

Rotary



Volume 69, Number 12

Thursday 15<sup>th</sup> September 2016

## Rotary Club of Maffra

PO Box 154, MAFFRA 3860, VICTORIA AUSTRALIA

E: [rotaryclubmaffra@gmail.com](mailto:rotaryclubmaffra@gmail.com)

WEB: [www.maffrarotary.org](http://www.maffrarotary.org)

The Rotary Club of Maffra meets on Thursday, 6 pm for 6.30 pm

Duart Receptions, 20 McLean Street, Maffra

(Apologies and visitors to Nathan Smith by 1 pm. Telephone (03) 5147 1985)

**TOAST: "To The Privilege of Community Service"**

### Editorial:

#### News from the sick bay.

Ross Neilson is home and well. He is tired but in good spirits and receiving visitors. Lyn, however, has come down with a severe case of the flu and is confined to bed until further notice. Our thoughts and best wishes go to both of them for a speedy recovery.

Just to finish off on last week's rant about mental health.

*"People who are depressed often lack motivation and cut down on activities. Research shows that a person can reduce depression by scheduling regular activities they have found pleasurable in the past. These can be simple things like reading, crafts, cooking, walks in nice surroundings, or spending time with animals".*

Prof. A. Jorm PhD, DSc, FASSA

#### October 7<sup>th</sup> is "Lift The Lid" day

to promote awareness of mental health issues. Australian Rotary Health is the largest private organisation that raises funds for mental health research. Any donation we may make as a club or individual will go towards ARH mental health research programmes.

Let us all be aware of our family and friends and be prepared to do whatever it takes to help them through any rough patches.

Shane Smallwood  
Bulletin Editor  
[shasma.1@bigpond.com](mailto:shasma.1@bigpond.com)

### MEETING SNAPSHOT 15.09.2016

19 members present

2 members on caravan duty

2 members attended district events

Sandra Houghton won the swindle.

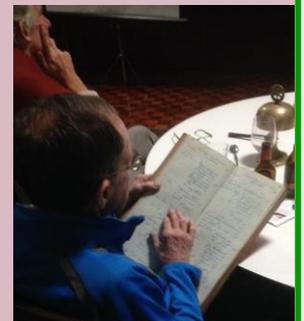
**Guest Speaker Tim Clark**, a pharmacist from Traralgon, gave an interesting talk on various aspects of the pharmacy industry and how it has progressed over the years.



Tim got off to a shaky start by detailing his friendship with Steve Dwyer, and how they had acted together in various plays over the years with the Sale Theatre Company.

We forgave him though, and listened intently as he delved into the past and produced a couple of interesting books; an old prescription book from over 50 years ago, and a formulations book which was about 20 years old.

Tim told us that he rarely mixes formulations now, and they are mostly creams. He believes the future of pharmacy will be a centralised data base, which would hopefully prevent patients doctor shopping and getting more than their prescribe dose of medications.



A typical day for Tim would involve filing approximately 450 prescriptions, making up 2 preparations, talking to doctors around 4 to 5 times, and visiting nursing homes to talk to patients and keep up to date on their medications.

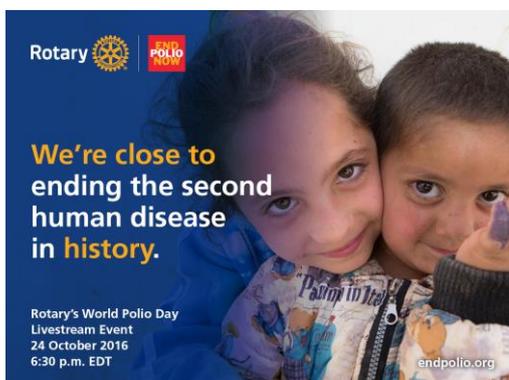
A number of questions followed, which showed how interesting his talk had been, and he was warmly thanked in the usual manner.

