



STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

THE SPOKE

3rd-August-2016

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

Rotary, United Nations and Australian Themes

Month of July	Rotary	Membership and New Club Development Month
Days of July	United Nations	International Day of Friendship (30-Jul)



Steve's Snippets

Hi everyone. What an interesting week. Our meeting last week had some improved attendance and thanks to Usha Garg and Ed Dunlop, an excellent speaker in Dr Tom Crow speaking about stroke recovery. At its next meeting the board will give consideration to a donation to Dr Crow to assist in distributing his book in stroke recovery wards.

Friday evening was our first "fellowship dinner out" and we enjoyed the company of Brad and Cheryl Ayres, Peter and Ann Manenti, Marg Croft, George and Catherine Hallworth, Rick and Christine Vosila, Grahame and Penny True, Charles and Olga Pitt, and two visiting couples Brian and Janet Johnson (past Rotarians), and my neighbours Mike and Lois Keenan (our host on Wednesday).

The Chinese banquet at the Coronet Court was excellent as usual and the festivities were enlivened by a "Rotary trivia quiz" prepared by your fun loving Pres. I must congratulate our fairly new member and Director Rick Vosila on a score of 18/20, earning Christine a pair of beautiful earrings courtesy of Denise, and a bottle of champagne.

On Sunday the club BBQ was trundled out to Bressington Park at Homebush for a tree-planting day, organised by Strathfield Council. I have to thank Arie Pappas and Andrew Aravanis for organising our activity and two young Interactors from Homebush Boys for assisting.

Unfortunately attendance was down by 60% - 70% for some reason, and we had a lot of buns and sausages left to donate to charity afterwards.

Thankfully we were given a fee by Council for providing the BBQ facility, but it was very disappointing to have two great Rotarians, and your Pres. who had better places to be on a Sunday, very underutilised for the time donated.

Just for your future information, our District Governor's visit is only a month away (on September 7th), and this will be a Partners night. Stephen and Judith Humphreys' will both be speaking, and they are very pleasant easygoing people. We should also very soon have dates for a "special dinner out" at The Strangers Dining Room in State Parliament House courtesy of Jodie McKay our State Member. Craig Laundry, our recently returned Federal member, will be speaking at our Club on August 10th. This evening will be an optional Partner's night.

October looks like being busy with our Stroller Derby, and again we have been asked to sell programs at the Muscle Car Masters at Eastern Creek.

At least this year it's not on Father's Day.

Finally, can I implore all members to please respond to Gulian Vaccari's emails regarding attendance. At present MORE THAN ONE QUARTER of the club (excluding those on Leave of absence) **do not even have the decency to reply or bother attending**. Please remember that if you cannot attend for an extended period for a particular reason then please write to the secretary and request a 'leave of absence' or 'excused attendance'. Also please remember that as a committed Rotarian, it is your obligation to attend at least 2 meetings in 4.

I hope you enjoy this week's vocational meeting at Bankstown Airport; I know I'm looking forward to it.

Till next week

President Steve



Last Week's Guest Speakers: Dr Tom Crow

4:00am will always be a significant time for Tom Crow and his family. That was the time, four and a half years ago, that his wife suffered a stroke. From home and then straight to Royal North Shore hospital, the journey dealing with stroke begun.

Tom pointed out that, rather than being an illness, stroke is better thought of as an injury. Just that you can't see the injury, but you can certainly see its effects.

A stroke occurs when blood supply to the brain is interrupted. This can be due to bleeding as a result of the rupture of an artery (aneurysm) or a blockage caused by a blood clot.

Tom pointed out that someone in Australia suffers from a stroke every 10 minutes. That it is the second biggest killer after heart disease with twice as many casualties as breast cancer and prostate cancer. And that one in six people over the age of 55 will have a stroke.

In the case a Tom's wife, her stroke meant that she lost 25% of her brain function. The first eighteen months is the critical period for recovery and rehabilitation. But as Tom pointed out, ongoing recovery is possible with the correct approach.



To this end, he outlined four key elements

- 1) There is hope. Neuroplasticity means that you can retrain your brain. In his wife's case, she went from being wheelchair bound, to using the good portions of her brain to learn how to walk again just four months later
- 2) There is treatment. National guidelines mean there are documented approaches available
- 3) There is opportunity (for family) to help. In this regard patient advocacy is very important so that the best, most appropriate and ongoing care is provided
- 4) There is assistance. Recovery in the family home can help,

but you don't need to do it wholly on your own as services are out there to assist

Tom also went through in detail many of the myths of stroke.

For those interested in knowing more, Tom has written a guide about stroke. Sales of which go to the Stroke Recovery Association of NSW.

