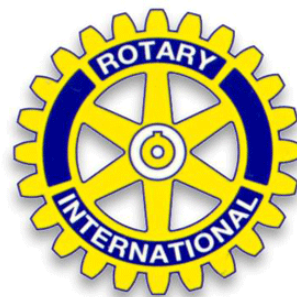


# The Keyway



**ROTARY CLUB OF WAGGA WAGGA SUNRISE Inc.**

**DISTRICT 9700**

PO Box 5430 Wagga Wagga 2650 NSW

**Meeting Venue:** Thyme Out Restaurant, The Manor,  
38 Morrow Street, Wagga Wagga

**Meeting Time:** Breakfast 7.00am for 7.15am  
Completed by 8.30am



Reach Within to Embrace Humanity

20 September 2011

September is New Generations  
Month

**ATTENDANCE NO:** 30

**MAKE-UPS:** Fred Loneragan, District 9700 Board and Koorinal

**APOLOGIES:** Peter Brown, Joe Fealy, Noelene Hogan, Fred Loneragan, Bob Martin, Sue McAlpin, Gordon Moore, Vicky Richards, Jo Wilson.

**WELCOME BACK:** Jennifer Weale

**LEAVE:** Dizzy Desailly, Anne Pattison,

**PROGRAM:** Koreena Lewis speaking about Family Link



**VISITING ROTARIANS:** none

**MEMBERS' GUESTS:** Tessa Bremner and Ian Mc Donald, Guests of Tim

**BIRTHDAYS:** Dawn Smith 22/09/2011

**ANNIVERSARY/S:** Vicky and Lloyd Richards 24/9; Dawn and Ron Smith 24/09

### **COMING EVENTS/FUND RAISERS:**

- 1 RYDA 10<sup>th</sup> - 14<sup>th</sup> October at Equex
- 2 AGM & Succession Planning 22<sup>nd</sup> November
- 3 20th Anniversary Dinner 29<sup>th</sup> November

### **PRESIDENT'S REPORT: Alan Sharp**

1. Looking to train a core group of new baristas for future fundraising events.
2. Date set for the anniversary dinner, 29<sup>th</sup> November 2011, at the RSL Club.
3. The club will purchase some new aprons with the club logo for fundraising events.
4. A supply of 100 new Club Banners has been ordered.
5. The club website is progressing and will, hopefully, go live soon. Peter Gissing requested a supply of pictures of club events.
6. Diabetes Initiative. A range of ideas submitted to the board have been considered and will be progressed. The board is interested in supporting a community awareness/screening initiative.
7. Rotary information – will try to ensure regular updates through *Keyway*.

### **SECRETARY'S REPORT: Marilyn Walter** – correspondence summarised below:

RTA	Rego renewal for club trailer
Lidden Enterprise	GF booking and cheque
Wollundry Grove	GF booking and cheque
RCs of Coolamon, Wagga Wagga, Murrumbidgee	Bulletins
Disaster Aid Australia	Request donation
Careflight	Request donation

### **Rotary International Convention Information: Bangkok 6-9 May 2012**

#### **Booking via Websites:**

1. Rotary International website **[www.rotary.org/convention](http://www.rotary.org/convention)**  
Register for conference through rotary.org website.
2. Bangkok Conference website **[www.rotaryconvention2012.com](http://www.rotaryconvention2012.com)**  
Book events through Rotary convention website. Suggested options: Host Hospitality Night (Monday) and Cultural Concert Siam Niramit (Tues)

#### **Accommodation Suggestion:**

[www.windsorsuiteshotel.com](http://www.windsorsuiteshotel.com)  
Windsor Suites Hotel  
8-10 Sukhumvit Soi 20  
Bangkok, 10110  
Thailand  
Email: [enquiry@windsorsuiteshotel.com](mailto:enquiry@windsorsuiteshotel.com)

#### **Flights**

Package deals with stopovers are available through Thai Air.

#### **Insurance**

Research your own cover to find a policy that suits you best.

#### **Visa**

Check with your travel agent.

*Summary prepared by Marilyn Roberts.*

Sunrise contact: Marilyn Walter

## **TREASURER'S REPORT:** none

## **DIRECTORS' REPORTS:**

**Peter Gissing** – RYDA (Rotary Young Driver Awareness Program) will take place in Wagga Wagga on 10<sup>th</sup> – 14<sup>th</sup> October. Our club will be responsible for Tuesday 11<sup>th</sup> October (4-6 volunteers required from 08.30-15.00) – names for this are required by the end of this week. The club will also be running the barbecue on Friday 14<sup>th</sup> which will require 4 volunteers.

For RYPEN (Rotary Youth Program of Enrichment) we are awaiting nominations from Koorinal High School.

For the website, Peter thanked Denise for a supply of photographs of events during her year and others, but asked for more photographs to be considered for inclusion.

