

COMING MEETINGS
 8 May Cards Night
 15 May Greta Walsh – Pain Relief
 22 May David De Vire
 Cooma Bocce Club
 29 May Angela Sharp
 Weed management
 5 June Club Assembly

Rotary Club of Cooma
Theme:
Youth Service Month
1 May
Linda Mayo
Red Cross Emergency Service Voluntary
Recruitment

Meeting statistics: 26 of 33 = 78.8%
Attendance:
Visiting Rotarians:
Guests:
 Linda Mayo, Sasha (Club), Roger Wheatley (Jan), Jo Heise (Alan)
Apologies: Ashley, Brad, Margaret H, Neil
Leave: Mark C, Brenda
We also missed:

ROSTERS FOR May 2019

Attendance		Darrell Katrin
Property		Dave Holgate Sue
Fellowship		Peter Elaine S
Thought	8th	Elaine Mooney
	15th	Ash
	22nd	Jeannette
	29th	John Ch
3 Minuter	8th	John Cl
	15th	Richard H
	22nd	Mark JN
	29th	Brenda
Intro	8th	Marco
	15th	Des
	22nd	Ash
	29th	Sandra
Thanks	8th	Katrin
	15th	Dugald
	22nd	Glenys
	29th	Marco
Markets	21st May	Terry, Sue, Robin
	Food Van	Ash, Allan D, Brenda, Jan
	Coffee Van	Mark J.N, Brian, ?

Please advise Darrell (Ph 0407 411 422, 64521159, dgcooma@bigpond.net.au) of apologies for the coming meeting, also if you are bringing a guest. Failure to advise of absence will incur a dinner cost.

Significant Dates:
Birthdays: May
 7th John K, 19th Alyson,
Date Joined Rotary:
 24th Margaret E



Announcements

John K

The club received a letter of thanks from Dr Rob Wiles on behalf of the ANU medical students following their recent visit to Cooma.

An invitation was received from the Cooma Hospital Advisory Committee for a couple of Rotary members to join the Committee. The role of the Committee is to provide community advice about what happens to the hospital.

A suggestion has been put forward for the club to hold a rural/urban night. This would take the form of a meeting being held in a different town. This has happened in the past. The proposal is for the first rural/urban meeting to take place in Adaminaby, particularly as we have had close recent ties with the town sharing the fundraising for the Balranald project. It would be best for the meeting to take place prior to the start of the ski season.

Flu vaccinations are now available at the doctor's surgeries or at the chemist.

Mark JN

As we have 3, or possible 4, students attending RYPEN in May and an invitation has been extended to club members to attend lunch which is held on the Sunday in Mogo. This is the final event of the weekend where the students receive their attendance certificates. If you wish to attend, please advise me by Wednesday 15th May, so numbers can be given to the organisers for catering purposes.



Jeanette

The fundraising bbq held on 7 May was a great success. It was attended by 26 people and would not have been able to happen without the assistance of Rotary who provided the meat, the people who provided nibbles, salads and desserts and also those who donated goods. We raised a total of \$950 and look forward to adding to this total during Stroke Week which is the first week of September.

Sandra

May is the month for the Salvation Army Red Shield Appeal. If anybody is available to volunteer for the door knock on the weekend of 25/26 May or are able to sit at the community collections points, your assistance would be greatly appreciated.

John CI

Don't forget the upcoming dinner at Roses Restaurant on Friday 17th May at 6.30pm. If you are attending please advise me directly so I can make a group booking.

This is the time of year when we start considering the presentation of awards, so if you know of anyone or any groups in the community who has provided outstanding service during that last year let me know.

Thought of the Week – Tony

Good things happen every day we only have to notice.



3 Minuter – Kevin

Have you ever heard of anxiety or depression? Last year Kevin experienced both.

One night quite unexpectedly he had a severe anxiety attack. It took the form of a total disconnection between his brain and his body and the physical outcome was a bout of uncontrollable sobbing. One of his daughters was visiting and was able to assist with calming him.

Fortunately he was able to see his doctor the next day and she advised him that he had experienced a dissociative experience. This anxiety attack was followed up by a bout of depression, which he didn't recognise, as he had never experience anything like this before.

The following week he had to go to Port Macquarie which entailed a drive to Canberra, a plane to Sydney followed with a drive to Port Macquarie. He wasn't sure he could even make the drive to Canberra but he wanted to attend his grandchildren final assembly of the year as one grandchild was school captain and the other vice-captain and they both were to receive awards. He managed the drive by breaking it down into 5km pieces. Saying to himself just another 5kms until he got to Canberra.

