



# Strathfield Rotary News

The Weekly Bulletin of the Rotary Club of Strathfield Inc.  
District 9690, New South Wales, Australia

**President:** Kevin Freund

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



## October is Vocational Service Month

### Kev's Conveyances

We were certainly taken on a wonderful journey last week courtesy of Brian Lawrenson and his experiences of travelling through parts of the world that only the true adventurer would tackle. I am full of admiration for Brian and the challenges he, together with his wife Jill, pursues, and then conveys those experiences through books and film.

This Sunday we take a journey to Bowral, for a day of fellowship, courtesy of Domenico and Johanna Alvaro, and I would like to remind those attending that all food and drinks will be supplied, but Domenico advises everyone to bring a jacket or coat as the weather can change quickly and it can get quite cold.

We received the sad news last Friday that Walter Dickman had passed away. Walter was a member of the Windsor Rotary Club, but is best remembered as a great motivational speaker at RYLA camps, who always inspired the Rylarians with his ability to relate to them and encourage them to always strive towards greater achievements throughout their life.

I would like to encourage members and their partners to attend our Pride of Workmanship Awards, next week, when we recognise and acknowledge those individuals in our community who have displayed outstanding qualities in terms of approach, attitude, dedication and commitment to their job. Our guest speaker will be Juliana Jamal, a young lady who has made

**Wednesday, October 21, 2009**

### This Week's Meeting

#### Awareness is an Effective Way to Beat Prostate Cancer

**Hayes van der Meer**

Introduced by PE Peter Smith    Thanked by Paul White

considerable achievements since arriving in Australia from Malaysia in 1996.

Tonight we welcome Hayes van der Meer, the Men's Health Ambassador for the Prostate Cancer Foundation, who works to spread awareness of prostate cancer and provides us with living proof that early diagnosis and treatment leads to a greater survival rate.

Cheers, **President Kevin**

### Last Week's Presentation

*Recorded by Ian Johnson*

#### Travelling the Silk Road

Our guest speaker was Brian Lawrenson, a travel writer, who spoke to us about "Travelling the Silk Road". Brian was introduced by Joe Saad.

Brian and his wife have travelled to seventy countries. He advised us that his wife was happy to go on these trips as "if you go overseas you don't have to do the cooking".

Brian informed us that the Silk Road ends in Zian which is the old capital of China. From there the goods would be transported down the river networks for distribution. Marco Polo travelled along the Silk Road in the 1280's when the Mongols ruled the area. He was trading Saffron which was more valuable than gold.

Brian also went to Istanbul and found it to be a magical place which straddles two continents. He advised us that there are three major mosques in the city. One of these, which is over one thousand years old and ten storeys high, has been a church and a mosque. It is now a museum.

Brian also travelled to Damascus, one of the oldest cities in the world. Whilst there he saw some amazing whirling dervishes.

He also went to the Spice Markets which he greatly enjoyed. There are hundreds of varieties for sale and the vendors are very knowledgeable.

Brian met up with many Taliban on his travels. He told us that he had grown a full beard to fit in with locals. His wife had to fully enclose herself in appropriate clothing. Brian liked the rule that the wife had to walk two steps behind the husband.

Brian's second journey took him to Beijing. He informed us that two thousand years ago it was a city of 400,000 people and it was the pinnacle of world sophistication. He told us of his trip to the night markets where he ate one of the barbecued scorpions on offer. Whilst in China Brian also visited the Great Wall of China, which is 5,000 km in length, and the terracotta warriors. Brian described his visit to an ancient monastery where 800 monks were being taught. He also described visiting a grape growing area in the middle of a desert which relied on water from a 40,000 km long underground canal system.

Brian told us of his visit to the mosque at Bukhara and the incredible tile work both inside and outside the building. A photo of the mosque is used as the cover photo on

#### Escape to the Tian Shan Mountains



Brian Lawrenson in action

Brian's book that he wrote about these journeys.

