



The Racing Wheel

The Rotary Club of Bathurst East Inc NSW Australia.
Bathurst East: The Friendly Club

Building Better Communities



Week Ending 7th April 2015

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Last week @ Rotary 1 April

Last Wednesday, we enjoyed an evening of bowls and fine food at the Bathurst Community Club.



Even though your intrepid Editor had work commitments and had to call off, our focused President, Peter Keith was on hand to record the most important moments.....



Celia all set to send "one down" with Bill wondering Part of the record crowd on hand to witness the

what he has to do with the ball. Merryn and Kathy couldn't help as discussing hair styles was far more important.



"No John, that's not a prayer mat.... AND where is your bowl?? You had it a minute ago."

display of absolutely brilliant bowling. Look at how they all cheered!!



"Alan, stop talking to strangers, I'm a stranger in a strange land participating in a strange sport".

Next week @ Rotary 8 April

Registrar: Lee Rayner

Guest Speaker: Geoff Fry

Greeter/3 Minuter: Tony Pollard

Thought for the Week: Stephanie Brown

And the week after that: 15th April @ Rotary

Registrar: Robin Price

Guest Speaker: Luis Hernandez

Greeter/3 Minuter: Bob Newton

Thought for the Week: Doug Barnes

Van Roster – 12th April

Morning: Doug Barnes, Stephanie Brown, Brian Burke

Afternoon: Alan Petersen, Lee Rayner (Replacement for Heather required)

Question. Did you attend another Rotary meeting or participate in a Rotary project or activity? Please advise **all Rotary make-ups** to Alan Petersen.

Fellows please find a replacement if you are unable to fulfill your rostered duty.

From the Desk of the District Governor Elect:

I would like to invite you and your entire board for 2015-16 to Club Director Training (Formerly District Assembly) in West Wyalong on Sunday May 3.

The purpose of this training will be to ensure all of your directors are equipped to assist you in the smooth running of your club. If your directors have "done it before" they need to attend as we will be presenting an entirely new program much like we did at PETS. Each Director will have separate sessions focusing on their

portfolio and dealing with the essential requirements of that position. These sessions will help to provide improved management of your club and assist you to achieve the outcome you want and the goals you set.

I have attached a draft schedule for the day to assist you involving all of your board and encourage them to attend this vital training. I would also like to include your club Publicity Officer and Bulletin Editor along with your PR Director as we will be presenting a session on Public Image and Rotary's new branding and how this should be implemented.

I will need to know numbers one week out at the latest, to assist the West Wyalong Club with catering, please start rounding up the troops and getting a commitment from them to attend.

NEW DIRECTORY

As you will be aware the District Directory will be going digital this year. It is essential that your club data is up to date on ClubRunner so that the Directory can be compiled. It is also essential that your club executives know how to utilize ClubRunner. We will be providing training for your executive team at Club Director Training. To assist with this training please ensure your directors have all created an account with ClubRunner and have an ID and password so that they can log on to ClubRunner at the training. This will greatly assist the efficiency on the day so that everyone leaves confident they can access and use ClubRunner.

You will have received an email from Paul Murray requesting you to ensure your board members details are entered on ClubRunner along with other information. I will be sending an invitation to your club directors shortly and will only be able to do this if you have entered that information into ClubRunner. Please ensure this information is correct so that I can distribute these invitations.

I hope this is all clear and look forward to your cooperation as we move into a new age in Rotary. See you in West Wyalong.

Gary Roberts DGE

Birthdays and Anniversaries

Please join us with best wishes to:

- 03 April Bob Newton – Birthday**
- 11 April Chris Olson – Birthday**
- 20 April Robin Price – Birthday**
- 23 April Tony & Jennifer Pollard – Anniversary**
- 29 April Brian & Marlene Welch - Anniversary**



Other events and more!

- Sun 12 Apr Rotary Club of Daybreak – B2B Cycling Event
- Fri 17 Apr Royal Bathurst Show commences
- Sat 18 Apr Dinner – Combined Service Clubs of Bathurst
- Sun 03 May Car Rally – Bathurst east Rotary Club
- Sun 03 May District Assembly, West Wyalong
- Thu 07 May Bathurst Bi Centenary – Local Event Day
- Web 01 July Change over Dinner – Rydges Mt Panorama**
- Sat 19 Sept Australian Rugby Choir visit

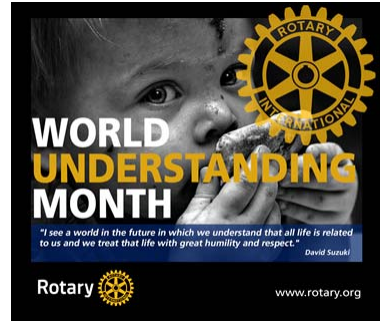


April is Rotary Magazine Month

Rotary's focus this month is the Rotary Magazine.

