

The Rotary Club of Narooma Inc. Bulletin

JACK'S JOURNAL

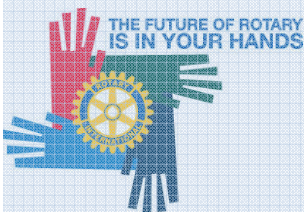
The Beacon serves well to keep us informed, organised and amused. At this juncture I wish to say on your behalf, "Thank you" to Bob Aston for producing and publishing it every week for the past three years and one month. I also wish to thank Bob Antill for undertaking to do so from next week, and to Laurelle for bridging the gap this week.

With the backing of Australian Rotary Health (ARH), we are proud to be hosting Mental Health information sessions at the High School today and the public discussion at the 'Servos' tonight. I congratulate Bob Antill and his committee on his organisation of these successful events. We are most grateful to Fay Jackson for giving time to lead the forums and to the local health professionals and youth workers for their participation.

ARH has directed most of its research funding in recent years to Mental Health. Grants so directed for 2009 amounted to \$1,439,309 and included three Postdoctoral Fellowships, nine PhD Scholarships and 19 other research projects. Applications are currently open for research into bi-polar disorder and for investigating mental health of young Australians (birth to age 17).

From funds raised by the club we have made fairly sizeable contributions to ARH over the years and will continue to do so. It is one of the most worthy causes we can consider supporting, and it is 100% Rotary for Australians.

Yours in Rotary fellowship,
Jack



RI President
John Kenny

9710 DG
Michael Pedler

President
Jack Wightman

Secretary
Ted Bladwell /
Laurelle Pacey

Treasurer
John Messner

Apologies and additional guests to Phil Gaffney the Tuesday before the meeting on 44765547 or you will be charged for your meal.

MEET FAY JACKSON



We welcome Fay Jackson tonight. She is our keynote speaker at the public forum.

Also at the forum will be a number of local health people including Jodie Quinell of Greater Southern Area Health Service

Fay tours Australia as a motivational speaker, educator, advocate and voice for mental health. She works as a consultant to Australian Rotary Health and advisor on mental illness and mental health in the community, services and workplace to the NSW and Federal Governments as well

DUTIES

TASK	6 August	13 August	20 August
Wheel	<i>Not usual format</i>	Rody Byrne	Jeremy Ferguson
Cashier	MENTAL HEALTH	Angie Ulrichsen	
Thanks	FORUM	Ted Bladwell	
3-minute talk	Servos Club 7.15pm	George Barker	Max Reid
FINES	<i>DINNER buffet 5.45</i>	Kris Elphick	Phil Gaffney
Introduction	<i>at Servos</i>	John Messner	NA

COMING EVENTS

13 August	Judy Taylor – Anglican Minister at All Saints Bodalla
20 August	Board meeting
23 August	Narooma Rotary Markets at NATA Oval
27 August	TBC
3 September	Two local students from Carroll College report on MUNA. PARTNERS NIGHT
27 September	Narooma Rotary Markets at NATA Oval
2 – 4 October 4 October	Great Southern Blues Festival Narooma Rotary BLUES Markets at NATA Oval
8 October	DG Michael Pedler's official visit
23–25 October	District 9710 Conference at Cooma

BIRTHDAYS AND ANNIVERSARIES

A very happy birthday to Kerri Messner whose birthday is today, 6 August.

THE ROTARY FOUNDATION THOUGHT

The mission of The Rotary Foundation is to support the efforts of Rotary International in the fulfilment of the Object of Rotary, Rotary's mission, and the achievement of world understanding and peace through local, national, and international humanitarian, educational, and cultural programs.

From Marilyn Gibson

THE WEEK THAT WAS

Last week Tony Fahey, Paul Smith, Rody Byrne and Jeremy Ferguson were on leave, but it was good to see Max Reid back after three months away. Apologies from Angie Ulrichsen.

We had some visiting Rotarians - our guest speaker Derek Anderson of RC of Moruya, and Dennis Nelson and his wife Loraine from RC of Sorrento in Victoria. Other club guests were Derek's wife Fran Anderson and Mandy Anderson, and Terry Irvine of Cobargo who was Ted's guest.

