The Future of Rotary is in Your Hands

WELCOME TO...

... OUR CLUB BULLETIN #13
for our meeting on October 2, 2009

PRESIDENT: GARY PRICE (with Kerry Kennedy)
Treasurer: John Henderson Secretary & Admin: Peter Riordan
See Home Page for all other Directors and for Meeting Time and Venue
DISTRICT GOVERNOR: GLENN WRAN
Assistant Governor: Simon Knight
ROTARY INTERNATIONAL: DISTRICT 9750
RI PRESIDENT: JOHN KENNY

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www.sydneycoverotary.com

TEAMS & BIRTHDAYS: OCT 2
by David Goodliffe

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... FROM THE PRESIDENT: OCT 2
by Gary Price

As this wonderful Club grows in size and influence, we also grow the consequences of our actions.

There are many committees and many really well intentioned members making commitments on behalf of the Club and on many occasions those in a position of Legal Accountability are taken by surprise. We have received approval from the Board to institute a couple of simple procedures which, if followed, will alleviate this surprise factor. After all who wants to see our Public Officer or Treasurer behind bars? So ...

... Before any commitment of consequence, either in money or obligation, is made please send a DRAFT to our Public Officer (Peter Riordan) in the case of non money matters, and to our Treasurer (John Henderson) in respect to money commitments. We will be able to better plan our cash requirements and our stressed Treasurer will sleep better.

John can issue a numbered Purchase Order which, when completed, should contain the committee on whose behalf the commitment is being proposed.

Don't flood these people with inconsequential copies. Discretion is required. A good rule of thumb is ... Don't ever surprise your Banker! That goes for Treasurers and Secretaries as well!

Gary Price

GUEST SPEAKER: OCT 2
by Guy Glenny

THE HON. JOHN WATKINS

John is the CEO of Alzheimer's Australia NSW and has held that position since September 2008. The role involves some of the major ageing and dementia challenges facing the New South Wales community over coming years. Alzheimer's Australia NSW is based at Macquarie Park in Sydney.

Alzheimer's Australia NSW represents the interests of people living with dementia and their carers in New South Wales. It provides leadership in dementia policy and services, encourages and participates in research initiatives, and provides education, knowledge and skills to people living with dementia, their families and carers.

Prior to joining Alzheimer's Australia John was a member of the NSW Parliament between 1995 and 2008. He was sworn in as Deputy Premier in August 2005 and was NSW Transport Minister from January 2005 and Minister for Finance from April 2007 until his resignation from politics in September 2008. Previously he had held six other Ministerial appointments including the portfolios of State Development, Police (twice), Education and Training, Corrective Services, Fair Trading and Sport and Recreation. He was also Minister responsible for World Youth Day 2008, the APEC Conference in 2007 and other major events.

Mr Watkins graduated in Arts and Law from the University of NSW. He also holds a Master of Arts from Macquarie University and a Diploma of Education from Sydney Teachers College. He worked as a teacher for 16 years until his election to Parliament in 1995. He is married to Deborah and they have five children - three girls and two boys. Their eldest is twenty eight, and their...
youngest child, Xavier, is five.

**SOLOMONS TEAM RETURNS**

*by Michael Austin*

As the Bulletin "goes to press", we learn that our **E-Health Team** has just returned safely from the **Solomon Islands**, notwithstanding an 8.0 earthquake and tsunami hitting the Pacific Islands around 6am today.

Pictured are **Dr Alex Martiniuk**, from The George Institute (our Rotary team leader), **Joel Negin** from the University of New South Wales and **Michael Austin**, Chair of our International Committee enjoying a meal after a productive day at the Honiara Referral Hospital. Also pictured is the "Rotary Wing" of Gizo Hospital, to which many of our Club's members contributed many hours of planning and hard labour to complete.

More news of their adventures next week!

**Michael Austin**

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**2009 ROTARY CHARITY REGATTA**

*by Bill Little*

**2009 Rotary Charity Regatta: Friday November 13**

Update Week Ending October 2

Coves may be aware that The Sydney Children's Hospital Foundation recently inducted our Club into the "Hall of Champions". This is a very special group of supporters who have contributed over $1 Million to the Hospital. We were one of only 13 such supporters inducted. Others included Big W, Coles Group and Allens Arthur Robinson to name a few.

As a token of appreciation, we were given a **very special gift certificate for a family portrait experience to the value of $500 with Israel Smith Photographers**. Israel does much of the Hospital's photography and has recently produced a series of photos and a DVD entitled, "A Day in the Life...24 Hours at Sydney Children's Hospital, Randwick."

Now here's a great opportunity for a family portrait, perhaps a Christmas present for the grandparents. Why didn't you think of that before? Star Auctioneer Michael Maher is in charge. Last week's best bid was $300 from Karin Inman. Michael will be at it again this week so give it a bit of thought before Friday. Remember all proceeds go towards this year's Regatta.