Have you explored the rich world of Rotary Media information? April is magazine month and may be just the time to find and read some of the 27 regional magazines published for Rotarians all around the world including our Rotary Down Under, The Rotarian, Rotary World Press with stories and photographs of the people, the projects and Rotary activities from around the world.

[Click here](#) to access our Rotary Down Under Magazine.



More than half of Rotarians worldwide receive a regional magazine instead of The Rotarian. These publications are produced independently by Rotarians, distributed in more than 130 countries and published in 24 languages. They have a combined circulation of 872,000..

Interesting signs department.....





Health Tips for Healthy Living department ...

Key Facts about Influenza (Flu) & Flu Vaccine

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

How flu spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How serious is the flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Prevent seasonal flu: Get vaccinated

The single best way to prevent the flu is to get a flu vaccine each season.

There are several flu vaccine options for the 2014-2015 flu season.

Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines) also are available.

Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus.

The following trivalent flu vaccines are available:

[Standard-dose trivalent shots](http://www.cdc.gov/flu/about/qa/flushot.htm)(<http://www.cdc.gov/flu/about/qa/flushot.htm>) (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for people of different ages, but there are flu shots that are approved for use in people as young as 6 months of age and up.

An [intradermal trivalent shot](http://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm)(http://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.

A [high-dose trivalent shot](http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm)(http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm), approved for people 65 and older.

A [trivalent shot containing virus grown in cell culture](http://www.cdc.gov/flu/protect/vaccine/cell-based.htm)(<http://www.cdc.gov/flu/protect/vaccine/cell-based.htm>), which is approved for people 18 and older.

A [recombinant trivalent shot that is egg-free](http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm)(http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm), approved for people 18 years and older.

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses.

When to get vaccinated against seasonal flu

Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by April in Australia. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as April, most of the time influenza activity peaks in July or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

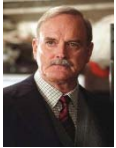
Who Should Get Vaccinated This Season?

Everyone 6 months of age and older should get a flu vaccine every season.

NB: The above is for general information purposes only. You should see your Doctor for guidance as to your own particular circumstances.



TIME TO LAUGH, CRY, OR BE DISGUSTED



ALERTS TO THREATS IN EUROPE From JOHN CLEESE

The English are feeling the pinch in relation to recent events in Syria and have therefore raised their security level from "Miffed" to "Peeved." Soon, though, security levels may be raised yet again to "Irritated" or even "A Bit Cross." The English have not been "A Bit Cross" since the blitz in 1940 when tea supplies nearly ran out. Terrorists have been re-categorized from "Tiresome" to "A Bloody Nuisance." The last time the British issued a "Bloody Nuisance" warning level was in 1588, when threatened by the Spanish Armada.

The Scots have raised their threat level from "Pissed Off" to "Let's get the Bastards." They don't have any other levels. This is the reason they have been used on the front line of the British army for the last 300 years.

The French government announced yesterday that it has raised its terror alert level from "Run" to "Hide." The only two higher levels in France are "Collaborate" and "Surrender." The rise was precipitated by a recent fire that destroyed France's white flag factory, effectively paralyzing the country's military capability.

Italy has increased the alert level from "Shout Loudly and Excitedly" to "Elaborate Military Posturing." Two more levels remain: "Ineffective Combat Operations" and "Change Sides."

The Germans have increased their alert state from "Disdainful Arrogance" to "Dress in Uniform and Sing Marching Songs." They also have two higher levels: "Invade a Neighbour" and "Lose."

Belgians, on the other hand, are all on holiday as usual; the only threat they are worried about is NATO pulling out of Brussels.

The Spanish are all excited to see their new submarines ready to deploy. These beautifully designed subs have glass bottoms so the new Spanish navy can get a really good look at the old Spanish navy.

Australia, meanwhile, has raised its security level from "No worries" to "She'll be right, Mate." Two more escalation levels remain: "Crikey! I think we'll need to cancel the barbie this weekend!" and "The barbie is cancelled." So far no situation has ever warranted use of the last final escalation level.

Regards,
John Cleese,
British writer, actor and tall person

And as a final thought - Greece is collapsing, the Iranians are getting aggressive, and Rome is in disarray. Welcome back to 430 BC.

