



# Rotary

## Club of Strathfield



## STRATHFIELD ROTARY BULLETIN

DISTRICT 9675  
16th February 2022

[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>Year 2022</i>		
-	UN	International Year of Basic Sciences for Sustainable Development
-	UN	International Year of Glass
-	UN	International Year of Artisanal Fisheries and Aquaculture
<i>Month of Feb</i>		
-	Rotary	<b>Peacebuilding and Conflict Prevention Month</b>
<i>Weeks of Jan</i>		
-	-	-
<i>Days of Feb</i>		
20th Feb	UN	World Day of Social Justice
21st Feb	UN	International Mother Language Day



### *President's Report*



**Thaya Ponniah**  
*President*

My fellow Rotarians and friends of Rotary,

Remember to say "I LOVE YOU"

With great sadness, we announce the loss of the beloved father of our secretary, Nick Hamilton-Kane. After a short illness, Hamilton-Kane (snr) passed away at the age of 91. On behalf of all the members of the Rotary family, our deepest sympathy goes out to Nick and his family at this

difficult time. May the happy memories bring you and your family comfort at this sad time.

One of the special things about coming to a Rotary meeting is listening to a variety of guest speakers who speak on various topics that bring Rotary members up to date with the latest trends, provide insight, and enrich them with history and knowledge. Members of the public who would like to hear these speakers are most welcome to attend but will be required to make a booking for catering purposes. So come along, enjoy the camaraderie, a good meal and listen to a speaker of your interest.

Our guest speaker last week was a well renowned musician, George Ellis. Our club was honoured to have such a brilliant and amazing Australian conductor, composer and orchestrator. We had a wonderful Q & A session moderated by our Club Service Director, PP Arie Pappas. Having worked in Australia's classical music industry since 1990, George Ellis has connected with the best orchestral musicians in the nation. Over the years, he had formed his own orchestra which comprised of these musicians; they have performed throughout Australia under his direction. A musical genius, George, explained his extra-ordinary musical career, which was insightful and remarkable. All our Rotarians and their spouses were mesmerised by George's wonderful achievements both locally and internationally, while being so humble.

We are also celebrating Valentine's Day this week, starting Monday, February 14th. Hoping to save their relationship, a woman dragged her husband to see a counsellor. During their session, the counsellor asked him, "Do you tell your wife you love her?" The man growled, "I told her when we got married that I loved her—and that if I ever changed my mind, I'd let her know." People know you love them by your actions and words.

When you lose a loved one, you realise that relationships are much more

important than possessions. We tend to forget that in our scramble to get to the top of the heap and the daily busyness of life, that life is short, and we need to radically alter our perspective. It makes you want to fill every precious moment with important words you have left unsaid, and important things you have neglected undone. Don't let the pace of life masquerading as ambition and work, stop you from expressing your love to the people in your life who need to hear it. Make that call. Send that email. Buy those flowers. Say, 'I love you.'

Most of the time, people don't need our opinions and solutions; when we give them our time and love, they will feel valued and loved. Yes, it is important to fulfil your God-given assignment in life, but not at the cost of the people who really matter. Three little words people never get tired of hearing: "I love you." It's not complicated—it just requires thought.

***"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."* Paulo Coelho.**

Yours in Rotary Service,

*Thaya Ponniah*



## *Speaker from last week: George Ellis*



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## *Speaker for this week: Louise Murphy*

Louise Murphy is on a mission to raise awareness of the mental health and wellbeing challenges faced by our emergency first responder volunteers.

Louise holds a Master of Nursing (University of Newcastle), a Graduate Certificate in Health Sciences (University of Newcastle) a Graduate Certificate of Leadership and Health Management (University of Wollongong) and a Bachelor of Nursing (University of Western Sydney).

In 2018 Louise was awarded a Churchill Fellowship to research international best practice in peer support programs. Louise is using her research findings to help educate our community, government and volunteer agencies about how important it is for us to care for the volunteer first responders who care for us, and is sharing strategies on how best to maintain a mentally fit volunteer work force.

Louise has recently founded the Australian first Responder Foundation, a charitable organisation that looks after the mental health and wellbeing of emergency first responders through residential weekend educational programs based on peer support principles.

Louise is an experienced Mental Health Nurse and is currently a Nurse Practitioner in Drug and Alcohol Medicine at South West Sydney Local Health District. She has over 30 years nursing experience in the public health system, Corrections and the Australian Defence Force.

A committed volunteer since the age of 16, Louise has volunteered with St John's Ambulance since 2004 is the NSW Peer Support Program Lead for St John Ambulance (NSW).