Peter also requested copies of old annual reports.

**Helen Berger** called on members to note that tomorrow is the 40<sup>th</sup> anniversary of the last Australian Soldier killed in the Vietnam War. There will be a ceremony at 09.30 in the Memorial Gardens

**SERGEANT-AT-ARMS:** **Darren Verus** Stated he was unprepared and basing his fines on today's newspaper:

- On what major site in Wagga Wagga has construction begun? (The Mill)
- Whose partner is on page 3 of today's paper? (Helen Berger)
- What else does Helen's partner Ian sell? (Modeling glues)
- Val for driving the wrong way in a one-way street.
- Jennifer Weale for coming back.
- David Brady for an (unspecified) bad taste in humour.
- How many people are expected at the Henty Field Day? (50,000)
- Which Iconic Australian is attending? (Dick Smith)
- Members were asked to pay up whether or not their teams had progressed in the Rugby World Cup.
- Where was the most recent earthquake? (Northern India/Nepal)

## **X-fines**

- Val fined Darren for exposure of his girls in the paper for their netballing achievements.
- Patrick fined Darren for being unprepared and Val and Marilyn for an outburst of ribald laughter that could not possibly represent anything clean or wholesome.
- Marilyn fined Denis because when she called at his house he had gone off with Roger.



**FINES:** \$63.95

## **PRESENTATION TO BREE**

Alan made a presentation on behalf of the Club, to Bree, who is leaving after two years of serving our breakfasts. Alan thanked her for everything and apologised for some of the issues around numbers etc. Bree was presented with a club mug (for which David Gilbey claimed she needed to give a speech to earn it). Bree will be taking charge at the Leprechaun's Bean in Forsyth Street.

**GUEST SPEAKER: Koreena Lewis** from Family Link. Introduced by Bernie Benson

Koreena thanked the club for the invitation and told us that Family Care is a non-government organisation providing care and support for people with disabilities. She has been working with them for 5 years and in that time has seen the organisation grow locally from initially five staff to now having 10 staff and 40 volunteers.

The organisation can provide help in the home: for eg. frail aged people, so that volunteers or a support worker can come to the house to help with cleaning, washing clothes, shopping and cooking; (domestic care) and help with having a shower, getting dressed and eating (personal care).

A volunteer can visit at home and spend some time over a cup of tea or drop in at a pre-arranged time.

Respite can be provided in people's own home for short periods of time, but any extended respite care is provided by a volunteer host family or in the premises of Family Link (see details on Family Link Respite Facility).

**Peer Support.** Planned Activity Groups are designed to provide respite twice a month during the school term and is available to young people with a disability aged between 6-18. The group consists of people who meet at a centre-based facility and spend time together enjoying planned activities that may also include accessing community activities and outings.

**Host Family** program offers respite care for a maximum of 48 hours per month in the home of a Host Family. The program will suit people who are frail aged or younger people with a mild to moderate disability. Host Families provide respite for people in a warm friendly home environment and aim to include the person who is frail aged or younger people with a disability in family activities and as part of their family network.

**Flexible Respite** is just that, flexible and is aimed at people with a disability who are aged between birth and thirty. The program provides respite for families who are caring for a person who has high support needs, including complex medical/multiple disabilities and or challenging behaviours. Qualified and highly skilled support workers are employed by Family Link to provide respite and support to people with a disability which may involve support in the community or care of a more complex nature. The emphasis is on flexibility, and respite will be provided keeping in mind the greatest benefit to the family.

**Ageing Parent Carers Respite** is available to people who are aged 65 years and over or 45 years and over who are Indigenous and caring for a child! Grandchild or relative with a disability. Respite and support can be provided in a number of ways that will benefit the family and provide a break. Older Parent Carers also have the opportunity to have respite for an extended period of time in a bed specifically designed to meet their needs in the Family Link respite facility.

**Ageing Parent Carers Respite** – Centre-based respite may have a specialised focus or may dedicate periods of time for a specialist focus.

**Family Link Respite Facility** operates a respite facility in Wagga Wagga that is available for people who are frail aged and younger people with a disability to access for respite. The house is a four-bedroom two-bathroom large open plan home that is wheel-chair friendly. The house is operated, as a home with all the comforts people would expect to have, to ensure their stay is comfortable and relaxed. The house does include one room specifically reserved for people with high support needs and includes specialised equipment needed to provide care. Flexible respite and Ageing

Carers respite and support is provided at the facility although a number of other types of respite can be offered in this facility.

The organisation maintains three facilities in Wagga Wagga: Yentoo 1 is a respite house for long and short respite care – 1 night to 3 weeks for adults and children; Yentoo 2 is a drop-in centre for adult clients; Goboora is the third facility, providing short-term respite.

