



# 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 03 2009**

## MAY IS ROTARY FELLOWSHIP MONTH

### PRESIDENT ELECTRIC'S LINES

Kirk Wilson had us all enthralled last Wednesday telling us of the research carried out on acupuncture to assist with mental health. Isn't it good to have speakers we can learn so much from, unfortunately the non attendees miss out on these learning experiences. P.P. Steve had our taste buds travelling to Italy last Thursday night at the Dolce Café. We had an excellent roll up for the last dinner of the year. The night had a great feel, 'fun and fellowship' was had by all. Thank you to the winners of the Cape Cabarita trivia night for donating their first prize dinner vouchers allowing us to make a small profit on the evening. Penny and I don't travel often so these international experiences will have to suffice – thank you Steve.

I received a letter from the Infants Home at Ashfield last week. In past years Strathfield Rotary have supported this worth while institution in various ways. Jennifer Evans the CEO was letting us know of an historical exhibition to be held at the State Library between the 1<sup>st</sup> & 12<sup>th</sup> June. This exhibition celebrates 135 years of the Infants Home serving young children and their families, this could be of interest. I would like to thank three of our Rotarians (Trevor Duxbury, Kevin Freund and Peter Smith) for helping the St Pat's boys at the RYDA Programme Penrith last Friday. This youth programme is for educating young people on road safety targeting awareness and attitudinal change. By the end of this Rotary year there will have been over one hundred thousand students passing through this programme Australia wide.

I am very happy to report that after liaising with David Backhouse the General Manager of Strathfield Council the go ahead has been given for the upgrading of our Rotary Grove signage in Edward Park. Niall is happily looking after this project. The Changeover Dinner is on the 26<sup>th</sup> June and the commitment sheet is circulating again tonight. Please make sure your name is on the list (this evening is optional black tie).

It will give me much pleasure to induct tonight David Martin our third new Rotarian for this year. David will be under the Community Service portfolio and I wish him happy times in Rotary.

I am looking forward to meeting and listening to Tina McKenzie. Tina is the captain of the Australian Women's Wheelchair basketball team and is a world class athlete.

**Remember - Fun and Fellowship in Rotary**

**President Grahame**

### TONIGHT'S GUEST SPEAKER

#### **Wheelchair Sports**

**Tina McKenzie**

Captain Australian Women's Basketball Team  
Introduced by Ray McCluskie Thanked by Kevin Freund

### CONGRATULATIONS

#### **BIRTHDAYS**

6/06/2009 **Connie Galletta**  
8/06/2009 **Rita Tosto**

#### **WEDDING ANNIVERSARIES**

6/06/2009 **Dr A & Devi Bala**  
10/06/2009 **Johanna & Domenic Alvaro**

#### **ROTARY ANNIVERSARIES**

6 Jun **Ihram, Silma**

### LAST WEEK'S GUEST SPEAKER

Our guest speaker was Kirk WILSON (son of Rotarian Ray Wilson) whose subject was 'Using Acupuncture to Treat Depression'. Kirk was introduced by Ray.

Kirk who is a practitioner of Acupuncture is multi degreed and is currently undertaking research in his chosen topic towards a PhD.

What is depression? There are two forms of depression. The first is major depression disorder which has eight points of identification. These are as follows -

- Depressed for most of the day
- Loss of interest
- Appetite disturbance
- Sleep disturbance
- Psychondric disturbance
- Loss of energy
- Feeling of worthlessness
- Lack of concentration
- Suicidal tendencies

The second form of depression is Bi-Polar which is a more severe form of the first form.

What is Acupuncture? Acupuncture is one of the two recognised forms of traditional Chinese medicine. The other is herbal medicine. Acupuncture which has 5000 years of history revolves around energy meridians. There are 12 different points of imbalance in the body which are linked to the performance of the liver which is recognised in

Chinese traditional medicine as the central organ in dispersing energy throughout the body. Does acupuncture hurt? Yes and no depending on where it is applied. Certainly in the extremities of the arms and legs it can be initially painful.

