



Executive 2010 / 11

Wednesday, 15th September, 2010

President Peter Smith
Secretary Roger Vince
Treasurer Keith Stockall

September is
New Generations Month

The President's Column

Last week: At our meeting last week we not only had a great guest speaker in **Dr. Helena Popovic**, but the club had the opportunity of welcoming our newest member, **Chris Virgona**.

Helena, who was School Captain of Meriden and a Rotary Exchange Student to Japan, proved to be an inspiring and an unforgettable speaker.

I was honoured to be able to induct Chris Virgona as a member of Strathfield Rotary. Chris lives and works locally, is married to Toni and has three daughters, Natalie, Lucy and Isabel. Chris has been appointed to the club's Community Services committee and has the classification of Real Estate Management. I am sure that all members will make Chris most welcome.

This week: Our guest speakers this week are Dick Babb and Alex Borey from the Parkinson's Support Group. Members will recall that Parkinson's NSW are the Presidents nominated charity for 2010-2011. Tonight's presentation will, I am sure, not only demonstrate how we can best help but why we should!

Australian Rotary Conference

I wrote recently of how much I enjoyed the recent Australian Rotary Conference in Canberra. The organisers have now produced the "bullet" points that came out of the 500 strong breakout/brain-storming sessions. As the bullet points are rather lengthy (in number) I will spread the report over the next couple of Newsletters.

How can we Increase the Number of Women in Rotary?

- Run a National promotion that debunks the myth that women can't join or are unwelcome in Rotary
- Promote that Rotary is gender inclusive.
- Promote Rotary membership for women with a special brochure. Target women's gyms and professions that are dominated by women.
- Plan a Club or Cluster group meeting focusing on membership for women.
- Celebrate 21 years of Women in Rotary with special dinners run by Rotary women members for women
- Promote Rotary through existing women members.
- Aim to bring new women members in to Clubs in small groups so they have some female company.
- Eliminate blokey inappropriate commentary.
- Target to have an attitude that we need to focus on addressing that we have 27,000 male Rotarians and only 6000 female Rotarians. Increasing our women's membership levels could arrest the erosion of membership levels.

Celebrating Rotary on National basis in February each Year

- Create a unique theme that will identify Rotary on one day each year like - Red Nose Day - Daffodil Day
- Have a national fundraising collection on that day.
- Celebrate Rotary for a week in February so that all Club meetings can have some kind of event.
- Invite friends and family to Rotary that week.

The Rotary Club of Strathfield Inc, meets every Wednesday at 6.15pm for 6.30pm at the Strathfield Golf Club, 84 Centenary Drive, Strathfield. NSW. Australia

- Wear a Rotary shirt or blouse to work.
- Present a book to every child born in Australia on the 23rd of February.
- Every Rotarian paint their little finger blue at the beginning of February and collect \$1 every one who asks "what happened to your nail" - donate the money to ending Polio.
- Create a Rotary Postage stamp.
- Promote Rotary via Social Media.

Cowboy logic 4: *"The biggest troublemaker you'll probably ever have to deal with watches you shave his face in the mirror every morning"*

Enjoy Rotary, have fun!

President Pete

This Weeks Program:	John Silk	"Parkinson's NSW"
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LAST MEETINGS STATISTICS:		Sergeant:	\$ 101.00
Attendance:	29	58%	
Make Ups:	1	Raffle:	\$ 210.00
Leave of Absence	6		
Apologies:	10		
Visitors & Guests:	5		

LAST WEEK'S GUEST SPEAKER:

Our guest speaker was Doctor Helena Popovic who spoke to us about "Boosting Your Brain". Helena was introduced by President Peter. Helena advised us that neuro scientist had recently discovered that our brain can change its structure in response to the function it is performing. This ability is called neuro plasticity. Helena suggested that by people boosting their brain we could address the modern day plagues of anxiety, depression, obesity, heart disease and diabetes. She advised us that the brain is like a muscle and posed the question "Why do wild animals have 15-20% bigger brains?" Whilst working as a doctor Helena discovered that 80% of consultations with doctors related to lifestyle based diseases and realised that educating people would be much more beneficial than treating their dis-eases.