The group needs help and support and funds. Their prime need is for a wheelchair accessible vehicle. They require \$60,000 and currently have \$15,000. They have part-time loan of a vehicle but availability is restricted and they need their own.

Koreena thanked us for listening and invited questions

**David Gilbey** enquired about sources of funding?

A combination of Age and Disability services payments, brokerage of services and donations

David further enquired about the number of clients?

Currently 350 within Wagga and inside a 100km radius. The group does not have firm boundaries, and will consider going further out where there is need.

**Bernie Benson** spoke about the recent presentation to the club on parkinsons disease by a woman carer of her doctor husband and told us that links had been established to provide respite support.

Koreena was thanked by **Dawn Smith** (see pic at top).

**BARRELL DRAW: Joan Skews**

**MEETING CLOSED:** 8.20 am

*Roster for September/October*

Date	27 September	4 October	11 October	18 October	25 October
Venue	Thyme Out	Thyme Out	Thyme Out	Thyme Out	Thyme Out
Meet & Greet	Bronwyn Hills	Joan Skews	Joan Skews	Bill O'Rourke	Bill O' Rourke
Meeting setup	Alan Sharp	Alan Sharp	Alan Sharp	Alan Sharp	Alan Sharp
Meeting pack up	Jo Wilson	David Brady	David Brady	Andrea Bradley	Andrea Bradley
Attendance Desk	Lesley Scott Gordon Moore	Helen Berger Vicky Richards	Helen Berger Vicky Richards	Helen Berger Vicky Richards	Helen Berger Vicky Richards
Sergeant-at-Arms	Bob Martin	Tim Stait	Dennis Blackett	Jo Wilson	Peter Brown
Bulletin Reporter	Deborah Braines	tba	tba	tba	tba
Program	Club Assembly	F Loneragan: Mountains of the Moon	Base Hospital - tbc	Fellowship	Evening Presentation Vocational Awards
Introduce Speaker		Noelene Hogan	Sue McAlpin		
Thank Speaker		Darren Verus	Patrick Ball		

**\*\*Reminder:** If you are rostered on for a job but can't make the meeting, please make arrangements for someone to replace you

..... **Board Members 2010/2011:**

<b>President:</b>	Alan Sharp	<b>Secretary:</b>	Marilyn Walter
<b>Treasurer:</b>	Sandra Rootes	<b>President Elect:</b>	Val Samuelson
<b>Club Administration:</b>	Val Samuelson	<b>Rotary Foundation:</b>	Noelene Hogan

<b>Membership/Vocational:</b>	Jo Wilson	<b>Public Relations:</b>	Yvonne Braid
<b>Service Projects:</b>	Dave O'Grady	<b>Youth:</b>	Peter Gissing
<b>Immediate Past President:</b>	Denise Flockton		

**District Governor:** Ian Simpson & Jean [Rotary Club of Orange North]  
**Assistant Governor:** Gary Roberts [Rotary Club of Wagga Wagga Murrumbidgee]

**Club Members involved at District Level:**

**Director, District Foundation:** Fred Loneragan (Rotary Foundation)  
**Director, District Rotary Service Projects:** Noelene Hogan  
**District Chairperson:** Fred Loneragan (Rotarians Fighting for Aids, Peace Communities)  
**District Committees:** Marilyn Walter (Rotarians Fighting For Aids)  
Denise Flockton (Vocational Services & Awards)

**International Peace Communities Conference:** Fred Loneragan (Chairman), David Gilbey

**New Members Inducted for 2010/2011:**

Len Wade, Helen Allen, Dominic Ferlito, Ndungi Mungai.

**THE FOUR WAY TEST:**

***Is it the TRUTH?***

***Is it FAIR to all concerned?***

***Will it build GOODWILL and BETTER FRIENDSHIPS?***

***Will it be BENEFICIAL to all concerned?***

**Make Ups** A member can make up absences 14 days before or after the usual meeting time by attending and participating in a club service project, a club sponsored community event, a meeting of the club's board, a meeting of a service committee to which the member is assigned, official Rotary business or a Foundation remote area project. Please give Rotary make up cards at the attendance desk so they can be recorded.

Bulletin Reporter: **Patrick Ball**

Keyway Editor: **David Gilbey**

**Food for thought:**



**Gillian McKeith**

This woman is 51.  
She is a TV health guru advocating a holistic approach to nutrition and ill health, promoting exercise, a vegetarian diet high in organic fruits and vegetables.

She recommends detox diets, colonic irrigation and supplements, also making statements that yeast is harmful,

that the colour of food is nutritionally significant, and about the utility of lingual and faecal examination.





**Nigella Lawson**

This woman is 51 also.

She is a TV cook, who eats nothing but meat, sweets, butter and desserts.

**Now I rest my case!!!**

Comment from Patrick: With respect to the Diabetes initiative; moderation in all things, including moderation.