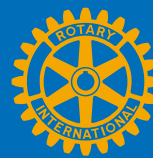


# NEWSLETTER

Rotary  
Club of Dee Why Warringah



## LAST TUESDAY'S MEETING

### Club Assembly

*The club assembly is a regular rotary club meeting where the club president and Club directors report to the club on their projects, discuss upcoming fundraisers, etc.*

Discussion was held around meeting dates and the Assembly agreed to do a six month trial from our return in January 2023 to meet the first three Tuesday's and then on the fourth week make it a Wednesday night. Also agreed that any 'special events', be held on the Wednesday night.

Discussed and agreed that 'Pride Of Workmanship Award' event would take place Wednesday, 24 May, 2023. Ron and Chrisy to discuss and arrange Harbord Diggers, if competitive.

In favour of holding a 'Comedy for a Cause' event on Wednesday 22 March, 2023. Ron to find out details from Harbord Diggers as a possible venue (no room fee). This event would raise money to support **Women & Children First**, [www.womensrefuge.org.au/our-services](http://www.womensrefuge.org.au/our-services) and Super Tee [www.supertee.org.au](http://www.supertee.org.au)

## In this issue...

- Last Tuesday's Meeting: Club Assembly 1
- Country Cousins: Assisting with supplies 2
- Growing up by the sea: Victor Andrade 6
- Tree of Joy: Dee Why Grand 7
- Australian Rotary Health: New Research 8
- Club program: December '22 - February '23 10

Throughout our bulletin, **bright blue** text indicates a website link.





## City supplies for our Country Cousins - Liz McDougall

It is a five plus hour drive from the Northern Beaches to Eugowra, the Central Western NSW town devastated by floods early in November.

A small, rural town, noted for its pretty murals, the town is on a backroad east of Forbes which was also badly flooded.



*Liz McDougall DYWRC, reporting live - "where are hair and makeup when you need them?"*

I drove there this week, along with a convoy of Rotarians, to deliver non-perishable foods, personal care items and see first hand what it is like. Being there, even for a short time, does increase understanding.

Thankfully, when Rotary puts the call out people are generous.

After meeting for coffee at Lucknow, just before Orange, we drove together down the Escort Way, through the town of Cudal and through beautiful countryside which all agreed is the greenest we had ever seen.



*Driving through Eugowra*

As we approached Eugowra, the potholes increased in number - lucky I was last in convoy so learnt from the others mistakes and missed them all! The remnants of flood swept vegetation and associated destruction became increasingly evident.

The waters of the normally trickling Mandagery Creek, ripped through the town, moving homes off their foundations and sadly killing two residents.

Those who remain are living day to day, so unsure of what the future holds.



Metres of SES tape surround houses and shops, hotel and other downtown stores are empty. A few people were standing around but they didn't seem to be doing much – maybe they were pondering just where to start.

There is the immediate problem of how people can manage on a day-to-day basis so the showground has become the place to shower, wash clothes, cook meals and have a table and chair to eat them at.

It's the town's default headquarters where residents, volunteers and government departments work together to assist those whose homes are lost. Others whose homes have been spared drop in as they have no power and no idea of when it will return.

A large shed has many lounge suites so when people need a break they can rest, or chat with others who understand their immediate and long-term needs. As we arrived late morning there were few people using the facilities – they were at their homes doing what they could.

We dropped off car loads full of canned food, pre-prepared meals, bottled water plus some treats – biscuits, snack bars and juice poppers.

Members of the Rural Fire Service, St Johns Ambulance and others quickly stepped in to assist.

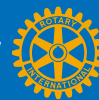
Ed Strom from the Rotary Club of Carlingford owns a house in Eugowra and knows many of the locals. He said that the 1952 flood saw water inches below the floorboards, this year it was 1.6 metres above.

Accompanying him was fellow club mate Bob O'Shea and his grandson Zac, a friend Maurie and Pam and Peter Hudson from the Rotary Club of Pennant Hills. We were met by volunteers from the Rotary Club of Orange and Parkes who are travelling to Eugowra daily to help.

