



# Rotary

## Club of Strathfield



*Namaste*

## STRATHFIELD ROTARY BULLETIN

DISTRICT 9675  
4th November 2020

[www.strathfieldrotary.org.au](http://www.strathfieldrotary.org.au)

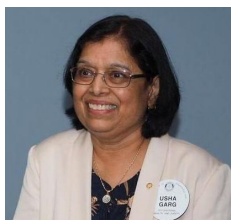
[info@strathfieldrotary.org.au](mailto:info@strathfieldrotary.org.au)

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

### *Rotary, United Nations and Australian Themes*

<i>Month of November</i>		
-	Rotary	Rotary Foundation Month
<i>Weeks of November</i>		
2nd - 8th Nov	Rotary	World Interact Week
6th - 12th Nov	UN	International Week of Science and Peace
8th - 15th Nov	Aust	Australian Pollinator Week
9th - 15th Nov	Aust	National Recycling Week
<i>Days of November</i>		
5th Nov	UN	World Tsunami Awareness Day
6th Nov	UN	International Day for Preventing the Exploitation of the Environment in War and Armed Conflict
10th Nov	UN	World Science Day for Peace and Development
11th Nov	Aust	Remembrance Day

### *President's Report*



**Usha Garg**  
*President*

*I do it because I can. I can because I want to. I want to because you said I couldn't.*  
Rugby Nation.

I am not a rugby tragic or even a rugby fan by a long stretch, but this is the rugby time

and nothing turns our nation more at this time of the year.

#### **The Donation Dollar**

This week I was lucky to find in my hand the gold coin with a green centre. It reminded me that Australia has launched the "Donation Dollar", a coin for charity. Three million of these coins have already been released and more are to come. With our spirit of generosity, a monthly donation of a Donation Dollar by every Australian has the potential to raise \$300 million annually for those who need it the

most. Very timely with COVID19 pushing many to the brink.

### **District and RI updates**

The second Webinar in the 'Climate & Peace Forum' series will be held on 10 November. There is an impressive line-up of speakers and if you are interested, please register via [www.climateandpeace.com.au](http://www.climateandpeace.com.au)

The district conference on 19-21 March is open for bookings and is expected to be face to face although there are contingency plans in place for the virtual format. The location is the Sydney Masonic Centre, an iconic venue within the Sydney CBD.

Due to the uncertainties of COVID19, RYLA 2021 has been cancelled. The next RYPEN camp will be on 13-15 August 2021.

The GREAT ROTARY DEBATE 2020 between the Rotary Melbourne and Rotary Club of Sydney is on the evening of 5th November. The topic is "Reversing Climate Change is Mission Possible". Please see the flyer for more details.

Recent correspondence from RI draws our attention toward Rotary Action Groups (described further down) and also to celebrate World Interact Week 2-8 November by sharing our Interact service projects on Facebook.

PDG Gina Growden's letter in October RDU reminds us of the importance of using the correct Rotary signature block and RI compliant Logos to ensure a consistently good public image. The public image team can be contacted for help.

### **Back to our club**

Our next three meetings on 4th, 11th and 18th November are on the same evenings

as the State of Origin matches. We will have shorter meetings and conclude by 8pm to allow rugby [league – Ed] fans time to settle down to enjoy the match. There are interesting speakers on these evenings with the expectation that we will attend as usual.

We will be inducting our newest member Ying Ho on the 11th November at our in-person meeting. Our guest speaker for the evening is Rafaele Jourdy, and the subject of the talk is "Sound Therapy for the ear & brain vitality". There is the option of gathering in front of the big screen after the meeting to watch the second and perhaps the most exciting of the three matches.

The Pride of Workmanship Award Committee is working energetically to put up a great show on 25th November. On this occasion, we will induct our new honorary member, Dr Fiona Martin, Federal Member for Reid.

The AGM is coming up on 2nd December and it is time to start thinking about what contribution you would like to make in the coming year.

And finally some real fun and frivolity at our Christmas party on Friday, 11th December at Nonna & Co.

Last Wednesday's meeting was well attended as we continued with the theme of mental health. We heard Dr. Neil Jeyasingam dissect the mental aspects of Batman and the screen characters associated with him. (Dr Jeyasingam is a psychiatrist in private and public practice and has published widely on issues of mental health). The mesmerizing talk took us inside Batman's world where we see his difficulties forming relationships due to the traumatic loss of his parents at a young age. In more recent projections though (e.g. Lego Batman), the pre-1960s

image is relieved showing him as learning from friendships and respecting the values other people have for himself. The discussion of these characters highlighted how the attitudes and actions of adult life were impacted by one's early life. The Making and keeping of connections is seen as important for good mental health.

