

ROTARY CLUB OF PARRAMATTA CITY Inc. DISTRICT 9675

www.parramattacityrotary.org.au

Rotary Four Way Test

The Four Way Test' challenges Rotarians, in everything they do, to ask of themselves:

Of the things we say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Meeting 3rd March 2014

International Toast – Rotary Club of Lublin, Poland.

Music has been an important part of leading an ordinary life for students at the Music School for Children with Disabilities in Honor of Paul Harris in Lublin, Poland. Founded by Rotary members, the school serves 20 students with various disabilities, including Down syndrome, autism, and visual impairments.

A guest speaker earlier in the Rotary year had spoken on the topic of music therapy. President Keith read about this Rotary program in Poland, and thought it an appropriate Rotary Club to toast.

Guests

President Keith welcomed Ross Waldron, our guest speaker.

President's Report

1. **SHIFT2014** was a successful venture. About 550 attendees. Barry Antees reported that there were a variety of speakers and that there were a large number of younger persons in attendance. Excellent speakers on a wide variety of topics. Rotary exposure was good with service aspects being highlighted by non-Rotarian speakers.
2. **International Convention.** Members who were planning to register were advised to do so this month, as the cost increases for registrations made after 31st March.
3. A call for further volunteers for the Pink Triathlon BBQ which is being held at Parramatta Park on Sunday 16th March. The following members have volunteered Phillip Brophy, Vandana Setia, Ray Reed, John Totonjian and Barry Antees. There were also a couple of maybe's who will need to consult their calendars. The event will start early but finish by lunch time.
4. A reminder regarding Bunnings BBQ to be held on Saturday 5th April. At least 8 volunteers needed for 2 shifts of 4 hours each. Ben Jackson has agreed to coordinate this event and will be calling for volunteers soon.

5. A request from NSW Lancers Museum for assistance with a BBQ from 2pm -5.30pm on Saturday 30th August has been received. Funds raised are for Club purposes. This will be referred to the Board.
6. Colin Gray has had further medical problems with skin cancers that are causing concern. They have been removed but he may require radiation treatment. He also has problems with a heart valve closing and this may also involve further treatment.
7. John Totonjian has requested leave of absence for a period and this will be considered by the Board. In the meantime President Keith asked if any members would be willing to convene the committee organising the **Police Officer of Year award evening to be held on 12th May**. This function will be run by a committee representing the 3 Parramatta Rotary Clubs.
8. **International Night planned for Tuesday 3rd June** (during Rotary International Convention). Acceptances have been received for Bob Selinger, an American volunteer who works with Rotary Club of Livingstone and others in Africa and Robert Opira, Founder of St Peters Junior School in Northern Uganda. Members from Rotary Club of Livingstone and also seven members from our sister Club, Rotary Club of Ramon Magsaysay, have now also confirmed.

Secretary Joy's report.

Joy advised that the Australian Rotary Health Golf Day on 26 February had been very successful. For the first time in a number of years it did not have to be rescheduled because of rain. The rain held off until golf was over and then it bucketed down.

Unfortunately the winner of the 'ball drop' did not come from among our members.

Directors Reports.

Community Service Director Phil reported that he was still waiting on dates for **Bowelcare** program.

Guest Speaker

Steve Burfield introduced our guest speaker, Ross Waldron, a volunteer from the Stroke Foundation. www.strokefoundation.com.au. Steve mentioned in his introduction that Ross was a young man with many strings to his bow, and that he was a small businessman and a musician.

Ross Waldron.

Ross explained that a stroke was a blood clot in the brain and that within 12 minutes it commenced to cause damage to the brain. He differentiated the two main different types of strokes, **where** the artery is blocked (**ischaemic stroke**) or bursts (**haemorrhagic stroke**). When brain cells do not get enough oxygen or nutrients, they die. He also mentioned transient ischaemic attack (**TIA**) a mini-stroke which is a warning and should be investigated.

His own personal experience with strokes occurred one and a half weeks after major heart surgery (he was born with a congenital heart defect) and he was most fortunate to receive prompt medical attention. He has made a remarkable recovery but the stroke has left him with some lasting effects.

Stroke will happen to 1 in every 6 people and is Australia's second greatest killer. Stroke is preventable and you can lower your risk.

- Know your personal risk factors: high blood pressure, diabetes and high blood cholesterol.
- Be physically active and exercise regularly
- Avoid obesity by healthy eating
- Limit alcohol consumption
- Avoid cigarette smoke
- Learn to recognize the warning signs of a stroke and act **FAST**
 - F**ace – check their face. Mouth drooped?
 - A**rms – can they lift both arms?
 - S**peech – is speech slurred? Do they understand you?
 - T**ime is critical – if you see signs ring 000

A very interesting talk from a young man who could speak from personal experience. Unfortunately, due to time constraints questions were limited.

Barry Antees thanked our guest speaker and presented him with a Rotary pen.

Next Meeting

The speaker for next meeting will be our own member Natalie Cowell. Her topic 'The current housing market'

Apologies and Guests

Apologies to Joy Gillett on 8837 1900 before 9.30am on Monday morning.

This is the latest time apologies can be accepted as numbers must be given to the hotel by this time.

If you are bringing a guest please also advise this to Joy by that time to ensure a meal is prepared.

The Club is required to pay for the number of lunches ordered. Invoices for the cost of a meal will be sent to members by Vandana if you do not apologise for non- attendance by 9.30am on Mondays.

Dates for Diaries

15 March. PETS (President Elect Training Session) Liverpool Catholic Club.

16 March. BBQ Parramatta Park – Triathlon Pink

5 April. BBQ Bunnings.

7 April. Australian Rotary Health PhD Scholars Evening.

13 April. District Assembly. Liverpool Catholic Club. **All incoming Board members.**

12 May. Police Officer of the Year.

25 May. Salvation Army Red Shield Appeal.

3 June. Special Club Night for Rotary International Convention

30 June. Changeover.