

The Rotary Club of Cooma Inc.

The Secretary

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MEETINGS:

We meet every Wednesday

6:00pm for 6:30pm at

Dodds Hotel

94 Commissioner Street Cooma

THIS WEEK'S ATTENDANCE: 34 out of 50 = 68%

VISITING ROTARIANS: Nil

GUESTS: Alison (David H), Judy Adams (Lis A), Joanne and Luke Barry (Claire N), Kim (Chris A), Fiona (Mark C), Brenda Campbell-Brown (Ashley C), Jill Murdoch (Club).

APOLOGIES: David B, John C, Jim H, Graham H, Brian J, Richard L, John M, Kevin D.

LEAVE: Monica A, Peter A, Margaret E, Kym L, Cheryl and Colin M.

WE ALSO MISSED: Nil

MAKEUPS: Nil

Duty Roster April and May

Thought of the Week	Fellowship	Attendance
Julie Johnston	Margaret Echarri and Claire Neumeyer	April - Alan Hall and David Holgate May - David Byrne and Margaret Hassall

Property	Introduction	Markets
April - Ken Prendergast and Richard Lawson	N/A	April - Lou M, Dave L, Elisabeth A, Robbyn C, Geoff B, Alyson H-J, PA
May - Robbyn Crooks and Peter Allenspach	Vote of Thanks N/A	May - Marco R, Chris A, Ken Dane, Elaine M, Alyson H-J, PA

SOME SIMPLE RULES ABOUT ROSTERS

GENERAL: Members rostered on and not able to attend are to make arrangements with another member to take their place.

MARKETS: Those nominated to tow the caravan or chuck wagon are to be at the Rotary shed no later than 8am. Ensure you get the key to the shed from David Holgate PRIOR TO THE EVENT SO THE EQUIPMENT CAN BE SET UP EARLY. If you are unable to tow the van or chuck wagon PLEASE ASK SOMEONE WHO CAN, or advise David Holgate before the event. Others nominated should be at the Park by 8.45am.

The contact number for making apologies and for notification of guests for dinner meetings will be to Kim Adams. Phone 6452 1488 prior to 4 PM on Tuesday afternoons. You may also email Kim; kadams@coomalaw.com.au



Weekly Bulletin



The Rotary Club of Cooma Inc.

Jill Murdoch - Monaro Woman of the Year

Issue: 7 April

Guest speaker Jill Murdoch, the Monaro Woman of the Year, was born in Sydney. Jill overheard her sister, who was a nurse, talking about the social life of nursing - clubbing, dancing and so on; and thought that sounds good, so she took on nursing and found



Jill Murdoch

it was her calling, and not just for the social side. Jill started coming to the Snowy to ski, eventually married and settled down at Ando. Jill was a nurse at Cooma Hospital and after 20 years in acute care decided she wanted to do something for the dying (or to get away from Dr Bob?) and completed a degree in Palliative Care. Ten years ago a position came up at Cooma Hospital for Palliative Care and she was successful. What is Palliative Care? Illnesses that cannot be cured such as some

forms of cancer, kidney, lung and heart diseases. She said cancer diagnoses change lives of many people, but their role is to give information and informed choices and when visiting people in their own home, they are not intimidated, are more in control and hope for changes. Life limiting gives the opportunity to look back on life,



Introduced by Margaret

Items of special interest:-

- April - Rotary Magazine Month
- May - Planning Month
- June - Fellowship Month
- July - Literacy Month
- August - Membership Extension Month
- September - Youth Activities Month
- October - Vocation Service Month
- November - Rotary Foundation Month

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Jill Murdoch cont.



Thanked by Katrin

say things, write letters, be organised and even arrange and plan their own funeral. Whereas in sudden death, you don't have these opportunities and you don't witness deterioration. Palliative Care shows dignity and respect, ensuring care of the whole family. Grief - how do people adjust to life without depression or absolute sadness, you see the world differently. What is important is 1 year milestone, birthdays, Christmas, anniversaries, recalling their voices don't stop talking about them, remembering. Children have an open heart and their interpretation is often different.

Jill gave an example of her young son, whom she took to Canberra to see his father who had been transferred there with a heart problem, he had a coke and hamburger and said it was one of the best days of his life. She said when is it right for a new relationship, everyone grieves differently, sometimes it starts at a diagnoses. Life is lost as you know it. She mentioned Glen McGrath, who has a new relationship but still supports the foundation started by his wife Jane. Jill copes in this job by being part of a great team, exercise, driving home and life outside work, she also likes expensive holidays. She did ask Steve S for a blank cheque to have a Palliative Care Specialist to visit Cooma monthly. In relation to her Monaro Woman of the Year Award, Jill said that it has validated her practice and given her reassurance that Palliative Care nurses make a difference to families. In answer to questions on euthanasia Jill said "we wouldn't let our animals suffer like this", but would not give her view on it.

Thought of the Week - Mahatma Gandhi

Be the change you want to see in the world.

Member Happenings

Wedding Anniversaries

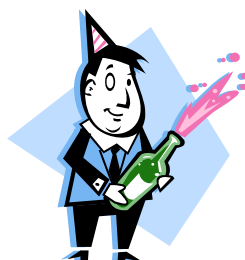
Dave and Trish Libauer - 20 Apr

Birthdays

Des Trute - 15 Apr

Geoff Bowland - 17 Apr

The Club extends our best wishes to you all on your special day.



Gallery



News

PRESIDENT ELECTS SEMINAR Pres Elect Chris said he would be attending the President Elects seminar and other board members can contact him if they wish to attend.

KEMABOLO PROJECT The bike project is still ongoing, and Chris A will be going to PNG in April for a recon visit.

OUR THOUGHTS AND PRAYERS are with Kevin and Marie Dunne who have been with their daughter Jodie whilst undergoing an eight hour operation.

URBAN URBAN NIGHT on 28 April 2010, the guest speaker will be Steve Whan. Dugald has circulated a folder for names of possible guests to be noted.

JUDY ADAMS Wonderful to see Judy Adams at our meeting.

BRENDA CAMPBELL-BROWN Great to see Brenda back down under for a visit. Brenda has been spending some time at Tathra and Cooma.

Next week's program: Club Assembly

No guests please (we don't want to bore them)

Following week: Jane Cay

E Business

*Bulletin Reporter — Des Trute
Bulletin editor & production - Irene Shirvington*