

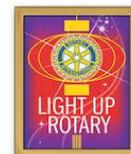


ROTARY CLUB of

# WAGGA WAGGA KOORINGAL

ABN: 72 322 824 525

Chartered - 23rd July, 1969



District Governor 9700  
DAVID KENNEDY  
Blayney NSW  
Australia

*Initiated First World Peace Community*

RI President  
GARY CK HUANG  
Taipei Taiwan

PO Box 8019, Koorringal NSW 2650

President – GREG GUTTNER 2014-2015  
waggakoorringalrotary@gmail.com

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## AUGUST MEMBERSHIP & EXTENSION MONTH

### The Membership 'To Do' List

Reference Membership Action Plan 2014-2015 Zone 7B & 8

There are lots of ways Rotarians, clubs and districts can help strengthen Rotary. Consider some of the following suggestions

#### to support innovative and flexible clubs

- develop a club strategic plan or vision
- do a club health check
- conduct an annual member survey review your club leadership and committee structures
- encourage members to contribute new ideas to increase effectiveness or

#### to create strategic partnerships

- encourage a local business to sponsor a club community project
- invite non-Rotarians to join you in your club service activities
- partner with other Rotary clubs on a joint service project
- host an activity with a local Rotaract or Interact club
- participate in 'Rotarians and Friends at Work' in April 2014

## MEETING 45 - 09 20 August, 2014

**Attendance** Members - 24 Apologies - 5 Leave - 6 Absent - 0 Make ups - 0

**Guests** Greg Johnson, Amanda Norman, John Norman

**International Toast** **Rotary Club of Moscow** chartered in 1990 became the first Rotary club in Russia. The club meets on the first Wednesday of the month at 8:15am and then on the third Wednesday at 19:30pm at the Intercontinental Hotel.

Today, the Australian Army Band Kapooka presented *Music at Midday*. Kapooka Band regularly performs the *1812 Overture* often with cannon fire and fireworks. The *1812 Overture*, composed by Tchaicovsky was performed for the first time in Moscow, Russia on **20 August 1882**.

## PROGRAM 'FUTURE HOPE' MULTIPLE SCLEROSIS

### Guest Speaker - Amanda Norman, long term sufferer of MS

Members heard a determined and inspirational Amanda Norman recount her life before and after her diagnosis of multiple sclerosis and the choices she has made leading to her forthcoming trip to Russia in 2015 to receive stem cell therapy for her disease.

Amanda began by relating the choices we (including her) all make in life and how those choices impact our lives forever. She commented how roadblocks often appear, not as a matter of choice, and how these roadblocks influence our reactive choices in dealing with their impact.

Amanda referred to being raised in a loving home environment where she was allowed to make good, not-so-good and some terrible choices while learning that **choices had consequences**. Her parents taught her *'that I am who I am and only I can change that. No-one is more important than I am and I have a right to be the best person I can be. It's my choice.*

In 1993, she married her best friend, John Norman believing that their fairy tale life could begin. Two years later in 1995, Amanda and John awaited the results of neurology tests which resulted in her diagnosis of multiple sclerosis, a common disease in young adults.

*Multiple sclerosis is a chronic disease that attacks the central nervous system, including the brain, spinal cord and optic nerves.*

Amanda was informed there was no cure available, no treatment, to expect to be wheelchair bound in seven years and to not have children... and so the battle began. **Amanda chose to have children and that MS would not stand in their way.**

Amanda had children (Joshua 1996 & Teagan 1998) and for the next twelve years they lived active and fulfilling lives, both working, playing sport, coaching, being involved in school activities and all that is required in normal family life.

Meanwhile medical research had developed several treatments needing regular injections. For three years, John gave needle-phobic Amanda injections every second day. Unpleasant side-effects brought about a change in treatment and weekly injections administered by clinic sisters. Again, the debilitating side effects became too much and against medical advice, Amanda chose to stop treatment.

Life for Amanda moved on ... filled with aches and pains, the loss of co-ordination from time to time, fatigue and weakness... until four years ago, Amanda lost total sight in her right eye. Following massive doses of steroids, many hours of research and hundreds of dollars, Amanda chose to have bovine colostrum treatment which was successful. Her sight returned.