Continuing on the same yet different path, this week we hear from Shannon Chin on

"Cognitive health and wellbeing". Shannon is the author of the book "Demystifying Dementia" and the founder of "Fit Minds Australia". Shannon specialises in helping people build healthy brain function using Cognitive Stimulation Therapy to protect against cognitive decline.

*Usha Garg*

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### *Speaker previous week: Neil Jeyasingam*

"Batman and what he teaches us about mental health"

Using various cartoon characters – specifically Batman, The Joker and various others that this writer has not heard of previously, Dr Jeyasingam gave a fun, yet quite insightful glimpse into the area of mental health and the flawed nature of these characters.

Dr Neil advised that treatments for depression are also used for anxiety.

The proportion of the population with mental health issues hasn't changed over the decades though now most people are

assessed and treated with appropriate medications.

For more details on Dr Neil Jeyasingam's theories and explanations go to his website

<http://www.psychologytoday.com/au/blog/the-superheroes/201207/batmans-mental-health-part-1>

<http://medium.com/@marinedelorme/buce-wayne-batman-de-stigmatizing-reimagining-mental-illness-917ae757b0ad>.

*Writeup by Janelle Watson*



## *Speaker for this week: Shannon Chin*

After leaving a successful corporate career of 20 years, Shannon took the bold step into the entrepreneurial world to create a fulfilling future. She founded Fit Minds Australia and another business. She is also the author of “Demystifying Dementia”.

Having worked in the Aged Care industry and losing her grandma to dementia, she has become a dementia advocate. Her hope is to contribute towards a dementia-friendly nation starting from creating awareness and understanding, to supporting people to live well with dementia.

Shannon specialises in helping people build healthy brain function using

Cognitive Stimulation Therapy to protect against cognitive decline. She recognises the importance of exercising and keeping the brain healthy, sharp and active because it means being able to continue to have the capacity to make decision even at an advanced age, as well as continuing to live and age well.

Supporting people living with dementia and their family members to navigate the journey better and to live well is something extremely close to her heart. She’s on a mission to do whatever she could to reduce the risk of dementia across the globe..

[ref: <https://www.shannon-chin.com/about-shannon.html#/>]

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## *RI News*

### **Work with experts from a Rotary Action Group or a service partner**

Several action groups focus on aspects of community economic development and can help you start a local project or support an international one:

- [Rotary Action Group for Community Economic Development](#) works to alleviate poverty through sustainable microfinance and community development.
- [Disaster Network of Assistance Rotary Action Group](#) focuses on disaster preparedness, communication, and recovery worldwide.
- [Rotary Action Group for Endangered Species](#) brings attention to endangered species and supports action to preserve and protect them.
- [Environmental Sustainability Rotary Action Group](#) helps clubs and districts plan, implement, and evaluate

projects related to environmental sustainability and climate change.

- [Food Plant Solutions Rotary Action Group](#) works to alleviate hunger by teaching people, particularly in developing countries, how to grow the local foods that best fill their nutritional needs.
- [Rotary Action Group Against Slavery](#) raises awareness that slavery still exists in some places and supports programs, campaigns, and projects to end it.

Your district’s international service committee can connect you to local experts, many of whom are also part of a Rotary Action Group, to help you with community economic development projects. You can always contact your district leaders for assistance.

## Dates for the Calendar



<i>Rotary Events</i>				
<i>Day/Date</i>	<i>Event/speaker</i>	<i>To introduce</i>	<i>To thank + Speaker write-up</i>	<i>Venue</i>
Wed 4th Nov	<b>Shannon Chin</b> Cognitive health & well-being	Trudy Ho	Janelle Watson	Zoom
Wed 11th Nov	<b>Rafaele Jourdy</b> Sound Therapy for ear & brain vitality	tba	Janelle Watson	Strathfield Events Centre
Wed 18th Nov	<b>Dr Janette Vardy</b> Sydney Cancer Survivorship Centre	Peter Smith	tba	Zoom
Wed 25th Nov	<b>Pride of Workmanship</b>	-	-	Strathfield Events Centre
Wed 2nd Dec	<b>AGM</b>	-	-	Strathfield Events Centre
Fri 11th Dec	<b>Christmas party</b>	-	-	Nonna & Co

<i>Birthdays</i>	
7th November	Dimitry Palmer
9th November	David Croft
10th November	Janice Barrett

<i>Anniversaries</i>	
5th November	Arie Pappas (Rotary)



## The Rotary Statistics

Attendance last meeting (28-10-20) – in person	18
Club membership	<b>44</b>
Partners	2
Guests	3