Starting to get down to the wire now, only 6 weeks to go, many sponsors to find, the Captain Cook "Cruiser" to fill. If you are not otherwise involved in this, our primary fundraising event of the year, please get a group together for a wonderful seafood luncheon cruise, some jazz, expert race commentary and laser clay pigeon shooting. Now that's something one doesn't do every day!
HELP WANTED: We need a volunteer to look after the raffle for us this year. The prize is in place and the tickets are being printed. All we need is someone to manage it for us please. This is a very important contributor to our bottom line and it's not all that difficult to organise. There are always plenty of helpers especially on the day. All (or any) applications to Bill Little please.

Many thanks
Regatta Committee

WRITERS WALK (13)
by Roger Cherry

The sixth (6) plaque in the "Writers Walk" series around Circular Quay is:
PETER CORRIS (1942 - )
"The sun was going down as I stop-started along in the lane for drivers who didn’t have the right money to pay the toll. The sky was clear and the water turned red-gold. The ferries and sailing ships seemed to be skating across a sheet of beaten bronze."
‘Wet Graves’ (1991)

'Peter Corris, historian and journalist, began writing thrillers in 1980, creating his private eye Cliff Hardy. His books include 'The Dying Trade" (1980) and 'The Empty Beach"(1988).'

Peter Corris was born at Stawell, Victoria in 1942 and was educated at Melbourne High School and the University of Melbourne. He obtained a masters degree at Monash and a PhD at Australian National University, Canberra (both degrees in history). From 1964-75 he taught history at Monash University, at the Australian National University (ANU) and at the University of Melbourne.

Since 1975 he has been a full time writer, first as literary editor of the National Times from 1978-1980, and then with detective thrillers. He is best known for his fast paced detective stories featuring the Australian private investigator, Cliff Hardy; his thirty third book recently published is "Open File" (2009), hard on the heels of two in 2008, "Appeal Denied" and " The Big Score: Cliff Hardy Cases". Besides these thrillers, he had published "Blood Brothers", a novel, in 2008 and a non-fiction work "The Journal of Fletcher Christian: together with the History of Henry Corkhill" in 2005.

Lesser known detectives of Peter Corris featured in various series of books are: Luke Dunlop, an agent for the Witness Protection Agency in Australia, such as "Set Up" (1992), "Get Even" (1994); Ray Crawley, a federal security agency director in Sydney from "Poker Face" (1987), to "The Time Trap" (1994); and Richard Browning a private investigator in Sydney with Hollywood ties, from "Box Office Browning" (1987), to "Browning Without a Cause" (1995).

Roger Cherry

GUEST SPEAKERS
by Catalin Ovidiu Anastase

We have just started experimenting with videoing our guest speakers. Well, here is the link to see, and hear, recent speakers ie Suzanne Campbell, Anita Mitchell, Warren Mundine, District Governor Glenn Wran, Rosemary Howard and Jennifer Hewett and see a Sounds of Sydney slideshow and see Bill Gates speak on Polio Plus: just CLICK HERE.

Catalin Anastase
Life & Style: Being Happy Part 5; Health Maintenance

Question: How much responsibility do you take for looking after your health?

Earlier in history, physical health was presumed to be largely a matter of chance - if you were lucky you had good health, if you were not so lucky, you were frequently ill or died young. Since medical research made the connection between human behaviours and physical health some half a century ago, we have come to realise the importance of healthy lifestyle choices (such as not smoking, doing regular exercise, maintaining a balanced diet, getting adequate sleep and relaxation, and avoiding excessive amounts of alcohol or drugs). More recently, stress management and supportive social relationships have been added to the list of healthy lifestyle habits. Our lifestyle choices make a huge difference to how well we feel - physically and psychologically - as well as how long we live. Given that most of us already know what we need to do in order to maximise our chances of staying healthy, it is amazing that so few of us put these things into practice.

'Knowing what to do it not usually the problem. The elusive goal is translating intentions into action and resolutions into results. The gap between knowing and doing remains a weak link in most of our lives.'

Dan Millman 'No Ordinary Moments'.

Whether or not we have the self-discipline to look after our physical health largely depends on our willingness to tolerate frustration. Low frustration tolerance frequently sabotages our desire to stay motivated and achieve our goals because we pursue immediate gratification at the expense of our long-term best interests. Motivating ourselves to give up self-defeating behaviours (such as smoking, overeating, drinking too much alcohol, abusing drugs or not exercising), requires us to make our physical health a top priority. In addition, we need to set clear goals, make a plan of action and prepare to deal with the obstacles that are likely to arise along the way - and there will be plenty of them. One of the ways to deal with these obstacles and assist you to stick with your priorities (such as good health and less stress), is to create an environment that supports your success and celebrates even small wins. Great things are rarely accomplished on your own.

Question: What, or who, do you need in your environment to support your success? Rotarians are good at giving - we also need to be good at receiving to achieve optimum physical health and psychological well-being.

