

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 24th March 2014

The Fallen

President Keith gave us the disturbing news that our esteemed DG-elect, Barry Antees, had suffered an accident while cleaning his roof and badly broken his ankle in two places. Since then we have learned that Barry has been admitted to Gosford Hospital and when the swelling has gone down he will have to have an operation to insert a pin. His blood pressure is under control and he expects to be in hospital for a week or two. He will be getting his mobile delivered and looks forward to calls from his many well-wishers.

Police Officer of the Year

Keith informs us that planning for the Police Officer of the Year event on 12 May is progressing. The inspector at Parramatta now has 15 nominations and at least two have come in via the club's box number. The event will be attended by our local State MP, Geoff Lee, filling in for the Police Minister.

Australian Rotary Health PhD Dinner

The event will be on April 7 and there is need for our club to be well represented. Parramatta Daybreak, which is a small club, has at least seven people attending.

Barbecues

Keith said there had been a good response to Ben Jackson's call for volunteers for the Bunnings barbecue on 5 April. He said that following the success of the barbecue at Parramatta Park for the Triathlon Pink, our club had been offered the opportunity to do two more barbecues, one in September, which would probably be at Parramatta Park, and the other in March next year.

St Peter's School, Uganda

Keith said the club's board had decided on a donation to St Peter's to help complete the roofing. Since then the chairman of the District Grants Committee had indicated that a Foundation Grant of \$5,000 could be made. But of that, our club would have to raise \$2,500. Keith made an executive decision to accept that and the grant has since been recommended subject to Rotary Foundation approval. The \$5,000 will enable the school to complete its two new classrooms, also get desks and chairs and do some extra maintenance on the school. Because the Board had already approved a donation of \$1,000, we will have to raise another \$1,500, and just fortuitously, Vandana had suggested a fund-raising night at her restaurant in Harris Park. Keith thinks we could easily raise that amount and he anticipates that we should have the funds in seven or eight weeks. Because Robert Opira, the director of St Peter's School, will be attending the Rotary International Convention in June and would be attending our own function, that might be an excellent opportunity to make the donation of \$5,000.

The Rotary International Convention

The Livingstone Rotary Club from Zambia had asked Paramatta City Rotary Club whether it could use its credit card facilities to sell its t-shirts and other items at the convention. Our club board had agreed to facilitate that.

There is only one volunteer from our club needed to liaise with visitors on the Sunday and Monday of the convention. I have put my hand up for that.

Bowel Cancer Screening

Phil Brophy called for a couple more volunteers to help in coordinating the next bowel cancer screening campaign. Stock was to be collected from the Murray Farm Primary School on Friday, 11 April, and Saturday, 12 April. The official dates for pharmacy sales would be from Saturday 26 April to Saturday 7 June. Stock was to be returned to Murray Farm Primary School on Friday 20 June and Saturday 21 June. This year we would be using a Guaiac Kit again and the price would remain at \$10 per kit. Bob, Ron, Natalie and Johnny have offered to liaise with pharmacies and an extra one or two volunteers would be ideal.

Our guests/surprise attendee

An unexpected attendee was David Ross, who would have been our president this year except that his job took him on an assignment to the Riverina to assist as an engineer in the Murray-Darling Basin Scheme. David's wife, Karen, remains in Sydney and David expects to be on his assignment, based at Deniliquin, for another two years. David, in Sydney for the weekend, was a welcome return to the club.

We were very pleased to see him, and will catch up with him at the International Convention in June, if not before.



David

Patrick Milligan, brother of Spike, was also a guest. Possessed of much of the zaniness of his brother, Patrick told a story of his parents who travelled India entertaining the troops. He attempted to represent them both singing a music hall ditty to the gathering. He is seen here with your humble scribe.



Guest Speaker

Natalie Cowell introduced our speaker, Eric Stanley, a motivational speaker, a one-time AMP Insurance agent who rose to become one of the top four AMP Insurance agents in the country before he went off on his own as a motivational speaker and author. *His book, Be Happy Be Rich – 9 Keys to a Happier and Richer Life*, says it all and Eric was happy to sell some of the books at the dinner. He would be going through a few of the points – three, to be exact – in his address. Time prevented him from going through all of them.

How to Be Rich and Happy

Eric said it was possible to be both, that we should had a dream and a sense of purpose, that we should manage our finances so we were not in debt, but instead investing, and that we should think positively that had a profound effect on how we progressed in realising our dream.

