



Rotary

Club of Strathfield



Namaste

STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

11th November 2020

www.strathfieldrotary.org.au

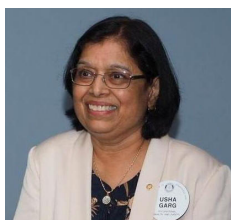
info@strathfieldrotary.org.au

<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>		
6th - 12th Nov	UN	International Week of Science and Peace
8th - 15th Nov	Aust	NAIDOC Week
8th - 15th Nov	Aust	Australian Pollinator Week
9th - 15th Nov	Aust	National Recycling Week
<i>Days of November</i>		
11th Nov	Aust	Remembrance Day
14th Nov	UN	World Diabetes Day
15th Nov	UN	World Day of Remembrance for Road Traffic Victims
16th Nov	UN	International Day for Tolerance
18th Nov	Int	International geographic information systems (GIS) Day

President's Report



Usha Garg
President

"Everyone's perspective of themselves and others is based on the limitations of their exposure. You have to see and smell and feel the circumstances of people to really understand them."

Kamala Devi Harris, Vice President - elect,
United States of America

Much is happening in and around the world. USA has a new president-elect and vice president. Our State of Origin rages on with the Blues hopefully coming back.

On behalf of the nominating committee, PDG David Croft has advised that PP Thaya Ponniah is our President-elect for the remainder of 2020/21 and will be President for the years 2021/22. Congratulations Thaya, our good wishes are with you. Thaya has been contributing tirelessly for some time and I believe the

club is going into safe hands. Once more PDG David Croft and the nominating committee with their extensive experience and understanding of the workings of Rotary Clubs have made a valuable contribution in this decision.

Our club's 50th Anniversary committee has taken off and swung into action. Last Friday at a zoom meeting, the date has been finalised for 13th March 2021. PP Raymond McCluskie has been active on the Facebook and I gather this entry is generating much interest.

SGHS Pink Stumps BBQ fundraiser, a small regular event at this time of the year, will be held on 19th November and PP Graham True has volunteered to manage this BBQ.

The Pride of Workmanship Award Committee is working energetically to put up a great show on 25th November. Registrations are open and bookings can be made easily through the humanitix link or by paying into the club account.

On this evening, we will also induct our new honorary member, Dr Fiona Martin, Federal Member for Reid.

The AGM is coming up on 2nd December and I hope some of you have given thought to 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.

The Youth Awards are all ready to be distributed to the schools prior to the Christmas break, thanks to Bradley Ayres' diligent persistence. Some of us may volunteer to present them at assemblies.

This week we had our Board meeting and among other decisions, the Board approved the proposed changes to the Club's Constitution and By-laws for consideration as a special resolution at the Club's Annual General Meeting on 2 December 2020.

Last Wednesday we had an informative talk from Shannon Chin on "Cognitive Health and Wellbeing". Taking excerpts from her book "Demystifying Dementia" she discussed how we can keep the brain function healthy by practising some simple techniques. More about this from Janelle Watson.

We also received a short visit from our speaker of previous week, Dr. Neil Jeyasingam to discuss more about his upcoming project Wisdom-Connect, the new video-conferencing platform designed specifically for the use of residents of aged care facilities to connect with others. According to Neil, this is a new program, a bit rough around the edges, but showing great potential. We hope to hear more from him in the coming days.

This week and next week, our meetings will continue to be shorter and close at 8.00pm to allow our rugby fans to enjoy the State of Origin matches. We will have a great night inducting our newest member Ying Ho and the opportunity for fellowship and fun with our president-elect and sergeant. There is also the option of gathering in front of the big screen after the meeting to watch this second and perhaps the most exciting match.

Usha Garg

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## *Speaker previous week: Shannon Chin*

Adding to the information provided in last week's Bulletin about Shannon Chin, I have noted the following details from her excellent presentation to the Club. Shannon shared many ideas to maintain brain health in order to have a life of quality and fulfilment.

Core functions of the brain were discussed. These include orientation, memory, critical thinking, computation and language.

In order to maintain good brain health there were several recommendations. These included Jigsaws, crosswords, puzzles, Sudoku, map-reading, word recall, mental juggling, memory training cards, story-telling, number patterning and mental maths. Writing by hand was seen as a worthwhile exercise to stimulate brain activity as well as learning a new language.

Also discussed were the importance of sleep, diet & nutrition and maintaining good mental health as well as physical activity each day. Social interaction along with spirituality & relaxation were seen as very important components of wellbeing.

Finally Shannon Chin emphasised the significance of finding and retaining passion and purpose in your life.

Shannon Chin welcomes you to visit her website for more detailed information and the link to the Fit Minds Free Brain Health Check.

<https://www.fitmindsau.com.au/fitminds-brain-health-check>

*Writeup by Janelle Watson*

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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 11th Nov         | No speaker                                                   | -                   | -                                         | Strathfield Events Centre |
| Wed 18th Nov         | <b>Dr Janette Vardy</b><br>Sydney Cancer Survivorship Centre | Peter Smith         | Andrew Aravanis                           | 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> |           |
|------------------|-----------|
| 18th November    | Devi Bala |

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

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The Rotary Statistics

Attendance last meeting (04-11-20) – Zoom	15
Club membership	44
Partners	0
Guests	2

<i>Funds raised</i>	
Raffle (pre-payment system)	-
Sergeant's session	-
Heads and tails	Not held

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## *Your Committee 2020-21*

|                          |               |              |                    |
|--------------------------|---------------|--------------|--------------------|
| President                | Usha Garg     | Secretary    | Dimitry Palmer     |
| President Elect          | Thaya Ponniah | 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 |            |                   |

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Out and About: Pride of Work (upcoming)

Strathfield
Rotary
Club




Rotary Opens Opportunities

Rotary Club of Strathfield Pride of Workmanship Awards 2020

**Recognising vocational excellence
in our local community**

Wednesday 25 November 2020 6:30 for 7:00 pm
Strathfield Golf Club Event Centre
(a COVID-19 safe environment)



Special Guest Speaker

Warren McDonnell

**West's Tigers
Player Recruitment Manager**

Dinner
Single: \$60 Per Adult
→ **Save with two or more: \$50 Per Adult**
Children under 12: \$20 Per Child
Cash Bar Dress Smart Casual

Bookings
1) By Humanitix Ticketing (preferred)
<https://events.humanitix.com/pride>
2) By Electronic Funds Transfer
BSB 633000 Account 146249156
Quote your last name and "pride"
Confirm with email to info@strathfieldrotary.org.au
specifying guest names and any special dietary requirements
3) By Cheque or Cash (at a club meeting prior to event)
Enquiries Jan Barrett or Thaya Ponniah



The Rotary Club of Strathfield

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