



# Rotary

## Club of Strathfield



# STRATHFIELD ROTARY BULLETIN

DISTRICT 9675  
6th October 2021

[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 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 Oct</i> |        |                                                                    |
| -                   | Rotary | <b>Community Economic Development Month</b>                        |
| <i>Weeks of Oct</i> |        |                                                                    |
| 4th-8th Oct         | Aust   | Australian Wildlife Week                                           |
| 4th-10th Oct        | UN     | World Space Week                                                   |
| 4th-10th Oct        | Rotary | Rotary Alumni Reconnect Week                                       |
| <i>Days of Oct</i>  |        |                                                                    |
| 7th Oct             | Int    | World Cotton Day                                                   |
| 8th Oct             | Int    | World Egg Day                                                      |
| 9th Oct             | UN     | World Post Day                                                     |
| 9th Oct             | UN     | World Migratory Bird Day                                           |
| 10th Oct            | UN     | World Mental Health Day                                            |
| 11th Oct            | UN     | International Day of the Girl Child                                |
| 13th Oct            | UN     | International Day for Disaster Risk Reduction                      |

## *President's Report*



**Thaya Ponniah**  
*President*

My fellow Rotarians and friends of Rotary,

Rotary worldwide has a remarkable record when it comes to health initiatives. We've helped bring polio to the brink of eradication, and our clubs have carried out myriad projects focused on preventing disease and supporting maternal and child health. Now the global pandemic has brought attention to another aspect of health that is often overlooked: mental health. In many

places, depression, anxiety, and suicide are seen as a social stigma and not spoken about. But Rotary members are recognizing the gaps in understanding and gathering resources as a step to help.

The Rotary Club of Strathfield is embarking on a social media campaign to bridge the communication gap between people and mental health service providers. Rotarians are people of action but not mental health professionals. But there's always something we can do to help. Our main objective is to encourage local communities and services to build resilience to those affected by the impacts of COVID-19.

We have come up with a social media campaign called "**mind your health**," which encourages people affected by depression, anxiety, or other mental health issues to reach out for professional help. We identified the main problem is that most people with mental health issues delay recognising the need to speak and ask for assistance. With our program, hopefully, we can help break down some of the stigmas.

Our program is an intensive social media campaign for the prevention of COVID-19 related mental illness, especially for the younger generation. Australia has been hard-hit with the COVID-19 pandemic since March 2020. The country has seen a new wave of the virus in the Delta variant which has spread over half of the nation, in particular NSW & Victoria.

Our Rotary Club would like to be an advocate and create awareness of mental illness and how people can seek help.

The main activities, in summary,

- Create a landing web page, Rotary's COVID-19 Mental Illness Campaign,

**"mind your health"** with COVID-19 mental illness awareness and where to seek help.

- Share the landing page with our District (9675) and other Rotary clubs in NSW
- Promote these landing pages extensively using Search Engine Optimisation and Google ad words

It will be a very extensive campaign, undertaken within a short term, but if just one person who has suicidal thoughts or is suffering from depression or anxiety sees one of these pages and images and decides to seek help, or at least talk to someone, that will be a success.

As Rotarians, we know we are not experts in this field, but we can help maintain awareness of this subject and guide them in the right direction to seek help.

Emphasising the importance of mental health, Rotary International has declared October as 'Mental Illness Month'. We, Rotarians from the Rotary Club of Strathfield, are launching this campaign this month partnering with a few leading Mental Health Service Providers. We are happy to announce our Rotary District is partnering with us, and Multicultural NSW is providing the financial assistance needed. This project is led by our Community Service Director and Assistant Governor PP Rick Vosila.

**"Asking for help is the first step...you are more precious to this world than you will ever know" - Lili Reinhart**

Yours in Rotary,

*Thaya Ponnia*



## Director Reports



**Rick Vosila**  
*Community*

Dear Members,

As mentioned at the recent visit by our DG, we launched an online fundraising campaign on the GoFundMe platform in response to our inability to raise service funds in our usual ways. There are many good works we still need to do which will need some significant financial resources. Please take a look inside the campaign which describes the projects we will support with this.

Can I ask that you share this campaign with your friends, colleagues and business associates as broadly as possible with your own covering appeal for support. We would particularly like to target businesses in our local areas seeking their contributions, as well as corporates we may have connections with.

