

COMMUNITY NETWORKER No 27/2017-8

ROTARY CLUB OF PARRAMATTA CITY Inc. DISTRICT 9675

www.parramattacityrotary.org.au

Rotary Four Way Test

The Four Way Test challenges Rotarians, in everything they do, to ask of themselves:

Of the things we say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Meeting 5th February 2018

Our Toast

PDG Barry Antees proposed a toast to the Rotary Club of Berkeley, California, the city where heiress Patty Hearst was kidnapped from her apartment on 4th February 1974.

Our Guests

President Natalie welcomed PDG Stephen Humphreys and his wife, Judith, PASDG Pip Lovely OAM, AG Vera Lionas and a visiting Rotarian, Simon Rez, from the Rotary Club of Concord.

District Conference

Secretary Joy reminded club members that they must register for the District Conference this weekend.

Pride of Workmanship

President Natalie said that next week the club would be discussing Pride of Workmanship, whether the awards event was viable, whether we needed to change the name or whether we should do things differently.

Board Meeting

There will be a board meeting of our club at ARH offices, 4.30 pm, on Tuesday 13th

Joint Meeting with Parramatta Rotary Club

President Natalie said the president of the Parramatta Rotary Club, Christene McSeveny, had invited us to enjoy a joint meeting on Monday evening, 19th February, 6 for 6.30 pm at the Parramatta RSL Club when our Federal MP, Julie Owens, would be speaking. Bookings are essential

<https://www.trybooking.com/351243>

RYPEN

PP Keith Henning said he was looking for young people to attend this year's RYPEN course. He had written to Parramatta High School, giving them information and also some dates of other youth activities.

Aust Rotary Health Dinner

PP Keith said there would be an ARH Dinner on 26th March, at a venue to be decided. There would be several PhD scholars presenting on their research projects.

Australian Rotary Health

PDG Stephen Humphreys now District ARH representative, noted that our club was a strong supporter of ARH, whose mission was the prevention and control of human disease. ARH had started in 1981 when a Victorian Rotarian, Ian Scott had been inspired to raise \$2 million for research into Sudden Infant Death Syndrome (SIDS), otherwise known as Cot Death, which was then claiming the lives of 140 babies annually in his state alone. Research had continued since then and as a direct result, in 1997 there were only 20 cot deaths in Victoria. ARH had since diversified, taking on areas such as Rural Medicine and Mental Health. Since 2000, the main thrust of research had been into mental health, an area in which ARH was now the biggest voluntary organisation contributing. Its results were used by various organisations, including Beyond Blue. It was an area that was seriously underfunded by the Commonwealth. Since 2012, the main emphasis had been on the prevention of mental health problems in young people.



Stephen said that about one in four young people in Australia would suffer a mental health disorder and in one year, one in five Australians would suffer that disorder. People were now realising what a serious problem it was. In their lifetime, six percent of Australians would suffer from a depressive disorder, fourteen percent would suffer from anxiety. Five percent would suffer from substance abuse and two percent would suffer from a psychotic condition such as schizophrenia or bipolar disease. Mental illness could start in young people and stay with them for life. Its incidence ran third in Australia behind cancer and cardiovascular disease but because of the stigma, a lot of people did not get treatment or delayed getting treatment.

It was up to all of us to take a role in tackling the problem. There was a great need for research on mental health, and though it represented 19 percent of the disease burden in Australia, it only attracted nine percent of national health research funding. But there was now much more

awareness of mental health issues. People were more open about the problem and people realised they could do something positive about making a difference. PDG Barry said that government policy had been more orientated towards “broken bones” than what was going on inside the head.

Stephen said research project grants up to \$70,000 per annum were available in Mental Health. ARH also advocated PhD research scholarships and post-doctoral scholarships. PhD scholars could get \$29,000 a year for up to three years, that being made up each year of \$11,000 from the sponsoring Rotary organisation (the Rotary Partner), \$11,000 from the university involved and \$7,000 from ARH. The Rotary Partner had the right to say what area the research should be focused on. John Surian said that one area of useful research might be on bullying and subsequent youth suicide.

