



Rotary

Club of Strathfield



Namaste

STRATHFIELD ROTARY BULLETIN

DISTRICT 9675

25th November 2020

www.strathfieldrotary.org.au

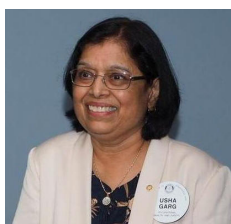
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Rotary, United Nations and Australian Themes

<i>Month of November</i>		
-	Rotary	Rotary Foundation Month
<i>Weeks of November</i>		
-	-	-
<i>Days of Nov/Dec</i>		
25th Nov	UN	International Day for the Elimination of Violence against Women
29th Nov	UN	International Day of Solidarity with the Palestinian People
30th Nov	UN	Day of Remembrance for all Victims of Chemical Warfare
1st Dec	UN	World AIDS Day
2nd Dec	UN	International Day for the Abolition of Slavery

President's Report



Usha Garg
President

Of all the hundred and one ways that men can make themselves useful to society, undoubtedly the most available and often the most effective are within the spheres of their own occupations.

Paul Harris, Founder of Rotary International

Good evening. This week we welcome many guests to our signature vocational service event the **Pride of Workmanship Awards**. Vocational Service calls on every human to work with integrity and contribute their expertise in their chosen profession to meet the needs of society and fellow humans.

On this occasion we give recognition to the hidden heroes amidst us in the presence of a gathering of local community members and leaders. To be nominated, is a great honour as it recognizes the award winners skills and

dedication to service and humanitarian values as seen through the eyes of their own peers. These outstanding workers go the extra mile beyond the call of duty to contribute where needed. Congratulations to all the award winners and their nominators.

Special thanks to Vocational Service Director Janice Barrett and International Service Director Thaya Ponniah for their diligent efforts in creating this gala evening. The team was well assisted by PP Rod McDougall, Rtns Peter van der Sleen and Janelle Watson and many others.

On this gala occasion, we also have the privilege of inducting our new honorary member, **Dr Fiona Martin MP**, Member for Reid, to our club.

Our **Annual General Meeting** is scheduled for next Wednesday 2nd December following the regular meeting. We look forward to the introduction of the Board members for 2021/22. Consideration will also be given to a special resolution to adopt changes to the club constitution and by-laws.

The year ends with our **Christmas party** for members at one of our favourite venues Nonna & Co. on Friday, 11th December. Planning is underway for an evening of great fun, but what exactly is the committee up to? Hmm.. why not find out!

Coming in the new year is our **50th Anniversary** and the committee has announced the date for the celebration of this landmark event as 13th March 2021. The Rotary Club of Strathfield came into existence on 14th March 1971. This special milestone for the club is an opportunity to reflect upon our proud history of responding to the humanitarian needs with generosity and compassion.

Chair PP Roger Vince is busy with the preparations but is always open to ideas and discussions.

"Disease detectives: In a public health crisis, contact tracers are on the case" is the title of a timely article in the October Rotary Magazine. The article goes back to 1937 when the then-U.S. Surgeon General Thomas Parran wrote a book describing contact tracing, the first documented history of this practice. Since then, we have come a long way and are witnessing how successfully this has been used to combat the spread of COVID19. (<https://www.rotary.org/en/disease-detectives-public-health-crisis-contact-tracers-are-on-the-case>)

Last week we had the opportunity to hear from Dr. Janette Vardy about the Sydney Cancer Survivorship Centre at Concord Hospital. Armed with the data collected and analysed over the last many years, Dr. Vardy provided us an overview of the breadth of services available to cancer survivors, all from a small restored cottage at Concord Hospital. (<https://www.slhd.nsw.gov.au/concord/ssc/about.html>).

Also, last week I had the pleasure of sharing the Pink Stumps Day with the wonderful students of Strathfield Girls High School. The BBQ held on the premises on this day was managed by many Strathfield Rotarians to help the girls raise funds for McGrath Foundation. Once again, a warm welcome to all our guests and we hope you have a great evening. I will leave you with another quote apt for this occasion.

And as we let our own light shine, we unconsciously give other people permission to do the same.

Nelson Mandela, Long Walk to Freedom

Usha Garg

Speaker previous week: Prof Janette Vardy

Who is Professor Janette Vardy?

