



The weekly Bulletin of the Rotary Club of Strathfield Inc

District 9690, NSW Australia

Strathfield Rotary News



Website: www.strathfieldrotary.org.au

Executive 2010/11

President - Peter Smith
Secretary - Roger Vince
Treasurer - Keith Stockall

**November
is
The Rotary Foundation Month**

*Wednesday,
November 10th, 2010*

President's Column

Last week we welcomed PP Terry Davies from Australian Rotary Health. Terry spoke to us about how we can support the goals of Rotary Health. Terry also spoke at length about the high instances of mental health and suicide within our community. I believe that many were or are like me - while concerned and certainly compassionate about the victims - "it was something that happened to others". How wrong was I? By sheer coincidence when I came home from Rotary last Wednesday - and hearing about suicide rates etc - Marlene informed me that day our nephew from Orange had just attempted suicide. While he has survived (?) he was flown from Orange to the RH hospital in a critical condition. I guess it takes something like that to take you out of your complacency and comfort zone.

I have since found out that over one million people commit suicide every year. The World Health Organisation estimates that it is the thirteenth-leading cause of death worldwide. It is a leading cause of death among teenagers and adults under 35. There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide - that is 20 times more than there are Rotarians in the world! What can we, as Rotarians, do?

This week our Guest Speaker is Mark Wallace from Rotary Down Under. Mark will no doubt have

This Week's Meeting

Rotary Down Under

Mark Wallace

Introduced by President Peter
Thanked by PP Joe Saad

many Rotary stories that did - and didn't - make the pages of RDU. Please make Mark welcome this evening.

Our AGM is scheduled for December 1 -and while the most important items on the Agenda will of course be the Election of Officers for the Board 2011-2012 it is proposed that the following two items be also submitted for determination:

- A new Constitution and By-Laws
 - The Strategic Plan for the next 3 years
- Both items will be circulated to members at least 10 days prior to the AGM.

Paul Harris Fellowship Luncheon
The 2010 Tri-District Paul Harris Luncheon will be held at the Epping Club on the 22 November. We are advised that the guest speaker will be Kalyan Banerjee - the President Elect Rotary International 2011-12 - who will be making his first speaking engagement in Australia.

Why not enjoy wonderful food, wine and fellowship, while at the same time witness the recognition of a number of new Paul Harris Fellows?

Bookings and payment online at: www.rotarydownunder.com.au/events/phflunch.

President Pete

Cowboy logic

"Never kick a cowpat on a hot day."

Last Week's Presentation

Recorded by Ian Johnson

Australian Rotary Health - One Man's Dream

Our guest speaker was Terry Davies who spoke to us about "Australian Rotary Health- One Man's Dream". Terry is the Corporate Manager for Australian Rotary Health (ARH).

Terry was introduced by PP Peter Manenti.

Terry commenced by advising us of the goal of ARH which is "supporting healthier minds, bodies and communities through research, awareness and education". ARH started 29 years ago and is an approved bona fide multi district organisation.

Terry informed us that ARH led the way with SIDS research. Rotarian Ian Scott, who was affected personally by SIDS, resolved that research into SIDS was essential.

ARH has now moved on to mental health issues.

In 2000 the directors of ARH realised that research

into mental health was inadequate. They decided to focus more of their efforts into this area. Mental health forums were developed and were found to work well. Beyond Blue were impressed with the concept and developed it further.

Terry advised us that one in four of the population will suffer from some form of mental illness. These can be issues such as anxiety and depression. Terry now frequently speaks to corporate audiences on the importance of mental health in the workplace.



Terry Davies with Rotarian Niall King

ARH is still funding research into other community health issues at local universities such as:

Wollongong- Prostate Cancer, Brain Tumours and Effects of Cannabis Use.

New South Wales- Brain Tumours, Breast Cancer and Dementia.

In conclusion Terry noted that the various research projects funded by ARH may prove successful or unsuccessful but funding is provided in the hope of finding an

eventual cure.

Terry was thanked by President Peter.

Conference News



Rock Rotary to its Foundations

District Conference, Bathurst, 18th-20th March, 2011

It's time to think about next year. Nay, it's time to act.

**Register now
for the District Conference.**

Why?

Support President Peter.

Take your partner on a weekend holiday.

Support the Australian economy.

We are the largest club in the district so let's have a good showing.

Remember to add your name to the commitment sheet now circulating.
Save money - early bird registrations only until the end of November

For further information contact
PP Ted Ingall or Trevor Duxbury.

Last Week's Statistics

Members Present:	31	
Visitors:	1 (Terry Davies)	
Apologies:	8 (Peter Foss, Anuradha Kamkolkar, Umesh Kamkolkar, Shirley del Prado, Connie Galletta, Paul White, Godfrey Isouard, Harley Tarrant)	
Silent:	Too many	
L.O.A.:	4 (Warren Abbott, George Helou, Doug Potter, Darrell Slater)	
Raffle: \$230.00	Sergeant: \$92.80	Total: \$322.80

Dates for Your Diary

For catering purposes, please remember to send apologies or details of extra attendees by
4.00pm Tuesdays to Eric Khu 9746 0397
email: brontin@bigpond.com
Late apologies by 5.00pm Wednesdays to Kevin Freund 0412 494 125

Meetings

17th November (Wednesday)
Centurion Programme

1st December (Wednesday)
AGM

24th November (Wednesday)
Suicide Prevention
Wesley Mission

8th December (Wednesday)
Rotary Christmas Party

Rosters

Meeting Date	Attendance	Fellowship	Introduce Guest Speaker	Thank Guest Speaker
10th November	Naveed Chaudhry	George Hallworth	Harley Tarrant	Joe Saad
17th November	Naveed Chaudhry	Ted Ingall	Angelo Franco	David Martin
24th November	Chris Virgona	Godfrey Isouard	Rod McDougall	Terry Rohan
1st December	Chris Virgona	Anuradha Kamkolkar		
8th December	Chris Virgona	Raymond McCluskie		