Thanks for your help with this, as together we Serve to Change Lives.

Regards,

Rick Vosila

Simply click <https://gofund.me/f44f0ce3> to go direct to the campaign

And also...

Hat Day is on Friday 10th October.

<https://hatday.com.au/>



## LIFT THE LID *on mental illness*

To see Rick's message, go to

<https://youtu.be/eRBtX28QXtw>

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**Arie Pappas**  
*Club Service*

Confirming that the Board met last night (Monday 4-10-21) and approved the following:

- Commencing Wednesday 20 October fortnightly in-person meetings until end of year
- Alternative weeks will be zoom meetings until the end of the year
- Commencing Wednesday 19 January 2022 weekly in-person meetings (please note Croquet event scheduled for 12 January 2022 (see below)
- Key Dates:
  - 20 October – Let's kick it off with a partner's event for first in-person meeting. I'm happy to confirm

special guest speaker the accomplished Conductor George Ellis (please refer to his website & Wikipedia reference in link below + image). Please note venue has confirmed 100 person max capacity (based on government rule of 4m<sup>2</sup> social distancing). We will recommence online bookings fortnightly

- 10 November – POWA postponed
- 1 December (In Person) – AGM Chair David Croft
- 15 December (in-person) – Final meeting for year. Vocational

Director Alexey has indicated possibly Police Awards, if not, will be Christmas Party

- 22 December – recess
- 12 January 2022 – Croquet event Organised by Marlene Smith & Bob Jordan (please refer to Rod McDougall for details)
- 19 January 2022 – resume weekly In Person meetings – Club Assembly

<https://georgeellis.com.au>

[https://en.wikipedia.org/wiki/George\\_Ellis\\_\(composer\)](https://en.wikipedia.org/wiki/George_Ellis_(composer)).



ARCHIBALD 2007: BY EVERT PLOEG

This portrait of George Ellis, by acclaimed artist Evert Ploeg, was hung at the NSW Art Gallery as finalist in the 2007 Archibald Prize and won the People's Choice award in Sydney and Melbourne for that year

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## *Member Announcements*

### **David Croft**

#### **Rotary Youth Leadership Awards (RYLA)**

The District 9675 RYLA committee has advised that the 2022 RYLA program is

going ahead from the 3rd-9th of January, 2022 at Stanwell Tops.

The committee is monitoring the COVID-19 situation and developing a response plan.

RYLA is a life-changing leadership program for young adults aged around 19 to 25. The committee has advised that they will consider applications from 18 year olds.

The 7-day program typically has 75 participants and focuses on leadership, personal development, teamwork and community awareness.

RYLA features presentations from many experts who generously donate their time and experience to further the development of young leaders. The program combines workshops and presentations to fully explore the fundamentals of effective leadership.

RYLA gives young people the chance to build their communication and problem-solving skills. They will learn from community leaders, peer mentors, special guest speakers and Rotarians. This is both a challenging and rewarding program.

Awardees will form amazing connections with their fellow participants, and the impact on their lives will go well-beyond the 7 days they spend together.

Further details and the Registration form are now on the District website:

<https://www.rotarydistrict9675.org/page/ryla>

Please contact me if you have any questions regarding RYLA or to discuss any potential nominations.

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### *Speaker from last week: Robert Jordan*

Having his wife succumb to Ovarian cancer, Robert gave a very personal, and informative talk on the subject.

Robert provided some sobering facts, such as Ovarian cancer has the lowest survival rate of any woman's cancer and has an average survival rate of five years, which is well below the average of all cancers.

- Post-menopausal bleeding or irregular periods
- Changed bowel habits

For more information visit [www.ovariancancer.net.au](http://www.ovariancancer.net.au).