Brian described to us his trip into Pakistan by public bus. The bus took six hours to travel about 200 km as the road was very rough. Brian saw the Calash people whom he found to be fascinating. It is believed that they may be descendants of Alexander the Great.

In conclusion Brian told us his hobby of collecting the great variety of hats that he comes across in his travels. This could be the subject of another interesting talk. Brian was thanked by Ray Wilson.

## Last Week's Proceedings

Recorded by PP Roger Vince

### From President Kevin

Welcomed our visitor Brian Lawrenson, guest speaker for the evening.

Asked members to fill in the commitment sheets if they are able to attend:

**25<sup>th</sup> October** – Coach trip via Wollongong to the Bowral home of Domenico and Johanna for lunch.

**7<sup>th</sup> November** - Barbecue at Bunnings, Ashfield, for the Ashfield Infants Home.

**13<sup>th</sup> November** – Trivia Night

**18<sup>th</sup> November** – Wine Tasting

Welcomed Doug Potter back to the meeting after his absence because of family health reasons.

Drew the Club's attention to an invitation from the Rotary Club of Burwood for a special night at Burwood RSL on 12<sup>th</sup> December to celebrate their 70<sup>th</sup> anniversary and PDG Harry Pickett's 50 years as a member of their Club. It has a

special significance to our Club as Burwood is our mother club and Harry was DG when Strathfield was chartered in 1971. It is hoped to get at least one table for the event and a commitment sheet will be circulated.

He also mentioned the special memorial dinner for PDG Ken Nicholls at Blacktown RSL on 21<sup>st</sup> November.

Peter and Margery Foss are representing Strathfield and Breakfast Point RC at the chartering of the new Rotary Club of Revesby Warrimbirra on 21<sup>st</sup> October.

Read to the Club a thank you note from Janice Vince thanking the Club for the condolences and beautiful flowers received on the death of her mother Lilian Pickett.

### From Trevor Duxbury

#### International Service Director

Reported he had attended a meeting of the Group Study Exchange Committee last week where it was announced that our candidate, Cate Thomson, has been included in the final team of four for the visit to D7820 in Nova Scotia, Canada next year. As the inbound team has not been

chosen at this time we do not know their occupations. The Club will be advised as soon as this is known to assist members who would like to have members of the inbound team stay with them whilst they are in our zone.

### From Ray Wilson

Announced the annual District 9690 Golf Championship Day will be played on 10<sup>th</sup> November and all the golfers in the Club are invited to play. Strathfield RC won the event last year and hopefully will do the same this year. There are more Rotary Clubs involved in the event this year than in previous years.

### From PE Peter Smith

Announced a sheet was being circulated for Christmas cake and pudding orders. The Club needs to sell a minimum of 96 to virtually break even and he urged members to order up for themselves and their friends to make the operation a success. Orders have to be forwarded by the second week in November to ensure Christmas delivery.

The price this year is \$15.50, a great buy.

### Trev's Trivia

In the 1967 film *The Graduate*, there is one shot where Benjamin (Dustin Hoffman) holds Mrs Robinson's breast. She ignores him, rubbing at a spot on her clothes. He turns and bangs his head against a wall. This was because breast touching was Hoffman's spur-of-the-moment idea and he was laughing so much he banged his head against the wall, convinced the shot would be cut. It stayed in.

*Inverne's Stage and Screen Trivia*

Fletcher (on wine): "I'd like to warn you, gentlemen, that this should be sipped delicately like a fine liqueur. It shouldn't be gulped down by the mugful. If you do that you will lose the flavour and the bouquet. You will also lose your power of speech."

*Porridge, BBC TV, 1976*

## Last Week's Presentation

Recorded by PP Roger Vince

### Rotarian Revelations

from PP Steve Taylor.

