



Rotary

Club of Strathfield



Namaste

STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

17th February 2021

www.strathfieldrotary.org.au

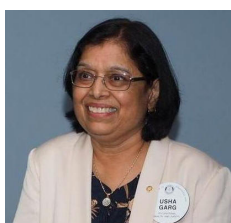
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<https://www.facebook.com/strathfieldrotary>

Rotary, United Nations and Australian Themes

<i>Year 2021</i>		
-	UN	International Year of Peace and Trust
-	UN	International Year of Creative Economy for Sustainable Development
-	UN	International Year of Fruits and Vegetables
-	UN	International Year for the Elimination of Child Labour
<i>Month of February</i>		
-	Rotary	Peace and Conflict Prevention/Resolution Month
<i>Weeks of February</i>		
-		-
<i>Days of February</i>		
20th Feb	UN	World Day of Social Justice
21st Feb	UN	International Mother Language Day
23rd Feb	Rotary	Rotary's anniversary

President's Report



Usha Garg
President

Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal. – Martin Luther King

February is Peace and Conflict Prevention/Resolution Month. As a

humanitarian organization, peace is a cornerstone of the mission of Rotary. We believe when people work to create peace in their communities, that change can have a global effect. See more about Rotary's role further down the bulletin.

Last week we had a chance to understand how sound therapy has the potential to improve hearing problems from our Guest Speaker Mrs Rafaele Joudry.

This week many Asian communities celebrated New Year: Happy Losar to Tibetan friends; Happy Tet to Vietnamese friends; Happy Seollal to Korean friends; and Happy Lunar New Year to Chinese friends. This is the year of the Metal Ox, representing diligence, dependability, and determination. Good fortune and the best of health in the (Asian) year ahead!

For the 13th consecutive year, **The Rotary Foundation has received the highest rating** — four stars — from Charity Navigator, an independent evaluator of charities in the U.S. The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness. In his February message, RI President Holger Knaack says, *"We have lasted 116 years because of our strong ethics, our passion for Service Above Self and our unique approach to problem-solving . . ."*

Preparations for our **International Women's Day celebrations on Wednesday March 10th** are in full swing. **Our Committee Chair Rtn. Ying Ho** has some great surprises up her sleeve for the evening which she says will be revealed closer to the date. Our keynote speaker for the evening will be Ms Lisa Moloney, Principal of MLC School, Burwood. The flyer is now available and registrations are open which can be made using the Humanitix link on the flyer. Please invite all the wonderful women in your lives, many of whom have contributed significantly to Rotary over the years. Bring along as many guests as you wish, it will be a fantastic evening.

Graffiti Removal action comes up on **28th March**. As it happens every year, PP

Peter Smith will be co-ordinating the event. volunteers. Please contact him if you are interested. Director Jan Barrett is planning for **Anzac Day Service on Sunday, 25th April** accompanied by a scrumptious breakfast, a rare morning meeting for us.

The Board meeting held Monday night, after almost two months had a packed agenda. Many decisions will be discussed in the coming meeting. The current pattern of alternate Zoom and in-person meetings will continue for the time being and will receive a quick review at each Board meeting. Most members seem to have comfortably settled into this pattern of alternate meetings. Our Strategic Planning Committee will meet later this week for a second time and we hope to have a club meeting devoted to member input in early April. Director,

Our **Grand 50th Anniversary Dinner** and Celebration originally planned to be held on 13th March has been postponed to later in the year. The 50th Anniversary Committee will meet soon to decide on the new date. **Strathfield Council** has now granted permission to put up our 50th Anniversary outdoor banners at strategic locations in Strathfield. Three sponsorships of \$500 each are being sought to meet the cost of this banner and Rtn Roy Ellis has offered to be the first volunteer.

This week we have the privilege of hearing from Alan Kirkland, the CEO of CHOICE magazine. Look forward to our meeting.

Usha Garg

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## *Speaker from last week: Rafaele Joudry*

Rafaele Joudry is the Founder and Director of Sound Therapy International. Raefale's presentation was the result of many years studying the ear and brain and how an imbalance in the connection between the ear and brain can lead to

balance by improving sensory processing. "Sound Therapy uses filtered music with particular patterns of high and low sound to re-condition the ear-brain connection. You simply listen through earphones at low volume while going about your day or even during sleep."



*Rafaele Joudry, flanked by Janice Barrett & Anne Manenti*

Sound Therapy has been demonstrated to improve the lives of those with Down's Syndrome, Dyslexia, Autism and Attention Deficit Disorder. A reading of one of Rafaele's books, "Sound Therapy Music to Recharge your Brain", provides a good insight into the mechanisms of Sound Therapy.

Far more detail is available from the

conditions such as tinnitus, dizziness, reduced hearing, stress, anxiety, depression, insomnia, difficulty with language and auditory processing plus other conditions.

