



STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

THE SPOKE

24th-May-2017

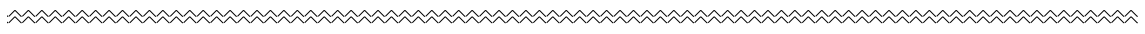
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Rotary, United Nations and Australian Themes

Month of May	Rotary	Youth Service Month
Weeks of May	United Nations	Week of Solidarity with the Peoples of Non-Self-Governing Territories (25th-31st May)
Days of May	United Nations	International Day of UN Peacekeepers (29th May)
		World No-Tobacco Day [WHO] (31st May)



Steve's Snippets

Hi everyone.

To all our guests and participants who are joining us this evening for the annual Strathfield Youth awards, we wish you a very warm welcome to our club.

These awards have been going for a number of years now, and are a partnership between Strathfield Council and Strathfield Rotary Club.

While many of our guests here tonight might think of Rotarians as a bunch of nice old blokes who sell BBQ sausages at Bunnings on a weekend, there is very much more to our involvement with the youth (male

and female) of Strathfield than you might think.

For example we have INTERACT clubs at Homebush Boys High, Strathfield Girls High and Meriden. Interact clubs help develop leadership and presentation skills, promote an attitude of ethical and proper behavior, and instill in their members a desire to serve their school companions and the community.

We also sponsor MUNA (Model United Nations Assembly), RYPEN (Rotary Youth Program of Enrichment) and RYDA (Rotary Youth Driver Awareness).

For young people who have just left school and are no longer able to be Interactors, we have an active ROTARACT club. This club is for 18 to 25 year olds, and runs in a similar way to Rotary, in that there are avenues for International, Vocational and Community service. For the post school age young person, we sponsor attendees to the annual RYLA (Rotary Youth Leadership Awards) which year on year have been life-changing experiences for those people fortunate enough to be selected.

Tonight, of course, we are honoring our local youth specifically, in a number of areas: from academic achievement to sporting success or community involvement.

Strathfield Rotarians are very pleased to be involved in this really important youth initiative that recognizes local achievement, and we would like to wish all entrants a bright and successful future.

If you are interested in any of these amazing youth programs that Rotary runs, please talk to my Youth Director Arie Pappas, or any Rotarian in the room.

Finally, I would like to thank the Council for its assistance, and all the wonderful sponsors who made putting tonight on possible.

President Steve

PS. Just look below and see some of the varied events we are organizing for the last 3 weeks before changeover:

May 31st is the ‘most exotic Indian International dinner at The Concord Function Centre’, organized by ‘Sultan” Rick, and the Kamkolgars. Again, hopefully a fun night for prospective Rotarians, and an evening to really enjoy Indian culture and food. We haven’t done anything like this in my eighteen years at Strathfield, so please put it in your diary, and come and join us.

June 7th will be a relaxing dinner night out at The Buddha Raska Thai restaurant, to celebrate (or perhaps commiserate) this past year and thank all those members who contributed to the life of the club.

June 16th (FRIDAY) is a night of celebration as the club will 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) plus two ‘ring ins’ from Steve’s old Moorebank club who are still Rotarians. Do you know that between them they have racked up a total of 324 years of service?

June 24th (SATURDAY) Club Changeover from old Stephen Taylor to young Rick Vosila. The venue will be Strathfield Golf Club.

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



Last Week's Guest Speaker:

Dr Neil Jeyasingam

Tonight we had the pleasure of hearing from Dr. Neil Jeyasingam, a well known psychiatrist and psychotherapist and a strong advocate for mental health care in our ageing population.

As anticipated, Dr. Neil Jeyasingam's talk was very informative. It was also interspersed with a good dose of humour, which President Trump did not escape. While the topic of ageing can be heavy, more than a few times the room echoed with sounds of laughter.

Starting from a simple question "what is the meaning of life" as answered by various philosophers and schools of thought, we were led into more thought provoking questions as to how and why does a person age.