After the trip to Port Macquarie he made a trip to Terrigal for another family get together. While out to dinner with the group he started to feel unwell and asked his sister to take him back to his hotel, where he felt like he was having a heart attack. It turns out he was having an atrial fibrillation episode, this is where the heart has gone from beating at about 55 beats/minute up to 170 beat/minute. An ambulance was called and when they got to the emergency department in Gosford the medical team advised they were going to have to shock the heart to get it back to a normal rhythm. Just the thought of the shock made his heart resume a normal beat.

When he got back to Cooma he was feeling really mentally unwell so made contact with the mental health hotline. Following a conversation of about 40 minutes he was told someone from the mental health centre would come and see him with 48 hours. He was very fortunate and two ladies arrived within 2 hours. The next day he came home from feeding Marie and suffered another atrial fibrillation attack. He called the ambulance and was taken to Cooma hospital where he stayed for a week. When he was able to be discharged, he didn't want to go home. He tried to get into a mental health facility in Canberra but ended up going to Goulburn. The environment was challenging but the staff were wonderful. After a short time he move to a private facility in Wollongong where he spent a further three weeks undergoing treatment. He is now home and moving forward in his journey to recovery.

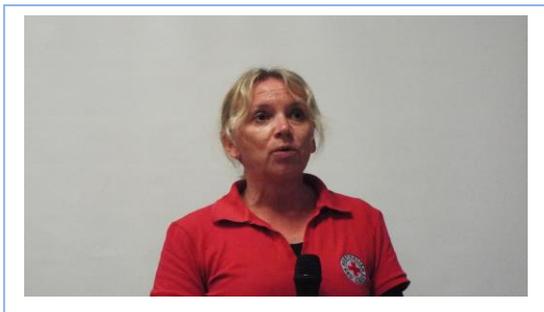
Guest Speaker – Linda Mayo, Red Cross Emergency Service Voluntary Recruitment

Linda is a Red Cross Regional Emergency Services officer and recently her job was to work with the Tathra community following the recent bush fire. She also recruits volunteers who are trained to assist people who have been impacted by an emergency.

The Red Cross are best known for blood donations, first aid courses and their op shops but they are also strongly involved with providing emergency services following disasters which have a community impact.

In the occurrence of a disaster people need to get to a safe place. Red Cross volunteers are trained to man the emergency evacuation centres. Some evacuation centres are set-up on the fly but if a disaster is predicted they can be set-up in advance. At these evacuation centres people are processed by staff

identifying them and what their needs may be. With the Tathra fires there were not only locals to cope with but also tourists. The Rural Fire Service made contact with Red Cross to advise of the need to start processing people at the evacuation point.



The work carried out at an evacuation centre not only involves the Red Cross but also the Salvation Army who do catering, the Seventh Day Adventists who look after accommodation and Anglicare who provide cloths, nappies or baby formula. The role of the Red Cross personal is to meet and greet the people and determine what their needs may be as sometimes it is not straightforward. People arrive with their animals or in need of medication along with needing clothes or accommodation. Another task they do is active a register/find/reunite register so family and friends can advise of people who may be missing or be connected with them if they have registered.

To ensure the best outcomes in an emergency situation drills are held. The drills bring together the Department of Community Services, Police, SES, Rural Fire Service and the Red Cross. Volunteers are also able to attend if they wish. These drills consist of role playing situations so when the real thing happens everyone is prepared.

Another area of work undertaken by the Red Cross is preparedness for a disaster. One such program is the Pillow Case project. People go out to schools with the pillowcases and speak with children in years 3 and 4 about the difference between wants and needs in the case of an emergency for example an x-box is a want but a torch is a need. They also discuss the really important things which should go into the pillowcase. The Red Cross are able to provide the pillowcases thanks to the Disney Corporation sponsoring the project. The children then take the pillowcases home and have a conversation with their parents about being prepared in case there is an emergency and they have to evacuate. They also teach coping skills and breathing techniques which can be used at other times when things might get tough. Other preparedness resources include information on what to do with your animals or how to assist an older person with their evacuation.

At post disaster events volunteers are able to undertake psychological first aid. This can take the form of art shows, story writing or workshops. Some people take comfort from having someone to talk too. There are a variety of resources including hand knitted trauma teddies, phone or face-to-face outreach, iPods for young people and activity books for younger children.

Following the Tathra fires a Mayoral Appeal was set up, to which Rotary contributed significant funds. These funds were distributed via four levels. The first stage was for these people who lost property, the second stage assisted those who were displaced and the third and fourth stages provided assistance to cover the hidden costs following the fire and to assist people to get back on their feet.

