



Bulletin September 22nd 2016 - Volume 78 - Issue 13

2016-17

President

Meredith Miegel

District Governor

Tony Bramley

**Rotary
International
President**

John F Germ

**Program & Roster
Easdown House
6.30 for 7.00pm**

September 29

**Social Night
Easdown House**

Chairman

Gary

Treasurer

Norman

Grace

Maureen

Loyal Toast

Paul Mowlam

International Toast

Paul Miegel

Rotary Information

John

Sergeants' Help

Gail

Bulletin Editor

Gail Law

gaillaw@dodo.com.au

0412 442838

Key Fredericks – National Disability Scheme

The guest speaker for this week was well know Corowa resident Kay Fredericks.

Kay spoke on an earlier role she had with the Government to help produce and promote a National Disability Scheme.

Kay's involvement came about with her connections to rural communities and home care and the number of elderly parents with adult handicapped children that were kept hidden from the outside world.

This scheme was about giving them an identity and allowing them to be able to support themselves and be brought out into the community as "real people".

The changes in the way we think and speak has been a critical part of this. We had a vertical This needs to be brought about by language, the way we think and speak to one and another. We formally had a vertical manner of thinking, with the critical parent or boss on the top, here we stated "should", you should do it this way or we should do this, with lesser adults underneath, stating I would do it, and at the base the child, could I? So at the top they have power over, offering no choice and extremely unequal but at the bottom the power is taken away and no choice given.

To change this the critical voice has to be willing to relinquish power and judgement, and listen to others, while the child voice has to be prepared to take up the power and speak their truth. This way both can meet in the middle and have an equal, respectful, inclusive relationship. This critical voice can often be in our heads, setting up a constant argument and generally resulting in sabotaging most of our decisions. We need to work towards sentences that start with I and avoid all communication that begins with "you should". You in any sentence, consciously or unconsciously, sets up blame and shuts down communication.



This sounds like a good way to manage all aspects of life.

At the end of the evening Kaye was presented with a bottle of our Presidents Muscat in appreciation of her time and effort in speaking to our club.

Pictured: Kay and President Meredith.



Attendance

What a good roll up we had this week! Of our 26 members, we had 2 apologies and a percentage of 91.67.

We had the pleasure of the company of our Honorary Members Janet & Robert, our Exchange Student Emma, our AG Peter Lee and Carol Bourne and Paul Mowlam brought along his brother Martin.



Peter Lee and Carol Bourne



Martin and Paul Mowlam

Winners are Grinners

The winners this week were certainly grinners, although by the look on Dave's face you might think he has to turn the bottle of Presidents Muscat over to Gloria when he gets home. Howard couldn't draw the Joker from the pack and it appears that Janet was pleased to see that he didn't take home the 3 pack. No, it was Ray's fine session that really tickled Janet's fancy and had her in fits of laughter.



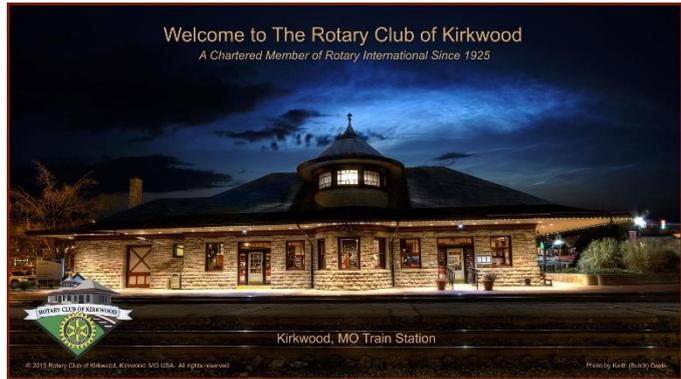
Save The Date

- **October 2** – Federation Market, featuring Australian Mechanical Organ Society and Mental Health Providers to support Lift the Lid campaign
- **October 10** – Hat Day
- **October 12** – Pink Day, Corowa Golf Club
- **October 16** – Karinya House BBQ and Open Day
- **October 27** – Carpe Diem, Mental Health play (see last week's Bulletin)
- **October 30** – Federation Market (Melbourne Cup Weekend)
- **November 1** – Corowa Race Gates
- **December 18** – Christmas Party – Luncheon on the Cumberoona Paddle Steamer on Lake Mulwala.

