

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 5 May 2014

Police Officer of the Year – Award Night 12th May

President Keith said there had been over 40 nominations for the Police Officer of the Year awards at the Oatlands Gold Club on Monday night next week. Fifteen finalists have been selected. There would be five divisions with three finalists in each, and an overall winner. An invitation had been sent to the then Police Minister, Mike Gallacher, but his office had said he would not be available.

The Rotary International Convention

President Keith said that help was needed at the Great Aussie Barbecue at the convention. It was estimated that some 10,000 people would want to be fed so anyone who could cook a sausage was welcome. Keith was right up to pace. He had attended a training session at Homebush Bay for people wanting to help during the Convention.

The lawnmower man, riding across Australia with a support team, and arriving at the convention on May 31, has been found accommodation for himself and his team at the Roland Hassall School in Parramatta. This was organised by President Janis Harvey of RC of Parramatta Daybreak

On June 3, Parramatta City Rotary Club would be hosting Rotarians from several overseas clubs. The venue would be that wonderful Harris Park establishment, Ginger Restaurant. It was important to have members of our club sit at various tables in order to talk to the visitors.

The Billabong House of Friendship would be in operation at the Dome in Olympic Park, from 31 May to 4 June. All Conference Registrants are able to gain entry.

President Keith had two complimentary tickets prospective Rotarians to attend on 31st May, being people who had expressed an interest in joining Rotary.

Keith said there would be a cricket match at the convention, in which former Prime Minister would play a part. There would be a walk and a bridge climb for the benefit of the polio eradication program. The money raised would be matched by the Gates Foundation. The convention would include a World Water Summit on 30 May. Keith also said there was still a need for volunteers to guide visiting Rotarians at Central and Lidcombe railway stations.

The Fundraising Night

The fundraising night at Ginger Restaurant in Harris Park, to which Vandana had made such a generous donation of the food, had been a success, with \$1,510 raised, allowing the club to come up with the money that would be needed to complete the building of classrooms and provision of furniture at St Peter's Junior School in Uganda

The Black Dog That Will Not Go Away



Dr Sangeetha Bobba ,a general practitioner soon to be lost to us because she is moving to Potts Point, told us about the other area of medical practice that had attracted her attention, the other being health of our skin. Sangheetha said depression was a hidden and under-recognised health issue afflicting Australian society. It was one of the causes of mental illness, and it was estimated that while one in seven Australians would suffer mental illness during their lifetime, only 65 percent sought treatment for it. Six Australians died from suicide each day and 35 attempted it. It was the leading cause of death for Australians aged 15 to 24.

Depression was one of the main causes of suicide, Sangeetha said, and one in seven Australians suffered from it. There was a lot of ignorance about suicide, especially its symptoms. She said that in most cases of suicide, the person had tried several times. It was important to recognise the symptoms, including when a person was “down” and the feeling persisted. If it lasted two weeks or more, and the person felt there was no need to wake up and had a feeling of hopelessness, there was a problem. Sangeetha mentioned other symptoms, such as anhedonia, which was a failure to derive enjoyment from things that the person normally did find enjoyable. People did not eat properly, they could be tired and there could be changes in weight, where the sufferer ate too much or too little.

Sangeetha said that dealing with depression was not just a case of telling someone to “snap out of it”. There were cognitive issues. A person might not be able to concentrate. There were behavioural issues, at work and elsewhere, an inability to sleep, migraines and loss of physical fitness and health. She said there were other factors to be taken into account in diagnosing depression, one being whether there was a family history of it. Depression was often associated with a low socio-economic background. Its incidence decreased with the individual’s level of education and success in the workplace. But there were large segments of the population, such as migrant groups in western Sydney, who were chronically disadvantaged. Sangeetha said another risk group was people who had chronic diseases, such as diabetes. Abuse of drugs and alcohol could make it worse. Many people had their first onset of depression in their mid-twenties. There were other specific causes such as women in their post-natal state of mind.

To combat depression, there was need for such things as school programs, post-natal programs and community education in recognising the symptoms of depression. There were organisations dedicated to the problem, such as the Black Dog Institute, SANE Australia, Headspace and Relationships Australia which provide much help.

Bob Rosengreen observed that with the present restructuring in Australian industry, with many people being made redundant, there was likely to be a greater incidence of depression in the community. Phil Brophy, thanking Sangeetha for her wonderful presentation, said that being himself the father of two young men in their twenties, it gave him food for thought. He presented Sangeetha with a set of beads specially made by parents of students at St Peter’s Junior School in Uganda.

Dates for Diaries

12 May. Police Officer of the Year. Evening meeting.

25 May. Salvation Army Red Shield Appeal.

1 June. BBQ at Sydney Olympic Park – Rotary International Convention

3 June. Special Club Night for Rotary International Convention

30 June. Changeover.

5 July. Bunnings BBQ

Malcolm Brown