



Tulip Times

**The Rotary Club of Bowral-Mittagong
District 9710 - Chartered 26 March 1940**

E: rotarybm@acenet.com.au

W: www.bowralmittagongrotary.com

President: Linda Knight 0418 126 240

Secretary: Sue Adams 0438 249 703

Meetings: 6:00 for 6:30

Highlands Golf Club, Old Hume Highway

Mittagong NSW 2575

**Apologies must be made BEFORE 11AM EACH TUESDAY
to Trevor Fair (trevorf@oxleypartners.com.au),
or by text to 0403 176 958 or to his office on 4868 6100**

Visiting Rotarians		
Guests	Max Cottingham & Tori Lee	
Next meetings....	Tuesday 1 November, 2016	Tuesday 8 November, 2016
Location	Highlands Golf Club	Highlands Golf Club
Program	Post Melbourne Cup Fellowship	Club Assembly
Speaker	Apres-  and Tom Parkinson	Chair – President Linda
Intro/Vote of Thanks	Linda Knight	Linda Knight
Dinner Fees	Denise Coad	Rose Conley
Journalist	John Elder	Jacinta Sheridan
Regalia	Don Graham	Jim Harrison

If you are unable to do duty, please find a replacement and advise Ray Williams by email rayjenw@bigpond.com

Rapporteur Extraordinaire: Tony Glenn



President Linda opened the meeting introducing **Max Cottingham**, guest speaker, and **Victoria (Tori) Lee**, a journalist with the Southern Highlands News. Tom Parkinson stood to receive an ovation welcoming him back from his winter sojourn in Canada.

President Linda proposed a toast to Rotary.

The **International Toast** was read by **PDG Graham Jones** for the Rotary Club of Hermagor.

After the Second World War, Austria signed a Declaration of Neutrality and had its sovereignty restored on **26th October in 1955**. Tomorrow it will celebrate its National Day.

Austria has a population of 8.7 million and enjoys a high standard of living.

Near the southern border with Italy and Bosnia-Herzegovina is the town of **Hermagor-Pressegger See** in Carinthia Province. The town relies on tourism, especially skiing, for its economic base.

It's a just a quick trip by train under the mountains to reach Cividale in Italy where **Louis Liberale** made up while at his old home town just a few weeks ago.

The Rotary Club of Cividale is sister to the **Rotary Club of Hermagor** which was Chartered in 1967 in District 1910 which covers south east Austria and Bosnia.

The Club has 37 Members led by **President Siegfried Pirker**.

Among their club programs they award scholarships to encourage advanced studies for high school students.

As an indication of the effects of the immigration crisis on the area, the Club recently held a public lecture on coping with the wave of refugees.

In honour of Austria's National Day, we toasted the President and Members of the Rotary Club of Hermagor.

Announcements for the good of Rotary:

President Linda reported on the **Food & Wine Festival** on the recognition that we received in warmly welcoming guests through the gates and into Corbett Gardens.

Rod Aistrophe, who organised the barbecue for the **Bowral Classic Cycle Event** on Sunday, commended the members of the club and the teamwork portrayed to satisfy the hunger of many cyclists and spectators. The net cash profit for the day was \$2,280 with goods on hand which are to be utilised at the **Dream Cricket Day**.

President Linda reminded the members of the fundraiser film night arranged by **Gerry Kroon** on Thursday 24 November. The film is "The Founder", based on the life of the founder of McDonald's.

Members and partners are encouraged to attend and bring along as any friends and acquaintances as they can arrange.

Tickets should be pre-booked to assist with catering.

Treasurer Ian Langford reported that the club projector has a projected very short life and is in need of repairs, if anyone has a contact. Probably, the Club should probably acquire a new projector.

Lynton Kettle spoke briefly on the return of the team from Vanuatu. The team included **Lynton, Doug Graham, Les Vickerman and Simon Knight**. The team successfully completed the construction of the roofing to the new schoolroom.

Foundation director, **Simon Knight**, spoke about Centurion donors and seeks feedback from those Centurion donors who have not been receiving acknowledgement of their annual donation.

President Linda reported that **Chris Benton** has not been enjoying the best of health - if people have the time to visit it would be appreciated.

President Linda requested members to consider nomination for the Club Board for 2017/2018.

The Guest Speaker – Max Collingham

Max is a firefighter of five years standing based at the Bowral Fire Station.

As part of their duties firefighters have a brief to implement education and tonight's program was titled "Enhanced Safety and Prevention Program" which is a program that can be adapted to present to children as young as three years of age up to those of us in our more senior years.

In 2015, 25 deaths occurred due to the average age was 60. Significantly, only 48% of smoke alarms were operational and this results in the high rate of deaths.

