



Club Information

Welcome to our Club! Come and Join Us

We meet
Thursdays
at 6:30
PM
Whale
Motor Inn
104
Wagonga
Street
Narooma,
NSW
2546
Australia



Speakers

Nov 27, 2014

[Directors Meeting](#)

Club Assembly for busy December

Nov 27, 2014

[John Rungen](#)

Rotary Foundation Update

Dec 04, 2014

[Sorta Brass Concert](#)

Bodalla Partners night

Dec 11, 2014

[AGM](#)

Director's Meeting

Dec 18, 2014

[Christmas party](#)

Santa Claus is coming to town

Jan 15, 2015

[Directors Meeting](#)

Club Assembly

Jan 22, 2015

Stories

[narooma rotary beacon 27 November 2014](#)

Posted by Charmaine White on Nov 23, 2014

Angie's Angle.....

Mark Jolly's talk 20 November 2014 – Defibrillators & heart matters



What a jolly time we had last night with Mark. A well known and respected member of our community, he runs accredited First Aid and Paramedic training courses in our region. A former paramedic with the Ambulance Service, Mark has long championed the need for potentially life saving

defibrillators to be easily accessible in public places here such as clubs and shopping centres.

Defibrillators have been around for 15 years, since 1999. They are high tech devices that can deliver an electric charge to a person who has suffered a cardiac arrest. ***At such times, every second counts.***

These days defibrillators are more affordable (around \$2000 each) and easy to use as Mark demonstrated on the model he brought in and 'idiot proof'. These devices actually speak to the operator and guide the operator through the defibrillation process. From the moment the device is switched on, audible instructions are given to the operator who is then guided step by step. A shock can only be delivered if the defibrillator detects the appropriate heart rhythm which needs to be corrected.

Mark recommends defibrillators be set up in public places and therefore easily accessible if the need arises. Statistics show that in the case of a heart attack, a person has the best chance of survival if a defibrillator is applied within 4 minutes. Narooma has 3 shopping precincts and Mark identified the following as most ideally suited to setting up these devices. eg Woolworths (Plaza), Newsagent (midtown), IGA (on the flat), Anton's (Kianga) and IGA (Dalmeny).

There are now many defibrillators on the market and prices range from \$1800 - \$4000 each. (*ie a VW/Rolls Royce analogy*). Mark favours one priced around \$2400.

Michael O'Connor took swift action and has kindly sent an email to the

[Charmaine White](#)

Back to the Roots in The Kimberley

[View entire list](#)

Upcoming Events[Bodalla Sorta Brass Concert](#)

Dec 04, 2014

6:09 PM – 9:16 PM

[Christmas Party](#)

Dec 18, 2014

6:06 PM – 9:52 PM

[Moruya Races](#)

Dec 21, 2014

10:56 AM – 4:56 PM

Birthdays & Anniversaries*Member Birthdays***Rolf Gimmel**

November 1

John Rungen

November 2

Charmaine White

November 14

*Join Date***Jack Ings**

November 3, 2012

2 years

Pam Rayner

November 3, 2012

2 years

Michael O'Connor

November 7, 2013

1 year

Heart Foundation noting that we are looking into defibrillators and where to put them in the community and the prevalence of heart attacks by day/time would be a relevant consideration.

Mark is delighted that our Rotary Club is seriously considering taking up the challenge to finance and drive this project. **One step at a time. A worthy Rotary project.** So let's take action and make defibrillators a household name in Narooma.

Board meeting Thurs 27/11: Dec & Jan are busy times for us and so to allow enough time for discussion and planning, our Board meeting next week will start around 8pm after our regular meeting. All members are welcome to stay on for the Board meeting. As we won't have a guest speaker, John Rungen has kindly offered to give a talk on the Rotary Foundation from the recent seminar he attended.

Youth Director's report (Lynda Ord): RYLA (Rotary Youth Leadership Award) is on 10-16 January, 2015. Good news! Molly Wharfe's application has been sent off. RYLA emphasises leadership, citizenship and personal growth – a wonderful opportunity for Molly as she embarks on a new phase in her life post school.

DISTRICT CONFERENCE, 14-16 Nov, Canberra: As one of our Club's 'newer' members who attended a Rotary Conference for the first time, I asked Michael O'Connor for some impressions and appreciate his candour.

"The Conference opened with an excellent presentation by Matt Kershaw whose message was that if Rotary wished to engage with Youth and remain relevant as an organisation then it must innovate by building upon its core values and keep changing. This was followed by presentations that predominantly recounted the presenter's experiences with being on Rotary Exchange when young and how it transformed them and look what I achieved, or versions of that theme. An exception to that was paragliding from 7400 feet (*I kid you not*) to create more awareness of Polio Plus. While I enjoyed the talks in the main, at the end of the Conference I was left wondering what was the value in Rotarians gathering together to be told how wonderful Rotary is.