Funds raised	
Raffle (pre-payment system)	-
Sergeant's session	\$125.90
Heads and tails	Not held

## Your Committee 2020-21

President	Usha Garg	Secretary	Dimitry Palmer
President Elect	tba	Sergeant	Nick Hamilton-Kane
Immediate Past President	Arie Pappas	Treasurer	Rod McDougall
Youth	Peter Smith	Community	Allan Teale
International	Thaya Ponniah	Vocational	Janice Barrett
Public Officer	Rod McDougall	Club Service	Alexey Prokopenko

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

## Out and About: The Great Rotary Debate (upcoming)

**BOOK NOW FOR AN EVENING THAT YOU WOULD NOT WANT TO MISS!**

# THE GREAT ROTARY DEBATE 2020

Rotary Melbourne vs. Rotary Club of Sydney

### The Motion: "REVERSING CLIMATE CHANGE IS MISSION POSSIBLE"

**Rotary Melbourne**

**TEAM MELBOURNE (THE PROPOSERS)**



**MIKAELA STAPHACE (LEADER)**

Mikaela is a MBA-qualified lawyer, who founded the social enterprise WomenCAN and a charity called The Placement Circle. She has served as a company director on government boards & industry associations.



**DR. CHRIS SOTIRIOPOULOS**

Chris is a lawyer by training, and an entrepreneur who founded 3 companies that commercialise healthcare innovations here and abroad. He has also provided advisory services in new market entry. He is currently Chair of the Community Health and Ageing Committee.



**NICK PELHAM**

Nick has been a member of the RC of Melbourne since 2006, and has previously been a member of the RC of Cairns, and RC of Canberra City. Nick is an infrastructure expert with a focus on governance, strategy & complex procurement. He's involved in the operation and transformation of the rail system at Metro Trains Melbourne.

**ORGANISING COMMITTEE:** Reg Smith OAM / Chris Stillwell / Jo Mauro / Sarah Macleod

**Rotary Sydney**

**TEAM SYDNEY (THE OPPOSERS)**



**DAVID HIRSCH (LEADER)**

David works as a barrister specialising in medical law. He was the Chair of the Sydney Peace Foundation before joining the Rotary Club of Sydney in 2017. He is now the Chair of the club's Peacebuilding Group.



**ANGELA BRADLEY**

Angela spent 12 years in the Energy Industry, working for E.ON Energy to design and develop the UK's first zero carbon village, and here in Australia building a boutique renewable energy research consultancy. Joined Rotary 2015, Director of Community Projects 2016-19, AG D9675 2019-21.



**BERNARD MACLEOD**

Bernard is a Psychotherapist in Private Practice in Sydney. Bernard is the Chair of the International Services Committee. He is also the Patron and co-Founder of the Open Heart Disability Care Trust which runs a Centre in Mazuraboni in Northern Zimbabwe catering to the needs of the regions most vulnerable & disabled children.

**ORGANISING COMMITTEE:** PP John Given OAM / PP Tony Benner

**"STILLWELL FAMILY TRANS-TASMAN ROTARY DEBATE TROPHY"**

**CHIEF GUEST**



**THE HON. ADAM BANDT M.P.**  
Adam is the leader of the Australian Greens and is also the Federal Member of Parliament for Melbourne.

**TOSS OF THE COIN**



**THE RT. REV. THE HON. DR. PETER HOLLINGWORTH AC, OBE**  
Peter is an Anglican Bishop who served as the 23rd Governor General of Australia between 2001 and 2003

**MODERATOR/ADJUDICATOR**



**THE HON. JUDITH TROTT AM**  
Judith is a former Victorian Liberal Senator (1993-2011), and has also served as Parliamentary Secretary to the Minister of Agriculture, Fisheries & Forestry. She is now the Chair of Austin Health.

**GUESTS OF HONOUR:**  
DG Philip Archer (D9800) DG Warwick Richardson (D9675)  
DG Gillian Jones (D9940) DG Craig Horrocks (D9920)

**MASTER OF CEREMONIES:** Suresh Marcondan

**DATE & TIME:** Thursday 5th Nov 2020 - 1830hrs to 2000hrs (AEST Melbourne/Sydney time)  
**REGISTER HERE:** [bit.ly/2SrYEja](http://bit.ly/2SrYEja)

**PLEASE DONATE GENEROUSLY TO OUR CENTENARY PROJECT "GIVE EVERY CHILD A FUTURE" AND ASSIST US TO IMMUNISE 100,000 CHILDREN IN THE PACIFIC ISLANDS**

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