



STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

THE SPOKE

10th-May-2017

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<https://www.facebook.com/strathfieldrotary>

Rotary, United Nations and Australian Themes

Month of May	Rotary	Youth Service Month
Weeks of May	United Nations	UN Global Road Safety Week (4th -10th May)
Days of May	United Nations	World Migratory Bird Day (9th-10th May)
		International Day of Families (15th May)



Steve's Snippets

Hi everyone.

What a great night last week with our great speaker from the NSW Institute of Sport. I was simply amazed, as I'm sure many of you were, about the continued development of elite athletes, and their amazing abilities. It just goes to show us how adaptable our bodies can be, well for some people anyway.

This evening we welcome a number of guests to our club. On behalf of all members, we welcome you. Hopefully you will enjoy the great friendship we are fortunate to have in our group, and try to understand the many layers of Rotary.

Rotary, is a worldwide organisation of over 1,200,000 members, and it

operates in over 200 countries and regions. This evening, we wanted to show you the benefits to your business or workplace, your profession, and you personally, of being a Rotarian.

Firstly, a Rotary Club exists in most cities and towns in Australia, Europe, the UK, the United States, and in many areas of Asia, South America, Africa and the Pacific nations. Therefore, if you're travelling for business or pleasure, you will never be too far away from a Rotary Club. This can be incredibly useful if you are needing local information, a service, or even some help, because many, if not most, Rotary Clubs will have an Accountant, an Architect, an Engineer, a Doctor, a Dentist, an Electrician and a Plumber, or

something similar, in their membership.

Within Strathfield Rotary Club, we have very senior people who are Architects, Engineers, Lawyers, Accountants, Financiers, Insurance Brokers, Motor Vehicle Repairers, Educationalists, Entrepreneurs, Real Estate Agents, Computer Engineers and Doctors, and even a local Councilor and former Mayor. You would find all of these people friendly and open, and happy to assist you in their area of expertise.

And finally, because Rotarians are generally people who believe in Rotary's 4 way test, and its motto "Service above Self" you will find Rotarians great to do business with. Many Rotarians in many areas within our club work cooperatively for, and with, each other.

We hope that you will understand then, that there are many facets to being a Rotarian. Certainly there is 'service to the community, both local and internationally', 'service to youth', 'service to our vocation', and 'service to ourselves'. But, very importantly, being a Rotarian is an excellent conduit for business and personal contacts, both in Australia and overseas.

Rotary is changing and modernising its procedures, its traditions, and its sometimes 'arcane' requirements, and you could be part of that change.

Yes, Rotary requires a bit of time (perhaps 2 hours a week, or a fortnight), but let me assure you, you get much more back in your business and personal life by being a Rotarian.

Please enjoy our meeting and our fellowship tonight, and come back again, in your own timeframe and check us out again.

President Steve

PS. Just look below and see some of our varied upcoming events:

May 24th. The Strathfield Youth awards. This is an important night in our calendar and is being organised by director Arie and his committee.

May 31st. The "most exotic Indian International dinner at the Concord Function Centre", organized by 'Sultan' Rick, and the Kamkulkars. Again, hopefully a fun night for prospective Rotarians, and an evening to really enjoy Indian culture and food.

June 7th. A relaxing dinner night out at the Buddha Raska Thai restaurant, to celebrate this last year, and thank all those members who contributed to the life of the club.

June 16th. A (FRIDAY) to celebrate '40 and UP years of service' of eight current and former Rotarians of our great club (Bala, Croft, Hallworth, Haseldine, Foss, Manenti, Taylor and Vince). Do you know that between them they have racked up a total of 324 years of service?

June 24th. Club Changeover from old Stephen Taylor to young Rick Vosila

And somewhere in the middle of all this, a Sunday picnic to Camelot at Camden, which is being organized by PP Keith Byrn



Last Week's Guest Speaker:

Dr Kenneth Graham

Last week, we were treated to a fascinating talk on the almost super-human performances of top athletes by Dr Kenneth Graham. Based at the NSW Institute of Sport, where he is the Principal Scientist, Kenneth gets to work with elite athletes in a number of sports.

We were taken through the performance levels that have been achieved in sports such as cycling, diving, speed skiing, swimming, distance and sprint running and rowing. The physiology of the elite athletes was mind-blowing. From 30mm diameter aortas, these athletes can pump blood at a greater rate than a bowser can dispense petrol when you fill your car. *(Frankly, this Bulletin Editor felt he needed to be an elite athlete to keep up with the facts that Kenneth presented!)*

The speeds and times that are being achieved continue to improve to this day, as witnessed by results at each Olympic games.

On the question of doping, Kenneth is convinced that the testing regime, some of which he outlined, does catch the cheats. And if they are not caught today, the fact that samples are frozen for several years means that undetectable drugs today, will have a spotlight on them in the future.

For those wanting more background on athletic achievement, Kenneth recommended a TED talk by David Epstein.

https://www.ted.com/talks/david_epstein_in_are_athletes_really_getting_faster_better_stronger



This Week's Speaker: Business Networking

The Rotary club of Strathfield welcomes visitors to our Club for a night of business networking and

presentations on the great work we do and the fun we have doing it.



