

Rotary Club of Bairnsdale



BE THE INSPIRATION

Tuesday Meetings
5:45pm for 6:15pm
The Bairnsdale Club
68 Nicholson Street

BULLETIN 33
12 MARCH 2019

BIRTHDAYS

Rex Estoppey – 15 March

SPEAKER OF THE WEEK

Ben Gritt
Ceramicist

FARMERS RELIEF

On Friday, 4 x 4 bales arrived at Donald Motors from Joan, a delightful farmer in Yellingbo. Through our Facebook post an offer of free transport was received from Paul of PC'S Farm Contractors in Warragul. He went to Yellingbo on Wednesday, helped load the bales and delivered them to Bairnsdale on Friday. John Walker and I had a chance to meet him and thank him for his time and generosity, considering during the week he was also helping at the Bunyip fires, some people are just givers. He will get another 40 bales next week and have them here by Thursday.

Talking to President Ron from RC Lilydale, it looks as if he has been offered another 12 large bales at no cost, with transportation being paid for by a business in Kyneton. He is hopeful of sourcing a further 28 to make it a full load to bring down. What a bonus the association with RC Lilydale has been.

I spoke to the principal of a local school where parents are wanting to donate back the \$375 from the government, as cash to the school, who have identified needy farming families and will distribute to them. She was grateful for the information that I was able to give her on what we have been doing and will use this in their work.

Through DG Janne, Tania of Australian Animal Rescue is hoping to access food for dogs, cats and chickens that can be brought to Bairnsdale for distribution. She did a similar mission last year, delivering 2 tonne of feed to RC Coonabarabran. As well as helping us she will be dealing with the RC Hamilton to assist there too.

FARMERS RELIEF SHOPPING DAYS

It was confirmed that the shopping days in Bairnsdale, organised by Bernie Eastman, will go ahead on Thursday 14 March to Saturday 16 March with 16 participating stores, with a percentage of the sales going to the Farmers Relief. Bernie is organising the advertising and asked if we could get hay bales to put outside the shops concerned, that might prove to be problematic so we will see what else we can organise.

EVENT CALENDAR

MAR 12: MEETING

MAR 19: MEETING

Di Fleischer (Antique Clocks)

MAR 26: BOARD MEETING

APR 02: MEETING

Carina Turner (Environment)

**APR 09: 36th ANNUAL CHARITY
GOLF & BOWLS DAY**

**APR 10: CENTENARY HOUSE
BREAKFAST**

**APR 27: FARMERS RELIEF
FUNDRAISER**

RI President Barry Rassin
D9820 Governor Janne Speirs
D9820 EG Ass. Gov. Judy van der Vlugt

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Caitlin Taniane
'Medications and Driving'

Last week we were had Caitlin Taniane talk to us about the dangers of "Medications and Driving", a very relevant subject considering the age of some of our members (no offence meant).

She is a Pharmacist at the Bairnsdale Hospital and was accompanied by her partner Liam who is an Occupational Therapist at the same hospital

Some medications may cause – nausea, drowsiness, dizziness, confusion, lack of concentration, shakiness/unsteadiness, all of these things may affect your ability to drive safely. The more medications that you take the more that your driving ability will be affected but she noted that usually these symptoms will manifest during the first four weeks of taking the medication. As older people take longer to clear the drugs from the body, plus everyone is affected differently, we all need to be aware when taking new medication.

Caitlin went on to document all the different types of medications that can make an impact on the body, tablets taken for sleeping, sedatives, for depression or anxiety, antipsychotic, antihistamines, strong pain and even anticholinergic medications used for bladder and gut spasms, it can also be in inhalers.

She also warned us about polypharmacy, taking a concoction of drugs that may have increased over many years, including natural remedies that sometimes can interact adversely with prescribed medication. It is always important to inform your doctor of everything you are taking, even if it is off the shelf, when mixed in with other medicines can have an extreme effect on the body. After her talk I am sure that we will all be more aware and careful of what medications we use and make the correct decision not to drive.



National Youth Science Forum – Student Update

During the course of our board meeting last week we wondered what was happening with some of our very successful National Youth Science Forum students. Rex has been in contact with a couple of them and we have an update as to what they are up to.

Rika Eringa

She was certainly a live wire and a young lady going somewhere, according to the principal at Swifts Creek she has a high powered job and enjoying it.

Llewelyn Thomas

The only male we have had over the last few years and a student to be proud of. Currently he is working as a Forensic Scientist.

Annika Fitzpatrick

During 2017 this young lady was not only part of the NYSF but also the RAIC (Rotary Adventure in Citizenship) both of which she represented our club with flying colours. At present she is in her first year at Monash University, completing a four year course in both Computer and Maths Science and if she wants can do a fifth year for her Masters. All is going well and she is enjoying herself.

Amber Jones

This delightful young lady was our NYSF participant in 2016, she had a great and successful time being chosen to attend the International NYSF that was held in London. Unfortunately due to the high cost, she was unable to attend, which was a great shame. At present she is attending her second year at Latrobe University working two jobs to help fund her studies. She is taking two bachelor degrees in Health and Arts and told Rex that she loves Melbourne and will probably not return to the Swifts Creek area.

Thankyou Rex for being in touch with these young ladies and keeping us updated with what they are doing

Welcome & Door Roster

March: Tony M & Martin

Marquee Erection Dates

Apr 18: Metung Book Fair

DISTRICT 9820 - East Gippsland Cluster Clubs



RC Mitchell River (Bairnsdale) Bairnsdale RSL

Monday 5:45 for 6:00pm
Leave message (03) 9517 1220



RC Bairnsdale Sunrise Bairnsdale International Hotel

Wednesday 6:45 for 7:00am
Call Sue 0428 278 258



RC Lakes Entrance Central Hotel

Wednesday 6:00 for 6:30pm
Call Lesley 0419 871 197



RC Orbost Orbost Club

Thursday 6:00 for 6:30pm
Call Gillian (03) 5154 3051