Statistics evidence that:

- (a) people aged over 65 years have a one in three chance of fatality when a fire occurs;
- (b) 43% of buyers occur in winter;
- (c) there were 1,230 house fires; and
- (d) 615 of those fires started in the kitchen.

Persons aged over 65 are more vulnerable because:

- (a) undertake less maintenance;
- (b) slower to react;
- (c) larger proportion with the alone; and
- (d) tend to use older appliances.

Interestingly, fires tend to take longer to take hold in older homes because of the use of more natural fibres and hard timbers whereas in more modern homes and those occupied by younger people the modern cheaper volatile materials tend to be used in these combust more quickly.

Note that people die from the heat and toxicity of the smoke before they will be burnt.

Some factors to consider:

- (a) do not leave fires or cooking unattended on hotplates;
- (b) do not smoke in bed;
- (c) do not use old appliances;
- (d) beware of old-fashioned heaters where flames can be exposed;
- (e) beware of old electric blankets;
- (f) ensure that the filter is cleaned regularly in a clothes dryer – Max recommends every time it is used!
- (g) do not overload power boards.



Suggested safety factors:

- (a) have a fire escape plan showing at least two ways out;
- (b) prepare and practice implementation of the plan;
- (c) keep a fire blanket in a visible place (not at the back of the cupboard or in the bottom of the drawer). If you have to use a fire blanket you leave it over the flame and do not remove it;
- (d) keep a fire extinguisher (regularly check that it has not expired) and know how to use it;
- (e) ring 000 promptly as the priority;
- (f) remove yourself from the scene by staying low where the oxygen is and away from the toxicity and heat of the smoke;
- (g) close all doors as you leave to contain the flame;
- (h) having left the building, DO NOT RETURN;
- (i) stay calm;

ALWAYS ensure a photoelectric smoke alarm (latest and best) is installed on every level of every residence and also in a caravan.

Batteries need to be replaced every year (Daylight Saving changeover is a memory jogger). Alarms need to be replaced at least every 10 years. NSWFB are available to replace batteries for smoke alarms.

Max's talk was excellent and gave us the opportunity to reconsider and assess our own residential environments for safety purposes.

(Max is a past RYLarian and it showed!)

Brian won a bottle but not the mega-buck jackpot. Jo's hanging onto it for now.



President Linda closed the meeting at 8.00!

EDITOR'S NOTE: I would like to thank and acknowledge our new team of reporters - Tony Glenn, Will Eddowes, John Elder, Jacinta Sheridan, Ray Coulton and Mick Lendrum. We have a few casuals on stand-by – the two Ians, Cropper and Langford and Dave McCosh.

Here, our Tony and SH News journo Tori Lee exchange notes on what makes a good story.



AND A HEADS-UP:

BONG BONG RACES IN JUST A FEW WEEKS: WE WILL NEED MANY HELPERS FOR MARK OUT, BBQ SET-UP, VARIOUS TEAMS ON THE DAY AND BBQ KNOCK-DOWN.

PLEASE MARK THESE DAYS IN YOUR DIARY???

ROSTERS OUT NEXT WEEK.

DIARY

- Dream Cricket Gala Day Bowral – 28 October
- Wine Appreciation Dinner – Eling Forest 28 Oct
- District Conference 27 to 30 October, Goulburn
- Bong Bong Races – 18 November
- Club Christmas Party – 20 December

Free Community Information Sessions
November 2016



Southern Highlands
Men's Health Month

Women Warmly Welcome

LOCAL Medical Specialists will be presenting their thoughts on enhancing the health of men (and women) in the Southern Highlands, during the month of **NOVEMBER**.

<i>Mental Health</i>	Campbell MacBean , Psychologist	<i>Thursday 3rd November</i>
<i>Sleep Disorders</i>	Dr. I Ali , Respiratory Physician	<i>Thursday 10th November</i>
<i>Dementia/</i> <i>Alzheimer's Disease</i>	Dr J Barnett , Specialist Geriatrics	<i>Thursday 17th November</i>
<i>Bone Health</i>	Dr. N Hartnell , Orthopedic Surgeon	<i>Thursday 24th November</i>

Plus 4 Local GPs, Pharmacy, Exercise Physiology and Diet

WHEN: Four Thursdays in November at 6pm(Sharp)-7:30pm

WHERE: St. Jude's Anglican Church Auditorium,
Bendooley St., Bowral

WHO WILL BENEFIT? : Men of all ages.... and their partners
and their familyand their mates.

Plenty of parking, wheelchair access, light refreshments available.

FURTHER INFORMATION: Tom Carroll: 0419482208, or
email: carroll.tom747@gmail.com

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