Next Week's Speaker: Dr Neil Jeyasingam

Many of you will remember Neil's very well received speech at the Pride of Work night.

He is also a Clinical Lecturer with Sydney University and works in private practice in general and old age psychiatry. He is a former Research Fellow of the Institute of Psychiatry (NSW) and the Maudsley Institute (UK), and is published in Phenomenology.

Next week, we welcome Neil back to our Club. Neil is a consultant Psychogeriatrician. He is a Staff Specialist and Medical Lead for a Specialist Mental Health Services for Older Persons team at a major teaching hospital in Sydney, with community and inpatient appointments.

He has a special interest in personality disorders of older adults and complex presentations.



Dates for the Calendar



<i>Rotary Events</i>	
Wednesday 10 th May 2017	Business networking night
Wednesday 17 th May 2017	Neil Jeyasingam
Wednesday 24 th May 2017	Strathfield Youth Awards
Wednesday 31 st May 2017	Indian Night (Concord Function Centre)
Wednesday 7 th June 2017	Members and Partners dinner @ Buddha Raksa
Wednesday 14 th June 2017	No meeting (transfer to 16-6-17)
Friday 16 th June 2017	<i>Celebration of members who have each been in Rotary for 40+ years (Strathfield Golf club)</i>
Wednesday 21 st June 2017	No meeting (transfer to 24-6-17)
Saturday 24 th June 2017	Changeover
Wednesday 28 th June 2017	Club Assembly

<i>Birthdays</i>	
15 th May	Charles Pitt
15 th May	Stephen Taylor

<i>Anniversaries</i>	
3 rd May	Christopher and Christine Haseldine

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## *Rotary Celebrities and Projects*

**Thomas Woodrow Wilson**, 28th President of the United States from 1913 to 1921, was an honorary member of the Rotary Club of Birmingham Alabama.

In a January 1918 speech before the US Congress, Wilson publicly endorsed women's rights to vote. Realising the vitality of women during the First World War, he asked Congress,

*"We have made partners of the women in this war... Shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?"*

**May is Youth Service Month.** Rotary encourages projects that support the fundamental needs of health, human values, education, and self development. Youth service projects

take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, centres for disabled children, school safety patrols, summer camps, orphanages, recreational areas, safe driving clinics, country fairs, childcare centres, and children's hospitals.

Many clubs provide vocational counseling, establish youth employment programs and promote the use of The 4-Way Test.

Increasingly, drug/alcohol abuse prevention and AIDS awareness are being supported by Rotarians.

*David Croft*



## *The statistics*

|                      |           |
|----------------------|-----------|
| Attendance last week | 22        |
| Leave of absence     | 2         |
| Apologies            | 5         |
| No apology           | 5         |
| Club membership      | <b>34</b> |

|                           |                                |
|---------------------------|--------------------------------|
| Partners                  | 0                              |
| Guests                    | 1                              |
| Members Rotary activities | Week ending 3-5-17: 37 [hours] |

| <i>Funds raised last week</i> |          |
|-------------------------------|----------|
| Raffle                        | \$200.00 |
| 'Heads and tails'             | \$28.10  |
| Sergeants session             | \$180.20 |



## *Your Committee 2016-2017*

|                          |                |               |                     |
|--------------------------|----------------|---------------|---------------------|
| President                | Stephen Taylor | Secretary     | Peter van der Sleen |
| President Elect          | Rick Vosila    | Sergeant      | Grahame True        |
| Immediate Past President | Allan Petersen | Treasurer     | Rod McDougall       |
| Youth                    | Arie Pappas    | Community     | Andrew Aravanis     |
| International            | Rick Vosila    | Vocational    | Not filled          |
|                          |                | Club Services | Bradley Ayres       |

|                  |               |            |                   |
|------------------|---------------|------------|-------------------|
| Bulletin Editor  | Bradley Ayres | Web master | Raymond McCluskie |
| Bulletin Printer | Selectprint   | Apologies  | Gulian Vaccari    |



## *Fines Sessions Roster*

President Steve along with Sergeant Grahame have come up with the idea that our members take turns delivering the fines session each week. This should make for a fun and entertaining evening.

Here is the list of names and dates for you to record. If you are unable to deliver the fine session on your designated night could you please organise a replacement and let me know.

### Sergeant Grahame

|                      |                     |
|----------------------|---------------------|
| 10 <sup>th</sup> May | Raymond McCluskie   |
| 17 <sup>th</sup> May | Gulian Vaccari      |
| 24 <sup>th</sup> May | Peter van der Sleen |
| 31 <sup>st</sup> May | Rick Vosila         |

|                       |                 |
|-----------------------|-----------------|
| 7 <sup>th</sup> June  | Janelle Watson  |
| 14 <sup>th</sup> June | Andrew Aravanis |
| 21 <sup>st</sup> June | Usha Garg       |
|                       |                 |