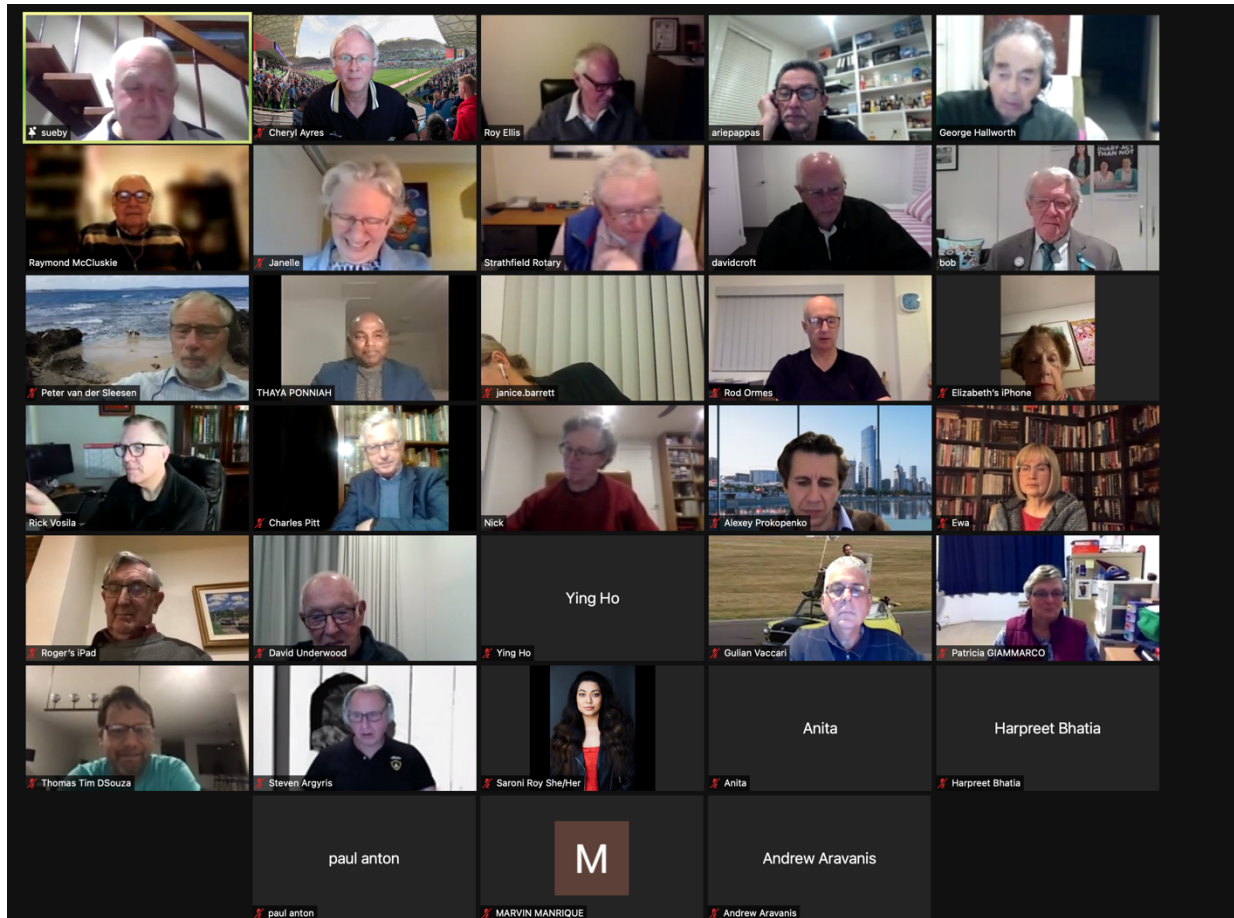
*Writeup by [Ed]*

#### Symptoms of ovarian cancer

- Pressure, discomfort or pain in the abdominal or pelvic area
- Persistent abdominal bloating
- Need to urinate often or urgently
- Excessive fatigue
- Appetite loss or feeling full after eating only a small amount
- Indigestion
- Unexplained weight loss or gain







Last week's Zoom rollout

## *Speaker for this week: Paul Kougias*

Paul's career is definitely a case of the conventional becoming unconventional. Studying science with a major in chemistry led Paul to a 20 year career in industrial sales, marketing and management. Working with some of the largest manufacturing companies in the world, Paul has a clear level of professionalism and presentation that has now moved into the sport and welfare sector. In 2008, during his industrial career and when Paul's daughter decided to take up football (soccer) at the age of 9, Paul found himself back at his old club the Hurlstone Park Wanderers FC in Sydney's inner west. A year later he started playing and soon after he became the Club President. He was amazed to see that

none of the amenities had really changed since his days playing at the club in the late 1970's. Even the canteen lady was still there.