One of their members was cooking lunch – the ubiquitous sausage sizzle – eagerly accepted by all.



*Rotary Club of Orange manning the BBQ*



Another section of the showground housed horses who are away from their usual paddocks. Horse blankets drape over the fences, having been cleaned and now dried. There was food for all creatures great and small.

Meanwhile, another convoy, from the Rotary Club of North Richmond Kurrajong – Assistant Governor Paul Rogers, Bob McPherson, Melissa Page and her daughter Lilian, 11, arrived in Cowra, 65km south east.

The club has an ongoing relationship with the Kurrajong Village Baptist Church (who we have previously sent blankets and flood donations to) and they met with Austin Griffiths at the Cowra Baptist Church. Also there was the Rotary Club of Cowra.

They realised large plastic tubs were desperately needed so a quick phone around found funds and the tubs and these were ordered and delivered that afternoon.

The exercise illustrated (yet again) that while Rotarians are NOT first responders, they are people of action who step in as soon as they can with practical help to assist those so desperately in need.

As I write this, our District Governor Mina Howard's husband Larry is heading to Cowra with more goods donated by Rotarians in Hawkesbury, Nepean and Blue Mountains – areas so badly affected by floods and fires in recent years.

With Christmas approaching we know they will need much help and perhaps we can do with a little less this year so they can have a little more, or at least something.



*Resilience NSW*



## SUN RUN REGISTRATIONS ARE NOW OPEN!



[Sun Run registrations are now open, click here.](#)

Secure your spot at the start line and you could be running alongside our new ambassador and local fitness guru, Shannan Ponton.

The celebrity personal trainer and former coach on TV show, The Biggest Loser, has competed in the Sun Run at least six times (he's lost count!) and has signed up to run again in 2023 as our event ambassador.

*"The Sun Run is one of the highlights on my annual sporting calendar", Shannan said.*

*"I've raced in hundreds of events nationally and internationally but there is nothing more impressive than running along Sydney's Northern Beaches".*



### YOU & YOUR BUSINESS CAN HELP YOUR COMMUNITY

Have your business or employees sell **B2B** raffle tickets that aid our community groups.

**80%** of tickets sales, go to a community group or charity of your choice **OR** buy tickets to **WIN 5 nights** at the Seaview Hotel, Norfolk Island, includes airfares and a car hire.

Contact Christine on **0418 201 228** or email [brookvalebd@bigpond.com](mailto:brookvalebd@bigpond.com)

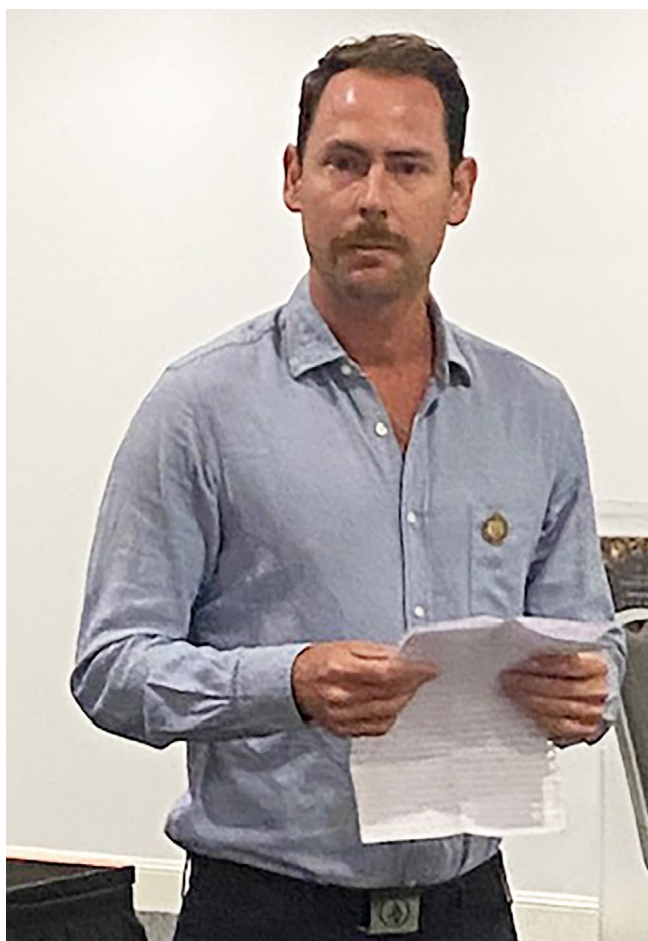
## When you grow up by the sea it is hard to move away...

