

ROTARY CLUB OF PARRAMATTA CITY Inc. DISTRICT 9675

www.parramattacityrotary.org.au

COMMUNITY NETWORKER No 33/2017-8

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 19th March 2018

The regular lunch meeting was held at Novotel with guests from Top Blokes Foundation and Community Credit Union.

Top Blokes Foundation speakers.

Louise Skilbeck (Head of Fund Raising) and Billel (Program Coordinator Western Sydney) spoke of the excellent results the organisation was obtaining from programs at many schools. They reported on the positive response from student participants at Parramatta High School.

At the conclusion of the meeting Louise presented certificates to the Club and also to Community Credit Union representatives recognising their support for the program at Parramatta High School.



Meeting 26th March 2018 - Annual ARH PhD scholars evening

Our Toast

PDG Barry Antees acted as Master of Ceremonies. The event was the PhD Scholars Night at the Oatlands Golf Club. There were 62 people present, a tribute to the hard work PP Keith Henning had put into the organisation. A toast was raised to Rotary and the people of Australia by President Natalie.

Our Guests

President Natalie welcomed PDG Greg Ross, chairman of Australian Rotary Health (ARH), who had travelled from Melbourne for the event. She welcomed PDGs Stephen Humphreys, Graeme Davies, Alan Grady, Peter Lean and Keith Roffey and their wives, PDGs Dick White and Barry Antees and DGEs Sue Hayward (9675) and Kalma McLellan (9685). She also welcomed Dr Louise Birrell, a PhD student from last year, current PhD students and Indigenous Health Scholars, along with staff of ARH, including Joy Gillett, Jenny Towe, Terry Davies, Cheryl Deguara and Ainslie Rockall-Mills.

Greg Ross – Chairman, Australian Rotary Health

ARH chairman Greg Ross, a member of the Balwyn North Rotary Club, praised the long-term commitment of Parramatta City Rotary Club and the efforts of PP Keith in support of ARH, and the long-term contribution of the ARH CEO, Joy Gillett. "If anyone wants to join Rotary, have a look at Parramatta City," he said.



ARH had started in 1981 with an intense research campaign on Cot Deaths, had gone onto other areas of research and in 2000 had shifted its focus to mental health. It now had a social media platform which would allow more people to become involved. The particular focus now was on preventing young people from becoming mentally ill. "We are committed to making a difference in the future," he said.



Gabriela Visini

Gabriela, who is doing research in neuroscience at Western Sydney University, had done her undergraduate studies at Otago University and had looked at the impact of alcohol consumption. From there she had gone on to study schizophrenia and was now looking at the effect of cannabis consumption on the brain. She said 1.1 percent of the population suffered from schizophrenia and translated to the world population that

proportion represented 51 million people. Thirty percent of sufferers were treatment-resistant. had said she was looking at the effect of cannabis on the brain. There was a strong link between substance abuse and mental illness and cannabis was the most abused substance.

Dr Louise Birrell



Louise, who did her PhD on mood disorder and alcohol consumption during adolescence, told the gathering she was now concentrating on the effects of methylamphetamine, otherwise known as "ice". Her present project was funded by the Federal Department of Health. She said that in one 12-month period, one person in 70 in Australia had tried ice.

Siobhan Loughnan



Siobhan gave a talk on her research on depression and anxiety in women during pregnancy and during their first year of the baby's life. One in 10 women suffered depression during pregnancy and one in seven in the neo-natal period and in the following months. But 50 percent of women suffering from these conditions did not seek help. She said that use of the internet increased the opportunities form access to useful information.

Indigenous Health Scholars

PP Keith said each indigenous student taken into the ARH program received \$5,000, of which half was contributed by the Federal Government and the remainder from donations. At present, there were 80 Indigenous Health Scholars in Australia.

Andrea Torresan



Andrea, an indigenous scholar who started studying physiotherapy at Sydney University in 2015 and was now in her last year, said the high points in her experience were hospital placements. In her first such placement, at Nepean Hospital last year, she had gained good experience and was looking forward on graduation to a placement at a hospital that supported first-year graduates.

Andrea said she had come to terms with her indigenous heritage and had taken it up with her family, in order to reconnect with the family's indigenous ancestry. She had "bridged the gap". "I think it has made me understand it is important to have educated indigenous people," she said. "Working with indigenous patients, I think that is what I will take away from this most," she said.

President Natalie

President Natalie, fresh from a cruise to Moreton Island, thanked everyone for their attendance on the PhD Scholars night.

Poignant Pictures



A child soldier, called up in 1945 for the last-ditch defence of the Reich, not quite up to it.

For Your Diaries

8th April. President Elects Training

9th April . No Lunch meeting. Farewell to Johnny Ching in evening. Time and place TBA

16th April. Combined meeting with other Parramatta Clubs. 6pm Parramatta RSL Club

28 April. District 9675 Assembly – Incoming Directors to attend.

12th -18th November. Waterline Challenge.