



CHARTERED 16<sup>TH</sup> AUGUST 1928. CLUB NO. 18035, DISTRICT 9685.

(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/](http://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!

---

## Upcoming Events for your diary

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.



## Join the Train Ride to End Polio!

on World Polio Day, Thursday 24 October, 2019  
across the entire Sydney train network – 195 stations

help raise \$1 million – sponsor a rider, run an event

- create public awareness – polio and club
- raise funds through sponsorship & events
- engage your members in a fun activity
- Rotary Citation event
- help end polio





## Crows Nest Markets – Saturday November 16

Come along and support all the great stalls ! *Time to start thinking about your Christmas shopping list !*

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

## Upcoming Events for your diary

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](mailto:community@northbridgerotary.com.au)

Upcoming Events for your diary

# 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

★ Free two course hot lunch prepared by William Blue College

★ Live entertainment by The Tokens

★ Visit from Santa

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

Transport available

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



Rotary



WILLIAM BLUE COLLEGE OF HOSPITALITY MANAGEMENT

Please tear off and return

I would like to attend Xmas at the Crows Nest Centre  
I require transport within the Lower North Shore  
I would like a vegetarian meal

- YES
- YES
- YES



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_

## Upcoming Events for your diary

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](mailto: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](mailto:jgiven@zions.com.au)

Please support our 2019 POOTYA Event by donating generously



PRESENTING THE ROTARY CLUBS OF NSW

# 10TH ANNIVERSARY ROTARY POLICE OFFICER OF THE YEAR AWARDS

8 NOVEMBER 2019 | HYATT REGENCY, SYDNEY



Rotary  
Districts and Clubs of NSW

**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.



---

Upcoming Events for your diary

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>**

---

# Reasons CONFERENCE 2020

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**



**Kennards Self Storage - Artarmon**

PHONE +61 2 9413 3377  
ADDRESS 452-458 Pacific Hwy, ARTARMON NSW 2064  
Entrance via: Norton Lane  
EMAIL [artarmon@kss.com.au](mailto:artarmon@kss.com.au) WEB <http://www.kss.com.au>

**‘Keep It At Kennards,  
The People Who Care’**