Thanks to Terry Mahony for the above

Easter Eggs

After the egg hunt on Easter Sunday, the young farm boy decided to play a prank. He went to the chicken coop and replaced every single egg with a brightly colored one. A few minutes later the rooster walked in saw all the colored eggs, then stormed outside and belted the peacock.

Armless

A man woke up in a hospital after a serious accident.

He shouted, "Doctor, doctor, I can't feel my legs!"

The doctor replied, "I know you can't – I've just cut off your arms!"

Second & Third Opinion

A woman brought a very limp duck into a veterinary surgeon and laid it on the table. The vet pulled out his stethoscope, listened to the bird's chest and informed the woman that her duck was dead.

The distressed woman wailed, "Are you sure? I mean, you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, left the room and returned with a Labrador retriever. The dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and led it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely a dead duck." The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.

The duck's owner, still in shock, took the bill and screamed, "\$150! Just to tell me my duck is dead?"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the lab report and the cat scan, it's now \$150."

Good Advice

A woman accompanied her husband to the doctor's office.

After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't follow my instructions carefully, your husband will surely die.

"Each morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal for him.

"Don't burden him with chores. Don't discuss your problems with him; it will only make his stress worse. Do not nag him. Most importantly, make love to him regularly.

"If you can do this for the next 10 months to a year, I think your husband will regain his health completely."

On the way home, the husband asked his wife, "What did the doctor say?"

"He said you're going to die," she replied.

That's a Clean Up

Husband: "When I get mad at you, you never fight back. How do you control your anger?"

Wife: "I clean the toilet."

Husband: "How does that help?"

Wife: "I use your Toothbrush."



Cartoon corner



"Your surgery lasted 5 hours, but I'm charging you for 8 hours. I was stuck in traffic for 3 hours on my way here this morning."



"YOUR HONOR, IF HIRING A LAWYER WITH A TRACK RECORD AS BAD AS MINE DOESN'T PROVE MY CLIENT'S INSANITY, I DON'T KNOW WHAT DOES."



"Doctor, before you make the press to explain your theory about space aliens communicating with us, maybe you should take the tin foil off of your head."



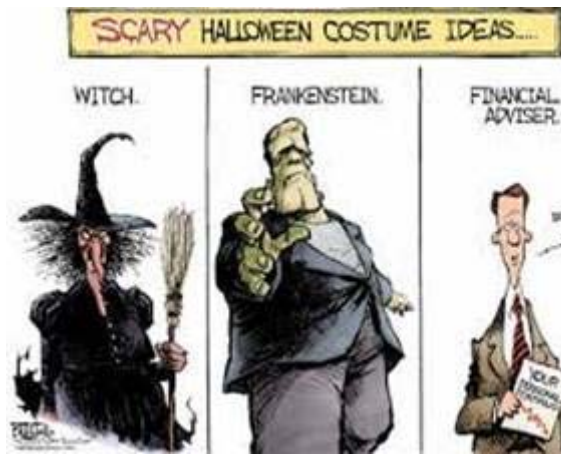
"Will I get a discount if I don't need the top?"




"If you need more anesthesia, just holler."



"LET'S MOVE ALONG. THESE ARE SURGEONS WHO JUST GOT HERE AND FOUND OUT THEY'RE NOT GOD."



 **The Four Way Test**
of the things we think, say or do.

- Is it the *truth* ?
- Is it *fair* to all concerned ?
- Will it build *goodwill* and *better friendships* ?
- Will it be *beneficial* to all concerned ?

THAT'S IT FOR NOW, SEE YOU ALL NEXT WEDNESDAY



Tony Pollard – Editor

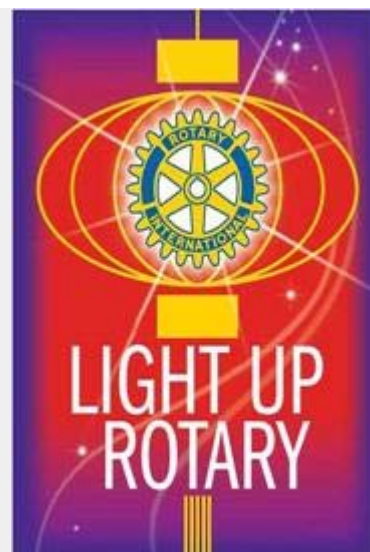
What is Rotary?

Rotary is ordinary people around the world sharing their professional skills and working together in a social environmental to build better communities.

We operate as a Club with weekly meetings developed around a guest speaker or special event where business, community and service issues are discussed in an interactive and relaxed atmosphere.

Come and join us:

Wednesday evenings 6.00 for 6.30pm at Bathurst RSL Club
Rankin Street, Bathurst, NSW 2795 Australia



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