main cause of uterine cancer, and IVF is the main risk factor for ovarian cancer. He showed an ovarian cancer weighing 12 kg being surgically removed from a patient, having grown to that size in less than a year. This explained the earlier auction – it did indeed resemble a giant watermelon. That woman survived the operation, and went on to regain her health and have a child with her remaining ovary, entirely due to Dr Chan's surgery.

The Eggtober Foundation was founded to assist his work by funding research into Gynaecological cancer detection, treatment and cure. PP **Jan Cutler** thanked Dr Felix for his presentation, and presented him with a cheque for the foundation.

Once again we see an Asian immigrant with a work ethic and level of achievement we can only admire. This man's work is a great example for October being Vocational Service month, of Vocational achievement and of Service above Self.

*Allen Horrell*



### Volunteers Needed ... Can you help?

**V**olunteers are needed for the following two occasions — **BBQ at Ryde Hospital WEDNESDAY 12th October 2011** as part of the Hospital's Health & Wellbeing day, and **BBQ at Lane Cove River Park Sunday 16th October 2011**

*Adrian Hallett*

## Rotary partners with Mercy Ships



**R**otarians will help improve the delivery of vital health care services to West Africa through a new strategic partnership between The Rotary Foundation and the global charity Mercy Ships.

Through the partnership, the Foundation will offer packaged global grants for Rotary clubs and districts to assemble vocational training teams of medical professionals. These teams will perform or assist in life-changing surgeries. The Rotarian volunteers will also work to enhance the skills of local health care professionals.

The initial projects will take place in West Africa, the area of operations for the charity's 16,500-ton state-of-the-art hospital ship, Africa Mercy, now based in Freetown, Sierra Leone.

"This strategic partnership with Mercy Ships enables Rotary to work with a globally recognized leader in the delivery of vital medical and surgical care to the world's most vulnerable populations," says Rotary Foundation Trustee Chair William B. Boyd. "It allows Rotary club members to directly contribute their valuable expertise and skills within the framework of a proven and highly successful health care program."

Founded in 1978, Mercy Ships uses its hospital ships to deliver free, world-class health care and assistance in capacity building and sustainable development to developing countries. The charity has worked in more than 70 countries, performing services that have had an impact on more than 2.9 million people. Each year, more than 1,200 surgeons, dentists, nurses, health care trainers, teachers, cooks, seamen, engineers, or agriculturalists volunteer their time and skills.

Rotarians have a record of working with Mercy Ships, carrying out projects in several countries. The Rotary clubs of Jacksonville, Florida, USA, and Tema, Accra, Ghana, helped equip the Africa Mercy in 2007 to provide medical aid in Ghana. Jacksonville Rotarians also partnered with the Rotary Club of Monrovia, Liberia, to support eye and facial surgeries for more than 1,200 patients in Monrovia from 2008 to 2011.

Rotary International in Great Britain and Ireland named Mercy Ships its Charity of Choice in 2005-06.

Rotary Foundation Global Grants support large, international projects with sustainable, high-impact outcomes in Rotary's areas of focus. Packaged global grants developed by the Foundation and Mercy Ships will directly support the disease prevention and treatment area of focus. Because the administrative work of designing the project and finding a partnering organization has already been done, Rotary clubs and districts can focus on identifying beneficiaries, providing technical expertise or direct service, and publicizing the effort.



**By Arnold R. Grahl**

**Rotary International News -- 5 October 2011**

# North Shore Ryde Mental Health

## Healthy Lifestyle & Wellbeing Festival

North Shore Ryde Mental Health and Partners would like to invite you to participate in a festival to learn about healthy lifestyle options and to celebrate wellbeing through exercise and creative expression

**Wednesday 12<sup>TH</sup> October 2011**

**Ryde Community Mental Health Centre  
39-41 Fourth Ave Eastwood**

**10am-3.30pm**

|   |   |                  |
|---|---|------------------|
| Presentations   | Drumming Circle   | Music and Poetry |
| Laughing Yoga   | Massage   | Yoga class       |
| Zumba class   | Creating a collage of <i>What Recovery Means to Me!</i> |                  |
| Ryde Rotary BBQ (gold coin donation and \$1.00 for soft drinks)<br>all funds raised will go towards Ryde Consumers Room (TV, DVD, wall-mount) |   |                  |