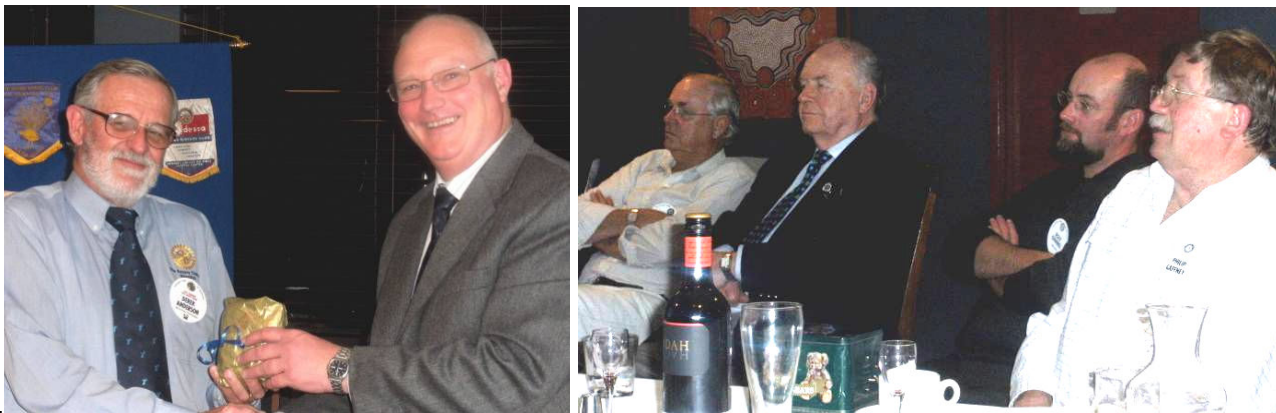
Chris O'Brien won the eggs (not from Marilyn's girls), Lyn Morley the port, and Phil Gaffney the wine. George Barker did a heads and tails for fines.

Derek Anderson, as a Men's Health Ambassador Speaker, gave a fascinating presentation on prostate cancer that held everyone's attention throughout, particularly the men.

A few particularly sobering facts though:

- Each year 2,900 men die of prostate cancer each year. That's the same number of women who die of breast cancer each year.
- Prostate cancer is potentially curable if detected and treated while still confined to the prostate gland but there are no early symptoms.
- The message was routine testing by a GP – the prostate specific antigen (PSA) blood test (only one-third of men with an elevated PSA will have prostate cancer) and the digital rectal examination (DRE). When Derek asked for a show of hands as to how many of the Club's men have these done regularly, it was almost everyone.
- Men in regional and rural Australia have a 20% greater mortality from prostate cancer than men in capital cities.

More information, apart from the handouts on the night, from www.prostate.org.au.



Guest speaker Derek Anderson receives the traditional mug from Bobs Aston, while Ted Bladwell, Terry Irvine, Rolf Gimmell and Phil Gaffney look on.

FROM THE MARKETS

For a mid winter markets we did rather well taking \$680 on the gate (that includes three boot sale people at \$25 a stall including insurance), \$590.30 food van, \$83.75 from the wishing well, and \$11 at the white elephant.

Chris O'Brien gave out leaflets to all our marketers about the Blues Festival's Sunday markets. There is considerable interest in it.

George and Marilyn on the White Elephant appeal to everyone to check through any surplus stuff at home and please bring along anything you think will sell. But please put any well used or rusty rejects directly in your bin – it saves them doing it.



Markets manager Chris O'Brien, boot sale marketer Chris Almond and a prospective customer.

NEWS FROM KATJA

Hi everyone

I've been settling in really well and have also been doing lots which certainly helps.

My circle of friends is taking me everywhere and it's so great to still be on holidays. My studies are going alright, too. I've been doing a few hours every day so that I won't have to do everything when I start back at school in August.

Tomorrow, 1st August, is the Swiss national day and I'm going to go out with my brother and lots of friends. I still remember clearly how I went to that Swiss national day celebration with Heather last year. It was great fun!:)

Yesterday, I gave my presentation about last year at my sponsor club Zurich Airport. They said I really made them want to go to Australia, too!:)

Love, Katja

ON THE INTERNET

Bill Gates, whose vision was to have a computer on every desk and in every home, said the information technology revolution had been "hugely beneficial".

He warned though, "All these tools of tech waste our time if we're not careful," after cancelling his Facebook page recently because he had 10,000 'friends' few of whom he knew.

