



STRATHFIELD ROTARY NEWS

The Weekly Bulletin of the Rotary Club of Strathfield Inc.
District 9690, New South Wales, Australia



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Wednesday, June 17 2009

JUNE IS ROTARY FELLOWSHIP MONTH

PRESIDENT ELECTRIC'S LINES

Last week Gunilla Denton Cook gave us an interesting talk about the book she devised to help her mother deal with Alzheimer disease. The club members had many questions for Gunilla on dealing with this affliction.

The board decided to donate \$500 to Meriden School in support of its Indigenous Education Programme. Our money will go directly towards helping with the living expenses of two girls from a remote settlement in the Northern Territory.

Last Saturday Niall was happy to report that the working bee on the Euan Watson Memorial Garden at the MS Centre was successful. Rotarians Kevin Beltrame, Trevor Duxbury, Kevin Freund, Suzanne Freund, Les Hockley and Keith Stockall were all there with shovels in hand. A big thankyou also goes out to Geoff James from G.F. James Plumbing for his generosity in supplying a tip truck for rubbish removal once again – a job well done.

Thumbing through the R.D.U. magazine what should I see on page 20 but an article headed 'Anyone for tennis' (a subject close to my heart) – The Rotarians World Tennis Championship. The International Tennis Fellowship of Rotarians is currently working towards raising money for two worthwhile causes and is holding a tournament in Vienna. I thought of waltzing along but work beckons.

We all wish Margery Foss a happy year as a commander and chief of our fledgling club Breakfast Point. Marjorie will capably take charge as of Thursday night.

The outgoing and incoming board met at my home last night to coordinate the handover. I wish Kevin and his new board well and lots of fun in their year.

The Changeover – don't forget the commitment sheet this evening.

Fellows this is my last Electric Lines. I must thank the club for making my year such a happy one. The weekly meetings, the camaraderie and the interesting speakers have all made the year a success. I tried to stay "bright" and "alive" and I am not "burnt out" yet, thanks again.

Tonight we welcome Richard Dabinett his topic is 'What life dishes out'.

Remember - Fun and Fellowship in Rotary
President Grahame

TONIGHT'S GUEST SPEAKER

"What Life Dishes Out"

Richard Dabinett

Introduced by Keith Stockall

Thanked by Janelle Watson

CONGRATULATIONS

BIRTHDAYS

22/06/2009 **Bill Carney**
26/06/2009 **Denise Taylor**
Raymond McCluskie
30/06/2009 **Peter Douglas**
Dee Douglas
1/07/2009 **Les Hockley**
4/07/2009 **Sue Byrn**

WEDDING ANNIVERSARIES

2/07/2009 **Eric & Pauline Khu**

ROTARY ANNIVERSARIES

19 Jun **Van Der Sleses, Peter**
20 Jun **Smith, Peter**
20 Jun **Yoon, Chang Soo**
30 Jun **Leftwich, John**
1 Jul **True, Grahame**

LAST WEEK'S GUEST SPEAKER

Our guest speaker was Gunilla Denton Cook who spoke about her book - '*Lost Words*' that she has written.

Gunilla was introduced by PDG/PP David Croft.

Gunilla who is of Swedish birth has worked as both a Print Designer and Teacher of Art and has a son who is an Animator.

Gunilla has written a very special book which is an aid to both people who suffer from Alzheimer's disease and their care givers.

The concept was born in a very personal way. Gunilla's mother was a sufferer from Alzheimer's as was her mother in law, her grandmother and her grandmother's sister.

Gunilla noted that there was a communication problem with her mother in that she knew what she wanted but was unable to clearly remember the name of the article until a chance situation where the mother found a photo of what she wanted and pointed to it with a request for it. From here the idea was born. Gunilla took her trusty Ikea catalogue and cut out photos of a whole range of products and

placed them into transparent covers. It became her mother's trusty companion and helped them both to communicate her mother's wishes. Surprisingly her mother was able to experience past episodes just from looking at the various photos.

When Gunilla moved to Australia she decided that the concept needed to be expanded and made available to the whole world of Alzheimer's sufferers and their care givers.

