## OFFICIAL JOURNAL OF THE ROTARY CLUB OF NORTH SYDNEY



(Please Note: No meeting on the last Thursday of each month). ISSUE NO 4012 Thursday 7th November 2019



#### **Board Members for Rotary year 2019-2020**

President: Lily Clarke Secretary: Tony d'Arbon Treasurer: Doug Garner Administration: Ross Waugh Youth Counsellor: David Field Community Service, Membership & Public Relations: Jenny Thomas International Service: Samantha Lee & JiJi Lee, Youth Service: Peter Lulic Vocational Service & Speaker Program: Geoff Pritchard District Conference/Verification Officer & Project 90+: Denis Booth

Rotary Foundation: John Taylor Bulletin Editor: Mal Sharpe

#### President's Message:

Our Guest Speaker this week was Debbie Cockle who shared with us her Journey through Depression and Anxiety. Debbie's illness started over 40 years ago while preparing to leave Townsville on their yacht bound for PNG with no set schedule for return, and a task to provision the yacht for a minimum of 3 months. On board was Greg (Debbie's husband), Debbie and their 8 year old daughter Mia. Deb was overwhelmed by a combination of events resulting in being admitted into hospital for 5 days rest and no on-going medication. Upon release Deb was set to sail on a journey into the unknown.

Deb's second episode came 4 years later after arriving in Hong Kong where the family moved off the yacht, Deb set up house and while Greg went back to work, Deb started a new career in Real Estate and Mia started High School in Hong Kong. This time round, the doctor put Deb on anti-depressants, after a short period of time Deb was back to her happy self. For quite a number of years the illness was at bay.



www.facebook.com/rotarynorthsydney/



"For Good Food, Good Fellowship and the Opportunity to serve through Rotary, we give thanks".



#### President's Message: Continued

Some years later, after returning to Australia, Deb & Greg invested and ran their own Yacht Broking Business in Cairns. Unfortunately not long after they acquired the business, a massive cyclone took away many things including their business. This time the illness took hold and Deb experienced many dark thoughts and dark moments including suicidal thoughts. Deb was admitted to a Mental Health Hospital, a horrendous experience for her. Medication and ECT (Electronic Convulsive Therapy) were her world for approx. the next 5 weeks. Released and feeling fine, the bouts of depression and anxiety came back spasmodically, and the duration was shorter and shorter between episodes. After many visits and stays in various Metal Health hospitals, with the programs and treatments being very similar in all establishments, at the end of the day Deb didn't feel they were very effective.

After years of different hospitals, anti-depressants, various doctors etc Deb admitted herself into South Pacific Private. The profound impact of their program changed her life for the better. Debbie's journeys into this illness has always been closely supported and accompanied by her family and close friends. As the famous saying goes....."I get by with a little help from my friends". As you walk into South Pacific Private hospital there is a sign saying "Expect A Miracle" and on the way out the sign says "You Are A Miracle"

On behalf of everyone present at this meeting, I want to say a special Thank You to my dear friend Debbie. This is a tough journey, anyone knowing a family member or friend suffering from this illness knows it's not easy. To be able to publicly share details of this very intimate journey in order to maybe help another person experiencing depression and anxiety is both courageous and a credit to Deb. Well done Deb and Thank you.



Congratulations to JT (John Taylor) as he welcomes his first granddaughter named Poppy to the family!

Date	Speaker	Subject
6th November	North Shore Business Awards	Sponsored by our Club. Kirribilli RSL
7th November	Pauline Vamos	Superannuation & the Royal Commission
14th November	Alan Baker	Board Meeting
16th November	Crows Nest Markets	
21st November	Social Luncheon	Transferred to Bravo Restaurant Crows Nest
28th November	No meeting	
7th December	Xmas at Crows Nest Centre	





Date	Birthdays	Date	Anniversaries	
22nd November	Brendan Walsh	27th November	Brendan & Christine Walsh	

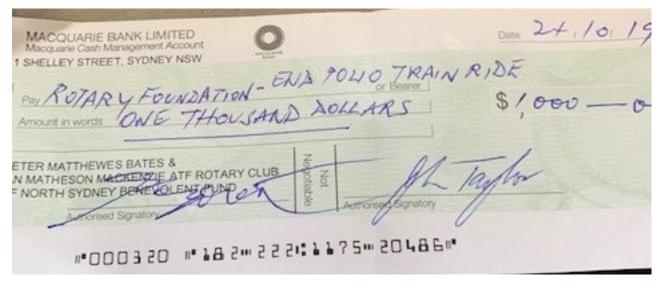
Date	Front Desk & Room Set Up Attendance Required from 12:00pm
7th November	Jeff McDougall
14th November	Philip Brook
21st November	TBA
5th December	Tony d'Arbon
12th December	David & Toni Field
19th December	Peter Lulic

### **Upcoming Events.....**

World Polio Day – October 24, 2019
Well we joined the Train ride......AND

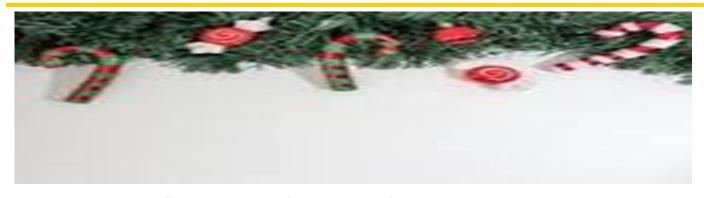


Club Members raised a total of \$1,000 to donate to the Rotary Foundation – End Polio Campaign.









