

# THE ROTARY CLUB OF WOOLGOOLGA INC.

## WOOP! WHISPER

VOLUME 22, Issue 1 — 13 July 2009

Club President  
**Geoff Royal**

District Governor  
**Neville Parsons**

RI President  
**John Kenny**



### TONIGHT (13 Jul) [→]

If, like me, you're wondering how Coffs Council intends to spend our money and how we can influence spending priorities, tonight's talk is not to be missed. **Craig Milburn**, Director Corporate Business, Coffs Council, will speak on *Budget position, pressures and planning*. The topic includes planning for and funding a \$160m backlog of infrastructure, including future cultural and entertainment facilities that Coffs is sorely lacking, while maintaining a sound financial position.

Prior to joining Council in Sep 2008, Craig was in Port Macquarie, where his major task was directing the Glasshouse project, Port Macquarie-Hastings Council's wonderful, but very controversial, new multi-million dollar arts and cultural centre. Experience gained there is no doubt of great benefit to our Council, facing a difficult juggling task.

### IMPORTANT MESSAGE FOR ALL MEMBERS TO READ

**If you cannot come to a Monday meeting, you MUST phone the RSL Club (6654 1234) to apologise. It is YOUR responsibility to phone, not the Secretary's to chase you.** Of course, if you are on leave, or have otherwise let the Secretary know, that is sufficient. On 6 Jul, 5 members whose meals we forked out \$12 each for did not turn up, and to a lesser extent this has been happening practically every week since I joined the Club. From now on, culprits will be charged \$15 each time – in theory this should have been happening in the past.

Only 7 of 25 members attended the 6 July meeting—just one quarter of our members. Ten or more were out of town or ill, and some others sent apologies, an unfortunate coincidence of absences. Let us *each* try to improve our attendance for the rest of the year!

### LAST MEETING (6 Jul)

**Dana Eden** of Fall Prevention Australasia spoke on preventing falls among the elderly, with an emphasis on the key role of exercise, properly tailored for age and state of health. Events conspired to keep our audience embarrassingly small – a real pity, because Dana's presentation was excellent, and those who were fortunate enough to be there (particularly those



Dana and audience gathered around the laptop (a more intimate presentation than normal due to technical problems)

*1 in 3 people over 65 suffer a fall at least once a year—half of them multiple falls*

*This increases to 1 in 2 people aged over 75*

*"Stay tall, don't fall"*

*"Getting older, getting stronger"*

Meeting Place

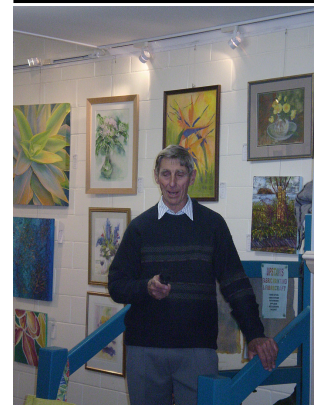
**Woolgoolga Diggers**

**Monday Evenings**

**6.00pm for 6.15pm**

Apologies to

**6654 1234**



Woolgoolga Art Gallery function: Dick Matthews explains to crowd how Rotary funded the lighting, microphone & Zip heater

### STATS AT A GLANCE

**Visiting Rotarians:** Dennes Fayle from Armidale Club and wife Winsome.

**Visitors:** Ila, Joy, Bronwyn

**Apologies:** Clive, Ray, Rob, Karen, David E, Pam, Brian, Geoff Royal, Patty, Charles, Peter, Terry, Geoff Rogers, Trish, Echah, Mark, John, George

**Attendance:** 7 (28%)

**Lucky Draw:** Joy Richardson

**Birthdays:** Yvonne Armstrong 9 July, Merv Richardson 18 Jly, Irene Rogers 20 Jly

**Anniversaries:** Rob & Edith White 20 Jly, Echah & Graeme Wright (!!) 21 Jly

who have not attended any of Dana's exercise and Pilates classes) were very grateful for an education that may well have a major impact on our future quality of life. Falls can be devastating to quality of life, with effects including social isolation and depression.

Lack of physical exercise leads to loss of muscle tone, decreased bone density & increased bone fragility, lack of strength, poor balance & coordination, frailty and loss of mobility. Dana illustrated some of the safe, simple and effective exercises that can help inhibit or reverse such problems that go with aging: lifting toes up while sitting in chair; standing up without using your hands (good for minimising falls); vertical push-ups against a wall (for wrist strength); pressing hands (or outstretched fingers) together; and bringing elbows & shoulders back (for posture).