**For Further Details & RSVP (by Friday 7<sup>th</sup> October) contact:**  
Paula Hanlon Consumer Participation Coordinator Ryde Mental Health  
9858 7892 or 0413 451 073

*For program of activities turn over*

**Acknowledging the partners that made this festival possible:**

*Mental Health Association NSW Inc.; North Shore Ryde Mental Health (CREATE team; GP Shared Care Program, AOT, Consumer Participation Network); Northern Sydney Local Health District Mental Health & Drug and Alcohol; Thornleigh Respite Centre & PHAMS Program - New Horizons Enterprises; Uniting Care Mental Health Program; Day 2 Day Living The Hut - Schizophrenia Fellowship NSW; Bradfield Park Wellbeing Centre; Macquarie Hospital Wellbeing Clinic; City of Ryde; Ryde Hospital Diabetes Clinic; Massage - Corporate Care Therapies; Anna Stavrou - Zumba Fitness; Ryde Rotary; Paul McEvoy & Rebecca Scott - Drumming & Music Therapists; Linda Mizzi - musician; Simon Champ & Ruth Sariban - artists;*



Rotary Club of Gladesville



# Trivia Night



QUIZMASTER 'Extraordinaire' Stephen Sim!

**DATE:** Saturday 29<sup>th</sup> October 2011

**TIME:** 6:30pm for 7:00pm Start

**VENUE:** Argyle Centre Hall  
33 Blaxland Road  
Ryde NSW 2112



**COST:** \$20.00 Per Person  
\$10.00 Students



Bring your own drinks and nibbles!!!

*All profits used to support the Rotary Club of Gladesville's  
commitment to the Rotary Youth Exchange Program*

**RSVP:** Paul Wynn - Ph: 0407 946 766 Email: [wynn@ozemail.com.au](mailto:wynn@ozemail.com.au)



### Attendance last meeting

**Attendance Last Meeting: 80.49%**

**Makeups:** John Dodd  
**Apologies:** Artin Etmekdjian, Ashley Peake, Charles Kilby, Duncan Taylor, Eric Bond, John Dodd, Rob Mitchell, Ross Rocca, Steve Thorp, Ken Allen, Lydia Scuglia, Nora Etmekdjian, Stefan Sojka, Terry Kerim  
**Guests:** Victoria Blichfeldt, Catherine Potter, Linda Chamberlain  
**Guest of Rotarians:** Patricia Foertsch, Carolyn Metcalfe, Linda Hallett  
**Guest Speakers:** Dr Felix Chan

### Looking Ahead...



**Oct 18:** T B A  
**Oct 25:** **Club Forum—Strategic Planning and Purple Night**  
**Nov 1:** **Top Ryde City Update**—Leah May  
**Nov 8:** **Membership Extension**—PDG Tony Castley  
**Nov 15:** **'Apprentice of the Year' Awards**  
**Nov 22:** **Riverside Rotary Clubs Ethics Debate—Round 1**  
**Nov 29:** T B A

*Any suggestions? Contact Martin Aston: [maaston@optusnet.com.au](mailto:maaston@optusnet.com.au) 02 9808 2574*



### Birthdays & Anniversaries

**October 12:** Kalma McLellan — 1st Club Anniversary  
**October 16:** Ian & Ruth Henderson — 46th Wedding Anniversary

### Friday Night Roster for Victoria



Victoria Blichfeldt is currently being hosted by the Dodd family. Feel free to swap as long as all advised.

| Who               | When       |
|-------------------|------------|
| Burkhart Foertsch | 14/10/2011 |
| Adrian Hallett    | 21/10/2011 |
| Hameed Fazal      | 28/10/2011 |
| Ian Henderson     | 4/11/2011  |

| Who              | When       |
|------------------|------------|
| Richard Henricus | 11/11/2011 |
| John Higgins     | 18/11/2011 |
| David James      | 25/11/2011 |
| David Johnston   | 2/12/2011  |

Deadline for material in **The HUB** is **Friday** 5pm unless otherwise arranged.

Go on ... Spoil yourself. Laugh!