Various theories exist and one of them (the Janus Model) explained life trajectory as a product of two complementary forces, growth and senescence, which are effective from conception until death. These factors of ageing can be impacted, for better or worse, by simple things such as sleep, thinking, interactions, and personality disorders.

According to Neil, development of Personality Disorders in old age is uncommon. If not triggered by substance abuse or a medical condition, the onset could often be traced back to childhood or adolescence trauma. Improvements occur in mid-life but these can often re-emerge as personality disorders in late life. Nevertheless, the

prevalence of personality disorders in the elderly was fairly low in the community and psychiatric patients, and just slightly higher (20%) in medical patients.



Presenting a graph of age-standardised suicide rates in Australia, Neil showed us how there was a sharp rise in suicides in only two groups of males, one of which were the 85+ group. Although the cause of this sharp increase is not clear, he believed that possible contributing factors could be a feeling of lack of meaningful contribution towards family, income and society in this group of males.

With so many questions being asked, the discussion then veered towards possibilities for a happier old age; but

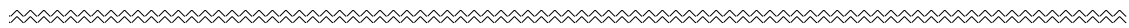
how? Many elderly were experiencing age related discrimination in employment and health care systems. Lack of employment and meaningful work, often related to lack of opportunities for development, change and growth.

There were few role models from previous generations as they did not live as long, and society had so far not adapted nor planned roles for humans living to be centenarians. In the current context, it seems up to the individual to think and plan physically and emotionally and

develop one's own unique philosophical approach to ageing.

Among all this uncertainty, one thing was certain. Happiness in old age is enhanced by continuing to make meaningful contributions toward family, society and the wider world in roles that allowed the elderly a sense of mentoring in some way, a sense of passing down one's accumulated wisdom or knowledge through professional or life experiences.

Usha Garg



This Week's Event:

Strathfield Youth Awards

One of the highlights of each Rotary year, the combined Rotary Club of Strathfield and Strathfield Council Youth Awards will be held tonight. Awards will be presented for

Community Service, Science and Technology, Arts and Culture, Individual sports, Team Sports and the President's Award.



Next Week's Speaker: Indian Night

In what promises to be spectacular night of colour, music, food, and fun, the Club will be holding its inaugural Indian Night. To be held at the

Concord Function Centre, this should be a night to remember.



Dates for the Calendar



<i>Rotary Events</i>	
Wednesday 24 th May 2017	Strathfield Youth Awards

Wednesday 31 th 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 (Strathfield Golf club)
Wednesday 28 th June 2017	Club Assembly
<i>Birthdays</i>	
-	none
<i>Anniversaries</i>	
31 st May	David and Margaret Croft



Rotary Celebrities and Projects

May is Youth Service Month. Through our involvement with Interact, Rotarians have an opportunity to be role models and mentors for young people in the community.

Interact is Rotary's service club for young people aged between 12 to 18 years of age. These clubs can be school or community-based, but in our district are school-based clubs. Rotary Clubs sponsor Interact clubs and provide them with support and guidance but each Interact Club is self-supporting and self-governing.

The goal of Interact is to develop leadership skills and personal integrity, demonstrating helpfulness and respect for others, understand the value of individual responsibility and hard work and advance international understanding and goodwill. Each club develops their own projects in the local and international community.

David Croft





The statistics

Attendance last week	15
Leave of absence	6
Apologies	9
No apology	4
Club membership	34
Partners	1
Guests	1
Members Rotary activities	Week ending 17-5-17: 40.5 [hours]

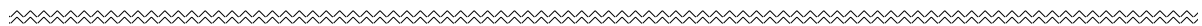
<i>Funds raised last week</i>	
Raffle	\$120.00
'Heads and tails'	\$25.00
Sergeants session	\$72.60



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

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.

24 th May	Peter van der Sleen
31 st May	Rick Vosila
7 th June	Janelle Watson

14 th June	Andrew Aravanis
21 st June	Usha Garg

