



ROTARY CLUB OF BLACKWOOD

Chartered 14th September 1970

DISTRICT 9520

Club Bulletin Volume 40, Issue 37

29th March 2011 Meeting No. 2074



International President

Ray Klinginsmith

District Governor

Malcom Lindquist

CLUB BOARD

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Treasurer

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Bob Arnold

Membership & Promotions

Barbara Chappell

Community Service

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Youth & Vocational Service

Tony Hughes

International Service

John Penta

Foundations Director

John Lewis

Club Bulletin Editor

Ray Smith

Rotary Club of Blackwood Inc.

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South Australia 5051

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THE FOUR WAY TEST

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?

INVOCATION & TOAST

Sgt Helen Henbest opened the meeting (at a late 6.35!) and introduced Chairman Neil White who toasted Australia and her people.

PRESIDENT'S SPOT

- Welcome to meeting number 2074 of the RC of Blackwood
- Welcome to our guest speaker Nicola Norman
- Welcome back to Barbara Chappell, (who has been working in the USA, Stuart who has been cruising and Bernie who was travelling.
- The Book Sale is Saturday 9th April. Let Cherilyn or Trevor know if you can help
- Probus clubs have their changeover at this time of year. Graham Roberts, after a brilliant inaugural year with the Coromandel Combined Probus Club (where membership increased by 50% to 40 members), handed over the reins to past Rotarian Ian Wicks. I attended the Mitcham Hills Combined Probus Club changeover yesterday, where Dorothy Pargeter superceded Des Foster .
- Yesterday afternoon I attended the parliamentary awards ceremony for volunteers. Our own Bob (Calperum) Arnold received an award from the Mayor of Marion, Felicity Lewis. Congratulations Bob! Peter Trumble also received an award for 19 years with Meals on Wheels
- Open meeting: April 19th, Dr Chris Magarey will be speaking on the victorious Melbourne to Hobart yacht race of last year. Partners are encouraged to come.
- This afternoon many Rotarians attended the funeral service of Dr Paul Lehmann, Rotarian Bob and Marlene's son. I know Bob and Marlene appreciated the support, so thank you for your thoughts and prayers.

If you are unable to attend a meeting or wish to bring a guest, please phone LJ Hookers Blackwood office on 8278 9111 by Tuesday 12:00



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ATTENDANCE

Reg 72% attendance.

RAFFLE

Won by Russell who got to try a rather nice Chateau Yaldara Port

MAKE-UPS

- Ken and Denise have at last made up
- Bob Arnold attended Calperum with 14 Brownhill Creek Rotarians for their introductory visit. Encounter Bay also dropped in for a visit.
 1. Marion: next weekend, followed by:
 2. Eastwood
 3. Mitcham
 4. Pressure Planet Earth Committee
 5. and Blackwood from 2nd to 5th May.

FOR THE GOOD OF ROTARY

- John Lewis: due to late cancellations, the Guess Who's Coming to Dinner has been **cancelled**.
- Peter Geer offered to have the Guess Who's Coming to Dinner at his place if two to three couples wish to join him and bring a serving course with them. Please contact Peter urgently.
- Peter Geer has an ANZO Rotary meeting times book which shows meeting times for Australia, NZ and Ireland. The price is \$2.50
- Ray announced another opportunity to be at one with nature at Parawa this Friday. The forecast is fine and not hot. He will issue an email.
- John Penta:
 1. a Donations in Kind (DIK) day on 17th April from 9 until 3pm at Edinburgh, where containers will be loaded. A BBQ will be available if you wish to cook your own food. Please email John if you haven't yet done so.
 2. The International Committee has donated \$1,000 to the Christchurch Appeal
- Bob Arnold attended the Dr. Paul Lehmann funeral along with many Rotarians, past and present, and about 200 fellow mourners. It was standing room only at 40 minutes before the start for a celebration of a marvellous life and family, and it was very moving. Paul suffered from depression all his life, but pushed this and dyslexia aside, wishing to become a nurse. He battled against the odds to achieve year 12 results far in excess of expectations before entering university and graduating as a GP. He was much loved in the community, as shown by the attendance today, from family, friends, patients, the basketball teams he coached, and the community for whom he advocated so fearlessly to achieve funding from the SA government to achieve better mental health services for Mt Barker and outer suburban areas. This advocacy



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included picketing Parliament House, holding rallies, speaking with the media. He became such an irritant to Government that they offered assistance, provided he ceased his activities. Paul paused, and the Govt came through with its pledge. We mourn the loss of a fine man who achieved so much in such a short time, and was such a loving family man. His and Megan's three children all spoke of their love for him and how much they had learnt from him. It is apparent they have great strength of character due in large part to their parenting. Marlene and Bob would appreciate a card or a short phone call, but no visitors yet please.

- Ken praised Margaret for having achieved the opportunity to sell raffle tickets at Marion Shopping Centre for 14 days. This is quite a coup as the Centre is extremely busy with much pedestrian traffic.
- Neil asked for raffle prizes. Tickets will also be sold at Blackwood.

Fine Session: Reg carried the box

- All those who were NOT booked to attend the Guess Who's Coming to Dinner
- Those on Bob Arnold's table for talking while the Sarge was talking
- Alan E for selling to Robyn the "worst raffle ticket ever"
- Ken couldn't raise his projector last week???
- Barbara , Bernie and Stuart...welcome back
- Ray Smith for asking us to CHIP IN to the Firewood Project
- Graham Roberts for handing the baton to his successor
- Don for going to the Clinic (Golf)
- Peter and Bob A for ignoring the Sarge whilst at the bar
- Stuart for keeping a low profile and not saying his trip was 10 days on the Queen Mary
- Ray Smith for not attending Bob A's award ceremony
- Bob A for being awarded his Volunteer's Award
- Jeff for being the unpaid piano player at the Award Ceremony

These fines yielded \$41.35 and Copper Box = \$16.75

GUEST SPEAKER

Chairman Neil White introduced guest speaker **Nicola Norman** speaking on Muscular Dystrophy. Nicola was born in the UK, has a degree in Disability Studies and a post grad in Counselling, and is now married to a winemaker.