This drove Paul on and sparked a deep love and passion for grassroots sport. This passion developed into a 10 year role as president of one Sydney's largest sports participation clubs where he transformed its operations and implemented industry leading programs that increased participation well above the average in female players and over 30's men and women. He was one of the first community clubs to employ a Technical Director and implement their own football curriculum and also develop

an annual 'come and try' day for local disability groups.

Through this period, he became the local expert on the challenges facing grassroots sport and using his business relationship skills developed a strong network of contacts within the sector. All this helped transform his career into the licensed club's industry taking on a community role managing just over \$1million of Club GRANTS for Canterbury-Hurlstone Park RSL Club. In this role he transformed the club's community support from a transactional grants process to an approach of proactive engagement focused on targeted community needs ie.

sport, music, literacy, ANZAC & vocational training. He also designed and implemented award winning programs that engaged local schools using a process of stakeholder engagement he designed himself and coined the "Alliance Model" for which he won a unique Special Judges industry award at the 2017 Clubs NSW Clubs & Community Awards.

In 2020 Paul has branched out of the licensed club industry and juggles his time working for Collective Leisure, a local football club, and a charity that works to ensure the safety of over 30 men and women in sport.

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## *In & About*

As promoted over the past few weeks, two fabulous events organised by Strathfield Rotarians was held last week.



The first was organised by **Rtn Ying Ho**, who, with the help of some other Rotarians, held a Zoom information evening on the formation of the proposed **Strathfield Rotaract Club**.

In attendance were eight members of Strathfield Rotary, a member from both Burwood and Wollongong University Rotaract Clubs, as well as about 21 prospective members. There were two highlights for me [Ed]. The first was the incredible attributes of the young people present. The second, was the wonderful talk by our own **Rtn Dimitry Chugg-Palmer** on why he is a Rotarian.

Well done Ying for making this event happen!

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The other outstanding event was the brainchild of **Saroni Roy**. Held on Saturday afternoon (2-10-21), the Zoom event was the inaugural Ahimsa Peace Symposium 2021, a cultural diversity initiative by



SRF Creatists, Saroni Roy Foundation and Strathfield Rotary Club. This event commemorated Mahatma Gandhi's 152nd Birth Anniversary and the UN International Day of Non-Violence on 2nd October 2021.

It was a memorable afternoon. With over 80 in attendance. Wonderfully M/C'd by **Kartik Mohandas**, with a little help from the irrepressible **AG Rick Vosila**, we heard from the Indian High Commissioner **HE Manpreet Vohra**, the Consul General of India **Hon Manish**

**Gupta**, politicians **Hon Fiona Martin** (Federal Member for Reed), **Hon Jodi McKay** (Member for Strathfield), **Hon Julia Finn** (Federal Member for Granville), **Hon Julian Lessor** (Federal Member for Berowra), Rotarians **DG Jeremy Wright** and **DG-Elect Dr Janice Hall**, and **Patricia Garcia AO**.

Whilst all presenters made wonderful contributions, one of the highlights was the talk by **Dr Suman Khanna Aggarwal** Associate Professor of Philosophy, Delhi University, who really challenged any