Our impromptu visitor and guest speaker, **Victor Andrade**, wanted to come to Australia when he applied as a Rotary Exchange student in 2007-2008. Instead he ended up in Longview, a town in Washington State, close to the Oregon border.

No doubt it was a dramatic contrast to his home – Victor is from Acapulco, Mexico.

After finishing his university studies and working for several years, Victor decided to apply to study IT in Australia. He arrived in Sydney just over a month ago but after spending some time in the city he decided the Northern Beaches was the place to be.

He is sharing a unit in Dee Why and noticed the Rotary stand at Dee Why Grand. **Welcome Victor!** We are looking forward to getting to know you.



Below is Nobel Prize Winning poet **Pablo Neruda's** poem about the sea. Although Neruda is from Chile, his home in Valparaíso looked out on the Pacific – as do Acapulco and Dee Why.

This English translation is beautiful but the Spanish original is wondrous according to a friend of mine, now gone, who was born in Chile.

### The Sea

I need the sea because it teaches me.  
I don't know if I learn music or awareness,  
if it's a single wave or its vast existence,  
or only its harsh voice or its shining  
suggestion of fishes and ships.  
The fact is that until I fall asleep,  
in some magnetic way I move in  
the university of the waves.

It's not simply the shells crunched  
as if some shivering planet  
were giving signs of its gradual death;  
no, I reconstruct the day out of a fragment,  
the stalactite from the sliver of salt,  
and the great god out of a spoonful.

What it taught me before, I keep. It's air  
ceaseless wind, water and sand.

It seems a small thing for a young person,  
to have come here to live with his own fire;  
nevertheless, the pulse that rose  
and fell in its abyss,  
the crackling of the blue cold,  
the gradual wearing away of the star,  
the soft unfolding of the wave  
squandering snow with its foam,  
the quiet power out there, sure  
as a stone shrine in the depths,  
replaced my world in which were growing  
stubborn sorrow, gathering oblivion,  
and my life changed suddenly:  
as I became part of its pure movement.

*Pablo Neruda (1904-1973)*



## 2022 TREE OF JOY, Dee Why Grand

Our **TREE OF JOY** event is running at the **Dee Why Grand**.

Rotarians will be at the tree, on the ground level (opposite Priceline) between **10am** and **3pm**, **Mondays to Saturdays** until **Friday 16 December**.

It is the third year we have invited the community to buy **gifts for those in need** and as we know that is a long list this year!

Please **do not wrap** your gift – the charities we pass them to have to wrap them. **If you can provide a gift bag**, that would be appreciated. Early donations are appreciated so we can get gifts to those in need.

Please spread the word to all you know. They can drop to us or to other Rotary Trees of Joy at Warriewood Square, Glenrose, Forest Way & Stockland Balgowlah.

We are also be **selling tickets** to our **Annual Christmas Raffle** which will be drawn on **Friday 16 December**.

**MERRY**  
Christmas

Rotary  
Club of Dee Why Warringah



## AUSTRALIAN ROTARY HEALTH - New Research

### A New Research Frontier for Motor Neurone Disease Could Help Lead to Better Treatments



Australian Rotary Health/Rotary Club of Spring Bay Funding Partner PhD Scholarship recipient Dr Anjan Bhattarai has recently published a new paper that brings us one step closer in helping diagnosing, early stages of Motor Neuron Disease.

Motor Neuron Disease (MND) affects around 1,400 people in Australia, primarily people in their mid-50s. With no cure, MND's survival is approximately 2-5 years from the onset of symptoms.

