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BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. - CHARTERED 1930

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Postal Address: - PO Box 246, Wagga Wagga, 2650

RI President: Mark Maloney
Dist. Governor 9700: John McKenzie
Asst. Gov. Group 7: Elaine Almond
Club President: David Friedlieb
Club Secretary: Ellen Brasier



THE FOUR WAY TEST:

Of the things we think, say or do: -

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill & better friendships?
- Will it be beneficial to all concerned?

BULLETIN NO: 23

Thursday 5th December, 2019.

DECEMBER IS ROTARY DISEASE PREVENTION AND TREATMENT MONTH.

Club meets at the WAGGA WAGGA COUNTRY CLUB, **6:00 PM for 6.30 PM** (unless stated below).

Duty Officers' Roster: -

Please arrange for a replacement if you cannot fulfil your rostered duty. Also inform the Bulletin Reporter.

DATE:	Thursday 12 th Dec.	Thursday 19 th Dec.
PROGRAMME:	Club Christmas Party.	NO MEETING. The next Club meeting is scheduled to occur on the 16th January 2020 at our Book Sorting facility.
ATTENDANCE:	Karel Bijker Mary Ann Kelly	
GREETER:	Margaret Keys	
SHORT & SWEET:	Elaine Almond	
FINES-MASTER:	Gordon Sagers	
INTRODUCE SPEAKER:	Not Required	
VOTE OF THANKS:	Not Required	
BULLETIN REPORTER:	Vicky Donoghue	

Invocation: *For good food, good fellowship and the opportunity to serve through Rotary, we give thanks.*

Unable to attend a meeting? **Please lodge an apology with THE COUNTRY CLUB OFFICE ☎ 6922 6444** by 2.30 pm Wednesday (or pre-record it in the book provided at the meeting attendance table – IN BLOCK LETTERS).

Also, for catering purposes, please advise if bringing a guest to a meeting.

MEETING REPORT: -

Attendance.



President David welcomed thirty-three members, plus three guests, being our Key-Note Speaker Kylie Perry, Joan Veerhuis (wife of Peter) and John Davies, a guest of David Friedlieb.

Apologies had been received from Alan Lean, Alok Sharma, Bruce Barber, Gerry Page, Gordon Saggars, Karel Bijker, Peter Smart, Philip Cross & Rob Sharkie.

Administration Matters.

The following topics were discussed: -

- ◆ A special welcome back, after a period away, was extended to our members **Bill Prest** and **Alf Barzen**.
- ◆ A **Thank You** and congratulations to all members who were able to assist with last week's Shine Awards as well as the BBQ's for the Disability Dance Party and the Clontarf Cricket Carnival.
- ◆ A reminder for the **Rotaract Trivia Night** on 6th December (venue – Wagga Wagga Commercial Club).
- ◆ Tuesday 10th December is the **TAFE Presentation Night**. Our club will be represented by President David and Alan Lean.
- ◆ The **Rotary Peace Ceremony** will be celebrated in February 2020. Our representative on the organising committee is Mary Ann Kelly and more details will be provided closer to the date.
- ◆ There is a **District Membership Seminar** – 8th -9th February 2020 at Young. President David is looking for a club representative
- ◆ The Club is considering the plight of a family from Nangus that was featured in the recent SBS TV program 'Struggle Street'. They have a child with a rare disease and have been trying to keep up appropriate medical treatment, and cannot afford to carry out important house repairs. Wagga Rotary Clubs are considering a RAWCS project to assist in the repairs. This will be considered by the club Boards shortly.
- ◆ The Annual Report of **Australian Rotary Health** is now available. A local member has made a significant donation to their mental health program
- ◆ Our club received a thank you note for its recent \$400 donation to the **Help Cambodia Program**, which we heard about at our joint meeting with Coolamon Rotary Club.
- ◆ A reminder went out to members who donate to the Rotary Foundation through the **Centurion Program** that now is the time to renew membership. Contact Phil Cross who will forward on your \$100 donations.
- ◆ Terry Mecham is looking for a good club roll up to assist with the **Multicultural Council Christmas BBQ** at the Botanic Gardens, 3-7 PM on Saturday 14th December. This is a huge event so many hands are needed.

Short & Sweet.