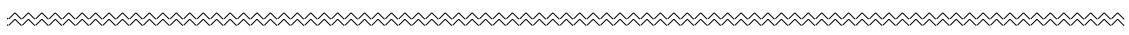
The Club thanks Tom for sharing his very personal journey and the instilling hope to those who might find themselves in the same position in the future.

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## *This Week's Guest Speaker: Transfer meeting to visit Cessna at Bankstown Airport*

Tonight will be a transfer meeting to Bankstown Airport for a tour of the Cessna Aviation hangar and some of their aircraft. Friends are more than welcome to attend.

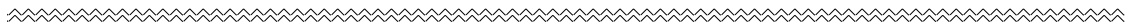
When we finish at the Airport, we will drive to a great local Thai restaurant, Nam Phuong Thai, at 204 Birdwood Road, Georges Hall.



## Next Week's Guest Speaker: Craig Laundry (MP)

As the recently returned Federal Member for Reid, Craig is now the Assistant Minister for Industry, Innovation and Science.

This is bound to be an interesting night for our members, partners and guests to enjoy.



## Dates for the Calendar



| <i>Rotary Events</i>                                  |                                                                                               |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Wednesday 3 <sup>rd</sup> August 2016                 | Vocational visit to Bankstown Airport Cessna hangar and dinner at a local Thai restaurant     |
| Wednesday 10 <sup>th</sup> August 2016                | Craig Laundry (MP)                                                                            |
| Wednesday 17 <sup>th</sup> August 2016                | Vocational Talks – Grahame True and Chris Virgona                                             |
| Wednesday 24 <sup>th</sup> August 2016                | Anne Perdriau - Speaking to Hearts and Minds: Public Speaking to engage, energise and elevate |
| Saturday 27 <sup>th</sup> August 2016                 | Bunnings BBQ Ashfield to assist The Infants Home                                              |
| Sunday 4 <sup>th</sup> Sept 2016                      | Strathfield Spring Festival                                                                   |
| Saturday 24 <sup>th</sup> Sept 2016                   | Rotary Club of Concord's 60th Anniversary                                                     |
| Fri 10 <sup>th</sup> to Sun 12 <sup>th</sup> March 17 | District Conference - Wollongong                                                              |

| <i>Birthdays</i>      |  |
|-----------------------|--|
| 28 <sup>st</sup> July |  |

| <i>Anniversaries</i> |   |
|----------------------|---|
| -                    | - |



## Rotary Celebrities and Projects

❖ Prince Rainier III, who ruled the Principality of Monaco for almost 56 years, was the honorary president of the Rotary Club of Monaco.

❖ **Rotary celebrates** each month of the calendar year, with the exception of May, with a different theme. Throughout the Rotary world, clubs are encouraged to concentrate

on programs to promote each of these months.

August is Membership & Extension month when clubs around the world focus on membership in Rotary.

**Say it loud, say it proud!** Let everyone in your social network know that you are a proud of what Rotary does. Rotary members have

pushed polio to the brink of eradication, delivered clean water to those in need, improved their local communities, provided scholarships to the next generation of peacemakers, and continue to do good in the world.

*David Croft*



## *The statistics*

|                           |             |
|---------------------------|-------------|
| Attendance last week      | 21          |
| Leave of absence          | 2           |
| Apologies                 | 7           |
| No apology                | 8           |
| Club membership           | <b>38</b>   |
| Guests                    | 1           |
| Members Rotary activities | tba [hours] |

| <i>Funds raised last week</i> |          |
|-------------------------------|----------|
| Raffle                        | \$180.00 |
| 'Heads and tails'             | \$41.70  |
| Sergeants session             | \$68.30  |

## *Your Committee 2016-2017*

|                          |                |               |                     |
|--------------------------|----------------|---------------|---------------------|
| President                | Stephen Taylor | Secretary     | Peter van der Sleen |
| President Elect          | tba            | Sergeant      | Grahame True        |
| Immediate Past President | Allan Petersen | Treasurer     | Rod McDougall       |
| Youth                    | Arie Pappas    | Community     | Andrew Aravanis     |
| International            | Rick Vosila    | Vocational    | Gulian Vaccari      |
|                          |                | Club Services | Bradley Ayres       |

|                  |                 |            |                   |
|------------------|-----------------|------------|-------------------|
| Bulletin Editor  | Andrew Kowalski | Web master | Raymond McCluskie |
| Bulletin Printer | Selectprint     | Apologies  | Gulian Vaccari    |



*Out and About - Sapphire pin presented to PP  
Roger Vince*



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*Out and About - Dinner (and quiz) at The Golden
Coronet Restaurant*