A medical oncologist working as a clinical researcher at both Concord Hospital and the University of Sydney who gave us both a sobering and reassuring presentation on both the physical and cognitive symptoms cancer survivors face post their treatment.

Who is a cancer survivor?

You are considered a cancer survivor from the time of diagnosis, through the balance of your life. As cancer survival rates have improved, there is more focus on the quality of the time following treatment for cancer.

Statistics

1 in 2 Australians is statistically likely to be diagnosed with one form of cancer during their lifetimes with ~ 1 million cancer survivors in Australia in 2014. . The holistic approach to cancer treatment and medical advancements have made cancer more of a chronic disease that survivors had to learn to live with.

Sydney Cancer Survivorship Centre

The Sydney Cancer Survivorship Centre at Concord Hospital was established in 2013 with the aim to help survivors at all stages of the cancer journey, by providing access to a multidisciplinary team of professionals to support an individual's needs following a cancer diagnosis.

Professor Vardy advised that life is vastly different after diagnosis and often the period post treatment is the most difficult time for survivors. Thankfully the Centre now provides a holistic co-ordinated approach to post treatment care including helping people make positive lifestyle changes, including improving their physical activity and nutrition, as well as providing psychological support.

Statistically cancer survivors post treatment often displayed various physical and emotional symptoms including constant fatigue, trouble sleeping, pain, anxiety, sore hands and feet, lack of concentration and memory issues, changed outlook on life, depression and fear associated with cancer recurrence.

The Sydney Cancer Survivorship Centre Consists of the 4 main Teams

1. Survivorship Clinic

A survivorship plan is tailored for individual treatment and commonly has 3 monthly reviews. Survivors consult with the following health professionals; Oncologist/Haematologist, Cancer Nurse, Exercise Physiologist, Dietitian and Clinical Psychologists.

2. Survivorship Cottage

It's a drop-in facility that provides free of charge courses and workshops for survivors and their family. These include healthy lifestyle choices, art and music therapy, yoga & pilates and mindfulness and relaxation classes to name a few.

3. Survivorship Gym

Specially trained team members assist with improving fitness, strength, quality of life, for both pre cancer surgery/treatment and post cancer-related fatigue or other treatment side effects. The Enrich program provides an 8-week free lifestyle course on exercise and healthy eating.

4. Survivorship Research

Provides good quality evidence to help manage the issues that are important to cancer survivors.

Critically, regular exercise decreases risk of cancer recurrence. 2/3 of cancer survivors are either overweight or obese. Only 31% of survivors meet aerobic guidelines and men exercise better than women. As a result, men have a better quality of life than women on average 12 months post diagnosis.

We were advised that some of the services provided were maintained from continual and ongoing government funding and fundraising from local community organisation like Rotary. The COVID pandemic had adversely affected

their fundraising activities jeopardising some of the important work undertaken at the Centre.

We were privileged and grateful that Professor Vardy shared with us the important work that the Centre undertakes for cancer survivors. It was also reassuring to note that survivors could avail themselves of the facility and the expertise with a referral from their treating doctors.

Writeup by Andrew Aravanis



Zoom meeting from 18-11-20, featuring Prof Janette Vardy (4th column, 3rd row)



Reports from Directors



Dimitry Palmer
Secretary

This email is to provide formal notice of the 2020 annual meeting for the Rotary Club of Strathfield Inc.

The annual meeting will take place at 8PM on Wednesday, 2 December 2020 at Strathfield Golf Club (following the scheduled in-person club meeting which will finish earlier than usual).

The meeting will be chaired by PDG David Croft AM and minuted by myself.

This meeting will also involve the consideration of a special resolution to adopt changes to the club constitution and by-laws. These changes are outlined in the explanatory memorandum and annexures A, B, C and D attached to the annual meeting agenda and available individually below.

Please note the following:

1. The agenda & special resolution annexures may be found [HERE](#) - the main items being the election of the 2019-20 board and the consideration of the special resolution.
2. Minutes of the 2019 AGM (in draft, awaiting confirmation) are available via the link below.
3. The accounts for 2019-20 are still with the auditor and will be distributed at the AGM.
4. A call for nominations for board positions was issued via email on 04/11/2019. Please see the relevant links below. The due date for nominations is

5pm on Tuesday, 1/12/2020. Nominations received after this time will not be accepted. Nominations from the floor will not be accepted.