Helena's ten Brain Boosting Principles are:

1. Don't fall off ladders and don't fall into illegal drugs: head injury and heroine are not good for the brain.
2. Cut it out – the word "can't"
3. Put it out – the cigarette
4. Be good to your heart
 - I) Get sober
 - II) Get cracking
 - III) Get colourful
 - IV) Get moving
 - V) Get laughing
 - VI) Get smiling
5. Feed it the finest: get excited
6. Use it or lose it
 - I) Get curious
 - II) Get adventurous
 - III) Get challenged
7. Get focused: don't multi-task
8. Practise pressing pause
 - I) Get sleep
 - II) Get still
9. Get friendly: stay socially active
10. Get practising: put the principles into practice



After answering member's questions Helena was thanked by PDG Harley Tarrant. Harley also noted that Helena had been a Rotary Exchange Student and that we were proud of her achievements.

Birthdays & Anniversaries

Birthdays: Paolo Giammarco (16/9), Megan Tarrant (21/9)
Wedding Anniversaries: Ian & Fiona Johnson (21/9), Doug & Olga Potter (21/9)
Rotary Anniversaries: Nil

COMMITMENT SHEETS: a. **BBQ Moorebank 12/9/10—Nil Response**
b. **BBQ Silverwater 19/9/10—help needed**



And then there were 58:

Our newest Member—Chris Virgona
after being inducted by
President Peter.
Congratulations Chris
and welcome to Rotary

Dear Rotarians (Presidents and Club Administration) and RLI facilitators

A reminder that we will be commencing the next Rotary Leadership Institute courses
- **Part 1 and Part 2** (for those who have completed Part 1) is on **Sunday 17 October 2010**.

The full course is over three days held separately to a schedule on either a Saturday or Sunday at the **Glenmore Park Youth & Community Centre** and the address is Luttrell Street - Glenmore Park (Next door to Glenmore Park Town Shopping Centre. Start time is 8.30 for 8.45 am. Finish time is around 3.30 pm.

The cost is **\$25.00** per day, morning tea, lunch and afternoon tea provided also course work sheets.

I strongly recommend the course be attended by Rotarians who would like to have a more in depth understanding of Rotary, how it works, why it works and how to develop the skills to make a difference. Comments by all who have completed it, is ***"I wish I had done this before I became a Club Director or President"***.

Please spread the word and let **Phil Lacey** know by **4 October** (if possible) if you or members of your clubs will be attending. Phil's email pnlacey2@optusnet.com.au

Please give your details, in particular email address, if possible, so that we can keep everyone up to date. - *DG Marilyn Mercer*

The Red Cross Blood donor centre would like to ask you for your assistance. Over this winter blood supplies have been stable. Recently however our blood stocks have been declining, particularly blood type A and blood type O.

**"Blood types A and O are critically low.
Please call 131495 to donate blood."**

Make up Options:

100% Attendance is a challenge which is easily attained in your Rotary membership. If you cannot make it to a regular club meeting, try one of the following options. You have 14 days either side of your regular club meeting to make up. Don't forget to let the attendance desk know when you are next at a meeting.

24/7	eClub One http://www.rotaryeclubone.org
Monday	Burwood (pm), Concord (pm), Bankstown (pm)
Tuesday	Granville (pm), Padstow (pm), Blacktown City (pm)
Wednesday	Prospect (am), Liverpool Greenway (Lunch)
Thursday	Breakfast Point (am)
Friday	Parramatta Daybreak (am)
Anytime	Rotary Club Activities and Board Meetings

Meeting Diary

Meeting Date	Topic	Guest Speaker	Special Notes
15/09/2010	Parkinson Support Group	John Silk	
22/09/2010	Iceland	Cate Thomson	Meridan Interact Visit
29/09/2010	Rotary Emergency Services Recognition Awards	Peter Wilson	
06/10/2010	Etiquette in Business	Treska Roden	

Rosters

Meeting Date	Attendance	Fellowship		Introduce Guest Speaker	Thank Guest Speaker
15/09/2010	Niall K	Angelo F		Paolo G	Ray W
22/09/2010	Stephen T	Kevin F		Trevor D	Ian J
29/09/2010	Allan T	Keith B		Doug P	Terry R
06/10/2010	Sal T	William C		Richard H	Domenico A

Calendar

Date	Event	Involvement	Information
24th October, '10	Strathfield Spring Fair	Bradley Ayres	
26th October, '10	District Golf Championships	Ray Wilson	
11th December, '10	Carols in the Park	Bradley Ayres	
18—20th March '11	District Conference	Ted Ingall	
4th May, '11	40th Anniversary Celebrations	Harley Tarrant	
1st July, 2011	Changeover	Trevor Duxbury	

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. AMEN,

APOLOGIES or **Eric Khu** (by 4pm Tuesday)
Additional Guests: (*email*) brontin@bigpond.com

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