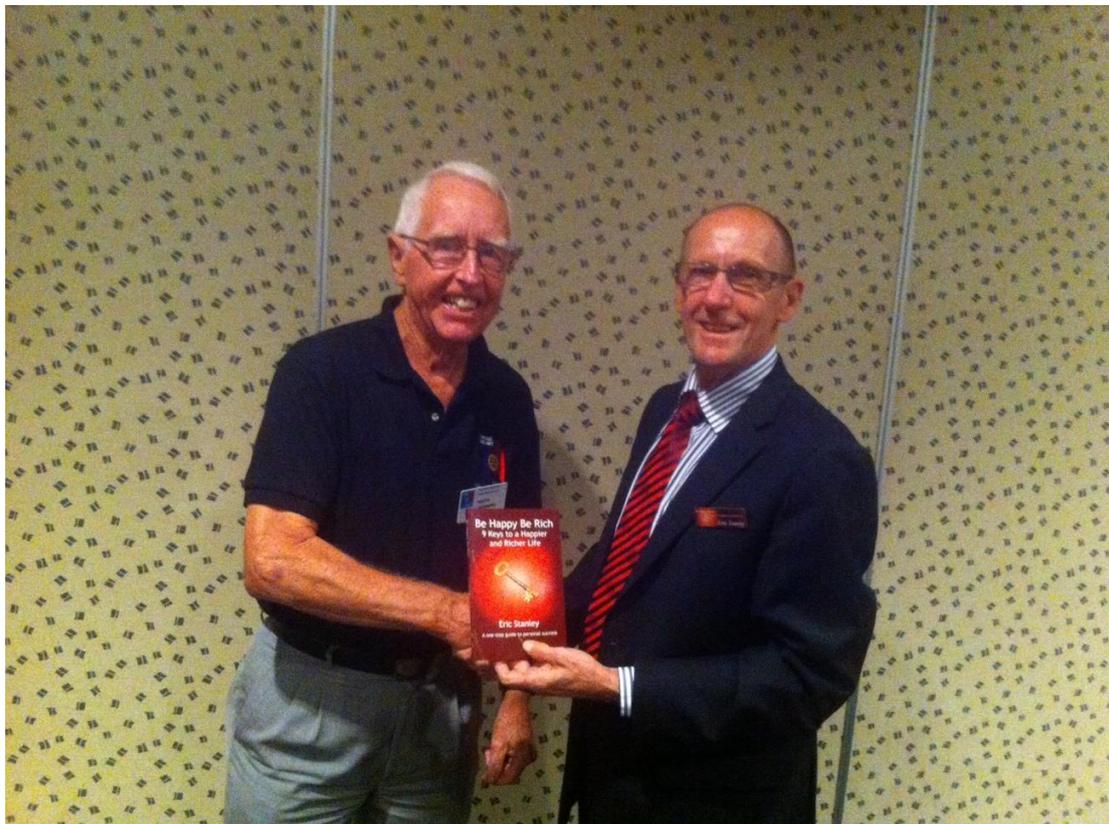
He said we should “think for tomorrow”, to get a firm idea of what we wanted to achieve, to have a sense of purpose that would enable us to feel motivated, banish adverse thoughts and cast aside negative feelings such as not having enough experience, or money, or being too old. He gave us the example of Harland David Sanders, who retired but felt he could only survive, not live, on his pension and went about hawking an old family recipe to restaurants. He persisted in spite of repeated knock-backs, found someone interested in going into a partnership and the Kentucky Fried Chicken empire was born. The pair sold the business 12 years after opening their first restaurant, for a total of \$2 million. Sanders walked away with \$1 million, which would be \$7 million at today’s values, and did not have to worry about another thing. “It’s never too late to have a dream” Eric said, looking at the range of greying and bald heads in front of him. It was easy to let one’s life be dictated by circumstances, but you only had one go at it.

Eric said that wealth was “not an absolute”. “Every time we yearn for something we cannot afford, we grow poorer,” he said. “And every time we feel satisfied we can be counted as richer, however little we possess.”

That brought Eric to his second point for the say, that money had to be used wisely. You did not have to earn high to be happy. The secret was how you used your money He did not think getting into chronic debt was the answer. It was “spending tomorrow’s money”. The credit card system led to people spending excessively when the secret was making savings from what your income actually was and investing it. He gave the example of Li Ka-shing, displaced as a teenager by the invading Japanese in 1940, who worked for several years in a plastics factory in Hong Kong and made savings from his modest income. He had enough by the age of 22 to buy a factory and from there he went on to become a fabulously wealthy businessman, rated now as the 16th richest man in the world. He would not have gone ahead, Eric said, if it had not been for those initial savings. He suggested that people could make a start now by taking out a personal bank loan, paying off their credit card debts and cutting up their credit cards. “Your road to riches starts when you are debt-free,” he said. “Then you can invest your savings.”