However, the MS began a downhill spiral which put Amanda into a dark and lonely time when she questioned her choices and if her friends and family would be better off without her. Following the suicide of her male cousin & best friend whom she thought had 'everything to live for', Amanda re-assessed her life.

Amanda realised that her MS was 'an amazing gift' and that she had the opportunity to make a difference ... to show people that if we play our cards right, we can win.'

Now bed-ridden most of the day with debilitating pain, massive fatigue and limited vision, Amanda has found everyday chores are a thing of the past. By choice, Teagan, her 16 year old daughter has given up school to become her daytime carer until John finishes work.

With 2.3 million people worldwide and 23 000 Australians living with MS, it seems stem cell research may provide hope for sufferers.

After seeing a report on stem cell therapy in Australia, about eight months ago, ever hopeful Amanda researched the controversial topic and contacted a doctor, conducting trials at St Vincent's Hospital Sydney.



*Dinner programs co-ordinator, Doug Masterson with Amanda Norman.*

Her hope was short lived. She didn't fit the criteria to -

1. Be under 40 years of age. **Amanda is 45.**
2. Have had MS for no more than 10 years. **Amanda has had MS for 19 years.**
3. Have proof through MRI scans that the patient's MS is active. **Her MRI scans show little change since diagnosis.**

Although the trial at St Vincent's Hospital is funded through Medicare putting no extra financial burden on Australian families, Amanda was being denied the choice to access that treatment even though she was prepared to accept the associated risks.

So ... on 23 November 2015, Amanda, having been accepted into a stem cell therapy program conducted by Dr Federenko, will make a 40 hour flight to Russia. Currently, there are 92 Australian MS sufferers who will contribute about \$100 000 each - \$9.2 million to the Russian economy in order to source treatment.

Treatment lasting 30-35 days involves

- \* 4 days undergoing intense testing in preparation to ensure her body will cope
- \* 4 days of stimulation injections to increase stem cells
- \* 2 days of apheresis , collecting stem cells which are then frozen
- \* 5 days of intense chemotherapy to destroy Amanda's immune system
- \* a couple of rest days followed by the infusion of stem cells back into Amanda's body
- \* 2 weeks of total isolation while the engraftment process takes place meaning her new immune system should have no memory of MS. Regular blood tests will determine if the transplant is working.

Without an immune system, this is a crucial time for Amanda, as any infection is critical.

Once the transplant is progressing, Amanda will be allowed to return to Wagga, remain in isolation for another 6 weeks and then spend up to six months in recovery time.

Amanda has established a charity, **Future Hope-MS** to fund her treatment in Russia in 2015 and to benefit other sufferers of MS who deserve the right to choose to be treated. She is seeking support from community groups to assist her cause.

Amanda's journey of hope is being filmed as a documentary so that regardless of the outcome of her treatment, her story will be told. In closing her presentation, Amanda said “ **If my life ends in Russia, then I want people to remember that life is the most precious gift we are given and it is worth fighting for.**”

## PROGRAM INDUCTION of NEW MEMBER



### New Member - Greg Johnson

Introduced by Doug Masterson, Greg Johnson becomes the second member to be inducted into the club this Rotary year.

Actively volunteering within the Wagga community for many years especially with Relay for Life, Greg has been given the classification of **Electrical Network Maintenance**.

*Koorringal Rotary's newest member, Greg Johnson receives his dinner badge from sponsor, Doug Masterson.*

## REPORTS

### International: Bill Jones

- *RAWCS* - Trevor Webb informed club members that Bruce Wright of Tumbarumba Rotary Club was looking for financial assistance and manpower to construct a classroom in the village of Aburi, a day's walk from the Kokoda Track. Bruce is actively involved with taking Year 11 students trekking Kokoda. Is the club interested in jointly undertaking this project with Tumbarumba? Materials are expected to cost about \$10 000. To be discussed at board following provision of projects outline.

### Youth: Gavin Davies

- *NYSF National Youth Science Forum* - The club has agreed to financially support all three successful students by contributing each one \$1 000 towards the total cost of \$2 550.
- *Honeywell Engineering* - Five students from Mt Austin High School have applied for this science program.