Short and Sweet was meant to be Alok Sharma who was, unfortunately, a late apology. At short notice Graeme Callander stepped in. Graeme told us about a recent visit to Melbourne where he and Bronwyn went on a boat cruise where lots of visitors had name tags and where they came from. He astounded a young lady from the Philippines when he told her he knew where her town (Borangan) was and that he had even visited it – it's the home of one of our Filipino Ambassadors, who the club hosted many years ago. Graeme has kept contact with 4 of them over the last 10 years or so and visited them, been to their weddings and they now call him Dad!



Graeme also reminded us of another Filipino connection our club has with Rex Flores. Rex worked as a butcher at the Bomen abattoir as a sponsored overseas employee. Rex unfortunately had to have a kidney replacement, which was successful, but the medication he needed after the operation precluded him from continuing to work as a butcher. As this was a condition of his work visa, he was about to be deported back to the Philippines where he would not have been able to afford the medication and would have had a very sad end to his life. Our club approached the Minister for Immigration on his behalf seeking permanent Australian residency, which to almost everybody's surprise was granted. Graeme has visited Rex's home town of Tacloban and met his father. Graeme the match-maker is now encouraging bachelor Rex to touch base with the girl on the boat (their home towns are about 4 hours apart) to see if there is any potential there for another chapter for his Filipino blockbuster.

Fines-Master Session.

Tony Hutchinson Tony stepped up and immediately chased the Birthdays/Anniversary people – a number were absent, so he wasted no time in nominating their mates to foot the bill.



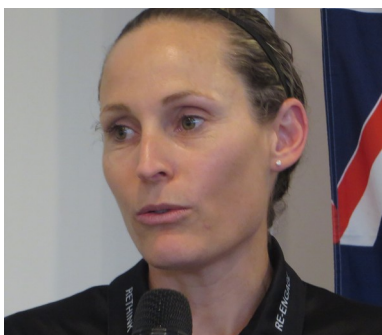
He discussed the career prospects of tradesman versus university graduates. To justify his position that Tradespeople are much more useful than university graduates, he asked – what is worse – something that requires a bit of medication to solve it or a sewer overflowing in a bathroom? He also fined the non-DIY people, with the test being anyone who had not been to Bunnings in the last month.

He also elaborated on the multitude of tasks issued to young apprentices to procure tins of striped paint, jars of elbow grease, left handed screw drivers, buckets of steam and morning tea orders of tea, coffee and randy tarts.

Plenty of money in the fine boxes, thanks Tony

Key-Note Speaker.

Kylie Perry was introduced by her very proud mother Marg Everett. Kylie is a physiotherapist who has a special interest in managing pain. She described how the science of pain and its management has undergone a lot of scrutiny over the last twenty years. Kylie has completed a Masters in Pain Management in Adelaide and has now joined a non-profit organisation called the Pain Revolution. She has been appointed a Local Pain Educator for our region.



Surveys have indicated that 1 in 5 people (and 1 in 4 in rural areas) suffer significant pain at some stage in their life. Kylie explained that from recent research all pain is a response to what your brain judges to be a situation that threatens your body. All pain is always real, but it is your brain that decides whether you are in pain or not. The processes that go on within the human body that generate pain are complex. What might bring on pain in one person will not necessarily be the same in another person. Kylie explained that pain begins as a warning that the body is in danger. Depending on a number of feedback loops to the brain, it will decide on the level of pain that

will be felt. In managing pain, if the individual can understand and manage this analysis going on within the body, there can be pain mitigation strategies. If you experience severe pain, your brain needs to implement active strategies such as exploring different ways to move, improving your fitness, eating better, sleeping better, demolishing “danger in me networks” and finding new “safety in me networks”.

In summary, pain depends on a balance of safety versus danger. The more we understand why we hurt, the less we tend to hurt.

Kylie's presentation was very well done and was a thought provoking view on pain management that most of us had not previously been exposed to. It will take some time to digest, but if it can lead to reduced pain in the community, it will be gratefully received.

Graham Russell provided the vote of thanks.