Eric's third point was on the power of thinking. He said thoughts had a power that might not be easily appreciated. They had the power to affect one physically. They had the power to direct one's actions. To dwell on a thought for at least 16 seconds was to give it force he said. "And you do have control over what you dwell on. The type of thought you allow yourself to dwell on will determine your future. Your thoughts can make your dream come true. Your thoughts can give you the level of happiness you want. If you make up your mind to be happy, no-one and nothing can take that happiness away from you." But people who said they would not be happy till they had everything they wanted would never be happy because they would never have everything they wanted. "Don't defer your happiness," he said. "Live every day."

The eternally happy Ralph Cadman thanked Eric for his most inspiring talk.



Keith and Eric, with Eric's book

Joyous Joy

Keith said he had received an email from Joy, who had gone to a Rotary Health conference in the United States, telling him things were not going smoothly. The chairman of Australian Rotary Health had come down with singles, and there had been a death in his family. It was snowing and very cold and the team might come back a bit early.

Dr Sangeetha Bobba

Sangeetha, a Parramatta GP, who has a special interest in skin cancer and mental health, and has attended a couple of meetings of our club, will be guest speaker next week.

Dates for Diaries

5 April. BBQ Bunnings.

7 April. Australian Rotary Health PhD Scholars Evening.

11 April – 7 June Bowelcare Project

13 April. District Assembly. Liverpool Catholic Club. **All incoming Board members.**

12 May. Police Officer of the Year.

25 May. Salvation Army Red Shield Appeal.

3 June. Special Club Night for Rotary International Convention

30 June. Changeover.

A Fred Hollows Success in Vietnam

But So Much More to be Done ...

I am doing some work for the Fred Hollows Foundation and took the opportunity while in Da Nang to look in at their hospital. The surgery there is first-class and people who have been blinded by cataract or whatever else have been walking out of that and other hospitals in Vietnam, and from hospitals in more than 20 other Third World countries throughout the world, for years now with their whole lives reinvigorated. But that sad thing is that the Fred Hollows Foundation, which got going only in 1992, is that the number of people suffering avoidable blindness throughout the world numbered millions. When Hollows went to Vietnam in 1992 to pledge his commitment to that country, some 1 million Vietnamese needed cataract surgery and 350,000 were totally blind. When the Fred Hollow Foundation started in 1993, there were 100 cataract operations in one year. Now there are 80,000.

At least something is being done in Vietnam. But elsewhere the surface has only just been scratched. Ethiopia, which has 85 million people, has 1.28 million who are blind, half due to cataract. There are 104 ophthalmologists in the country, but most of these are based in Addis Ababa, so people in remote and rural areas have little access to treatment. The foundation has started work there. In Nepal, where the foundation founded the Tilganga Eye Hospital in 1994, Dr Sanduk Ruit has restored the sight of 100,000 people, from the King of Nepal to the poorest person in a Himalayan Village. In Pakistan, the foundation started its work in 1997, the foundation and its partners are responsible for 1.5 million people being able to see again.

What concerns me though is why it should have taken a crusading Australian doctor, Fred Hollows, (whose life was tragically cut short by cancer in 1993 but whose work has been carried on) to take up matters that should have been taken up by governments, or princes for that matter, decades before. The foundation has even found a need in the poorer and remote areas of Communist China. They have found a

need in South Africa, and they have even found a need in indigenous Australia. So what have the governments been doing? Why should so many people in the Third World, who are suffering from horrible medical conditions, have their only chance of treatment when a Mercy Ship, an international charity founded in 1978, arrives at their doorstep? Maybe their other commitments are huge and money is limited. Maybe the social and political system does not allow for it. But the fact that the Fred Hollows has found a need for its services in Australia is probably all that needs to be said.

In Da Nang. I encountered Pastor Bob Ruff, who has been in Vietnam with his wife for about 17 years, working for the country's deaf. He runs a restaurant in Da Nang which is basically staffed by deaf people (the hearing take the orders). He said that 80 percent of Vietnam's deaf could not read or write. They had never had the opportunity to learn sign language and did not even know of its existence. They lived lonely, isolated existences and could not even communicate with their families. There were now 85 deaf schools in Vietnam where the deaf could learn to read and write. But the number was insignificant compared with the need. Most families with a deaf child did not know about deaf schools and could not afford to send their child there anyway. And the problem of the deaf, as with the blind, multiplies as the territory surveyed expands. In this case, an American pastor has made the cause his personal crusade in Vietnam. I guess, in the end, it all comes down to individuals, and in that context we in the Rotary movement play a significant role.

Malcolm Brown