



# Community Networker

Rotary Club of Parramatta City, District 9675 | [www.parramattacityrotary.org.au](http://www.parramattacityrotary.org.au)  
Meeting 24 November 2014



(Left to right): Secretary Joy, President Ron with Guest Speakers ARH's PhD Scholar Natalie Matosin & ARH's Bridget Moore.

## The Rotary Four-Way Test

The Four-Way Test challenges Rotarians, in everything they do, to ask 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?

## The Toast

DG Barry Antees proposed a toast to Joe Roff, DG of District 6990 in Florida who had given a cancer-stricken woman blood marrow 20 years ago and given her all those extra years of life. She was naturally very grateful and the two had kept close contact. Now that it has reappeared aggressively, and this time terminally, Joe had taken time to be with the woman in her last days.

# Club Updates



Above: Secretary Joy introduces Natalie Matosin.

## Our Guests

We had two guests, one being our speaker, Natalie Matosin, from the University of Wollongong, an Ian Scott PhD scholar studying Schizophrenia. Natalie, 26, who set out to become a doctor but switched to medical science, has presented her thesis to her supervisor for review. She is about to 'cut loose' in the world of research and is focused on a fellowship in Munich.

Our second guest was Bridgette Moore, who joined Australian Rotary Health in June as the Research Administration Manager, and has 55 PhD students, 20 research grant recipients and four post-doctoral fellows under her wing. She manages interviews, payments and any complications that might arise.

## The ARH Corporate Golf Day

The Australian Rotary Health Corporate Golf Day was held on November 21 at the Twin Creeks Golf and Country Club, Luddenham. PP Keith was our sole representative, playing competitively in 42 degrees heat, drinking lukewarm water and "not winning".

Good on you, Keith.

## President-elect Training Session

PE Malcolm attended President-elect Training Session (PETS) at Liverpool Catholic Club on Saturday. It was introduced by DGE Graham Wilson, with assistance from Dot Hennessey and Bruce Farquharson. People attending were asked why they had become PEs. The bulk of the answers were along the lines that they were the "last man standing".

As Bruce pointed out, there was no answer along the lines of: "I wanted the job." We went through the roles and responsibilities of a president, responsibilities of a club, responsibilities to the district, and planning.

One point came across loud and clear is that new members must be made to feel welcome and that efforts should be made to engage them in the

club's programs from the start.

## Christmas Trees

Joy tells us that the roster is slowly filling up but still has plenty of need for more helpers. This is our big earner and we need as many hands on deck possible. She tells us that for the first two weekends, the biggest selling days, we need a minimum of four people on each shift, Saturday and Sunday, and at the moment there are only two people per shift.

Every member of the club needs to be on the roster.

## A timely reminder for all members.

If you are not attending a regular meeting you must send an apology to Secretary Joy no later than 9.30am on the day of the meeting.

If you fail to send an apology will be charged for the cost of the meal as the Club has to pay.

Also, if you are bringing a guest, please let Secretary Joy know (also before 9:30am on the day) so that a meal can be ordered.

# The Anzac Project

Malcolm Brown has represented the club at the joint Parramatta Rotary Clubs project to celebrate the centenary of the Anzac year next year. The idea is to invite the public, and in particular schoolchildren, to produce a creative work, in writing, painting, sculpture or some other way, to commemorate the connection Parramatta had to the Great War. The proposed flyer is as follows:

## Remembering the Service and Sacrifice of the Men & Women.

### Commemorating One Hundred Years of ANZAC and WW1 in Parramatta.

The Rotary Clubs of Parramatta, Parramatta City and Parramatta Daybreak, invite people of all ages to submit recollections of the service of:

1. a family member or relative having resided in Parramatta during WW1; or
2. a family member or relative of a current resident in Parramatta; or
3. other Parramatta persons known for their service in WW1; or
4. what it was like living in Parramatta during WW1.

All works submitted must be the original research of the individual. Works may be submitted in the form of prose, poetry, artwork, written music or interviews. All work submitted will be considered for the commemorative publication by a panel selected by the Rotary Clubs. These recollections will be collated and printed in booklet form and distributed free of charge to schools and relevant community organisations.

If the submission includes material from another person, then permission from that person must be obtained to publish. The person submitting the work and material must supply name, address and phone number. Closing date for submission of works: Friday 15th May, 2015.

Submissions may be: emailed to: [jbharvey13@bigpond.com](mailto:jbharvey13@bigpond.com)

Posted to: 'ANZAC Centenary', c/- 12 Garland Avenue, Epping NSW 2121

Left at: PCYC, 12 Hassall St, Parramatta. Marked Attention: J Harvey, ANZAC CENTENARY.

For further Information contact: Malcolm Brown, RC Parramatta City: email: [dugeh\\_style@hotmail.com](mailto:dugeh_style@hotmail.com)

Christene McSeveny, RC Parramatta: email: [mcseveny@bigpond.net.au](mailto:mcseveny@bigpond.net.au)

Dave Shakespeare, RC Parramatta Daybreak: email: [dshake@optusnet.com.au](mailto:dshake@optusnet.com.au)



# Schizophrenia

Left: Natalie making her presentation and explaining her thesis more simply for Malcolm.

Natalie is part of a legion of researchers working on this dreadful, debilitating illness that brings so much suffering to its victims and their families. Sufferers cannot study or work and many withdraw from their friends and families. One manifestation is the inability of sufferers to screen out certain sounds. They hear everything. Others suffer from delusions and hallucinations. Some have grandiose ideas. Sometimes there is an obsession with religion. It is such a disorder that 20 percent of sufferers commit suicide.

The cause of the condition is still unknown but there is far greater understanding of the functioning of the brain and the role played by proteins. There is an overlap, as well between those suffering from schizophrenia and those suffering from autism. One simplistic way of explaining things, Natalie agreed, was to look to a “filter” in the brain which separated out irrational ideas. Sometimes this filter

broke down, or only worked partially, which meant the sufferer slipped from normality to abnormality.

In Natalie’s research, brains donated by schizophrenia sufferers have been tested and certain proteins have been found missing. Tests of the proteins on rats have shown the role of the protein, or lack of it, which affects behaviour can be associated with schizophrenia. Drugs have been used for many years in an attempt to redress what is thought to be an imbalance in the brain. Though many of these drugs have been effective, the side-effects have been so severe that many sufferers have given up taking them. What Natalie’s research aims to do is to pin down the imbalance precisely that more and more specific drugs can be developed.

Natalie went into detail of some of the more technical aspects of her research, which stretched some of the normal brains of the listeners at the

Rotary table. But it all sounded wonderful, especially to those who have had relatives suffer from the disorder. Two at the table identified themselves in this way. Natalie, we wish you the very best. She was thanked by up-and-coming club

## Dates for Diaries

**28 November.** Christmas Party at The Olive Greek Restaurant and Bar at Harris Park.

**1 December.** Annual General Meeting. – Scott Gregg will be Guest Speaker

**7 December .** Rotary Clubs Group K Christmas Party at Cabarita.

**8 December.** No luncheon meeting –

**10 December.** ARH Christmas Dinner – Epping Club.

**15 December.** Final lunch meeting. for 2014.

**23 February 2015.** Houses and mountainsides are to be lit up to celebrate the 110<sup>th</sup> anniversary of the foundation of Rotary.