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~ *CROW ABOUT* ~

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

Web: - www.waggarotary.org

Facebook: - <https://www.facebook.com/waggawaggarotary>

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

<p>RI President: Shekhar Mehta</p> <p>Dist. Gov 9705: Leo Farrelly</p> <p>Area Three Gov: Elaine Almond</p> <p>Club President: Alan Lean</p> <p>Club Secretary: Ellen Brasier</p>		<p>THE FOUR WAY TEST: Of the things we think, say or do: -</p> <ul style="list-style-type: none"> Is it the truth? Is it fair to all concerned? Will it build goodwill & better friendships? Will it be beneficial to all concerned?
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BULLETIN NO: 6.

Thursday 5th August, 2021.

AUGUST IS ROTARY MEMBERSHIP & EXTENSION MONTH.

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

Duty Roster Please arrange for a replacement if you cannot fulfil your rostered duty & inform our Bulletin Reporter.:-

Date:	Thursday 12 th Aug.	Thursday 19 th Aug.	Thursday 26 th Aug.
PROGRAMME:	BELINDA CRAIN. MULTICULTURAL COUNCIL.	CLUB SOCIAL NIGHT.	TBA
ATTENDANCE:	Karel Bijker Vicky Donoghue	Karel Bijker Nepal Ghosh	Karel Bijker John Heazlewood
SHORT & SWEET:	Tony Hutchinson	Mary Ann Kelly	David Kennedy
FINES-MASTER:	Bryan Short	Graham Russell	David Wynne
INTRODUCE SPEAKER:	David Friedlieb		Paul Galloway
VOTE OF THANKS:	Brad Bland		Graeme Callander
BULLETIN REPORTER:	Peter Veerhuis	Vicky Donoghue	Ellen Brasier
MEETINGS:	-	Board meeting	-

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 same 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 Alan, back on deck after 2 weeks in isolation, opened the meeting with the invocation. There were 36 members in attendance, with 9 apologies recorded. Alan welcomed our speaker for the evening Emma Guestella (recipient of the 2021 CSU Vet Science Scholarship), as well as visiting Rotarian Andrew Stow, (Rotary Club of Corrimal). A heartfelt welcome was extended to Alan's daughter Sally, who is finally back in Australia after many years overseas.



Administration Matters.

- **Book Fair Matters:**
 - **Wagga City Library:** Ellen then addressed the club to inform us that within the disbursement of funds from the Book Fair, \$500.00 was offered to the Wagga Wagga Library in thanks for all their donations etc. In response to our Club's suggestion, the Library has agreed to allow us to use those funds to purchase books which will be distributed to disadvantaged children
 - **Koorinal High School Senior Students:** Ellen also informed the club members that the donation for the Koorinal High School Senior Students as thanks for their wonderful help during the preparation and clean-up for the Book Fair in May, will be used to buy Bean Bags and Ottomans for the Space allowed for Senior Students in the School Library Upper Floor. Thanks was given to Graeme Callander for arranging for the students' valuable help for the Book Fair, and it was noted that it would be really helpful if this arrangement with the students could work into the future.
 - Graham Russell reminded everyone that we are still looking for new space to be a **'Receiving Depot'** for donated Books. Elders can no longer offer us this service from 26th August 2021. Ideally we require a space in Wagga CBD. Anyone who can help, please contact Graham Russell.
- **NYSF & RYPEN candidates:**
 - Ellen was happy to inform everyone that we have a candidate from The Anglican College for the Nation Youth Science Forum in 2022, and a candidate from The Rock Central School for Rotary Youth Program of Enrichment program held in November 2021. Details will be given at a later date.
- Members of the Vocational Service committee (chaired by Lyndal Seymour) were reminded they would be meeting immediately after the conclusion of the Rotary Meeting.
- President Alan informed the club that ROMAC (Rotary Oceania Medical Aid for Children) is still unable to continue their work of bringing seriously ill children to Australia for life-saving surgery, due to the Pandemic.
- Phil Cross reported that he and Elaine Almond presented the Wagga Wagga base Hospital Stroke Unit with vital Equipment worth \$3500.00. The presentation was reported in the Daily Advertiser on Thursday morning.