Ref: <https://www.churchilltrust.com.au/fellow/louise-murphy-nsw-2018/>

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## Dates for the Calendar



<i>Rotary Events</i>				
<i>Day/Date</i>	<i>Event/speaker</i>	<i>To introduce</i>	<i>To thank + <b>Speaker write-up</b></i>	<i>Venue</i>
Wed 16th Feb	<b>Louise Murphy</b> Australian First Responder Foundation	Raymond McCluskie	tba	Golf Club
Wed 23rd Feb	<b>Social event</b>	tba	tba	tba
Wed 2nd Mar	<b>Club Assembly</b>	-	-	Golf Club

<i>Birthdays</i>	
19th February	Kimberly Beltran
22nd February	Anne Manenti
23rd February	Rotary (1905)
23rd February	Bradley Ayres
24th February	Nick Hamilton-Kane
25th February	Ross Brown

<i>Anniversaries</i>	
8th February	Edward and Kim Dunlop (wedding)
8th February	George and Afaf Helou (wedding)
21st February	Roy Ellis (Rotary)
24th February	Prabhat Sinha (Rotary)
25th February	Edward Dunlop (Rotary)



## The Rotary Statistics

Attendance last meeting (09-02-22) – in person	18
Club membership	<b>48</b>
Partners	2
Guests	3

<i>Funds raised</i>	
Raffle	\$180.00
Sergeant's session	\$154.10

## *Your committee 2021-22*

President	Thaya Ponniah	Secretary	Nick Hamilton-Kane
President Elect	Andrew Aravanis	Sergeant	Keith Byrn
Immediate Past President	Usha Garg	Treasurer	Rod McDougall
Youth	Ying Ho	Community	Rick Vosila
International	Roy Ellis	Vocational	Alexey Prokopenko
Public Officer	Rod McDougall	Club Service	Arie Pappas

Bulletin Editor	Bradley Ayres	Web master	Raymond McCluskie
Bulletin Printer	SelectPrint	Apologies	Peter van der Sleen
Social Media	Alexey Prokopenko	Programs Chair	Gulian Vaccari

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## *District News*

Demonstrating how Rotary moves with the times, our DG, Jeremy Wright communicates regularly via his YouTube channel.

In the most recent instalment, DG Jeremy talks to us about Adopt a tree, RAWCS Tonga, the Climate and Peace Webinar - Tipping Points, Polio train ride, and the District Conference!

View it here - <https://youtu.be/Uube6OAHWqc>





*In celebration of Rotary's 117th birthday*

## Virtual Train Ride to End Polio

*It used to be that trains were part of the polio problem, as they gave the poliovirus the perfect way to rapidly spread far and wide. Then, in 2001, trains became part of the solution, with all children aboard Indian trains being immunised. Now, Pakistan has adopted the same strategy, helping to ensure that no child is left unvaccinated.*

Over the past three years, there has been an All Stations challenge in Sydney and other cities around Australia and New Zealand, to raise money for the Rotary END POLIO NOW Campaign. These events have raised over **\$450,000** — and that's *before* the Gates 2:1 match.

Due to lockdowns, last year's event was postponed to 23 February 2022, which is Rotary's Birthday. **Alas, due to Covid, we *still* can't conduct an in-person event so we have pivoted to a [Virtual Train Ride](#).**



**The good news is that going virtual now makes it possible for clubs and members *anywhere in Australia* to participate.**

## Call to Action

1. **Commit your Club to making a contribution, say \$2,000** — and send it to TRF in your normal way during February (see [Bank Instructions](#) for guidance).
2. **Go to a railway station and take a selfie** under the station sign and send it to [risppo.trf@rotary.org](mailto:risppo.trf@rotary.org).
3. **Encourage your members and others to support the campaign** — scan the QR code, or go to [raise.rotary.org/EndPolioVirtualTrainRide/challenge21](https://raise.rotary.org/EndPolioVirtualTrainRide/challenge21). This page gives them more information about the event and provides a link to make their donation.



**By the way, we'll be using the best selfies in a press release that we'll be sending out straight after the event and we can put the selfies on the Raise for Rotary event page too. We'll also be mentioning the most generous clubs.**

To facilitate personal fundraising, we're using Rotary's new **RAISE FOR ROTARY** peer-to-peer fundraising platform. If a Rotarian donates, and they use the same email address as they use to login to the Rotary website, the member and Club will receive recognition for the contribution. If a non-Rotarian donates, recognition is directed to the event.

**We have set a goal of \$100,000 for the day** — \$75,000 from clubs, \$25,000 from individuals.

In 2020, 41 of the 126 Clubs in Greater Sydney supported the train ride. With the event now being virtual, **how great would it be if every club in our district supports the event!**

Put it in your diary: **WEDNESDAY 23 FEBRUARY**, Rotary's Birthday.

Please feel free to share the [QR code](#). It takes donors directly to the campaign page on [Raise for Rotary](#).

**The Virtual Train Ride is an initiative of your team at RISPPPO.**

Bulletin kindly printed by