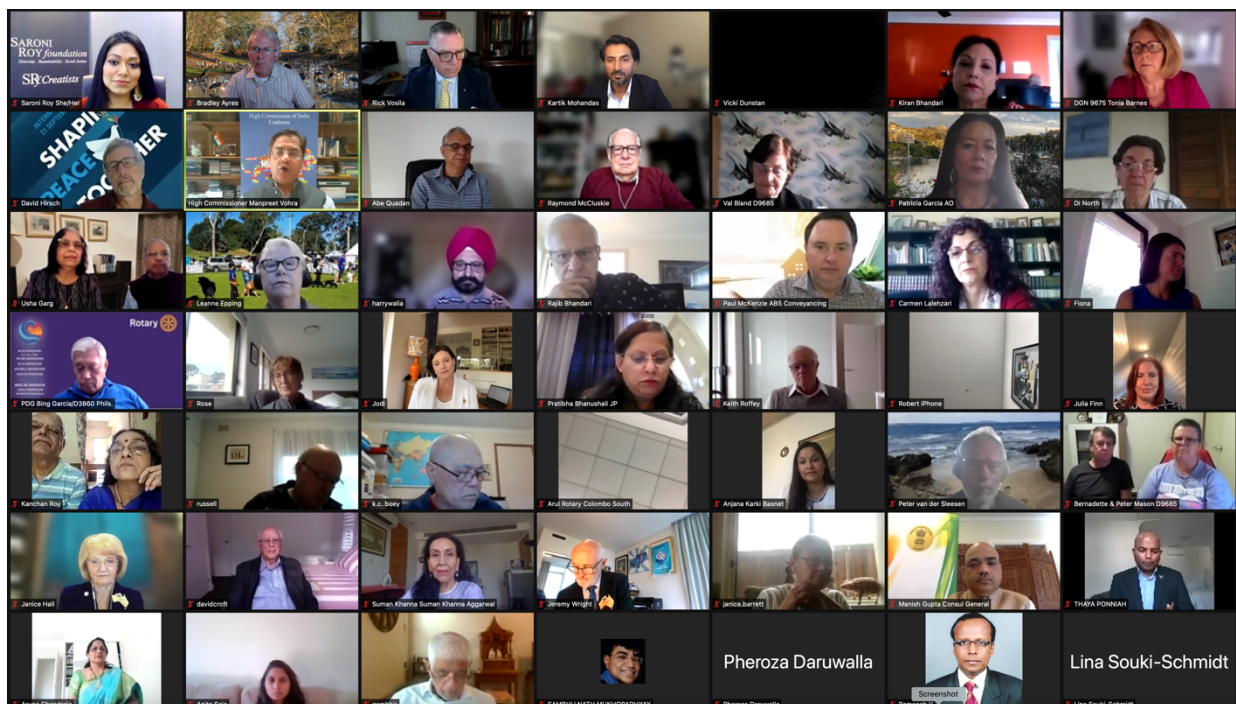
pre-conceptions we had about peace, and how there are solutions if we alter our mindset in how we approach, analyse and act on issues of war and peace.

Another highlight was undoubtedly the wonderful singing by **Rtn Saroni Roy** of some of **Mahatma Gandhi's** favourite songs, namely, "Vaishnava Jana To", "Raghupati Raghava Raja Ram" (also called Ram Dhun) and "Ekla Cholo Re".

See more reactions at:

<https://twitter.com/cgisysdney/status/1444831905057161218>

<https://twitter.com/FionaMartinMP/status/1444206823666438146>



A small selection of participants at the Ahimsa Peace Symposium



## Dates for the Calendar



| <i>Rotary Events</i> |                                                                                                                                             |                     |                                               |              |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------|--------------|
| <i>Day/Date</i>      | <i>Event/speaker</i>                                                                                                                        | <i>To introduce</i> | <i>To thank<br/>+ <b>Speaker write-up</b></i> | <i>Venue</i> |
| Wed 6th Oct          | <b>Paul Kougias</b><br>Importance and challenges<br>in grassroots sport                                                                     | Roy Ellis           | Steve Argyris                                 | Zoom         |
| Fri 10th Oct         | <b>Hat Day</b>                                                                                                                              | -                   | -                                             | -            |
| Wed 13th Oct         | <b>Raymond McCuskie</b><br>The Winston Churchill<br>Memorial Trust                                                                          | Paul Anton          | Andrew Aravanis                               | Zoom         |
| Wed 20th Oct         | <b>George Ellias</b><br>Music Conductor                                                                                                     | TBA                 | TBA                                           | Golf<br>Club |
| Wed 27th Oct         | <b>Anita Sajo &amp; Doug Abdiel</b><br>How one small business<br>hired 26 of our newest<br>Australians and wants to<br>help you do the same | TBA                 | TBA                                           | Zoom         |

NOTE: Due to the latest COVID outbreak and subsequent lock-down, the above program may change

| <i>Birthdays</i> |   |
|------------------|---|
| -                | - |

| <i>Anniversaries</i> |                                     |
|----------------------|-------------------------------------|
| 9th October          | Rick and Christine Vosila (wedding) |





## *The Rotary Statistics*

|                                           |           |
|-------------------------------------------|-----------|
| Attendance last meeting (29-09-21) – Zoom | 29        |
| Club membership                           | <b>50</b> |
| Partners                                  | 1         |
| Guests                                    | 4         |

|                     |                 |
|---------------------|-----------------|
| <i>Funds raised</i> |                 |
| Raffle              | n/a             |
| Sergeant's session  | Honesty system! |

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## *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        |

\* Position was held by the late Peter Smith

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

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