



Peace Through Service

Guest Speaker - Matt Towning

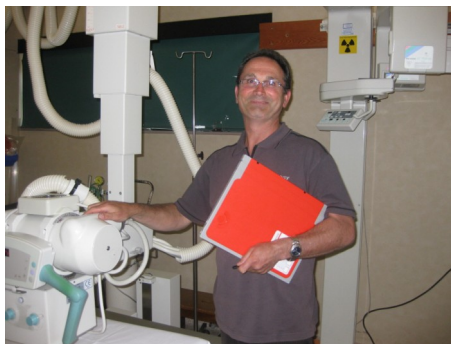
Intro: Steve S

Thanks: Graham F

Our guest speaker this week was Matt Towning who spoke about x-ray and CT scans, supported by Sailesh Prasad who spoke about ultrasound. Matt first spoke about the CT scanner which, he said breaks you up into individual slices which means they then can "slice or dice" any plane through the body. They do heads, spines, abdomens, people with lumbar fractures, people with bursting aorta's along with arterial studies as well. Slices can be as thin as .5mm. The machine at the hospital is a 16 slice scanner. To take a scan you go through the machine and the image is taken like a corkscrew so the images can be moved through to demonstrate different slices to see different views and different angles. In the image that Matt showed the person had a fracture through the spine. They can do a whole lot of different images depending on the requirements and they can also do images in 3D. When the job is done they can take all the images and put them together to make a face, for example. In the image we were shown we could see plates around his eye sockets where the person had undergone reconstruction surgery. He next showed us a coronary angiogram where dye was injected to highlight the tissue that is dead. What we were looking at was the blood in the venous side of the heart which is where the blood is pumped into the lungs after it has been around the rest of the body. It is possible to CT anything, we can do knees - side showing a fractured patella. In this instance you do a CT rather than just a normal x-ray because a CT gives a 3rd dimension orientation of the parts. The problem with CTs is that it is high dose radiation compared to a normal x-ray because you are getting irradiated around the whole body. Usually a CT would not be used for just a normal fracture, it is only used if you need to see a particular orientation. Matt was asked if he had to undergo specific training to use the machine at the hospital, he said that he had already been trained in Canberra and this was the second machine in use at Cooma hospital and it was more advanced than the first machine and they are hoping that in the near future they will get an even more advanced machine. Having these types of machines locally means that people don't have to travel to have in-depth imaging done. These types of machines are worth about \$600,000 and the service is available 24/365 with 4 trained staff here in Cooma. Matt described the differences between a CT and an MRI and how the images are taken. He said that an MRI is much better for soft tissue imaging in comparison to a CT. He then moved on to describe how an x-ray is taken and said that it is a very inefficient process. The method of developing an x-ray has changed over the last 10 years or so, back in the day a film was used and now it is a digital plate. He showed us some images of flowers which had absorbed contrast medium, coins, mobile phones and a number of other items. Images are now more easily transportable via email or on disk. Matt passed us on to Sailesh to inform us about ultrasound imaging. He does images varying from renal to thyroid to obstetrics, from small lumps and bumps to spinal images in small children. Cooma has one of the best machines available on the market. He explained the reason behind the request to drink water before coming in to have an ultrasound, he said that it allows them to see certain areas more clearly. He told us that a specialist sonographer can map varicose veins before surgery to enable the surgeon to see what they are dealing with. The scanning of the carotid artery is undertaken to make sure that there are no blockages this is known as a doplar scan. Many people who become sonographers have a medical background before moving into the area. We would like to say a very big thank you to Matt, you did a wonderful job in sharing information and making us all feel that we will be more comfortable about having an understanding of what is happening, if and when we need to have any of these imaging procedures done.



