



**Rotary Club of  
SOUTH BUNBURY (INC)**

PO BOX 324 BUNBURY WA 6231

[www.southbunburyrotary.mysouthwest.com.au](http://www.southbunburyrotary.mysouthwest.com.au)



**Dinner Bookings  
& Makeup's**

**South Bunbury:**  
Rose Hotel  
Wednesday  
6.15 for 6.45pm start  
97214533

**Bunbury:**  
Parade Hotel  
Monday  
6.00 for 6.30pm start  
97212933

**Bunbury Central:**  
Rose Hotel  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday  
6.15 for 6.45pm start  
97214533

**Bunbury  
Leschenault:**  
Parade Hotel  
Wednesday  
12.00 for 12.30pm  
start  
97212933

**APOLOGIES:**

To Sgt-at-arms Turk Ellis, by 10am by phone or SMS only on 0413 743 601 (apologies to Rose Hotel have been discontinued)

**Send Contributions  
& Information for the**

**Bully to:**  
dspriggins@westnet.com.au

**THE BULLY  
Issue No: 34**

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**NEXT MEETING: Boyd Brown-Thumbnail sketch  
Wed, March 16<sup>th</sup> & Rotary Information Night  
& Gary Fitzgerald- Chef's Long Table Lunch**

Duties:	March 16th <sup>a</sup>	March 23rd
Host/Grace	Kim Rudd	Kim Rudd
Reception	Mike Presser & Roger Veen	Mike Presser & Roger Veen
Properties	Neil Sinclair & Stuart Binnie	Neil Sinclair & Stuart Binnie
Introduction	Lee Dillon	Lee Dillon
Thanks	Dawn Naylor	Dawn Naylor
Ticket Sales	Boyd Brown	Boyd Brown
Fines	David Keyser	David Keyser

LIFE'S LITTLE CELEBRATIONS		
BIRTHDAYS	WEDDING ANNIVERSARIES	INDUCTION ANNIVERSARIES
Mike Hendry-23/3	Nil	Nil
Wylie Geldert 23/3		

Coming Events	
March 25th	Happy Hour, Sue and Turks- Ferguson Valley. Please take a folding chair and sun glasses as you could be looking straight into the setting sun over Bunbury.
March 25-27th, 2011	District Conference, Burswood
April 6th	Andrea Feast, outgoing GSE team talk to Club
April 22-24th	Easter
April 25th	Flag laying ceremony- Anzac Day

Trevor Wilson read this in a corporate mag recently and thought you would like to read it too.

**A 30 second speech by Bryan Dyson  
former CEO of Coca Cola**

Imagine life as a game in which you are juggling some five balls in the air. They are WORK, FAMILY, HEALTH, FRIENDS and SPIRIT and you're keeping them in the air. You will soon understand that WORK is a rubber ball. If you drop it, it will bounce back. But the other 4 balls FAMILY, HEALTH, FRIENDS and SPIRIT are made of glass. If you drop one of these; they will be irrevocably damaged or even shattered. They will never be the same. You must understand that and strive for it. *Work efficiently during office hours and leave on time .Give the required time to your family and friends and have a proper rest.*

**Value has a value only if its value is valued!**

**President Neil:** Neil welcomed, Andrea Feast one of the outgoing GSE team who will be heading to Portugal soon. Andrea was the guest of Greg James a tireless ambassador for Rotary Foundation which supports the GSE program. Good to see you Andrea and we look forward to your talk to the Club on April 6<sup>th</sup>.

**Ben Andrew: International Director:** Ben capped off the successful International Night by presenting certificates of appreciation to four major sponsors from within the Club, ANZ Bank-4 cases of wine, Connop Metals-Spanish Dancers, Sandro Agrizzi-Spanish Dancers and provision of a truck for the stage and transport of items, Neil Hamilton -Case of wine. Certificates will also be presented to the sponsors. A nice touch Ben!

**Ray Philp: Public Relations:** Ray told us about the Club Runner program, a new Rotary software program that replaces Club Mate. Club Runner will take a while to get used to before full advantage is made of the system. An immediate use will be to manage our membership database and Ray will be asking members to respond to emails he is sending out requesting all your Rotary details. Please check the information before replying as Club Runner will only be as good as the information it is given. The rule Guff in- Guff out still applies. Cedric complained that the records indicated he was a female. Well we all have our problems

**Bowel Scan:** Pres Neil asked for details of this worthy program that is supported by Rotary to be included in the bulletin with the request that you make people you know at work, friends etc of the project which will only be available for the month of March.

## **Pharmacy Visit Can Be A Lifesaver**



It's one of Australia's biggest killers — but your local Rotary Club is urging you to stop it in its tracks with \$8 and a few minutes of your time.