### Most over 50s were **HOME SCHOOLED** in many ways.

1. My mother taught me TO APPRECIATE A JOB WELL DONE.  
"If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION.  
"You better pray that will come out of the carpet."
3. My father taught me about TIME TRAVEL.  
"If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My father taught me LOGIC.  
" Because I said so, that's why."
5. My mother taught me MORE LOGIC.  
"If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT.  
"Make sure you wear clean underwear, in case you're in an accident."
7. My father taught me IRONY.  
"Keep crying, and I'll give you something to cry about."

To be continued.....

### WORLD POLIO DAY — START PLANNING NOW



Rotary's fourth World Polio Day celebration, on 24 October, will highlight extraordinary progress in the eradication campaign and emphasize the work that remains before we wipe out the virus for good. With the number of new cases worldwide nearly halved from this time last year, we have the opportunity to rally our resources and see the last case of polio this year.

Health officials and Rotary's celebrity polio ambassadors will head to Atlanta, Georgia, USA, for the event, the first to be held at the U.S. Centres for Disease Control and Prevention (CDC). It will be streamed live and then will be available for viewing anytime at

[www.endpolio.org](http://www.endpolio.org) [Download the World Polio Day toolkit](#) for information and resources on planning and promoting a successful World Polio Day event, such as a viewing party or fundraiser:

- [Register your event here](#) for a chance to be recognized in Atlanta, or to be featured on our website and social media pages.
- Use our graphics to craft engaging social media posts, and use #endpolio to follow and join the global conversation.
- Write to local media and government officials: Pitch a story about your club's contributions to the campaign, and remind them why it's important to keep fighting.

### ROTARY MEMBERS LINK LOVE OF BEER, CLEAN WATER CRISIS



When you sit down to enjoy a beer, you probably don't spend a lot of time thinking about one of its main ingredients – water. Or the fact that 3,000 children die each day from diseases caused by unsafe water. A group of innovative Rotarians aren't just thinking; they're doing something about it.

Their group, [Beers Rotarians Enjoy Worldwide \(BREW\)](#), has organized events around the world and is working to raise hundreds of thousands of dollars for Rotary's global water, sanitation, and hygiene efforts.

Fellowships like BREW are Rotary's way of bringing together members who share a particular passion. Rotarian Action Groups unite members who have expertise in a specific service area. The beer fellowship's leaders realized that joining forces with an action group dedicated to providing access to clean water would create a sum larger than the two parts.

"Beer and water have a natural affinity; you need water to brew beer" says Moses Aryee, past president of the Rotary Club of Accra-West, Ghana, and co-chair of the beer fellowship. "Our vision is a global approach to fresh water around the world, because beer is around the world."

The fellowship members are working with the [Water and Sanitation Rotarian Action Group](#) to identify specific water projects to support by funnelling 25 percent of the fellowship's dues to those projects, says Lack, the fellowship's vice chair. The members also plan to approach major brewers on each continent to seek financial support for water projects, much as the non-profit [Water.org is receiving \\$1.2 million from Stella Artois](#).

## ROLES AND RESPONSIBILITIES 2016-2017

### BOARD MEMBERS

<b>President</b>	Sue Gray
<b>Immediate Past President</b>	Ross Neilson
<b>Secretary</b>	Dianne Honey
<b>Treasurer</b>	Graeme Hemming
<b>Club/Vocational Service Director</b>	
<b>Community Service Director</b>	Pauline Hitchins
<b>Foundation/International Director</b>	Shane Smallwood
<b>Youth Service Director</b>	Sharon Knight

### OTHER ROLES

<b>Sergeant at Arms/Fines</b>	Rob Noble /Ted Mitchell
<b>Program Co-ordinator</b>	Brian Gray / Veronica Dwyer
<b>Club Bulletin and Publicity</b>	Shane Smallwood
<b>BBQ Co-ordinators</b>	Hans Van Wees / John Watts
<b>Attendance</b>	Neil Wishart
<b>Arthur's Swindle</b>	Cath Noble / Sandra Houghton
<b>Family of Rotary</b>	Dianne Honey
<b>Club Protection Officer</b>	Sjors Duursema
<b>On to Conference</b>	Ross Neilson
<b>Club Website</b>	Logan Connolly