DECEMBER IS ROTARY DISEASE PREVENTION AND TREATMENT MONTH: -

It won't be a surprise to anyone that the Rotary organisation is currently focused on the eradication of the dreaded Poliomellitus from this world; there is extensive publicity on our efforts in this regard – and we seemed to be 'kicking a few goals' (until the recent set-backs). But did you also know that Rotary takes on responsibilities to prevent and/or treat many other diseases. The Rotary theme for December is Disease Prevention and Treatment and we are especially encouraged to give thought to that area during this month.



This is one of the Rotary Foundation's Areas of Focus and one in which many of us should be aware of the numerous projects around the world supported by Clubs and the Foundation. Just look at our own role in promoting improved health in Timor Leste.

Disease prevention and treatment takes on many forms, from supporting studies to helping immunize people to improving drinking water and the sanitation infrastructure. The world relies on Rotary to tackle these global challenges, and to set an example for others to follow.

The Rotary International organisation sets up health camps and training facilities in undeveloped countries and in communities struggling with HIV/AIDS and malaria. They also design and build the infrastructure for doctors, nurses, governments, and partners to reach the one in six people in the world who can't afford to pay for healthcare. For further information on his topic, go to: -

<https://www.rotary.org/en/our-causes/fighting-disease>

NEXT MEETING: -

Next week our annual Club Christmas /End-of-Year Function and t is our final Club Meeting for 2019. It is open to all members, partners & guests.

Numbers (for catering) have been recorded and if there are any alterations required please notify Club Sergeant Graeme (6922 5046) by Sunday evening (at the latest). The cost is \$30-00 per person.

Secretary Ellen is looking for some assistance to set up before the meeting. She has organised some entertainers for the evening, but would welcome any others who might like to participate.

Don't forget to: -

1. Wear bright/ Christmas attire with plenty of bling. There is a mystery prize for.....well; that will be a surprise.
2. Get your voices in order for **COMMUNITY CAROL SINGING**
3. Bring along a gift for a child, aged between 2 & 12 years of age (with an age tag on the outside). These gifts will be placed under the K-Mart Wishing Tree.



THE 'HAPPY SNAPS' FROM THIS WEEK: -



President David introduces his guest John Davies to Mike Murray



Lyndal assisting with the collection of 'Fines'



Raffle Winner: John Heazlewood



Graham Russell thanks our Key-Note Speaker

PLEASE BLOCK-OUT THE FOLLOWING DATES IN YOUR DIARY: -

- **14th or 15th Dec.** BBQ at Multi-cultural afternoon Botanic Gardens.
- **11-17th January 2020** RYLA.
- **4th March 2020** Catering At Lilier Lodge.
- **20-22nd March 2020** Final D9700 Conference (Temora).
- **2nd - 3rd May 2020** Wagga Rotary BOOK FAIR.
- **3rd June 2020** Catering At Lilier Lodge.
- **6-10th June 2020** Rotary International Convention – Honolulu, Hawaii, USA.



BIRTHDAYS & ANNIVERSARIES: -

(15th Dec – 31st Dec.)

- Birthdays:** Brad Bland (21/12) & Bruce barber (30/12).
Rotary Anniversaries: Nil.
Wedding Anniversaries: Josephine & David Cannon (22/12) & Ruth & David Kennedy (31/12).



☞KOOKABURRA☞

**During labor,
the pain is so
great that a
woman...
can almost
imagine what a
man feels like
when he has a cold.**



One particular Christmas season, a long time ago, Santa was getting ready for his annual trip. But there were problems. Four of his elves were sick, and the trainee elves just weren't working out. Things got worse when Mrs. Claus told him her mother was coming to visit.

Then, when he went to harness the reindeer, he found that three of them were about to give birth. Two others had jumped the fence and were out carousing, heaven knows where.

When he went to load the sleigh, one of the sideboards cracked and the toy bag fell to the ground, scattering the toys. Frustrated, Santa went into the house for a cup of coffee and a shot of whiskey, but when he opened the cupboard, he discovered the elves had apparently had a party, and there was nothing left to drink.



Just as he accidentally dropped the coffee-pot, breaking it in hundreds of little pieces, the doorbell rang. Santa opened the door, cursing beneath his breath, and there stood a beautiful little angel with an enormous, perfectly shaped Christmas tree. "Merry Christmas Santa," the angel said. "Isn't it just a lovely day to be alive? Look! I have a beautiful tree for you. Where would you like me to stick it?"

Thus began the tradition of the little angel on top of the Christmas tree.