Kirk undertook a design study using acupuncture to see whether it would assist in conjunction with the standard medication used to treat depression in reducing the impact of depression in sufferers.

Two separate groups of sufferers received 12 treatments over a period of 8 weeks. The first group maintained their prescribed medication and also received a course of acupuncture while the second group only maintained their prescribed medication. At the conclusion of the 8 week trial all members of both groups had their symptoms of depression reviewed. Of the first group who maintained their medication along with the acupuncture there was a dramatic reduction of between 46 and 55% of the level of depression while in the second group who only maintained their prescribed medication there was no perceptible change.

These results are both astounding and significant in the potential further treatment of depression.

Some further testing has been done on sufferers using acupuncture only. The results showed some improved greatly, some slightly and some no change at all.

After questions Kirk was thanked by Suzanne Freund

### Last Club Meeting's Statistics

**GUESTS:**-Lise Lafferty, Dave Martin, Jan Van der Sleen

Attendance: 34 Apol: 14 Non-Apol: 10

LOA: 4

**Suzanne Freund:** till 31 May, 2009

**Garry Pearce:** till 29 May, 2009

**Keith Byrn:** till 06 June, 2009

**Peter Manenti** till 24 June, 2009

The Sergeant raised \$129.<sup>60</sup>

### Last Meeting's Raffle

*(The raffle raised \$225.<sup>00</sup>)*

1 <sup>st</sup> Prize	Sparkling Wine	Grahame True
2 <sup>nd</sup> Prize	Wine	Trevor Duxbury
3 <sup>rd</sup> Prize	DVD	Bradley Ayres
4 <sup>th</sup> Prize	Potted Plant	Tony Lanzafame
5 <sup>th</sup> Prize	Dinner next week	Rod McDougall

## LAST MEETING'S ANNOUNCEMENTS

### ***From President Grahame True***

- Commitment Sheets for:-
  - 2010 District Conference
  - Club Changeover Dinner
- Volunteers for 29<sup>th</sup> May at RYDA, Penrith for St Patrick's College day to contact Peter Van der Sleen
- Plaque to be mounted at Rotary Grove for all tree planters
- Reminder of Restaurant Night at Cabarita
- Thank you to Volunteers at Red Shield Appeal last Sunday
- Thank you to Doug Potter for Rugby last Saturday.

### ***From Director Trevor Duxbury***

- The GSE Team to Canada next year is seeking a Team Leader.
- Applications close 31<sup>st</sup> July 2009.

### ***From Secretary Allan Petersen***

- Strathfield Council has issued a Draft Economic Plan.
- Meeting to discuss the plan is on Monday 1<sup>st</sup> June, 2009 at Strathfield Library at 6:30pm.
- An article by the RI President in this month's Rotarian on Child Mortality is recommended.

### ***From Peter Smith***

- Thank you to the Club for the support of the Red Shield Appeal.
- There were 29 Rotarians and 10 partners together with 394 student volunteers and 65 adult volunteers
- The collection on the day was \$16,300 plus \$5,500 from miscellaneous donations/collections totalling \$22,984
- Further collections should increase the local collection to \$25,000

### ***From Daryl Slater***

- The Salvation Army Red Shield Appeal raised \$6.24 Million nationally.
- The floods in QLD and NSW have delayed collections in those areas.

### **GSE TEAM LEADER**

DGE Paul Reid is seeking nominations for the District 9690 GSE Team Leader for the coming year.

Our next GSE team will be going to District 7820 which is in Northern Canada covering, Halifax, Nova Scotia and New Foundland, Labrador and St. Edward's Island. The proposed dates are from 1-31 May 2010. However this may be altered to allow for our GSE team to attend the International Convention in Montréal in mid June.

Applications close on 31st July 2009.

Contact David R Bamford, District Admin. Officer

## COMING EVENTS

**11<sup>th</sup> June 2009. (Thursday)**

**GOLF DAY.** Strathfield Golf Club 11:30am

**18<sup>th</sup> June 2009. (Thursday)**

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

**25<sup>th</sup> 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](mailto:mbainsmith@optusnet.com)

Phone 97430265, mobile 0406 757 270.