Stephen gave some examples of successful research, including Anthony Jorm and Betty Kitchener who had developed a Mental Health First-Aid course, which was now widely used throughout Australia and worldwide assisted people in understanding the problem. Professor Felice Jacka had studied the relationship between diet and depression and had identified risky fast-food diets for young people. Her study had been published as the lead article in the American Journal of Psychiatry, and had become a flagship for the way we thought about diet and its impact on mental health. Professor Jane Pirkin had done research on reporting of suicides and its impact on people likely to do “copy-cat” acts and that had had a major impact. Dr Monique Robinson had studied a mother’s diet and the impact on the child. Other studies had included Post Traumatic Stress Disorder which would hopefully result in some useful information and would allow people afflicted with that condition to live a more normal life.

Rural nursing scholarships were available to all clubs if they would like to sponsor a nurse in their post-graduate year. This was to encourage more nurses to go out into country areas. Rural Medical Scholarships were available to give a student \$5,000 if he or she chose rural medicine as an elective subject. That was available to Rotary clubs if they wanted to sponsor a student. Cheryl Deguara was running a program for indigenous Australians studying health-related issues. It was a \$500,000 program funded equally by Rotary and the Commonwealth Government. Dr James Charles was an indigenous scholarship recipient who had left school at 13, educated himself and was now a podiatrist working with indigenous people throughout Australia. Every year, Rotary held a night for indigenous scholars throughout New South Wales. Stephen said that since 1985, \$41 million had been spent on research through ARH by people working on their projects. There were various ways Rotary clubs could help, including Hat Day, now called Lift the Lid Day, in October each year.

Joy Gillett, who is CEO of ARH, said she had begun her career with Rotary in 1981, working with Rotary Down Under. She had started in Australian Rotary Health in 1985 and it had now become “my life”. When she had started, funding was about \$100,000 a year, “in a good year”. It was now about \$2 million a year.

Joke of the Week

Still on real life, my sister Jill studied Medicine at Sydney University in the 1970s. One of the practices was for students doing anatomy in Medicine 11 to sell skeletons or parts of skeletons to the next students coming through. Jill had bought a skull and asked me to pick it up for her. I stuck it in my briefcase. At work, there was a sudden flurry of activity and I was required to rush out for a job. I had to give some papers to the chief of staff but the skull was in the way. So, I took out the skull and placed it on the chief-of-staff’s desk, ginning at him, then recovered the documents and repacked my briefcase but forgot the skull. “Hey Malcolm, you forgot your skull!” someone called out. So, I retrieved it and said: “Oh, it’s not my skull by my sister’s!” I left them agape, did the job and eventually got the skull home and into my sister’s hands. She went on to graduate, but had to

learn that medical students should dispense with black humour and, quite properly, not be fast and loose with patients or bodies. One lecturer, a formidable middle-aged lady, was so severe that one day, some student required to remove the remains of a man who had been dissected, cut off the male organ and rammed it into the receptive organ of a female body due for dissection next day, then pushed the female body into the body locker. When the body was wheeled out before the class next morning, the betting was that the formidable lady would faint, burst into uncontrollable rage, or cry. Instead, she looked up and said calmly: "Looks like one of you fellows left in a hurry last night."

For Your Diaries

13th February. Board meeting, Parramatta City Rotary Club.

14th February. Address by Noel Trevaskis at Rooty Hill on ways to improve Rotary.

16th February. Presidents' Meeting at Toowood Lounge Sans Souci.

18th February. PETS training at Bankstown Sports Club.

19th February. Joint meeting with Parramatta Rotary Club. There will be no lunchtime meeting.

Bookings <https://www.trybooking.com/351243>

2nd – 4th March District 9675 Conference at Mudgee. Registrations now open.

<https://www.trybooking.com/31182>

5th March. Regular club meeting. Alex Heighway to speak to the club about surviving a cardiac attack.

12th March. Regular club meeting. Alex Palma will be guest speaker, Alex having been autistic and a client of the Northcott Society, since then an architectural technician with special talents.

17th March. A Peace Conference was being held at the Sydney Town Hall.

18th March. New Members' Breakfast, Camden Golf Club.

19th March. Club meeting, to be addressed by Louise Skilbeck of the Top Blokes Foundation.

26th March. Evening transfer meeting, the occasion of a PhD Scholarships night.