**Rosters - Registrations / Friendship / Property /Caravan / BBQ** Shane Smallwood

### COMMITTEES

<b>Community Service</b>	<b>International Service/Foundation</b>
<b>Pauline Hitchins (Director)</b> Cath Noble, Rick Dare, Hans Van Wees, Veronica Dwyer, John Watts, Brian Gray, Peter Quennell, Nathan Smith	<b>Shane Smallwood (Director)</b> Rob Noble, Ross Neilson, Iain Stewart, John Osbom, Neil Wishart
<b>Youth Service</b>	<b>Club Service/Vocational Service</b>
<b>Sharon Knight director)</b> Sjors Duursema (Protection Off.), Logan Connolly, Sandra Houghton, Roger Malouf, Ted Mitchell	Sue Gray (Pres), Ross Neilson (IPP) Dianne Honey (Sec), Graeme Hemming (Treas), Helen Lanigan.

***PLEASE APOLOGISE if you cannot attend the meeting. If you do not apologise you will be asked to pay for the meal that has been provided for you and for which the club has had to pay.***



### DATES FOR YOUR DIARY

Date	Event	Location	Time
October 7 <sup>th</sup> 2016	Hat Day	Australia wide	All day
October 22 <sup>nd</sup> 2016	Maffra Show	Recreation reserve	All day
October 24 <sup>th</sup> 2016	World Polio Day	Worldwide	All day
October 30 <sup>th</sup> 2016	Graffiti Removal Day	Australia wide	All day
March 3 <sup>rd</sup> to 5 <sup>th</sup> 2017	Multi District PETS	Ballarat	All day
March 24 <sup>th</sup> to 26 <sup>th</sup> 2017	District Conference	Wrest Point Casino Hobart TAS	All weekend

## HOUSEKEEPING PAGE

Please take note of your roster.

When you are rostered on for duty and you are unavailable, please arrange your own swap.

Special instructions for those on the BBQ rosters, please make sure you collect the tear drop flag.

## PROGRAMME

Date	Programme	Host
22 <sup>nd</sup> September	Committee & Board meetings	Directors
29 <sup>th</sup> September	District Insurance – Frank Spiteri	President Sue Gray

## CARAVAN ROSTER

Date	Deliver	Pick Up	Booked by
23 <sup>rd</sup> Sept	Brian Gray	Rick Dare	Maffra Football Netball Club
30 <sup>th</sup> Sept	Peter Quennell	Shane Smallwood	Not Required
7 <sup>th</sup> October	Iain Stewart	Shane Smallwood	Maffra Uniting Church Quilting

## CLUB DUTIES

DATE	GREETING	REGISTRATION	PROPERTY	MARKET BBQ	WOOLIES BBQ
Sept	Sandra Houghton	Veronica Dwyer, Iain Stewart	George Duursema		
Oct	Graeme Hemming	Helen Lanigan Sharon Knight	Roger Malouf	2 <sup>nd</sup> : Hans Van Wees Cath Noble, John Osborn, Peter Quennell	8 <sup>th</sup> : Iain Stewart, Helen Lanigan, Dianne Honey

## MILESTONES 22<sup>nd</sup> Sept to 29<sup>th</sup> Sept.

NAME	MEMBER'S B/DAY	PARTNER'S B/DAY	WEDDING ANN.	JOINED ROTARY
Rob & Helen Noble			18 <sup>th</sup>	
Carole Watts		25 <sup>th</sup>		
Claire Cochran		25 <sup>th</sup>		
Tanina Connolly		25 <sup>th</sup>		
Sjors Duursema	27 <sup>th</sup>			

**Seniors Computer Skills Tech support:** How may I help you?

**Customer:** I have a huge problem.

A friend has placed a screen saver on my computer,  
but every time I move the mouse, it disappears.