

Rotary



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Rotary Club of Maffra

PO Box 154, MAFFRA 3860, VICTORIA AUSTRALIA

E: rotaryclubmaffra@gmail.com

WEB: www.maffrarotary.org

The Rotary Club of Maffra meets every 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"

THE HEALTH EDITION

Thanks to contributor Sue Gray for the following articles.

SELF HELP IN EVENT OF A HEART ATTACK

1. Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw.
You are only about five km from the hospital nearest your home.
4. Unfortunately, you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

6. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
7. However, these victims can help themselves by coughing - repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.
The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.
9. Tell as many other people as possible about this. It could save their lives!
10. A cardiologist says if everyone who gets this article & kindly shares it with 10 people, you can bet that we'll save at least one life.

STROKE..... Remember the 1st Three Letters.... S. T. R

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food.

While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital – (at 6:00 pm, Jane passed away.)

She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today.

Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE: Remember the '3' steps, STR.

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster.

The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** - Ask the individual to **SMILE**.
- T** - Ask the person to **TALK and SPEAK A SIMPLE SENTENCE** (Coherently) (i.e. It is sunny out today.)
- R** - Ask him or her to **RAISE BOTH ARMS**.
If he or she has trouble with **ANY ONE** of these tasks, call the emergency number **(000)** immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke - Stick out Your Tongue.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue... If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

“THE REAL INSPECTOR HOUND” THEATRE NIGHT.



Please take note of your roster, **IT CAN AND DOES CHANGE.**

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.

DATE	PROGRAMME	CHAIR
6 th July	Club Changeover	

CARAVAN	Deliver	Pick Up	Booked by
7 th July	Nathan Smith	Cath Noble	Maffra Uniting Church



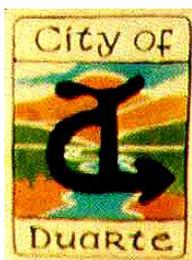
MEETING DUTIES	GREETING	REGISTRATION	PROPERTY	MARKET BBQ with Hans van Wees	WOOLLIES' BBQ
June	Sharon Knight	John Watts, Brian Gray	Neil Wishart	4 th : Cath Noble, Brian Gray, John Osborn	Next BBQ Sept 9 th .
July	Ted Mitchell	Cath Noble Hans van Wees	Sue Gray	2 nd : George Duursema, Veronica Dwyer	Next BBQ Sept 9 th .

MILESTONES 6th July to 12th July 2017.

MEMBER	MEMBER'S B/DAY	PARTNER'S B/DAY	WEDDING ANN.	JOINED ROTARY
Veronica Dwyer	6 th July			

CHANGEOVERS

Date	Club	RSVP
4 th July	Traralgon Rotary Club	1 st July. \$30 per head
9 th July	District 9820	23 rd June to helenlanigan@bigpond.com
10 th July	Sale Rotary Club	30 th June. \$40 per head
12 th July	Yarram Rotary Club	25\$. 6 th July djhennig@bigpond.com



DUARTE: THE MOUSE THAT ROARED. (conclusion.)

Rotary International immediately appealed the case to the California Supreme Court. That court then refused to hear the case, meaning that they agreed with the State Appeals Court ruling reversing Deutz. Rotary International then appealed the decision to the U. S. Supreme Court. The RI attorney argued, "...threatens to force us to take in everyone, like a motel."

Unbeknownst to the Duarte club, the Seattle-International District club, on July 31, 1986, had unanimously voted to admit women. Because it was believed that admitting only one or two women would create pressure on those individuals, the Seattle-ID club decided to admit several women, and ultimately 15 were proposed and admitted.

In order to prevent their charter being revoked by RI like that of Duarte, the Seattle-ID club kept silent about its admission of women until it was ready to seek an injunction in Federal court, to prevent expulsion. In September 1986, the Club hired Margaret McKeown of the Perkins Coie law firm as counsel, filed its suit, and announced its admission of the women. Subsequently, Seattle-ID joined Duarte in the Supreme Court case.