He reminded those present that it was his third job talk and he would try and make this one a little different from the previous ones. This year he celebrates thirty years as the Principal of the architectural firm De Angelis Taylor & Associates in Liverpool. The firm does all types of architectural work and some has been strange and interesting! Much of their recent work has involved the Federal Government's economic stimulus with the so-called education revolution designing classrooms, science blocks and halls for both the private and public school systems. The firm has also been involved with a social housing compact with the old NSW Housing Commission, as we knew it. There has been a promise by the Government to build 3200 housing units all over NSW by the end of next year – a huge task.

De Angelis Taylor was fortunate to receive a brief to design five halls in the Public and Catholic education system. The drawings have to be completed in four or five weeks and this has caused serious problems, as it would normally take four to five months to do the work. In the rush, it is very easy to make mistakes when there is such a demand to get the work completed to fall into line with the demands made by

the Federal Government's guidelines. This has caused much of the work to be over budget. However, the work that has been generated by all this activity has been a lifeline to many people in the industry. All the work has to be completed by the end of next year.

He also talked further about the work involving Public Housing with which he has been involved for ten years and the firm has an established pattern on design. NSW has one of the biggest public housing programmes in the world with 400,000 tenants. The new State Government Office, the Project Management Office, has recently been formed to look after Public Housing. A new process for approvals bypasses Local Council and the design methods have also been changed making it difficult for firms involved. The State Government has mandated that 60% of new housing is only one bedroom and the remainder two bedroom. The Affordable Housing State Planning Policy recently passed, allows two storey blocks of Public Housing flats to be built anywhere within 400 metres of public transport without Local Council approval. Many of these buildings have very limited parking making street parking the only option. Unfortunately, all the work associated with Public Education and Public Housing is rapidly coming to an end as the building work has to be finished by the end of next year.

Steve was warmly applauded for his presentation.



**Strathfield Rotary Wine Tasting Evening**

18 November 2009  
6:30 for 7:00 pm  
Strathfield Golf Club

**Join Us!**

For an evening of fine wine, food, fun and fellowship

Special dinner menu to complement the wines

Thanks to Caberita Cellars who will supply all wines and provide expert commentary

All Welcome  
Rotary Partners Night  
Cost \$25 per person all inclusive  
RSVP 11 November Rod McDougall 9746 2424

## Rotary Grace

O, Lord and giver of all good,  
We thank you for our daily food,  
May Rotary friends and Rotary ways  
Help us to serve you all our days.

## Dates for Your Diary

For catering purposes, please remember to send apologies or details of extra attendees by  
4.00pm Tuesdays to Eric Khu 9746 0397

email: [brontin@bigpond.com](mailto:brontin@bigpond.com)

Late apologies by 5.00pm Wednesdays to Kevin Freund 0412 494 125

### 25<sup>th</sup> October (Sunday) ► Partners' Day ◄

#### *A Day with the Alvaros*

Join Domenico and Johanna Alvaro at their beautiful home at Bowral in the Southern Highlands.