### Understanding Engineers #2

To the optimist, the glass is half-full.

To the pessimist, the glass is half-empty.

To the engineer, the glass is twice as big as it needs to be.

### Understanding Engineers #5

The graduate with a science degree asks, "Why does it work?"

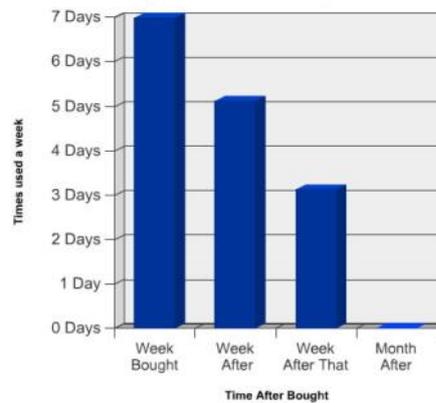
The graduate with an engineering degree asks, "How does it work?"

The graduate with an accounting degree asks, "How much will it cost?"

The graduate with an arts degree asks, "Do you want fries with that?"

### Life Explained by graphs #1

#### Usage of a Home Gym



GraphJam.com



### This week's Brain Teaser

You are a cook in a remote area with no clocks or other way of keeping time other than a four minute sandglass timer and a seven minute sandglass timer. (The kind you turn over - hourglass shaped) You do have a stove, however, with water in a pot already boiling. Somebody asks you for a nine-minute egg, and you know this person is a perfectionist and will be able to tell if you undercook or overcook the eggs by even a few seconds. What is the least amount of time it will take to prepare the egg? And how will you prepare it so that it is neither undercooked or overcooked?

Answer? ... go to [www.ryderotary.org.au/brain teasers](http://www.ryderotary.org.au/brain teasers)

### HUB Contributions

Text is preferred as MS Word or plain text document. Photos should be high resolution at 200dpi or greater and supplied as separate JPEGs. Please don't "imbed" photos into your document. Photos — send one image to [editor@ryderotary.org.au](mailto:editor@ryderotary.org.au). Send multiple images to the same address but by using [www.mailbigfile.com](http://www.mailbigfile.com)

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## Other events ...

- ▶ **Granny Smith Festival**  
Date: Saturday 15th October 2011  
Location: Everywhere in Eastwood 
- ▶ **Family Cycling Fun Day BBQ**  
Date: Sunday 16th October 2011  
Location: Lane Cove National Park  
Enquiries: Richard Henricus
- ▶ **North Ryde Rotary Book Fair & Market Day**  
Date: Saturday 22nd October 2011  
Venue: Cox's Road Community Hall  
Enquiries: Victoria Crawford 0407 272 495
- ▶ **Ryde Rotary Fellowship Weekend**  
Date: 28th — 30th October  
Destination: Lithgow  
Details: Forthcoming from Peter Cooper 
- ▶ **Gladesville Rotary Trivia Night**  
Date: Saturday 29th October  
Location: Argyle Centre Hall  
Details/bookings: Paul Wynn—0407 946 766
- ▶ **Meals on Wheels**  
Sunday 30th October, 10.45am  
Contact: Bob Carroll 
- ▶ **Ryde Rotary Paint Vandalism (Graffiti) Removal Day**  
Date: Saturday 5th November (first Saturday in the month)  
Time: 8am-10am  
Details: Charles Kilby 
- ▶ **Australian Rotary Health Christmas Dinner**  
Date: Wednesday 7th December 2011  
Venue: The Epping Club  
Time: 6.30pm for 7pm 
- ▶ **Ryde Rotary Golf Day**  
Date: Friday 10th February 2012  
Venue: Oatlands Golf Club  
Details: Forthcoming from Michael Nelson and Ron Thomson 

If you have a Rotary-related item for this calendar, please e-mail it to [editor@ryderotary.org.au](mailto:editor@ryderotary.org.au)

## Meeting Night Roster

| Date       | Welcomers |            | Loyal       | Intro | Thanks  |
|------------|-----------|------------|-------------|-------|---------|
| 18/10/2011 | D Johnson | Surinder J | Bob Carroll | Ron T | D James |
| 25/10/2011 | Charles K | Patrick L  | Artin E     | N/A   | N/A     |

## 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!