Sound Therapy works to enhance the ear-brain connection to improve hearing; to improve learning by streamlining auditory processing and to improve

website:

<https://www.mysoundtherapy.com>

Rafaele was recommended as a speaker by Rotarian Janelle Watson.

*Write-up by Janelle Watson*

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## *Speaker for this week: Alan Kirkland*

Alan Kirkland has been CEO of CHOICE (the Australian Consumers' Association) since 2012. Before joining CHOICE, Alan worked in the social services sector and for state and federal governments. As CEO of Legal Aid NSW during the global

financial crisis, he saw the human impact of poor lending practices, which sparked his passion for consumer rights.

Alan has degrees in Arts and Law and an Executive MBA.

## Reports from Members

**Ying Ho**

Dear friends,

You are invited to a very special event celebrating International Women's Day on Wednesday March 10th!

Our keynote speaker for the evening will be Ms Lisa Moloney, Principal of MLC School, Burwood. I have attached Lisa's profile.

We have some surprises up our sleeves for the evening which will be revealed closer to the event. 😊

Please click [here](#) to view a flyer containing details of the evening, or simply click the image below.

Registration options are shown on the flyer. Click [here](#) to register online via Humanitix. Please register!!

Feel free to send a link to the flyer to friends and colleagues inviting them to attend. The link is

[www.strathfieldrotary.org.au/sre/210310/10/iwd.htm](http://www.strathfieldrotary.org.au/sre/210310/10/iwd.htm)

This will be our first major event of 2021! Please invite all the wonderful women in your lives, many of whom have contributed significantly to Rotary over the years. Bring along as many guests as you wish, it will be a fantastic evening!

**Rotary**  *International Women's Day* 2021

**Partners and Guests Welcome**

**Strathfield Rotary Dinner**

**Celebrating the Contribution of Women in Our Community**

**Women in Leadership**  
Keynote Speaker  
Ms Lisa Moloney  
Principal of MLC School, Burwood

Wednesday 10 March 2021 6:30 for 7:00 pm  
Strathfield Golf Club Event Centre  
Dinner \$50.00 per person (children under 12 \$25.00)  
Delicious three course meal  
Cash bar  
Dress Smart Casual  
COVID-19 safe environment

**REGISTRATION**

1) By Humanitix Ticketing (preferred)  
<https://events.humanitix.com/wd>

2) By Electronic Funds Transfer  
BSB 633000 Account 146249156 Quote last name and "IWD"  
Confirm with email to [info@strathfieldrotary.org.au](mailto:info@strathfieldrotary.org.au)  
Please include guest names, any special dietary requirements

3) By Cheque or Cash (at a club meeting prior to event)

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

See you there!

Ying Ho  
Event Committee Chair

email: [usha@unswalumni.com](mailto:usha@unswalumni.com)

## 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 17th Feb         | <b>Alan Kirkland</b><br>“Product & consumer – Choice for now & in the future”                                                     | Janelle Watson      | Janelle Watson                            | Zoom         |
| Wed 24th Feb         | <b>George Siopis</b><br>"The importance of physical activity and overall fitness to reduce the risk of adverse Covid-19 outcomes" | Ying Ho             | Janelle Watson                            | Golf Club    |
| Wed 3rd Mar          | tba                                                                                                                               | tba                 | tba                                       | Zoom         |
| Wed 10th Mar         | <b>Lisa Moloney</b><br>"Women in Leadership"                                                                                      | tba                 | tba                                       | Golf Club    |
| Sun 28th Mar         | <b>Graffiti Clean-up Day</b>                                                                                                      | -                   | -                                         | tba          |

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

| <i>Anniversaries</i> |                                 |
|----------------------|---------------------------------|
| 17th February        | Edward and Kim Dunlop (Wedding) |
| 18th February        | George and Afaf Helou (Wedding) |
| 21st February        | Roy Ellis (Rotary)              |
| 24th February        | Prabhat Sinha (Rotary)          |

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The Rotary Statistics

Attendance last meeting (10-02-21) – In person	18
Club membership	44
Partners	2
Guests	2

<i>Funds raised</i>	
Raffle & Sergeant's session	\$261.20

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		

Rotary's Four Roles in Promoting Peace

Rotary and its members are:

- **/Practitioners:** Our work fighting disease, providing clean water and sanitation, improving the health of mothers and children, supporting education, and growing local economies directly builds the optimal conditions for peaceful societies.
- **Educators:** Our Rotary Peace Centres have trained over 1,300 peace fellows to become effective catalysts for peace through careers in government, education, and international organizations.
- **Mediators:** Our members have negotiated humanitarian ceasefires in areas of conflict to allow polio vaccinators to reach children who are at risk.

Advocates: Our members have an integral role as respected, impartial participants during peace processes and in post-conflict reconstruction. We focus on creating communities and convening groups that are connected, inclusive, and resilient.



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