She approached publishers Simon and Schuster who were particularly impressed with the simplicity of the concept and agreed to publish the book. Much time and effort went into sourcing a whole range of appropriate photos and the result is 'Lost Words'. I noted from a recent article that upwards of 70000 people are diagnosed with some form of Dementia every year in Australia and with an ageing population this figure can only grow. It is also noted that there is currently no cure available to sufferers. After questions Gunilla was thanked by PP Roger Vince.

Last Club Meeting's Statistics

GUESTS: - Phil Smith (Shelter-Box)

Attendance: 37 Apol: 12 Non-Apol: 6

LOA: 4

George Hallworth till 20 June 2009

Peter Manenti till 24 June, 2009

Paul White till 22 July, 2009

Stephen Taylor till 22 July, 2009

The Sergeant raised \$96.²⁵

Last Meeting's Raffle

(The raffle raised \$185.⁰⁰)

| | | |
|-----------------------|------------------|----------------|
| 1 st Prize | Wine | Allan Petersen |
| 2 nd Prize | Wine | Janelle Watson |
| 3 rd Prize | Dinner next week | Peter Harries |

LAST MEETING'S ANNOUNCEMENTS

From President Grahame True

- Commitment Sheets for:-
 - Club Changeover Dinner
- Letter of resignation received from Garry Pearce due to work commitments and personal circumstances

From Director Niall King

- Thank you to Les Hockley for helping last Saturday at the MS Centre Lidcombe.
- A second Working-Bee will be held at 8:30am next Saturday (13/06/09) at the MS Centre Lidcombe.
- A new garden at the Lidcombe MS Centre will be dedicated on Weds. 17th June
- The MS Mega Swim will be on the 4th & 5th of July 2009.
- Our Club will run a 24 hour BBQ roster over the weekend of the Mega Swim

From President-Elect Kevin Freund

- Reminder of the District Changeover on 4th July at Penrith Panthers

From Director Kevin Freund

- Thank you to the helpers at RYDA last Friday
- The RYDA day was well received by the participants
- The RYDA program is now also operating at Olympic Park

From Director Peter Smith

- The Police Officer of the Year Dinner will be held on 5th August.
- The Police Commissioner will attend.
- The latest Homebush Boys HS magazine has articles on their participation in MUNA & RYDA

PRESENTATION TO SHELTER-BOX

Paul Giammarco outlined his involvement with the NSW Association of Abruzzesi and their efforts in assisting the city of L'Aquila in Italy after the recent earthquake. The Association was impressed with Rotary's efforts in getting help on the ground within two days of the disaster. To show their appreciation, the Association raised \$1,200 which was presented to Phil Smith representing Shelter-Box.

Phil spoke of the work of Shelter-Box and how only \$400 is the equipment content of the Shelter-Box; the remaining \$800 is the average transport cost to get the box to the disaster zone.

COMING EVENTS

18th June 2009. (Thursday)

BREAKFAST POINT CHANGEOVER 6:30 for 7:00pm
Breakfast Point Country Club, 72 Village Drive, Breakfast Point

**25th June 2009. (Thurs) 10am REGISTRATION
CONCORD ROTARY CHARITY GOLF DAY.**

The course now has a new feel with creeks and water features.
Contact Margaret Bain Smith. Email

mbainsmith@optusnet.com

Phone 97430265, mobile 0406 757 270.

Golf \$95 Dinner \$60 Golf & Dinner \$140

4th July 2009. (Saturday)

DISTRICT CHANGEOVER 6:30pm for 7:00pm
Penrith Panthers. \$30pp.

5th August 2009.

THE POLICE OFFICER OF THE YEAR AWARDS

3rd September 2009. (Thursday)

TAGALONG OUTBACK EXPERIENCE 2009

Inverell Rotary Club 14 day Caravan Tour. \$1,000 per vehicle plus \$20pp for evening meals. \$30 subsidy for non-vanners. Phone 02 6722 4488 or Mobile 0428 221004

FUTURE CLUB MEETINGS

24th June 2009

NO MEETING

TRANSFERRED TO CHANGE OVER

26th June 2009 (Friday)

Change Over Night (Strathfield Golf Club)

1st July 2009

Child Protection and Sexual Harassment

Frank Portelli

8th July 2009

Barnardos Children's Family Centre

Rosemary Hamill

15th July 2009

Club Assembly

22nd July 2009

Job Talks.