### 28<sup>th</sup> October (Wednesday) ► Partners' Night ◄

#### *Pride of Workmanship Awards*

*Juliana Jamal*

### 7<sup>th</sup> November (Saturday)

#### *Infant's Home Barbecue, Bunnings, Ashfield*

### 10<sup>th</sup> November (Tuesday)

#### *District Golf Day*

### 11<sup>th</sup> November (Wednesday)

#### *MS Ambassador*

Erin Hodder

### 13<sup>th</sup> November (Friday) ► Allcomers' Night ◄

#### *Trivia Night*

### 18<sup>th</sup> November (Wednesday) ► Partners' Night ◄

#### *Wine Tasting Evening*

Hosted by Cabarita Cellars

### 20<sup>th</sup> November (Friday)

#### *Breakfast Point Rotary Club Charity Golf Day*

### 21<sup>st</sup> November (Saturday)

#### *The Ken Nicholls Memorial Dinner Blacktown RSL Club*

### 25<sup>th</sup> November (Wednesday)

#### *Hearing Voices Network*

### 2<sup>nd</sup> December (Wednesday)

#### *AGM*

### 9<sup>th</sup> December (Wednesday) ► Partners' Night ◄

#### *Strathfield Rotary Christmas Party*

### 12<sup>th</sup> December (Saturday)

#### *Burwood Rotary Club 70th Anniversary*

### 16<sup>th</sup> December (Wednesday)

#### *Children's Christmas Party*

### 18<sup>th</sup> February 2010 (Thursday)

Transfer meeting from 17<sup>th</sup> February

#### *Trish MS Research Foundation Golf Day*

### 19<sup>th</sup> to 21<sup>st</sup> March 2010

#### *District 9690 Conference, Forster NSW*

The Rotary Club of Strathfield meets every Wednesday evening at Strathfield Golf Club, Centenary Drive, Strathfield.  
Visitors welcome

Light travels faster than sound, which is why some people appear bright until you hear them speak.

## Last Meeting's Statistics

#### **Attendance: 27**

**Visiting Rotarians:** PP Brian Lawrenson  
(RC Breakfast Point)  
Guest Speaker

**Visitors:** None

**Apologies:** 14

**Non-Apologies:** 18

**L.O.A.:** Warren Abbott  
George Helou  
Umesh Kamkolkar  
Anuradha Kamkolkar

#### **Raffle raised \$195.00**

##### **Winners**

Eve Dutton  
Doug Potter  
Joe Saad

#### **Auction Raised \$300**

**Two tickets to the André Rieu Concert**  
Les Hockley

**The Sergeants raised \$116.00**

## Food for Thought

### Attitude

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

"Well," she said, "I think I'll braid my hair today."

So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said,

"I think I'll part my hair down the middle today."

So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "today I'm going to wear my hair in a pony tail."

So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

## Rotary Club of Breakfast Point 2009 Charity Golf Day

Friday 20<sup>th</sup> November  
Massey Park Golf Club

\$65 per player  
Includes green fees, BBQ breakfast and lunch

Registration from 7.00am  
Tee Off 8.00am

Application forms from  
Trevor Duxbury or Ray Wilson  
or contact Breakfast Point RC at  
[breakfastpoint@rotanet.com.au](mailto:breakfastpoint@rotanet.com.au)  
or phone 0407789401

"YAY!" she exclaimed.

"I don't have to fix my hair today!"  
Attitude is everything.

Everyone you meet is fighting some kind of battle.

Life isn't about waiting for the storm to pass...

It's about learning to dance in the rain.



## Another Laugh



### Important Medical Advice

- Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?
- A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.
- Q: Should I cut down on meat and eat more fruits and vegetables?
- A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.
- Q: Should I reduce my alcohol intake?
- A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!
- Q: How can I calculate my body/fat ratio?
- A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.
- Q: What are some of the advantages of participating in a regular exercise program?
- A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!
- Q: Aren't fried foods bad for you?
- A: YOU'RE NOT LISTENING!!! ..... Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?
- Q: Will sit-ups help prevent me from getting a little soft around the middle?
- A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

### CONCLUSION

Eat and drink what you like.

Speaking English is apparently what kills you.

### AND REMEMBER:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming **'WOO HOO, What a Ride'**

*From PE Peter Smith*

### Congratulations

#### Birthdays

None

#### Wedding Anniversaries

21<sup>st</sup> October **Bill and Mira Carney**  
26<sup>th</sup> October **Peter and Dee Douglas**

#### Rotary Anniversaries

None

### Make us Laugh

#### Captioning the Moment

Here are the entries (in order of receipt):

*"Fossie, what do like in the 5th Race?"*

*"I don't think you should put that into print."*

*"This menu is in French. Can you understand or translate it?"*

Winner to be announced tonight.

*Ed's note: Does Terry know he's speaking to "The Glob"?*



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**Printed by Selectprint**

*Printers, Typesetters since 1977*

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