### Crows Nest Markets – Saturday November 16

Come along and support all the great stalls! <u>Time to start thinking about your Christmas</u> <u>shopping list!</u>

Rotary Market at Ernest Place, Crows Nest is held on the third Saturday of each month from 9:00am till 4:00pm and has stalls mainly consisting of arts, crafts, food, giftware, jewellery, timber items, plants and clothing.

Organised by The Rotary Club of North Sydney.





Meeting - Monday, November 18

The first group meeting including Ward Pollard, Fiona Jenkins and representative members from The Rotary Club of North Sydney, The Rotary Club of North Sydney Sunrise and the Rotary Club of Crows Nest will meet to discuss the viability of establishing a D Caf in the North Sydney Area. Venue: Crows Nest Community Centre

Level 1 Pat Brunton Room Time: 2.00 pm

Next Board Meeting November 14, 2019



# Seniors Christmas Party – Saturday December 7

## More information to follow shortly

Please note the date, Santa's helpers will be required!





#### ROTARY CLUB MEMEBERS VOLUNTEERS CORNER

Current emails circulating requesting Rotary volunteers at these events.

December 8 Sunday The Rotary Club of Northbridge Inc

Soar n Roar Festival 2019 at Luna Park & Kirribilli

Contact: Community Services Rob Coote

E: community@northbridgerotary.com.au

## Christmas at the Crows Nest Centre

The Rotary Club of North Sydney and North Sydney Council generously invite local seniors to join us to celebrate Christmas



★ Visit from Santa

Saturday 7 December 2019 12noon to 2pm At the Crows Nest Centre, 2 Ernest Place, Crows Nest

Bookings essential. RSVP by 29 November Contact: Crows Nest Centre Reception Phone: 9439 5122 Email: reception@crowsnestcentre.org.au

7......















Address Suburb		ıburb
Name	Phone	
I would like a vegetarian meal	□ YES	Connecting Our Community
I require transport within the Lower North Shore	$\square$ YES	Centre
I would like to attend Xmas at the Crows Nest Centre	$\square$ YES	Crows Nest
Please tear off and return		

Wednesday November 6, 2019

**Gala Presentation Evening** 

2019 North Shore Local Business Awards at the Kirribilli Club

Friday November 8, 2019 Rotary Police Officer of the Year Awards









#### Welcome to the 10th Anniversary of our Annual Police Awards Eve

This event will be held on Friday 8th of November 2019 at the Hyatt Regency Sydney, Darling Harbour from 6:30pm-11:30pm and is proudly hosted by the Rotary Club of Sydney.

Once again, we aim to provide an unforgettable evening for all Finalists and their Guests whilst raising some vital funds and awareness for **NSW Police Legacy**, who provide for families of Officers who have died or been killed whilst carrying out their duties.

Your generous donation would be highly valued and will also be recognised on the night in our printed Prize List programme.

The fundraising on the evening will come under two categories, a Silent Auction and a Raffle.

Remember this event Celebrates Excellence in Policing and applauds the work carried out by the NSW Police in our community daily.

#### Please Donate Generously!

If you are once again able to help us please email me at jgiven@zions.com.au with the details of your donation and a copy of your company logo for inclusion in the printed prize programme.

#### John Given,

Chairperson of The Rotary Clubs of NSW Police Officer of the Year Awards Ph: 02 9597 1766

Email: jgiven@zions.com.au

Please support our 2019 POOTYA Event by donating generously







8 NOVEMBER 2019 | HYATT REGENCY, SYDNEY







CLOSE TO \$300,000 HAS BEEN RAISED FOR POLICE LEGACY AND THE ROTARY FOUNDATION FROM THE POLICE OFFICER OF THE YEAR AWARDS

The Rotary Club of Sydney is proud to host the 10th Annual Awards for the NSW Police Force to give state-wide community recognition for excellence in Police service to officers and unsworn employees throughout NSW.

## Monday, November 11, 2019 Rotary Foundation Dinner



Districts 9675 & 9685

## An Invitation to the Rotary Foundation Dinner

Waterview
Bicentennial Drive, Sydney Olympic Park
11 November, 2019 at 6:30PM
Guest Speaker



RI President 2015/16 & Foundation Chair 2020/21

Ravi Ravindran

Celebrate Our Foundation,
Be informed about Our good work, Win the raffle

Cost: \$75 per person or \$700 for a table of 10 To book: Go to http://bit.ly/foundationdinner2019



Wollongong - March 20 - 22, 2020

## June 6-10, 2020 Rotary International Convention



#### Visitors & Apologies for 24th October 2019

#### **Visitors**

Debbie Cockle Guest Speaker

Greg Cockle

Gayle Hawkins

Serenella Tonello

Gill Attersal

Valerie Dunn

Mia Ward

#### Leave of Absence:

Robert Lau

Geoff Pritchard

#### **Apologies**

Tony d'Arbon

Jiji Lee

Lily Lee

Samantha Lee

Jeff McDougall

We are grateful to: Rotary Club of North Sydney Supporters



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Entrance via: Norton Lane

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