**SERGEANT'S SESSION:** Our fine team (Norm and Merv) did a sterling job extracting plenty from the small group of stalwarts and guests. Sel had stayed up all night watching Federer vs Roddick. Rod had drawn a line in the bunker, daring Tiger Woods to take him on. Keith had tried to remodel the door jamb at the shed. Merv couldn't find his towball. David F bought the "pick" of the auction goods for Pam. And we were staggered by the audacity of the Bristol conman who, unbeknownst to the Council, charged daily carpark fees for 23 years outside Bristol Zoo, raking in ~£400 per day.

**CLUB NEWS AND ACTIVITIES**

\*\*\*\*\* NOTE: Fees (\$100 for the half-year) are now due please \*\*\*\*\*

The auction featured abnormally few items on offer, and a small crowd with few bidders. Nevertheless proceeds were fairly good. Many thanks to the Scouts for outstanding help.

**Woolgoolga Art Group** opened its "Gardens and Flowers" exhibition on Friday 3 July, to celebrate commissioning of the new equipment purchased with money from the Club, including a District Simplified Grant (DSG). Rotary was well represented. (Photos on pages 1 & 3)

**Rainbow Cottage** opened the Rainbow Carpet Snake Sensory Garden on Monday 6 July – for more from Rainbow Cottage, see page 3. This was also a DSG project.

Major brickbats to the Advocate, which managed to write a whole article about the Rainbow Cottage Sensory Garden opening, complete with colour photo, without mentioning Rotary's key role at all!



CERTIFICATE OF APPRECIATION

To  
 Woolgoolga Rotary Club  
 From The Children of  
Rainbow Cottage  
 for their beautiful Rainbow Carpet Snake  
 sensory garden.

**CLUB NOTICES**

- 13 Jul Next Board Meeting
- 25 Jul YEP student Laura arrives from Germany
- 27 Jul Assembly:- goal-setting for the coming year
- 17 Aug DG Neville Parsons' Visit
- 20 Aug RYDA (youth driver awareness)
- 24 Aug Partners night
- 30 Sep GOTD (Woopi High Getting Out There Day)

**DISTRICT NOTICES**

- 26 Jul RAWCS meeting Walcha
  - 31 Jul semi-annual dues to RI Parramatta
  - 31 Jul closing date GSE team leaders
  - 31 Jul closing date Aust/NZ applications
- District Website: [www.rotary9650.org.au](http://www.rotary9650.org.au)  
 July is Literacy Month  
 August is Membership Month

MEETING DUTY ROSTER Please swap nights if you cannot attend			
Date	13/7/09	20/7/09 Partners night	27/7/09 Assembly: Setting project priorities
Attendance	Peter Lacy	Terry Booth	Rod Mackenzie
Welcome/ Fellowship	Keith Minhinnett	Charles Phipps	n/a
Club Speaker	Mark Wright	John Arkan	n/a
Vote of Thanks	Echah Wright	Mark Wright	n/a
Guest Speaker	Craig Milburn of Coffs Council "Budget Position, Pressures and Planning"	Keith Minhinnett An amateur's take on humble Hebel (interactive session)	n/a

**Your Rotary Club Needs YOU**

**Volunteers for ROTARY YOUTH DRIVER AWARENESS (RYDA)**  
 20 August  
 (see Keith or David F)

Help with  
 AUCTION PICK-UPS  
 (see Dick or Sel)

AUCTIONEERS  
 For 1st Sat of the month  
 (See Sel & Keith)



(L) Betty White commissions new lighting, Art Gallery; (C) Rainbow Carpet Snake; (R) Aunty Marg Lardner tells of Aboriginal dreamtime creatures



### Rainbow Cottage Sensory Garden

Began in its infancy as an application to Rotary for a grant to create a sensory garden for the children of Rainbow Cottage. Which was granted! Through the process of trying to find the right materials and design this rainbow snake cake gave the perfect inspiration! Not only does it inspire the imagination it ties in with our Indigenous heritage as it was recently confirmed that the Carpet snake is the traditional totem for the area.



After sifting through the yellow pages and the internet we eventually found Steve Wallis through Wants Sand and Soil who also provided all of the rock, sand and soil for our unique project.

Kristy, Rob, Ethan and Jye Pursch dug out the snake shape by removing the grass.



Steve and his staff got to work on the project as soon as we were convinced the rain had gone and would give enough time for the cement to dry.



Our pint sized spectators had lined up their chairs four deep to watch the men at work.

The next day we had lots and lots of unexpected rain and Steve and his crew worked through it under a makeshift tent! Good on you boys!



We hope the children of Rainbow Cottage enjoy their new sensory garden as much as we enjoyed creating it for them ☺