If you have any questions, please do not hesitate to get in contact with me.

Annual Meeting Document Links

[Agenda for the 2020 Annual Meeting \(click here\)](#)

[Minutes from the 2019 AGM \(click here\)](#)

[Formal Call for Nominations \(click here\)](#)

[Nomination form for the 2020-21 board \(click here\)](#)

Special Resolution - Individual Annexure Links

[Explanatory Memorandum](#)

[Annexure A: Standard Rotary International Club](#)

[Constitution \(with changes marked-up\);](#)

[Annexure B: Amended Club Constitution \(clean copy\);](#)

[Annexure C: Amended Club By-laws \(with changes marked-up\); and](#)

[Annexure D: Amended Club By-laws \(clean copy\).](#)

Yours Sincerely,

Dimitry Palmer
Secretary 2019-2020
Rotary Club of Strathfield Inc.
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dimitrypalmer@outlook.com

Participate in the 2020 Rotary Member Census!

Rotary International is currently undertaking a survey of its members as part of the 2020 Rotary Member Census. This census will help Rotary make important decisions about our organization and the Rotary club experience. The survey should take less than 15 minutes to complete and will be open until 18 December 2020.

Strathfield Rotarians are encouraged to complete this census.

Members would have received an email with the subject line: "Participate in the 2020 Rotary Member Census!" on

Thursday, 12/11/2020. The link to the survey can be found in the email. The link in the email is unique to each member.

Member Announcements

Ed Dunlop
Child Protection Officer

Working With Children Check Renewal

Members are reminded to renew their Working With Children Check

registration ASAP. Holding a current WWCC is an essential condition of membership of our club.

Renewal can be completed via the form at:
<https://wwccheck.cyp.nsw.gov.au/Applicants/renewal>

Rotary Polio Plus Program

What is polio?

Polio, or poliomyelitis, is a paralysing and potentially deadly infectious disease that most commonly affects children under the age of 5. The virus spreads from person to person, typically through contaminated water. It can then attack the nervous system.

Our goal

Rotary has been working to eradicate polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever.

As a founding partner of the Global Polio Eradication Initiative, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.



Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralysing disease. Rotary's advocacy efforts have played a role in decisions by

governments to contribute more than \$10 billion to the effort.

Today, polio remains endemic only in Afghanistan and Pakistan. But it's crucial to continue working to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyse as many as 200,000 children each year.



Members of the Rotary Club of Strathfield and our Rotary District continuing the efforts to eliminate Polio

Dates for the Calendar



<i>Rotary Events</i>				
<i>Day/Date</i>	<i>Event/speaker</i>	<i>To introduce</i>	<i>To thank + Speaker write-up</i>	<i>Venue</i>
Wed 25th Nov	Pride of Workmanship	-	-	Strathfield Events Centre
Wed 2nd Dec	AGM	-	-	Strathfield Events Centre
Fri 11th Dec	Christmas party	-	-	Nonna & Co

<i>Birthdays</i>	
27th November	Navya Mathew
30th November	Rod McDougall
2nd December	Arie Pappas

<i>Anniversaries</i>	
25th November	Roger and Janice Vince (Wedding)
30th November	Allan and Kate Teale (Wedding)



The Rotary Statistics

Attendance last meeting (18-11-20) – Zoom	23
Club membership	45
Partners	2
Guests	0

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

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		

Out and About: Pink Stumps Day at SGHS

Strathfield Girls High School needed our help.

A group of Strathfield Rotarians went along to the school armed with our BBQ to support the girls raising money at their 'Pink Stumps' event. President Usha Garg said the Rotary Club of Strathfield was pleased to be part of the girls team and help out at the school

“Pink Stumps Day is a way for cricket clubs & teams, schools and workplaces to come together, turn their cricket game pink, have fun and fundraise for the McGrath Foundation – all while showing support for people in the community experiencing breast cancer” said President Usha.

Roy Ellis reported the playground got very crowded at lunch time with lots of girls, there were queues for the BBQ the girls had a lot of fun playing cricket. They were sitting around in small groups eating - very festive atmosphere.

[Ref: Rotary Club of Strathfield Facebook page]



What is Rotary? Who we are?

Rotary is a global network of 1.2 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

What we do

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Supporting the environment

Our mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

Vision statement

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

<https://www.rotary.org/en/about-rotary>

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