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

**4<sup>th</sup> July 2009. (Saturday)**

**DISTRICT CHANGEOVER** 6:30pm for 7:00pm

**Penrith Panthers. \$30pp.**

**3<sup>rd</sup> 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

**10<sup>th</sup> June 2009**

**Lost Words**

Gunilla Denton Cook

Introduced by Steve Taylor

Thanked by Roger Vince

**17<sup>th</sup> June 2009**

**"What Life Dishes Out"**

Richard Dabinett

Introduced by Keith Stockall

Thanked by Janelle Watson

**24<sup>th</sup> June 2009**

**NO MEETING**

***TRANSFERRED TO CHANGE OVER***

**26<sup>th</sup> June 2009 (Friday)**

**Change Over Night (*Strathfield Golf Club*)**

**1<sup>st</sup> July 2009**

**Child Protection and Sexual Harassment**

Frank Portelli

**8<sup>th</sup> July 2009**

**Barnardos Children's Family Centre**

Rosemary Hamill

**15<sup>th</sup> July 2009**

**Club Assembly**

**22<sup>nd</sup> July 2009**

**Job Talks.**

Doug Potter, Suzanne Freund, Godfrey Isouard

**29<sup>th</sup> July 2009**

**House With No Steps**

Dennis O'Reilly,

General Manager Fund Raising & Community Relations

## LETTER FROM HOMEBUSH BOYS HIGH SCHOOL

Dear Strathfield Rotary Club,

Erkan Altun and David Zou would like to thank you for sponsoring us for RYPEN. We both enjoyed the weekend camp over at Springwood with all its activities and seminar sessions with the talks. We both had wonderful experiences in taking part in the valuable seminars which we both gained vast influencing and benefiting knowledge.

The guest speakers at the camp opened up countless amounts of expertise that will help us out through our life and decisions. Fiona Keane who was the first speaker shared her experience of her life and decisions and where they have led her today. Graeme Canty the Police School Liaison made us aware of our choices in our life and where they can lead us, and how to deal with the various factors. Ken Buttrum talked to us about the abuse and trauma many children our age and younger face in everyday life, be it at home or school. He shared with us the many tragic experiences he had heard of and the great emotion of it all which was, overall very touching. Richard Eastmead who was "The Good Guys" speaker shared the many insights of the business life and how to go out of our comfort zone. He enlightened us with various topics and told us how moving out of our comfort zone could make us achieve even better. One of the most inspiring speakers was Imara Djumapili. She inspired many of us with all her achievements and showed how when you set your mind to something you can do anything.

Also at RYPEN we enjoyed various teambuilding activities and bonding. The 60 second session allowed us to get to know one another and helped form friendships. The Bush Dance was another of the many highlights of the camp which was really fun and exciting. Teambuilding skills such as the Initiative games and "The Tower" allowed groups to bond and build many skills such as leadership and teambuilding. Out of these we learnt so many great things and bonded really well to form many new lifelong friendships. The free time in between sessions and activities allowed us to further enjoy our time at camp with the many newly formed friendships and gave us the chance to work with our groups on the various upcoming activities. Overall, we learnt so many great new skills and opened up our lives to go out of our comfort zone to learn and experience all the significant key elements of our lives. We tremendously appreciate and cherish you for giving us this opportunity. Thanks for RYPENing us up.