Calendar

Date	Event	For Information
01/12/2010	AGM	Peter Smith
08/12/2010	Rotary Christmas Party	Peter Smith
11/12/2010	Carols in the Park	Bradley Ayres
15/12/2010	Rotary Children's Christmas Party	Peter Smith
02/03/2011	Pride of Workmanship Awards	Doug Potter
18/03/2011	District Conference	Ted Ingall
13/04/2011	Youth Achievement Awards	Rod McDougall
06/05/2011	40 th Anniversary Celebrations	Harley Tarrant

The Rotary Club of Strathfield meets every Wednesday evening at Strathfield Golf Club, Centenary Drive, Strathfield.
Visitors welcome

Birthdays and Anniversaries

Birthdays	Wedding Anniversaries	Rotary Anniversaries
10 th November, Jan van der Sleen	12 th November, Suzanne and Kevin Freund	15 th November, Andrew Kowalski,
12 th November, Suzanne Freund	15 th November, Tony and Connie Lanzafame	
14 th November, George Hallworth	15 th November, Niall and Carole King	

Commitment Sheets

District Conference, Bathurst,
18-20 March 2011, Ted Ingall

RYDA, Penrith,
16 November, Kevin Beltrame

Rotary Grace

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

Things to do

Attend The Rugby World Cup

Are you considering going to The Rugby World Cup in New Zealand next year?

New Zealand Rotarians have an accommodation deal well worth considering.

The details are on www.rotarynzrugbyhosting.org

Funds raised from this project will be contributed to Rotary's 200 Million Dollar - End Polio Now Challenge.

Attend a Paul Harris Fellow Luncheon Venue

The 2010 Tri-District Paul Harris Fellow Luncheon will be held at the beautiful Epping Club. Enjoy wonderful food, wine and fellowship, while at the same time we will recognise a number of new Paul Harris Fellows.

Special Guest Speaker

RI President Elect Kalyan Banerjee

Invitees

The invitation for the Luncheon is open to all Foundation: Centurions, Paul Harris Fellows, Paul Harris Society Members, Foundation Major Donors, incoming Presidents and Boards, and guests.

Program

12.00 to 12.30pm Fellowship and pre-dinner drinks
 12.30 Introductions
 12.45 Main course
 1.00 Entertainment during lunch
 1.15 Guest speaker
 1.35 Dessert
 1.55 Presentation of Paul Harris Fellows
 2.15 Closing words

Do be sure to come along and celebrate your involvement with The Rotary Foundation and play a significant part in the \$200 million Gates Polio Plus Challenge.

Make up a table by inviting your friends.

Cost: \$60 pp or \$550 per table of 10

(Cost includes, pre-lunch drinks, 2 course meal, wine and soft drinks on the table, entertainment and all at a 5-star venue.)

Booking and payment online:

www.rotarydownunder.com.au/events/phflunch.

Enquiries: phone Barry Antees, RDU Supplies on 0413880267

Attend a Prostate Cancer Information Evening

A free information session for men affected by prostate cancer, their families, carers and healthcare professionals

Talks by:

Pauline Chiarelli, Associate Professor
 'Men's Bits Below the Belt.' The Pelvic Floor - use it or lose it!

Rhonda Brownlow, Clinical Nurse Consultant
 'Lut's Talk about the Prostate'

When: Thursday 2nd December 2010

7:30pm – 9:30pm

Where: Parramatta Workers Club

Garden Terrace & Lily Room

163-165 George Street

Parramatta NSW 2150

Attendance is free of charge

Coffee, tea and refreshments provided

Limited seating available, so please register early!

Phone (02) 8741 5628 or (02) 8741 5653

Email info@brightsky.com.au

Play Golf in a War Zone

You may need to observe the following Local Rules as per the Richmond Golf Club in 1940.

Temporary Rules

1. Players are asked to collect Bomb and Shrapnel splinters to save these causing damage to the Mowing Machines.
2. In Competitions, during gunfire or while bombs are falling, players may take cover without penalty for ceasing play.
3. The positions of known delayed action bombs are marked by red flags at a reasonably, but not guaranteed, safe distance therefrom.
4. Shrapnel and/or bomb splinters on the Fairways, or in Bunkers within a club's length of a ball, may be moved without penalty, and no penalty shall be incurred if a ball is thereby caused to move accidentally.
5. A ball moved by enemy action may be replaced, or if lost or destroyed, a ball may be dropped not nearer the hole without penalty.
6. A ball lying in a crater may be lifted and dropped not nearer the hole, preserving the line to the hole, without penalty.
7. A player whose stroke is affected by the simultaneous explosion of a bomb may play another ball from the same place. Penalty one stroke.

Editor: Trevor Duxbury

Email: news@strathfieldrotary.org.au

Contributors: Kevin Freund, Ian Johnson, Harley Tarrant, Roger Vince, Janelle Watson

Photography: Steve Taylor^(ST), Bradley Ayres^(BA), Rod McDougall^(RM), Kevin Beltrame^(KB)

All correspondence to:

The Secretary
 The Rotary Club of Strathfield
 PO Box 268,
 Strathfield,
 N.S.W. 2135

Website: www.strathfieldrotary.org.au

Webmaster: Raymond McCluskie

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16 The Crescent, Homebush

Ph. 9746 6434