



Rotary  
Club of Strathfield



*Namaste*

# STRATHFIELD ROTARY BULLETIN

DISTRICT  
9675

7th October 2020

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*Rotary, United Nations and Australian  
Themes*

<i>Month of October</i>		
-	Rotary	Economic and Community Development Month
<i>Weeks of October</i>		
4th – 10th Oct	UN	World Space Week
5th – 8th Oct	Aust	Australian Wildlife Week
5th – 11th Oct	Rotary	Rotary Alumni Reconnect Week
<i>Days of October</i>		
10th October	UN	World Mental Health Day
11th October	UN	International Day of the girl child
13th October	UN	International Day for disaster reduction
5th October	UN	World Teachers' Day
5th October	UN	World Habitat Day

## *President's Report*



**"The thoughts of others are as necessary to one's mental well-being as food is necessary to one's physical well-being"**

Rotary founder Paul Harris, 1928.

So in keeping with the spirit of these words, we are lucky to hear from speakers with interesting, contemporary and meaningful thoughts at our Rotary meetings.

Last week, Guest Speaker Ying Ho provided a demonstration of how practicing music can positively impact the lives of people, increase IQ and also help to overcome certain disabilities to lead a more worthwhile life.

Not only thoughtful but joyful meetings are also an integral part of Rotary life. We are privileged to have our Sergeant Nick Hamilton-Kane who has us constantly guessing not often correctly, what will be served next. Last week was a great game of family feud where each dinner table made up a Rotary family. And to add more spice to the evening, we have PP Peter Manenti running the smoothest raffle all on his own. Such efforts are not only well appreciated by members and guests, but also help us to raise money.

Bradley Ayres is currently convalescing in Hospital. On Sunday, he suffered a heart attack and was rushed to Concord Hospital, where he is under good care. I have been in touch with him and he is recovering well. We wish him an early recovery and return home. Our thoughts are with his family Cheryl and Madeline.

It looks like we will miss out on Christmas Carols as we missed out on our Strathfield Spring Fair. In the absence of an outdoor event, Strathfield Council is producing a video for Christmas Carols this year. Rotary Strathfield is invited to contribute a Christmas Carols message to this video which will be filmed inside the Town Hall later this month. Stay tuned for updates.

The Ashfield Bunnings BBQ has returned with a bang and we are one of the early ones to benefit from this return. PP Allan Teale and his team will be there in the early hours of 11th October tackling the rush. If you are not a volunteer on the team, it may be a good time to find that pending shopping list for Bunnings and enjoy a sausage sizzle with the team.

We have a board meeting coming up on Monday and secretary Dimitry Palmer will be delighted to add any items for discussion.

This is 2020 Rotary reconnect week and this is what **RI** has to say: *"This week Rotarians invite former Rotaractors, Interactors, Rotary Peace Fellows, Rotary Scholars, Youth Exchange students, and other Rotary program alumni to renew their connection to Rotary. Past program participants who have lost their*

*active connection to Rotary can refresh their ties by visiting club meetings, helping with projects, and engaging online. By doing so, they can experience again how Rotary reshapes lives locally and globally".*

I ask my club members to find an old photo or event, create a post on social media (tag: #RotaryReconnect) or forward to PP Raymond Mccluskie for FB. Perhaps you may just find the time to renew old Rotary Connections.



The month of October has many important days including World Mental Health Day. On this day or any time during October, we help *Lift the Lid on Mental Illness* by contributing to mental health research. This research goes towards helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses. Donations are tax deductible.

And of course we have our World Polio day in October. Rotary has used our collective strength to defeat this devastating disease in almost every part of the world. This year, the WHO's African region was certified free of wild poliovirus – showing that eradication is possible even in difficult circumstances.

This week, we will hear from Danijela Prahovic on *Improving the life skills of young people via technology*, a contemporary and important topic affecting the lives of our young. I hope you will all join me in this meeting to hear from Danijela.

Lastly I take this opportunity to thank all club members for being together in our club and for all your participation and contribution in different ways as we can. We appreciate each other's presence and company and that is what makes our club great.

You may have noticed this Bulletin missing some features. With Bradley's return the Bulletin will be restored to its original glory.

*Usha Garg*

## ***Speaker Last Week: Ying Ho***

Ying Ho is a classical pianist who has performed all over the world at major concert venues including the Sydney Opera House, Sydney Town Hall, Melbourne Recital Centre and National Art Gallery in Canberra.