International Toast

John's International Toast was to the Rotary Club of Kirkwood, Missouri, USA. They were founded on February 23, 1925 and are in District 6060.

The current President is John Owen and they meet at the Kirkwood Train Station dining room every Thursday.



Kirkwood is to be the hosting club for the District 6060 Conference, to be held in St Louis from September 30 and October 1.

Some of their club projects include – Golf Tournament Fundraiser, School Challenge Fun Run, Scholarships - which have resulted in nearly \$300,000 being given since the year 2000, Teacher of the year awards, Walker Lake Dock Rebuild and Gazebos and shelters being built in a number of parks and the Farmer's Market site.

Kirkwood was the sponsor club of our 2005-06 Exchange Student Kate Laramie, who celebrated her marriage this last weekend to Michael Knight.

We send our love and best wishes to Kate and Mikey and hope they have a long and happy marriage.



Lift the Lid



The Rotary Club of Wodonga West is holding an evening to discuss mental health illnesses and issues including how the Military Services are dealing with PTSD for current and medically discharged personnel.

Keynote speakers –
Lt. Gen. Ash Powell (Ret'd.) AM. COC.
Mr. John Jarrett, President of Young Diggers

WHEN: Saturday October 15, 2016 at 6:30PM
WHERE: SS&A Club, 570-582 Olive St Albury
COST: \$25 per person

All proceeds to Australian Rotary Health and Dogs 4 Diggers Program



Tickets available at www.rotix4.com.au

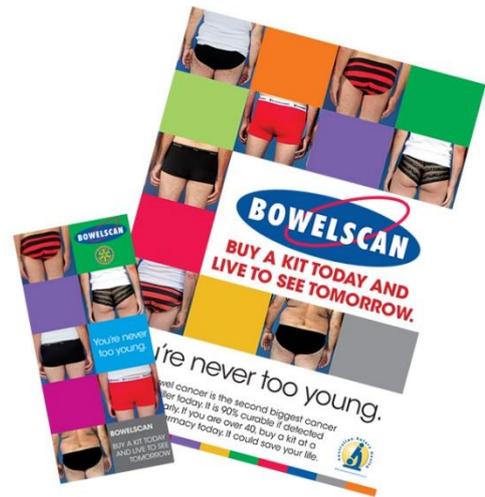
Phone Peter on 0409 956 251
for more information

Bowelscan

Detecting bowel cancer early is the key to surviving this deadly disease. By testing yourself early, you increase the chance of easier treatment and survival. Bowelscan testing kits are inexpensive and easy to use. Kits include detailed instructions. These testing kits detect invisible traces of blood that may be present in your bowel.

This may be caused by a cancer or polyp. By identifying this blood early, it enables you to seek advice and treatment from your doctor, giving you a better chance of survival against bowel cancer. However, there may be a polyp or cancer present which is not bleeding and which will not show up in one test.

Annual testing is therefore recommended for all men and women over 40.



In total, in Australia 25203 Bowelscan kits were sent out this year. Of the 2291 kits distributed by Corowa Rotary Club, 12 people have been notified of a need for further testing. This is not necessarily a sign of cancer, but it is best to check out the possibility.

School leavers make a difference in Timor Leste

It was not your average celebration for a group of community-minded school leavers from Margaret River.

A trip of a lifetime for 11 students from the Margaret River Senior High School, WA, partially sponsored by the Rotary Club of Margaret River and the local Lions club, meant travelling to Timor Leste to reconstruct a vital well for watering cattle. This was an alternative initiative for year 12 “leavers” to celebrate the end of high school and to do some good work.