Sincerely,

*Erkan Altun*

*David Zou*

# **HUMOUR FROM OUR MEMBERS**

## **HOW TO BE AN AUSTRALIAN** From Peter Smith

You know the meaning of 'girt'  
You believe that stubbies can either be worn or drunk  
You think it is normal to have a Prime Minister called Kevin  
You waddle when you walk due to the 53 expired petrol discount vouchers stuffed in your wallet or purse  
You've made a bong out of your garden hose rather than use it for something illegal such as watering the garden  
You understand that the phrase 'a group of women wearing black thongs' refers to footwear and may be less alluring than it sounds  
You pronounce Melbourne as 'Mel-bin'  
You pronounce Penrith as 'Pen-riff'  
You believe the 'L' in the word 'Australia' is optional  
You can translate: 'Dazza and Shazza played Acca Dacca on the way to Maccas'  
You believe it makes perfect sense for a nation to decorate its highways with large fibreglass bananas, prawns and sheep  
You call your best friend 'a total bastard' but someone you really, truly despise is just 'a bit of a bastard'  
You think 'Woolloomooloo' is a perfectly reasonable name for a place  
You believe it makes sense for a country to have a \$1 coin that's twice as big as its \$2 coin  
You understand that 'Wagga Wagga' can be abbreviated to 'Wagga' but 'Woy Woy' can't be called 'Woy'  
You believe that cooked-down axle-grease makes a good breakfast spread  
You believe all famous Kiwis are actually Australian, until they stuff up, at which point they again become Kiwis  
You know, whatever the tourist books say, that no one says 'cobber'  
You believe, as an article of faith, that the confectionary known as the Wagon Wheel has become smaller with every passing year  
You still don't get why the 'Labor' in 'Australian Labor Party' is not spelt with a 'U'  
You wear ugly boots outside the house  
You believe that the more you shorten someone's name the more you like them  
Whatever your linguistic skills, you find yourself able to order takeaway fluently in every Asian language  
You understand that 'excuse me' can sound rude, while 'scuse me' is always polite  
You know what it's like to swallow a fly, on occasions via your nose  
You understand that 'you' has a plural and that it's 'youse'  
You know it's not summer until the steering wheel is too hot to handle  
Your biggest family argument over the summer concerned the rules of beach cricket

You shake your head in horror when companies try to market what they call 'Anzac cookies'

You still think of Kylie as 'that girl off Neighbours'

When returning home from overseas, you expect to be brutally strip-searched by Customs - just in case you're trying to sneak in fruit

You believe the phrase 'smart casual' refers to a pair of black tracky-daks, suitably laundered

You understand that all train timetables are works of fiction

When working at a bar, you understand male customers will feel the need to offer an excuse whenever they order low-alcohol beer

You get choked up with emotion by the first verse of the national anthem and then have trouble remembering the second

You find yourself ignorant of nearly all the facts deemed essential in the government's test for migrants.

## **FEMALE LOGIC?**

From Shirley Del Prado

One day, when a seamstress was sewing while sitting close to a river, her thimble fell into the river. When she cried out, the Lord appeared and asked, 'My dear child, why are you crying?' The seamstress replied that her thimble had fallen into the water and that she needed it to help her husband in making a living for their family. The Lord dipped His hand into the water and pulled up a golden thimble set with sapphires. 'Is this your thimble?' the Lord asked? The seamstress replied, 'No.' The Lord again dipped into the river. He held out a golden thimble studded with rubies. 'Is this your thimble?' the Lord asked. Again, the seamstress replied, 'No.' The Lord reached down again and came up with a leather thimble. 'Is this your thimble?' the Lord asked. The seamstress replied, 'Yes.' The Lord was pleased with the woman's honesty and gave her all three thimbles to keep, and the seamstress went home happy. Some years later, the seamstress was walking with her husband along the riverbank, and her husband fell into the river and disappeared under the water. When she cried out, the Lord again appeared and asked her, 'Why are you crying?' 'Oh Lord, my husband has fallen into the river!' The Lord went down into the water and came up with George Clooney. 'Is this your husband?' the Lord asked. 'Yes,' cried the seamstress. The Lord was furious. 'You lied! That is an untruth!' The seamstress replied, 'Oh, forgive me, my Lord. It is a misunderstanding. You see, if I had said 'no' to George Clooney, you would have come up with Brad Pitt. Then if I said 'no' to him, you would have come up with my husband. Had I then said 'yes,' you would have given me all three. Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said 'yes' to George Clooney. And so the Lord let her keep him. The moral of this story is: Whenever a woman lies, it's for a good and honorable reason, and in the best interest of others.