

ROTARY CLUB OF PARRAMATTA CITY Inc. DISTRICT 9675

www.parramattacityrotary.org.au

COMMUNITY NETWORKER No 31/2017-8

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 March 2018

Our Toast

PDG Barry Antees proposed a toast to the Rotary Club of Chattanooga, the home club of the former RI President, John Germ, who attended the weekend's district conference in Mudgee. John had spoken very well and brought up among other things a campaign that had been launched to collect soap from hotels in Sydney and Melbourne, repackage it and send it to places like India and the Philippines to assist in sanitation. It was an example, John said, of how small things could become large. A total of 4.5 tonnes had been sent overseas.

Our Guest

President Natalie welcomed Alan Heighway, who belongs to the Rotary Club of Hurstville and at 70 years of age has survived a heart attack, has had three stents inserted into his carotid arteries and has since become an enthusiast and ambassador for healthy hearts.

The Peacekeeping Conference

President Natalie reminded members of the Peace Keeping Conference at the Sydney Town Hall on 17th March, for which the fee is \$250 a head.

PhD Scholars Night

PP Keith said he was still desperately seeking numbers for the PhD Scholars night at Oatlands Golf Club on 26th March. He said if there was such difficulty getting numbers the event might have to be cancelled for future years. Several members said they would be going and taking guests. Registrations ASAP at <https://www.trybooking.com.au/354550>. Bookings close 12th March.

Secretary Joy

President Natalie said Secretary Joy had had an operation and was now at home. The club voted to send her some flowers.

The Mudgee District Conference

PDG Barry said the District 9675 Conference at Mudgee at the weekend was a success, though the 360 people who attended did not compare so well with the 500 who turned up at conferences in

past years. Mudgee itself was “a thriving town” which had had “a good makeover”. There had been some brilliant speakers, including Dr Gillian Hicks, who had lost both legs in the London Bombing attack in 2005 and had since become an ambassador for peace.

Barry himself had conducted a “hugging booth”, for which he had raised some good money. He had done the hugging himself. He said there was a serious purpose to this, because hugging had been shown to be a good way of improving mental health. He had spoken to the CEO of the PCYC, Dominic Teakle, about the possibility of his giving his employees a hug. He hoped to “package up” the idea and take it to corporations, to get people hugging, in which the hugged would put in a gold coin donation, to be matched by the corporation, and he hoped that through that we would be able to fund another PhD scholar. The idea, he added as “still in the embryonic stage”.

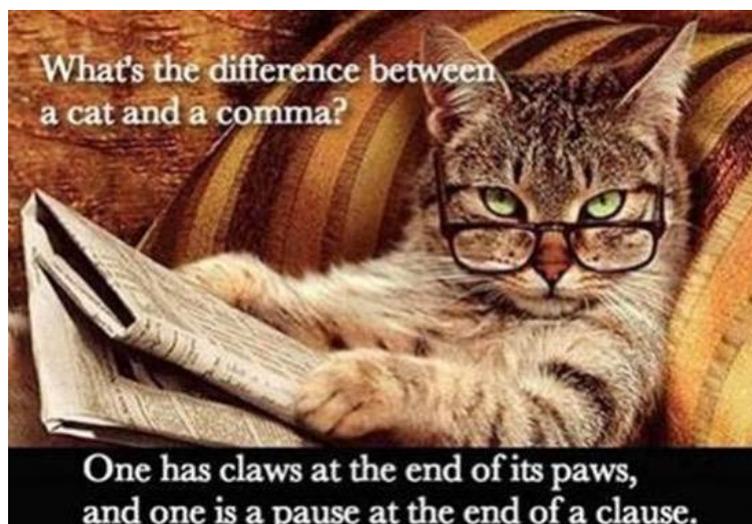
Waterline Challenge

PP Malcolm said that at the district conference, he had been approached by Julian “Jolly” Day, who had walked from Brisbane to Noosa in Queensland to raise money for charity and had brought in \$40,000. He was keen to expand the idea and have Rotarians and others all over Australia do a walk along a waterway – be that coast, river or lake, on the week of 12-18th November this year, to raise money for charity. He envisaged some 100,000 people walking and, with sponsorship, raising \$20 million which would be given to 25 charities. He believed club members and teams could go in groups of 10. The website was www.waterlinechallenge.org. PP Malcolm suggested our club could do it, with sponsorship, and we could walk around Lake Parramatta.

Guest speaker Alan’s Heart

Alan said that because of his brush with death, and benefiting from the skill of cardiac surgeons, he had made a study of the heart, the circulatory system and how everything worked. He did not think this was well understood and if people did, they would not smoke. They would be at pains to reduce their weight. They would exercise and keep a careful watch on their cholesterol level. People often did not follow simple rules when someone did have a heart attack. The first thing to do was call for help, then wait for the help to come rather than try to take the victim to hospital. People should know CPR and it would be very useful to have a defibrillator on hand. “My message is to have a good look at yourself and get them to check you out,” he said. “You can walk away and do nothing. This is a plan to die for.”

Joke of the Week



For Your Diaries

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.

16th March. ROMAC Anniversary meeting, Parliament House.

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.

20th March. Meeting of the club board.

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

12th-18th November. Waterline Challenge.