She currently works with the Sydney Symphony Orchestra and at the Sydney Conservatorium of Music, where she serves as the Head of Keyboard at MLC School in Burwood.

One of her absolute passions is to educate and empower the next generation of young adults to play musical instruments and use it as a tool to develop and increase their cognitive brain functions which improves their brain developments to perform all other activities in their lives such as performing mathematics, reading texts and problem solving.

Based on neuro-scientists' studies, which summarized by a TED-Ed talks which Ying Ho presented, there are many benefits to playing music to the human brains.

Using technology such as fMRI (Functional Magnetic Resonance Imaging) and PET (Positron Emission Tomography), the Neuroscientists have found that listening and especially playing music lights up multiple areas of the brain, simultaneously processing different information in intricate, interrelated and astonishingly fast sequences, creating that "fireworks effect" in the brain activities.

Playing music is equivalent to a full body workout as it engages every areas of the brain at once, especially the visual, auditory and motor cortices. As with other workouts, disciplined and structured practice in playing music strengthens those brain functions, allowing us to apply that strength to other activities;

It also combines the linguistic and mathematical precision of the left brain with the novel and creative content that the right brain excels in to increase the volume and



activity in the brain's corpus callosum, the bridge between the two hemispheres, allowing messages to get across the brain faster through more diverse routes, more effectively and creatively in both academic and social

settings;

Playing music requires simultaneous analysis of both cognitive and emotional aspects as certain type of music can trigger human emotions, especially when supplemented with moving pictures, such as in the Schindler's List movie trailer.

Musicians exhibit enhanced memory functions, which allows for creating, storing and retrieving memories more quickly and efficiently as well as to give each memory multiple tags, such as conceptual tag, emotional tag, audio tag and contextual tag, like a good internet search engine.

An example of this is shown in the progress of one of Ying Ho's students who has hearing issues is such a brilliant classical pianist. Even though her student is unable to hear the music properly she plays, however she is still able to use her brain to connect and tag each note that she plays with a different memory and combine all of those memory to play a beautiful sounding music.

The Rotary Club appreciates and celebrates, Ying Ho's passion and dedication in classical music education and happy to continue our support to this educational cause for the MLC School in Burwood.

Kind Regards,

Alexey Prokopenko



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***Speaker next Week: Danijela Prahovic; Improving the life skills of young people via technology***

## ***Food for thought (a must read):***

This is an article from **Rotary on the Move September 2020 Page 5**. While on the surface this is just another Rotary comment and we often say we have seen them all and read them all. But read again. In very simple straightforward way, it is thought provoking. Something clubs should discuss more often. (Just one caveat though - there is no way that we could scrap our Bunnings BBQ!!)

## ***SERVICE VERSUS FUNDRAISING***

*Article by ARC PDG Doug St Clair*



There is no doubt that Rotary clubs need to raise funds and have a source of annual income to survive. Often our service projects require seed funding and we also have causes such as our Polio Plus program, our drought appeal or even supporting a Youth Exchange student. Some “easy” sources of income are Local Council Grants and the Gambling Community Benefit Fund (in Queensland but probably existing in other jurisdictions) and to a lesser extent District and Global Grants. Of course, there is always the Bunnings BBQs.

Many clubs have a long history of donating funds, often towards the end of the Rotary year, to a range of worthy causes and even sometimes to other charities. This is fine and makes us feel good and enhances our respect within the community. Rotary, however, is a service organisation, not a fund raising organisation and if half the effort we spend on devising ways to raise funds and then carrying out the fundraising activities was put into community service I think we would quickly begin to gain even more respect within the community and see a positive influence on our membership numbers.

I’m not suggesting you “scrap” the Bunnings BBQ but it’s probably going to be a lot easier to invite prospective members to a clean-up day in the local park or painting a local hall than working at a sausage sizzle. I personally enjoy the latter but if I were considering joining or new to a club, I’d want to know what else there was to satisfy my need to serve.

I know that many of you have heard this before but I still keep running into clubs and members who get really hooked on coming up with ways to raise funds for their club and don’t spend an equal amount of time or more on working out what service projects they can achieve.

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### **YOGA ASANAS: SURYA NAMASKAR**

(Sun salutation).

If you are pressed for time and looking for a single mantra to stay fit, here’s the answer. A set of 12 powerful yoga asanas (postures) that provide good cardiovascular workout. These postures are a good way to keep the body in shape and the mind calm and healthy.

<https://youtu.be/cFForkCE 4>

