

THE ROTARY CLUB OF WOOLGOOLGA INC.

WOOP! WHISPER

VOLUME 22 Issue 21 — 7 December 2009

Club President
Geoff Royal

District Governor
Neville Parsons

RI President
John Kenny



TONIGHT

President Geoff is inducting our newest member Alastair Milroy AM. Alastair should be warmly welcomed so please come along. He adds to our bench strength of supporters of the round ball game!!

As Ray will miss our AGM next week the opportunity will be taken to update members on our Financial Statements for last year and our financial position. It's all good. (An electronic copy of which was sent on Saturday 5 December)

Meeting Place

Woolgoolga
Diggers (RSL)

Monday Evenings

6.00pm for 6.15pm

Apologies to
6654 1234

LAST WEEK

Guest Speaker

Mark Linney told his story of dealing with bowel cancer. He commended Rotary on its involvement and welcomed the reintroduction of Government distribution of bowel scan kits. Just on 2 years ago Mark (at age 50) received a kit, did the test and was notified of a positive test. He delayed acting upon this news for 2 months or so as he was moving house. Bad move....by the time he was fully tested the cancer in the lower bowel above the rectum was just at the point of breaching the wall of the bowel. He had an ileostomy and wears a bag temporarily whilst being treated.



Mark Linney

Mark led an active lifestyle having been in the military, becoming a professional driver and volunteering in SES WIRES and the Surf Club. He pondered on possible causes in his lifestyle, talked of the effects of chemotherapy, the impact on personal grooming, the difficulties of dealing with a bag, problems friends had in discussing his cancer and the hassles of living in Arararra and not being able to drive for some time. He highlighted bowel cancer as a key men's health issue and talked of other cancers such as prostate and testicular cancer and the need for men to become more familiar with regular testing as women do for breast and ovarian cancers.

Mark fielded a number of questions from a very appreciative audience impressed with his frankness and bravery. Following the talk Patty mentioned the campaign to get the government to move to annual screening. **Please Add your voice to the campaign: Get Behind Bowel Cancer Screening:** www.getbehindbowelscreening.com.au

Club Speaker

Keith talked about First Aid training and how it had changed over the last 45 years. Snake bite treatment had a major change but otherwise the biggest were in dealing with cardio-pulmonary arrest. Forty years ago you were not taught CPR or mouth-to-mouth resuscitation. Once these were introduced there had been changes to 30 pumps and 2 breaths. Research had placed increased importance on cardio-massage in avoiding brain damage in resuscitated people. Some new changes are about to be introduced involving continuous cardio-massage pumps 100 times per minute then a quick check on pulse and 2 short breaths. Please consider obtaining or updating your First Aid Certificate, it could save someone's life!

STATS AT A GLANCE

Visiting Rotarians:

Guests, friends & partners: ,
Mark Linney, Ila, Laura, 7 Yep
Students and Luke Clarke.

Apologies: John, Terry, Clive,
Norm, Alastair, Merv, Geoff,
George, Rob, Ray, Echah &
Mark

Attendance: 11/23 (48 %)

Lucky Draw: Patty

Birthdays/ Anniversaries:

Surinder Dec 1, Sue 5, Norm 7
Helen 9, Echah 9

Annual Dive Course

Luke Clarke (Trish's son) our YEPPER Laura and 7 other exchange students were present taking a break from their week long dive course. We welcomed David Schenker (Switzerland-Great Lakes/Taree), Vinicius Spricigo (Brazil-Coffs Harbour), Sini Saarinen - (Finland-Nambucca Heads), Elisabeth Midtbø (Norway-Gloucester), Selva Montealegre Mendoza (Mexico-Walcha), Loick Cabela (Belgium-Uralla) and Alice Duchene (Belgium-Inverell). See Photo opposite. (Sel & Keith included)



Sergeant's Session

Absent the usual fine police, Rod McKenzie ably assisted by David Edwards collected fines from dam(n) absentees; Keith was fined for his presentation on CPR in front of so many aged hearts! There were fines for senior moments although Peter reckoned he had hung the Rotary banner upside down so that our exchange students from the northern hemisphere could read it. Rod paid for the pleasure of some legal humour.

Director's Reports

Patty and Keith had gone to Nambucca for the District Exchange student briefing. Tom and Brianna attended along with the inbounders...a very useful and enjoyable weekend...

Peter Lacy reported on the trip to Shannon Dam - SEE PAGE 3 PICTORIAL



Keith informed members briefly about David Edwards' Biggest/best Vegetable competition idea and sought expressions of interest in helping put together such a project – likely timing next March/April.

DECEMBER IS ROTARY FAMILY MONTH

CLUB NOTICES

Dec 14 AGM & Election of Officers
 Dec 21 Christmas Celebration Dinner at Darlington
 Jan 11 New Year BBQ with Sawtell Rotary
 Boambee Creek Reserve 6pm
 May 14 - 16 MUNA - Hosts Woolgoolga

DISTRICT NOTICES

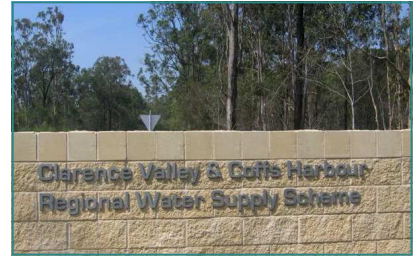
Feb 13 Holly Wall in Public Speaking at Walcha
 March 12 -14 District Conference Port Macquarie
 April 10-17 RYLA 2010 at Bonny Hills
 June 20 -23 International Convention Montreal Canada

| MEETING DUTY ROSTER | | Please swap nights if you cannot attend | |
|------------------------------|------------------|---|--|
| Date | 7 December | 14 December | 21 December |
| Attendance | Keith Minhinnett | David Fayle | Christmas celebration Darlington 6.00 for 6.30 \$25pp - See David Fayle |
| Welcome/Speaker Introduction | TBA | AGM | |
| Club Speaker | Ray Willing | AGM | |
| Vote of Thanks | TBA | AGM | |
| Guest Speaker | TBA | AGM | |

2010
Calling for NOMINATIONS

Always need HELP with AUCTION PICK-UPS (see Dick or Sel)
 AUCTIONEERS required for 1st Sat of the month (see Sel & Keith)

28 NOVEMBER 2009



Beginning to End - The Plan



At the Spillway Wall



The Eco Flow Station



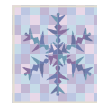
David, Dick and the Mother Board



Our guide Allan Paul with PE's Ray n Peter



Christmas at Darlington



Pam still needs some photos of you as a baby or young tot?? Just to get the ball rolling Guess who don't sue? Cost of entries? Check with Pam Special Prize awarded! More clues over the next two bulletins



Summer in..... at Sawtell

Sawtell Rotary Club has extended an invitation to a BBQ at Boambee Creek on January 11 (Monday), starting at 6pm with food to be served at 7pm. Steak, sausages and salad provided all for \$10 per head and a swim beforehand is optional. For those that have not been there, it's a FAB place to while away a few hours. New friends and great fellowship is ensured and what a great way to start off the New Year; See David for details.