- Alok Sharma reminded everyone about the \$28,000.00 worth of linen that was donated to D2L East Timor Hospital. He recently had a call from Calvary Hospital saying they had an 'Operative' Microscope which they no longer use. (New ones cost \$50,000.00) and would D2L like it. After saying 'Yes Please", Alok then asked if they had anything else. As luck would have it, they also had another slightly older microscope. Alok then donated an older microscope that he had in his practice, so Darkness to Light now has had 3 expensive instruments donated. They now just need to be transported to East Timor with help from Rotary Transport Partners in Melbourne.
- Philip Cross reported that he and Elaine Almond presented the Wagga Wagga Base Hospital Stroke Unit with vital Equipment worth \$3500.00. The presentation was reported in the Daily Advertiser on Thursday morning.

Philip



Member updates:

- President Alan had heard from Peter Veerhuis that his wife Joan had fallen whilst playing golf, and fractured three bones in her foot. He and the rest of the members wish her a comfortable and speedy recovery.
- David Cannon updated us all on Rob Sharkie's condition, with Rhonda's permission. Sadly 'Sharkie' is struggling to cope. He is being cared for now, but the form of Dementia he suffers from is giving him times of great confusion, and moments of absolute lucidness. Rhonda visited him on Thursday morning when he was not doing at all well, then David visited him a few hours later, and he was terrific. He sent his regards to all the Club members, however he has requested that no one (except David) visit him. David passed a card around for all the members to sign, which was given to Rhonda after the meeting. Sharkie is a much loved member of this club and his absence will be keenly felt by all.

Short & Sweet.



Neil Hilpern regaled the club with the story of a very special bottle of wine, which he held up for all to see. Neil's family moved to Egypt in the 1920's and his father bought a bottle of vintage 1928 Medoc, Bordeaux. This bottle survived Egypt with summer temperatures well into the 40's no air conditioning of course. The bottle came to Australia with Neil's family, packed up with all their other belongings. Everything was kept in

storage in Sydney for a few years. Then Neil's father moved to Helensburgh, where the bottle remained unopened, again in fairly high temperatures. Neil's father died in 1977, and after the funeral when all the family were in his cottage, it was suggested that they drink this aged bottle of Medoc. To quote Neil "It drank absolutely beautifully" and he was sure that if his father had known how good it was, he wouldn't have left any for his family to taste!



Fines-Master Session.



Peter Olson commenced his fine session with the usual fining of the raffle winner, which was Terry Mecham this week, then he auctioned off Mary Ann's dessert which sold to Lyndal for \$5.00. Gordon was fined for his wife Margaret's birthday. Peter then departed from the usual fine session by handing out a sheet of paper with three 'facts' about Knights from the Round Table, since we were all sitting at 'round tables'. Each table were given the name of a knight, and they had to decide which of the three statements about the knight, was untrue. Money was pooled into the middle of the table, and if the occupants of the table picked the wrong statement, then they had to 'Pay'. This became a very interesting fine session since the Knights of the Round Table were all fictional anyway, but Peter happily relieved each table of their 'Pot of Gold'.

Peter then finished up with a list of lesser-known Knights of the Round Table, which included the following:

The knight no one expected to see on the battlefield.....*Sir Prize.*

"I'll see you around!".....*Sir Cumference.*

"We shall fight on land or sea".....*Sir Fenturf.*

The knight who was afraid to fight.....*Sir Render.*

The 'unbelievable' knight..... *Sir Real.*

The knight who drank too much..... *Sir Rhosis.*

Alok had what he called a 'positive' crossfine which was for all those members who were fully vaccinated, but sadly by that time, almost everyone had already emptied their pockets anyway.