Doug Potter, Suzanne Freund, Godfrey Isouard

29th July 2009

House With No Steps

Dennis O'Reilly,

General Manager Fund Raising & Community Relations

VIRTUAL CLINIC

People with anxiety or depression are invited to read more about the programs at www.virtualclinic.org.au and, if interested, to make an application to participate. The researchers are currently recruiting people with generalised anxiety disorder and will soon be recruiting people with panic disorder, depression, and social phobia. If you would be interested to participate, please visit their website for more information.

Virtual-Clinic is a not-for-profit initiative of the Clinical Research Unit for Anxiety and Depression (CRUFAD) at St Vincent's Hospital, Sydney, Australia and the School of Psychiatry, University of New South Wales, Australia. Virtual-Clinic was previously called Climate-Clinic.

Virtual Clinic is an Internet-based clinic that aims to develop and provide free education and treatment programs for people with anxiety and depressive disorders who cannot readily access face to face treatment.

They are currently developing and testing new programs for:

- Social phobia (the Shyness Program)
- Depression (the Sadness Program)
- Panic disorder (the Panic Program)
- Generalized anxiety disorder (the Worry Program)

Read the material on their website and consider applying to join a program.

If you are accepted into a program you will be assigned to a Clinical Psychologist or Psychiatrist who will contact you to inform you about the specific details of that program, including the starting and finishing dates. Some of the programs involve regular contact with a clinician, while other programs are self-guided, that is, you do the work by yourself. But, each program has a similar structure, and includes the following:

- 6 online educational lessons. Each lesson tells a story about a person with that condition, who learns to manage their symptoms.
- Homework assignments. These summarise the information in each lesson, and provide practical assignments to help you learn new skills for managing your symptoms.
- Each program MAY also include:
 - Regular email contact with a Clinical Psychologist or Psychiatrist. Your therapist will email you at least weekly, to answer your questions and encourage you, AND/OR
 - An online anonymous discussion forum. The program has its own private forum where you read and submit messages about your homework to your clinician, AND/OR
 - Weekly telephone calls to check on your progress.
 - Each program takes 8 - 10 weeks. You will complete your program along with 10 - 50 other people. Each person will choose their own login name, so that people will not be able to identify you.

HUMOUR FROM OUR MEMBERS

BEER CONTAINS FEMALE HORMONES! From Shirley Del Prado

Scientists at National University of Lesotho released the results of a recent analysis that revealed the presence of female hormones in beer. Men should take a concerned look at their beer consumption. The theory is that beer contains female hormones (hops contain phytoestrogens) and that by drinking enough beer, men turn into women.

To test the theory, 100 men drank 8 pints of beer each within a 1 hour period.

It was then observed that 100% of the test subjects:-

- 1) Argued over nothing.
- 2) Refused to apologize when obviously wrong.
- 3) Gained weight.
- 4) Talked excessively without making sense.
- 5) Became overly emotional.
- 6) Couldn't drive.
- 7) Failed to think rationally.
- 8) Had to sit down while urinating.

No further testing was considered necessary.

THE FISHERMEN

From Peter Harries

A bloke's wife goes missing while diving off the West Australian coast. He reports the event, searches fruitlessly and spends a terrible night wondering what could have happened to her. Next morning there's a knock at the door and he confronted by a couple of policemen, the old Sarge and a younger Constable. The Sarge says, 'Mate, we have some news for you, unfortunately some really bad news, but, some good news, and maybe some more good news'.

'Well,' says the bloke, 'I guess I'd better have the bad news first.' The Sarge says, 'I'm really sorry mate, but your wife is dead. Young Bill here found her lying at about five fathoms in a little cleft in the reef. He got a line around her and we pulled her up, but she was dead.' The bloke is naturally pretty distressed to hear of this and has a bit of a turn. But after a few minutes he pulls himself together and asks what the good news is.

The Sarge says, 'Well when we got your wife up there were quite a few really good sized crays and a swag of nice crabs attached to her, so we've brought you your share.' He hands the bloke a sugar bag with a couple of nice crays and four or five crabs in it 'Geez thanks. They're bloody beauties. I guess it's an ill wind and all that... so what's the other possible good news?'

'Well', the Sarge says, 'if you fancy a quick trip, me and young Bill here get off duty at around 11 o'clock and we're gonna shoot over there and pull her up again!'