### Service: Kevin Pascall

- *Cycle Criterium* - The barbeque was washed out but some sales were made. Thanks to those members who braved the inclement weather in the name of service.
- *Murrumbidgee Turf Club (MTC)* - this Friday 22 August - – Roberson, Roberts, Masterson, Francis
- *Biggest Ever Blokes' Lunch* - As 25 out of a possible 30 tables have been, Doug Masterson requested members' payments next week as confirmation of their places. He suggested those members attending wear service shirts providing visible club support for this charity.

### Foundation: Phillip Tome

- raffle tickets for the **Rotary District 9700 Golf Raffle** have been received and will be sold at meetings before the draw at dinner in Young on 28 October. Proceeds will go to The Rotary Foundation. Prize is a game and accommodation package at Kangaroo Valley Golf Club – 2 nights accommodation in deluxe villa and 2 x 18 holes of golf with carts.
- Secretary Rod reminded members about The Rotary Foundation's PHF Society for members who donate \$1 000 annually to The Foundation. This is a recent initiative for this district.
- Members are also able to donate to The Rotary Foundation through their will.

### Secretary: Rod Francis

- advised that the Wagga Wagga Eisteddfod was being held on 13-14 September and a request for assistance with a barbeque breakfast and lunch had been made.
- advised that Cancer Council has provided the club with 5 tickets to attend a dinner for brain cancer research in TAFE art gallery on 29 August 7:00pm -10:30pm King, Guttler,

### President: Greg Guttler

- reminded members to invite their wives to the meeting on August 27 - Dept of Fair Trading as it would be relevant to all.

## DID YOU KNOW?



from Australia to Belgium ... on Youth Exchange  
**Fundraising Dinner - Friday 5 September**  
to send the club's exchange student ,Courtney Smith out in 2015  
Country Club \$50 each Ph Phillip Tome 0402 463 102



## FOR YOUR CALENDAR

## IMPORTANT DATES to CELEBRATE

### Congratulations !!

24 Aug Rod & Margaret Francis  
25 Aug Digby Foster

22 Aug Service MTC Races  
27 Aug Meeting Dept of Fair Trading - Kim Jenkins  
30 Aug Sunrise RC's Dinner Police Awards RSL Club - \$65  
02 Sept Service MTC Races  
03 Sept Meeting Your Home Garden Allan Cotterill  
05 Sept Fundraising Dinner for Courtney Smith at Country Club - \$50 ea  
05 Sept Draw of raffle for Youth Exchange student, Courtney Smith  
10 Sept Meeting  
17 Sept Meeting  
20 Sept Service MTC Races - Aggies Race Day  
24 Sept Meeting Club Assembly - Change of Venue to Elements  
08 Oct Meeting Hat Night for Australian Rotary Health

## FOR YOUR INFORMATION

MEETING	45-10	45-11	45-12
COMING UP	27 August	03 September	10 September
Program Topic	Dept of Fair Trading	Your Home Garden	
Guest Speaker	Kim Jenkins	Allan Cotterill	
	<b>Ladies welcome</b>		
Set Up	Doug Willers	Doug Willers	Doug Willers
Toast to Australia	Henry Gardiner	Arthur Garthon	John Goodwin
Grace	Kerry 'Pop' Power	Ken Post	Kevin Pascall
Fines Session	Sid Clarke	Gavin Davies	Polio Pig
Introduce Speaker	Harry Nixon	Brian Roberts	
Vote of Thanks	John Goodwin	Bill Jones	

2014 – 2015 - Dinner Program Co-ordinator, Doug Masterson

Bulletin Reporters - Phillip Tome & Ted Wolfe / Photographer - Dennis Bishop

## REMINDERS

- **RETURN Courtney's raffle books sold or unsold please**  **Payment for Biggest Ever Lunch**
- **RSVP for partners attending this week – Dept of Fair Trading – Scams**

**MEETING Wednesdays - Wagga Country Club, Plumpton Rd - 6:00pm for 6:30pm**

**Apologies – Ken Post on 0418 693 648 by noon on Tuesday.**

**Absence without an apology will require payment.**

**Rotary Club of Wagga Wagga Koorinal - [waggakoorinalrotary.org](http://waggakoorinalrotary.org)**