[The United States Supreme Court](#), on May 4, 1987, affirmed the 1986 ruling of the Court of Appeals of California in a 7 - 0 opinion. There was widespread media publicity worldwide. However, there was no communication from Rotary International until the 1987-1988 Rotary year, when the Duarte club received an invoice/recap sheet to list existing members as of June 30, 1987, and pay international dues based on the membership as of that date. To this day, that invoice remains the only communication from the Rotary International Board of Directors or the Secretariat regarding the end of the Duarte charter revocation and its reinstatement in Rotary International.

However, by the time that the Duarte case went to the U. S. Supreme Court, things had changed in District 530 regarding the Duarte club. Of the three original women, only Mary Lou Elliott remained. Rosemary Freitag had moved out of California, and Donna Bogart had moved to Fresno to take over a school there. The club had continued to welcome women as members, and its membership included Marabelle Taylor, Elaine Benthuyts, Donna Georgino and Sylvia Whitlock, along with Elliott. In fact, Whitlock, who joined in 1982, was the club's president-elect in 1986-87.

Governor Tim Keen Siu sent to the Duarte Club and incoming president Sylvia Whitlock an invitation to attend California PETs and a notice of the district dues schedule.



California PETs took place in February 1987, prior to the United States Supreme Court decision. However, it was incumbent on all California clubs to obey the ruling of the State Court of Appeals. At PETs, the attendance included 310 men and one woman, Sylvia Whitlock, and all were requested to bring a coat and tie for pictures to be taken. District 530 Governor John Fee, in the district session, told of the Duarte Club's actions, the court ruling, and the decision of Rotary International to appeal to the Supreme Court of the United States. His comment was, in direct reference to the club's small number, "This is a case of the mouse that roared."

The club, in deference to their pride in the "roar," chose that phrase to appear on the club's new banner.

Sylvia Whitlock served as president of Duarte for the 1987-1988 Rotary year, although she was unable to attend the International Convention in Munich, coming just one month after the Supreme Court decision.

She had extremely positive things to say about her District Governor, Tim Keen Siu, and he, and the rest of the district leadership, made her feel welcome. She was the first woman club president in the world, although RI did not officially change its constitution and bylaws admitting women until January of 1989, and they did not take effect until July 1, 1989.

During her year, Whitlock was invited to a Rotary Foundation reception in early 1988. It was held on the Spruce Goose in Long Beach. There, the first woman president met Charles Keller, the president of Rotary International. Warm and cordial, Keller demonstrated that the war was truly over, and that women were welcomed to Rotary. Finally, in June 1988, Sylvia Whitlock attended her first International Convention, in Philadelphia. She was the first woman President to attend an international convention.

To this day, Sylvia Whitlock still serves the Duarte club as secretary, the club celebrated its 50th Anniversary on June 1, 2002, Mary Lou Elliott has retired and moved to La Jolla, California, and women still are a critical part of the spirit of "The Mouse That Roared, the Rotary Club of Duarte."



Researched by noted western scene painter Joseph Holbrook is part of historically accurate scenes reproduced in oils commissioned by the Duarte City Council for exhibit in the Duarte City Hall. Suitable for framing, this reproduction includes the boundaries of the original Asuksa Indian Tribe, a branch of the Shoshone Nation; reference to the now famous DeAnza Expedition; the contour of the Andres Duarte Rancho and how the original cattle brand used by Duarte is today the official Logo for the City of Duarte.

Doug Rudman, Rotary Global History Also see the story on the First President and her District Governor's statement.

Rotary Club of Oakland #3 wrote to the general secretary for an explanation of Duarte's loss of their charter.

An addition/correction by PDG Sylvia Whitlock 2014 "In the section of the Duarte story where it mentions PETS, it was not DG Tim Siu who spoke to the case, it was DG John Fee who said, "It's just a case of the mouse that roared".

I was sitting there and took that statement back, and had it placed on our banner. Tim Siu was the DGE. He later came and installed me as President, something he was proud of until the day he died. He never passed up an opportunity to talk about it."



With polio on the brink of eradication, nations from around the world and key donors pledged more than \$1 billion on Monday to energize the global fight to end the paralyzing disease.

Bill Gates, co-chair of The Bill & Melinda Gates Foundation, and RI President John Germ share the recent news about their partnership in the fight to eradicate polio.