A cattle co-operative on the island of Atauro requested that the Rotary club consider deepening and building up the cattle well walls to about waist high, and building a cattle watering trough and a tank stand, which would gravity feed water into the trough. Without re-enforcing mesh or a concrete mixer, everyone had to collect rocks to form the foundations and build up the walls.



The local villagers from the co-operative worked alongside the students to complete the cementing of the brickwork and rendering. Once the walls were completed, students and villagers were able to witness water flowing into the trough from the water tank. A great achievement.

While on the island, Independence Day was celebrated and the students attended the flag raising ceremony in the town of Villa. It was then off to Dili, where the students erected a double swing, a slide and monkey bars at a primary school with 700 pupils. The smiles on the children’s faces when they used their new play equipment said it all.

AUSSIE SEASONS

Summer



Autumn



Winter



Spring



What is Celibacy? Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, my wife and I, listened to the instructor declare,

'It is essential that husbands and wives know the things that are important to each other..'

He then addressed the men,

'Can you name and describe your wife's favourite flower?'

I leaned over, touched my wife's hand gently, and whispered, 'Self-raising, isn't it?'

And thus began my life of celibacy!



He said . . . Why are married women heavier than single women?

She said . . . Single women come home, see what's in the fridge and go to bed.

Married women come home, see what's in bed and go to the fridge.

Youth Exchange

Our Youth Exchange student Emma has been on the move again. President Meredith and Paul have taken her to Melbourne for a visit to the Royal Melbourne Show. After visiting the show there was a quick trip along the Great Ocean Road to the 12 Apostles and The Grotto

After a long day of driving along the Great Ocean Road, most people have run out of steam by the time they reach the Grotto. If there was ever a situation where the statement of saving the best for last was true, this would be it. Among all the rock formations, the Grotto is perhaps the most enchanting. It is not quite a blowhole, not quite an arch, and not quite a cave – but it's a bit of everything.

The Grotto is a naturally carved out cave which stands up about halfway from sea level up the cliff. The paved pathway leads to a decked staircase that descends into a viewing area that is blocked off by a wall, preventing access further into the Grotto. What lies beyond is an area covered with smooth boulders that leads to rock pools carved out in the worn but jagged edged limestone. The best view of the Grotto is from beyond the wall and looking in.



Apologies

Please remember to notify the Sergeant at Arms, Ray Terrill if you can't attend our weekly meetings.

Ray can be contacted by phone on **0499 878 529**, text on **0409 329736**

or email raymondo1951@bigpond.com

Programs

Meeting	October 6	October 13	October 20
Venue	Corowa RSL	Corowa RSL	Corowa RSL
Program	Hat Day Don Burrowes	Assembly	BBQ Wetlands
Chairman	David P	Robyn	Howard
Treasurer	Gary	David P	Robyn
Rotary Grace	Norman	Gary	David P
Loyal Toast	Maureen	Norman	Gary
International Toast	Paul Mowlam	Maureen	Norman
Rotary Information	Paul Miegel	Paul Mowlam	Maureen
Sergeants Help	John	Paul Miegel	Paul Mowlam

Please arrange your own replacement if you are unable to fulfill your roster duty.

Wine Packs



Fortified wine pack order form
(within Australia only)

Email orders to admin@corowarotary.org.au

Name: _____

Delivery Address: _____

City Town: _____

State: _____ **Post Code:** _____

Contact Number: _____

Special Delivery Instructions: _____

	Price	Qty	Total
Fortified Wine Pack	\$60.00		
Postage & Handling (Traceable Post Pack)	\$10.00		
Total			

METHOD OF PAYMENT

Cheques made payable to Rotary Club of Corowa
Credit Card Payments, please complete this authority
Card Type – (circle) VISA, MASTERCARD

Card number _____ **Exp** ____ / ____

Card Holder Name _____

Card Holders Signature _____

DECLARATION: This wine has not been purchased for resale by a licensed person or their representative. I am over 18 years of age.

Signed: _____

For further enquiries email: admin@corowarotary.org.au ;
Or phone Gail: 0412 442 838