If the presentations were on new/interesting/effective ways of delivering programmes to communities, workshops or how to simply use social media etc, that is upskilling members, the Conference would in my opinion have been much more productive.

Reflecting on Matt Kershaw's presentation I was left wondering and pessimistic about how can Rotary make use of his message. While the DG noted we should just act and the change in the rules will follow, that ignores the fact that Rotary is full of middle to older age individuals who, as social research shows, are largely uncomfortable not conforming to the rules. So while we might get the occasional decision to act contrary to the rules, in general the approach is to see if the action complies with the rules.

I really think that Rotary has a serious problem in attracting and keeping new members as its structure fights against innovation and adapting to change."

Batemans Bay High Interact Club, Wed 19 Nov 6.30pm for 7 at the school: Last night I joined with many other Rotarians, teachers, parents and Interactors at their 2014/15 Changeover. Both outgoing and incoming Presidents spoke well about their community projects. Special focus is on the '*Stop Hunger Now*' project. Loved these words on their Rotary banner - '**SERVICE above SELFie**'.

Upcoming Key Calendar dates -

| | | |
|-------|-------------------|---|
| Thurs | 4 Dec | SortaBrass at Bodalla (Rotary Batemans Bay & Moruya Clubs invited) |
| Thurs | 11/12 | Narooma High School – Presentation Day |
| Sat | 13/12 | Rotary BBQ at Council opening of roundabout/streetscape |
| Sun | 14/12 | Carols by Candlelight (Rotary van) |
| Mon | 15/12 | Arrange Rotary Exhibition/Library mid Jan/2 wks |
| Thurs | 18/12 | Our Rotary Christmas Party @ Clark Bay Cottages, Riverview Rd <i>(thanks to Frank/Iris)</i> |
| Sat | 20/12 | Interview NHS students for our 2015 Tertiary Scholarship |
| Sun | 21/12 | Rotary Christmas Races, Moruya Jockey Club |
| Thurs | 25/12 | Public hol/no meeting – Happy Christmas! |
| Sun | 28/12 | Market |
| Thurs | 1 Jan 2015 | Public hol/no meeting – Happy New Year! |
| Thurs | 15/1/15 | <i>No meeting *</i> |
| Thurs | 22/1/15 | <i>No meeting *</i> |
| Sun | 25/1/15 | Market |
| Mon | 26/1/15 | Australia Day + Rotary Duck Race |
| Thurs | 29/1/15 | First meeting 2015 @ Whale 6pm for 6.30 start |
| | | *possible alternative social gathering TBA |

Don't forget - SortaBrass Band & Dinner, Thursday 4 December 6 for 6.30pm at the Dairyshed, Bodalla. A great night starting with pizzas, Mediterranean salad, garlic bread and dessert for \$20pp, and the place is licensed. Then a walk up the hill to All Saints church. *Delighted that a busload of 19 Batmans Bay Rotarians will be joining us together with 6 from Moruya Rotary.*

ROTARY CLUBS OF BATEMANS BAY, MORUYA & NAROOMA – Christmas at the Races Sun 21 Dec at Moruya Racecourse: This big joint Eurobodalla Rotary fundraiser for the Moruya Hospital Oncology Unit is coming up fast. Narooma Rotary has been asked to have 10 people help with hosting and serving on the day. Please be at the Racecourse by 9am to assist with setting up and serving food.

Rotarians are asked to wear a red top and will be issued with fluoro vests – its nearly Christmas – so join in *and have fun!*

Please sell the Race Day raffle books handed out. Winners will be drawn on the Race Day at Moruya. Tickets \$2 or 3 for \$5. Great prizes to be won: **First prize – 2014 Premiers South Sydney Rabbitohs Rugby League Football Jersey** (framed) signed by all current players, **2nd prize – A Day at the Races for 6 people** courtesy of the Moruya Jockey Club, **3rd prize – Brybglas Bed & Breakfast** at Moruya.

HAVE A GREAT WEEK!

Please organize with someone else if you are unavailable to do the meeting duty as rostered below

| | | | |
|--------------|------------------------|-----------------------|------------------------|
| DUTY | 27 November | 4 December | 12 December |
| Chair | Angie Ulrichsen | Sorta Brass | AGM |

| | | | |
|--------------------------------|-----------------|-----------------|-----------------|
| | | Concert | |
| Cashier/Wheel | Peter Bull | Lynn /Charmaine | Anthony Whittle |
| Invocation | Anthony Whittle | ----- | Frank Eden |
| 3 Minute Talk | Club Assembly | ----- | Chris O' Brien |
| Happy Moments | Rolf Gimmel | ----- | Mike Young |
| Introduce Guest Speaker | Ang Ulrichsen | Lynda Ord | Nil |
| Thank Guest Speaker | All of Us | Ang Ulrichsen | Nil |

[Read more...](#)