This paper forms part of Dr Bhattarai's PhD research into the use of novel MRI (Magnetic Resonance Imaging) techniques to establish neuro-imaging biomarkers that assess the early stages of MND, in hope to improve reliable diagnosis of the disease.



Dr Bhattarai and a team of researchers investigated whether a computational model called 'Network Diffusion', could help determine the severity and progression of neurodegeneration in limb-onset MND. The study found that patients with MND had a significant loss of brain volume observed at 6-months, with further loss at 12-months, compared to the control group. They were able to identify the brain networks responsible for pathological spread of MND, particularly in an area of the motor cortex, known as the extra-motor regions. *Read the full article [here](#).*

### Helping Peers Experiencing a Mental Health Problem



Many young people feel inadequately prepared to help their peers with a mental health problem or crisis, according to a recent review of the research literature.

With the peak onset for mental health problems estimated to be 14.5 years, and 20% of young people experiencing high levels of psychological distress, it is likely that many young people will encounter a peer with poor mental health.



Australian Rotary Health Colin Dodds Postdoctoral Fellow Dr Laura Hart co-authored a recently published systematic review and narrative synthesis in the journal *Early Intervention in Psychiatry*, which looked at 21 studies on the help-giving actions of young people (aged 12-25 years), as well as interventions designed to increase and improve help-giving.

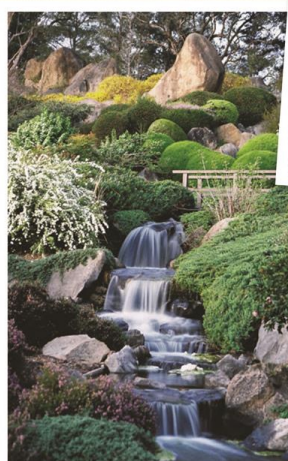
The review found that overall, the most frequent themes related to help-giving in young people were providing emotional support and encouraging the peer to seek support from a professional or adult.

"It was really pleasing to see how often young people reported encouraging a peer to seek adult or professional help," Dr Hart said.

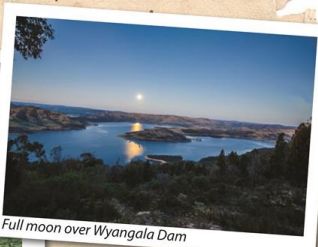
*Read the full article [here](#).*



## COWRA BREAKOUT



Japanese Garden



Full moon over Wyangala Dam



The region is renowned for its boutique wineries

Photo: Destination NSW



Australian World Peace Bell



Vast fields of canola

District 9685 Annual Conference  
17-19 March 2023



DISTRICT 9685 ANNUAL  
CONFERENCE 2023

Click [HERE](#) to go to the  
Conference website.

**Relax.  
Refresh.  
Refocus.**



Stay Safe,  
Ruth Vumbaca, President  
2022-2023  
Email: [rtds3de@gmail.com](mailto:rtds3de@gmail.com)





## DECEMBER 2022

Date	Guest Speaker/Event	Location	Time	Activity
Tuesday 6	District Gov. Mina Howard VISIT	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 13	Joint AGM meeting Deciding 2023-24 merger	Manly Leagues Club	6pm 7pm	Dinner Meeting Board Meeting
Thursday 15	CHRISTMAS LUNCH	Long Reef Golf Club	11am Start	CHRISTMAS LUNCH RSVP Paul Cope 0419 812 201
Tuesday 20	Christmas Breakup Party	Youth Up Front site 4 Tumburra St, Ingleside	6pm	BBQ BYO Meat & Alcohol
Tuesday 27	No Meeting	–		–

## JANUARY 2023

Tuesday 3	No Meeting	–		–
Tuesday 10	No Meeting	–		–
Tuesday 17	TBA			First meeting for 2023
Wednesday 25	Mike Pawley - Cambodia	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 31	TBA			

## FEBRUARY 2023

Tuesday 7	Sharon Dale Relationships Australia	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 14	Trevor McAlister - Epping RC Exploring Hidden Sydney	Manly Leagues Club	6pm 7pm	Dinner Meeting
Wednesday 21	TBA			
Tuesday 28	TBA			