Key-Note Speaker

Allan Duffus introduced Emma Guestella who is the recipient of the 2021 CSU Vet Science Scholarship. Emma is from Gippsland where she grew up on a Dairy Farm. She applied to CSU Wagga to study as the Vet course here has a more practical and large-animal focus than other Universities.



Emma commenced her presentation by warning the club members that she was not used to public speaking. Having said that, Emma went on to talk without notes, giving us an insight into what her experience is like as a Vet Student. She commenced by thanking the club members for the opportunities the scholarship gave her, and that she was aware that a lot of students applied. Emma then went on to tell us she and other Vet students attend University from 8am until 5pm, then she goes home and studies in the evenings. On holidays they have to do 'placements', and during the summer holidays, 6 weeks of that is taken up with unpaid work in clinics which is self-funded accommodation wise, so can be quite expensive.

Emma focussed her talk on Veterinary Mental Health.

The horrific statistic that Vets are four times more likely to commit suicide than the general population shocked everyone. Emma went on to say that one Vet suicided every three weeks, which is a very sobering statistics. Many Vets are also leaving the industry, leading to a nationwide shortage of Vets.

The main cause seems to be 'Empathy Fatigue'.

Vets constantly work in environments where the COST of a life-saving procedure is often prohibitive and hence affects outcomes for animals. Owners are often distressed about choices that have to be made, and vets go from one consultation to the next with very little time to deal with any strong emotions they may be experiencing.

Vets also seem to be Type 'A' personalities who put a lot of pressure on themselves. 30% of vets have anxiety/depression and 25% have some degree of work-related Stress. All of these issues have been recognised by the Industry, and programs have been put in place such as Mentoring Programs and On-Call Counselling (Anonymous). These days society is more accepting of mental health issues generally. The university is also very good at addressing any potential mental health issues, encouraging self-recognition of problems etc

Emma then went on to tell a more personal story that at the beginning of her 4th Year, she stopped sleeping. Initially she thought it was normal stress related, but the insomnia went on for a long time and she began to realise that she was struggling with severe anxiety and depression which is quite different from stress. This became so bad for her she lost direction, and for a time was thinking maybe she didn't want to be a Vet anymore. Emma came through this time with the help of her GP and the inspiration of her father, and she is now back on track.

During questions at the end of her talk, Emma amused us with the story of visiting a farm to deliver a calf with a female Vet Mentor who was tall and muscular (Emma is petite), and the farmer implying that she would best stick to being a small animal Vet since she was so little. Emma had the last laugh when the larger Vet was unable to insert both arms into the heifer to pull the calf out, but Emma with her 'petite' build saved the day.



Karel Bijker then gave the Vote of Thanks for her very interesting talk assuring Emma that she had excellent job security for the future and presented Emma with a certificate to say our club will vaccinate 10 children somewhere in the world against Polio on her behalf.



Registrations for the Zone 8 Virtual Conference are now open. Find details of the program and an online registration form on rotaryzone8.org

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

- 19th August 2021 Board Meeting
- 11/12th September 2021 Rotary Zone 8 Virtual Conference
- 22nd September 2021 Lilier Lodge Barbecue
- 25th November 2021 Wagga Rotary Shine Recognition Function

SOME 'HAPPY SNAPS' FROM THIS WEEK: -



This week's lucky winner



Some knights at round tables??



Welcome home Sally!

BIRTHDAYS & ANNIVERSARIES: -

(8th Aug – 14th Aug)

Birthdays: Peter VEERHUIS (09/08), Wendy BIJKER (09/08) & Lynne OLSON (12/08).

Rotary Anniversaries: Nil.

Wedding Anniversaries: Mike & Carol MURRAY (09/08).



≈ KOOKABURRA ≈

If getting ordinary words confused with types of mushrooms was an Olympic sport.....

I would be a world champignon !