Bowel cancer is the country's number one equal opportunity internal cancer – the most common internal cancer effecting both men and women – and is responsible for killing more than 4,000 Australians every year.

But if it's caught in time, 90 per cent of cases can be successfully treated.

March is Rotary Bowelscan month, which is now in its fifth year of encouraging people to become more aware of the disease and to act annually to detect any problems.

Under the program, people can purchase a Rotary Bowelscan kit for just \$8 from participating chemists during March and send it back by mid-April to be tested.

Bunbury Leschenault Rotary member Adrian Egan says the kits are now available from six chemists across town: Amcal Centrepont, Crosslands Pharmacy, Forum Pharmacy, Bunbury Drive-In Pharmacy and Thomas & Co Pharmacy in Victoria Street. and Eaton Community Chemist

The tests will pick up traces of invisible blood in the sample, which can indicate abnormal gastrointestinal bleeding. People are then advised to see their GP who can conduct further tests.

Rotary Bowelscan spokesman Jeff Cairns says the program has run successfully for four years.

“When we launched in March 2007, we sold 5300 kits, which was a pretty good start,” he says.

“By last year, that had grown to 12,079 which is fantastic — but there is still a way to go, and it would be fantastic to see that number top 15,000 this year.

“We know that testing annually is one of the best ways to catch this cancer early. If you have bought a kit in the past, or you haven’t started your annual testing yet, this March is the time. Catch cancer before it catches you.”

Over the past four years, Rotary Bowelscan kits have detected almost 200 positive results. Those positive tests have resulted in the diagnosis of at least 12 cases of bowel cancer and more than 40 cases of pre-cancerous polyps.

The kits have also detected other conditions affecting the bowel and allowed early medical treatment.

Mr Cairns says people need to get into a routine of checking yearly for bowel cancer, just as they do for other conditions like prostate or breast cancer.

“It doesn’t take long and it doesn’t cost much — \$8 is a small price to pay to save a life.”

**For further information, contact:**

Jeff Cairns

Rotary Bowelscan

Ph: 0417 989 729

**Guest Speaker:** Graham Fisher, a former practicing medico in Bunbury is the current executive officer of the Val Lishman Research Foundation that started out in 1997. Its aim is to have medical research carried out that is relevant to the South West. Rotary has been involved in the Foundation from its beginning via input by individual Rotarians and funding.

The foundation has a Board that decides on areas of research it would like to see carried out and sets about selecting researchers with the necessary knowledge and skills to undertake projects and report their findings. Funds to pay for the costs of the research projects are sought from a variety of sources including government grants, private endowments and other sources. Rotary has provided funds in the past.

The number of research projects undertaken has been impressive and cover a wide range of topics such as identification of people with a predisposition to high cholesterol levels, depression in survivors of breast cancer and factors involved in suicide prevention. All have provided a much better understanding of the problems. The Foundation has a website with a wealth of information on past and current research projects. Simply type Val Lishman Foundation into Google and read on. A very worthy program and one that Rotary can be proud of having been involved in.

*“Take me down to the Fair.....Take me down to the Fair.* You may recall a few bully’s ago that we asked readers to nominate the song that these words came from. As it turned

out they were very cryptic clues and only deciphered by Jan Johnston who rang in to say that the song was actually "Take me down to the ball game.....". and had nothing to do with a fair at all. Very true Jan, this bulletin editor sometimes has a memory lapse. Not only was she able to identify the right song but Jan was able to sing several verses from memory. Well done Jan, a special prize awaits you.

This is how it goes:

Take me down to the ball game; take me out with the crowd  
Buy me some peanuts and Cracker Jack,  
I don't care if I never get back.  
Let me root, root, root for the home team,  
If they don't win, it's a shame.  
For it's one, two, three strikes, you're out,  
At the old ball game.

#### **The Sergeants corner:**

Turk Ellis reported that attendance for March 9<sup>th</sup> was approx 72%. Still having problems with members ringing apologies in well after the 10am deadline on Wednesday morning. As numbers have to be rung through to the Rose by 10am it makes life difficult for Turk if he has to let the Hotel know late in the day that the numbers he gave to the Rose at 10am have dropped considerably. Hotel not happy-Turk not happy. What do we have to do members, to get Turk and then Rose kitchen staff smiling again?

Turk also reminds those on reception duties to make sure they first obtain the key from reception that unlocks the storage cupboard where all the gear for the Rotary meeting is stored, including forms for recording attendance, raffle tickets, gong and sound system etc. At the end of the meeting put all the gear back inside the cupboard, lock the door and return the key to reception.