There are 500 to 600 muscular disorders, and they are relatively rare. Worldwide, there are 1 in 1000 people affected. It affects all cultures equally. In SA there are 700 known cases, but there could be a further 1,300 undiagnosed mild cases.



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Muscular Dystrophy is a neuromuscular condition which is:

- hereditary
- progressive
- causes a pattern of muscle weakness (because nerve signals to the muscles degenerate and the muscles atrophy)
- has no cure
- each condition varies in severity but can result in significant physical disability and may reduce lifespan.
- Generally it does not affect the brain

Some types of MD are:

- Duchenne Muscular Dystrophy (DMD) which is passed from mothers to sons. It is usually diagnosed at age 2 to 3 where it causes weak thigh muscles; at age 9 a manual wheel chair is required; by age 11, a motorised wheelchair is required; by age 15 a carer is required. As the muscles waste, the lungs are affected, and metal rods may need to be inserted into the back to support the body. The life span has increased from late teens to early twenties with the oldest being 25. The main causes of death are respiratory failure and heart failure. It is a tragedy that affects the entire family.
- Facioscapulohumeral Muscular Dystrophy (FSH) affects the face, shoulders and arms, but not the brain. The oldest sufferer is aged 72 years, with his case so mild that it wasn't identified until quite late in his life.
- Spinal Muscular Atrophy (SMA) causes respiratory failure, with a life span of 18 months.

The Muscular Dystrophy Association provides assistance to people living with a variety of neuromuscular conditions. It provides:

- Hydrotherapy
- Physiotherapy
- Speech Therapy
- Counselling
- Advocacy
- Equipment Loan Scheme
- Social events, camps and carer retreats
- Respite facilities
- Seminars
- Support groups
- Community education
- Quarterly magazine and bi-monthly Newsletter



Jerry Lewis is the international patron and has offered assistance to Australia, including videos, one of which we were privileged to see tonight. The SA MD Assoc receives a total of \$100,000 funding from the SA Govt. Clearly, Govt funding is well short of its needs to provide staff and equipment to assist patients. The remainder of its funding is from fundraising, and there is never enough.



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Currently there is no cure, but research is continuing, and there is always hope that a cure may be found in future.

If you know of someone in need of assistance due to MD, you can contact the Muscular Dystrophy Association at 36 Henley Beach Road, Mile End SA or phone 8234-5266. Email: info@mdsa.org.au or www.mdsa.org.au

Chairman Neil thanked Nicola for taking the time to visit us tonight. We didn't know much about the disease before, but now we certainly do. Neil presented Nicola with the ever-popular Rotary pen.

PRESIDENT'S CLOSING WORDS

President Jeff closed the meeting:

- Thank you to Nicola for an excellent address.
- Next week is fellowship and committees night. Don O'Donnell is Reg's assistant, furniture is John Penta and David Neil

My literature this week is from my collection of essays.

Why it is important to listen

Noise is everywhere. It is a huge distraction to concentration and communication.

Have you ever watched a person talking to someone and the "listener" is playing with his mobile phone, or watching the traffic go by. One may well be talking to a brick wall.

Not listening is the height of rudeness.

When we listen to people, we are showing respect and treating them with dignity.

We must be careful not to colour what they say with our own perception.

It is very difficult sometimes to be empathetic and receive the message that is being sent.

Watch for the non-verbal communication, such as facial expression and body posture, as well as tone and inflections of voice. This helps get a better handle on what is being said.

One of our customers is a marvellous listener. I know this, because I talk a lot.

Fred leans forward, makes eye contact, nods with approval and asks reflective questions.

A staff member is an incredible listener too. She is able to zero in on what the customer really needs.

I think there is an intuitive component, but it is enhanced by active listening.

We will make people happier if we are better listeners.

It's great to know what's said

Is heard and understood

It makes me feel important

And deep down very good.



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MEETING ROSTER AND SPEAKERS 2011				
Meeting No.	2075	2076	2077	
Date	5 April 2011	12 April 2011	19 April 2011 <i>Open Meeting</i>	26 April 2011
Fellowship	Bernie Morgan	Jane Silbereisen	Geoff Baldwin	
Reg. Assistant	Don O'Donnell	Bob Sothman	Sue Wymond	
Furniture	John Penta David Neil	Terry Tierney Robyn Venus	Bob Arnold Trevor Abbott	
Chairman	Jeff Hunter	Stuart Brew	Richard Dix	Easter
Speaker		John Hughes	Dr Chris Magarey	no meeting tonight
Topic	Committees	Cetacean Oil and Gas	Winning the Melb-Hobart Race	
Sergeant	Helen Henbest	Helen Henbest	Helen Henbest	
Bulletin Editor	Naz Dastoor	Ray Smith	Ray Smith	

Events and Celebrations 2010	
Events	<ul style="list-style-type: none"> • 9 April - Book Sale • 16 April - Road Watch • 17 April - DIK • 2 May – Calperum trip
Birthdays	<ul style="list-style-type: none"> • 2 April – Sue Wymond • 3 April – Helen Henbest • 5 April – Graham Lough • 10 April – Ray Smith • 17 April – Hilary Flynn • 18 April – Iain Evans • 20 April – Peter Geer • 21 April – Tom Davenport
Anniversary	<ul style="list-style-type: none"> • 6 April – Bill and Hilary Flynn • 6 April – Mark and Joanne Burns • 24 April – John and Michelle Penta