Meg Campbell-Dowling, Consultant Psychologist.

ANNOUNCEMENTS: SEPT 25

by John Walker

Joshua Druery (one of our 2 National Youth Science Students) thanked the Club for the opportunity to see what science opportunities there are. He has also heightened skills students need after school, eg. job applications, speeches. Outside the forum, the pursuit of excellence is one thing that has been very important as well as meeting people who he might never have otherwise engaged with. Thanked all again for the generous opportunity. Joshua donated a cheque for $500.

Karin Inman needs assistance for buying and wrapping 200 presents for Xmas Party. If anyone wants to volunteer contact her either this morning or afterwards.
Michael Maher: Regatta Friday 13th November 2009 - Bill asked Michael to remind you if you want to get your parties of 10 together for the ferry to watch the race, it's time to do it now. See Robert Cameron.

Suzanne Campbell: District Conference, October 23 - a great opportunity for education, motivation and inspiration around subjects which are directly or indirectly associated with a Rotarian's life. Guest speakers include the man who has developed the bionic eye, an extraordinary story of innovation and science and technology in Australia which doesn't usually get the profile which it might ordinarily receive in other countries ... and Sophie (Miss World) is going to speak about her efforts in support of Salvos. Register online - CLICK HERE - for an outstanding weekend of inspirational speakers.

... and Fiona Lavan is looking for at least one host family for members of the GSE teams from Rajasthan and Connecticut. The US team will be in Sydney from Monday 19 to Monday 26 October and the Indian team will be from Wednesday 21 to Wednesday 28 October. Both will be at the District Conference. We are also looking for volunteers to look after the team and show them around Sydney (and perhaps do a Harbour Cruise) after our meeting on Friday 23 October. Alex Martiniuk has accepted the challenge and Seye may get involved as well. We thought it might be fun to have a Canadian and a Nigerian showing Indians and Americans around Sydney. Would any of our other nationalities like to volunteer as well? Please contact her for further details on f.lavan@stantonchase.com or 0414781186.

... and Trackside with Paul Tuck ... Newton's Rings ran a close second in the Dubbo Cup last Sunday. He was gallant in defeat having led to the 50 metres. He should have won, but his inexperienced jockey gave up a rails run to the winner in the straight. The fund's bet was $30x$20 which gave it a win of $26. It now stands at $1078. There is still some life in the old bloke yet.

... and the latest, excellent, September 2009, District 9750 Newsletter is now available, with a fascinating article on page 8 on the Cove's newest Ambassadorial Scholar, Seye Abimbola and how Alex Martiniuk encouraged him to come to Australia - just CLICK HERE.

John Walker

ON THIS DAY: SEPT 25
by John Morrison

1066 Battle of Stamford Bridge: Most people think of the battle of Stamford Bridge as a football game between Chelsea and some other Premier team. It was however the defeat by King Harold of the Viking invasion of Britain. By co-incidence the Vikings were also led by another King called Harald. Ironically after such a great victory King Harold, the British one, was killed at the Battle of Hastings three weeks later by William the Conqueror.

Born:
1764 Fletcher Christian, progenitor of most of the population of Pitcairm and Norfolk Islands, was born in England. He was most famously known for his part in the mutiny on the Bounty against Captain Bligh. In movies of The Mutiny on the Bounty he has been portrayed by Errol Flynn, Clark Gable, Marlon Brando and Mel Gibson.

1929 Ronnie Barker: from The Two Ronnies - The toilets at a local police station have been stolen. Police say they have nothing to go on - The search for the man who terrorises nudist camps with a bacon slicer goes on. Inspector Lemuel Jones had a tip-off this morning, but hopes to be back on duty tomorrow.

1952 Christopher Reeve, played the role of Superman in the movie "Superman the movie" produced in 1978. In an interesting coincidence he was offered the part of Fletcher Christian (with whom he shared a birthday) in The Mutiny on the Bounty, when he rejected the role it was given to the second choice, Mel Gibson. Unfortunately his super powers did not translate
to real life and he was tragically injured in a fall from a horse and ended up dying as a result of complications.

1969 Catherine Zeta-Jones (Mrs Mike Douglas) was born in Swansea in Wales. Michael Douglas shares her birthday but had celebrated 25 of them before she was born.

John Morrison

**GUESTS, VISITORS & GUEST SPEAKER: SEPT 25**

*by David Goodliffe*

Guest Speaker was our own Stuart Cook who gave us a fascinating talk on his Sri Lankan adventures.

**Local Guests/Hosts:**
Tamara Druery/Rob Campbell
Joshua Druery/Club (NYSF)
Max Dornemann/Club (Exchange Student)
Karin Fenger-Krog/Club (Exchange Student)
Rob Jaffer/Gary Price
Seye Abimbola/Club (Ambassadorial Scholar)
David Goodliffe