Ultrasound Image



Matt and Machine



CT Image

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PEACE THROUGH SERVICE

3 MINUTER

The 3 minuter this week was by Marco R. Memories from my travels. The first time he went overseas was in 1969 with his mum. There are some memories of being taken by his grandfather with a horse and cart with a couple of bags of wheat to get it ground into flour so his grandmother could bake bread from it. His mum had much pleasure in giving him 10,000 lira, worth about \$2.50 Australian so he could buy his grandfather a drink on the way home. Move forward to 1981 when he was starting to travel on his own. A couple of things, the first is landing in London on his 21st birthday. From there he managed to get himself to Scotland and he just couldn't believe what he encountered. This first is that the Scot's were very cautious with a dollar and the second is the amount of work you could get done there in the Summer as the sun doesn't set until about 11.30pm comes up again at about 2.00 am. If you like sleeping in the dark then this is not the place for you and it is a bit unnerving. Other things come to mind like landing in East Germany and being asked by a boarder guard, in his very strong accent, do you have any fresh fruit on board - no, do you have any religious material - no, do you have any pornographic material - no, do you have any political propaganda - no, do you have any thermo-nuclear devices - no. Also riding on a bus in Moscow and the bus pulled up at an intersection and the bus doors opened, a pack full of jeans went out into a van and 2 cases of Russian champagne, which doesn't taste to bad, came into the bus. It was an interesting view of the black market in operation, another thing that was black marketable was Russian roubles being exchanged for Yugoslav deener which looked almost identical. People would want to exchange US dollars and the smart Russians would give them the Deena in exchange as most people didn't know the difference. Having had a long history of misplacing his passport he ended up having a Mongolian entry visa stamped into his passport. This stamp won him a fair few beers while travelling as you would always meet up with a smarty who thought he could name all the stamps in your passport, it was fine going until they came to this one, they would go through a list but couldn't name it and they would have to pay up with a beer - so he drank quite a bit for free but he would tell that it was a Mongolian entry visa. His travel tip is to always take a couple of photos of yourself that have been witness by a JP so that if you have your passport stolen you can front up to the Australian embassy with someone who can witness that you are you and you get your passport reissued within an hour. His last trip overseas with his kids, taking them into Austria and having to admit when he got the across the Austrian boarder that he couldn't speak a word of the local language. Travelling down to Italy and one of the boys throwing up in a brand new vehicle. The experience of being in West Berlin when someone threw an overall dressed dummy over the wall and the mayhem that ensued. Travelling allows you to meet a lot of interesting people and he would like to do it all again. This travel all came about due to a conversation with his Dad. Dad said what would you like to do with you life, Marco gave the standard answer of wife, house, children and his Dad said what would you really like to do and Marco said travel. His Dad said I will give you this bit of advice to help the dream come true - live at home and put up with your Mum's whinging and save your money - so he did.

Photo Gallery



Lou M & Peter D



Lea & John C



Marco R



Claire N & Jeff B



Donna Saddler & Elaine M

THOUGHT OF THE WEEK: Margaret H

Trying to make things easy results in great difficulty.

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PEACE THROUGH SERVICE**WE MEET WEDNESDAYS 6.00PM FOR 6.30PM****AT THE SOVEREIGN MOTEL (OPPOSITE KENTUCK), SHARP ST. COOMA****Theme of the Month for Cooma Rotary:
Rotary Foundation****THIS WEEK'S NEWS****NOTE: The meeting this week is our Annual General Meeting.****ROTARY FRIENDSHIP EXCHANGE 2013**

"Districts 9710 and 6540 are arranging a Friendship Exchange to Northern Indiana for August/September 2013. To find out more about this great travel opportunity contact Steve Shirvington or Ross Power on rossp@iken.com.au

David B received an email this week from Sarah Wagner of the Oaktree Foundation - Ainslie spoke to us last month about the Roadtrip the group is organising. Just to recap the Roadtrip is organised by the Oaktree Foundation and young people aged 16-26 can apply to be Ambassadors on the Roadtrip. They see the Roadtrip as an opportunity for unique personal, leadership and skills development for young people while spending a week with a group of inspired and like-minded peers campaigning that extreme poverty can be ended in our generation. Sarah was asking whether we would like to nominate 5 young people to be Ambassadors on the Roadtrip? If you know anyone who might be interest contact David for more details.

John K spoke to us about a few different matters. The first was to report that the BBQ in support of the Cooma PS project raised enough money to cover the 1st stage and some of the 2nd. He then suggested that we should utilise the signs that show we support not only overseas projects but our local community as well.

Finally he asked us for ideas as to how we could make best use of the Cooma Chamber of Commerce meeting next year.

Katrin H informed us that a place has become available to attend the GSE conference. She is looking for a volunteer aged between 25 and 40 who has an interest or works in the aged care industry.

Steve S reminded us that if we do something for Rotary, outside what we are rostered for, it can be used as a make-up 2 weeks before or 2 weeks after the event.

President Richard informed us that the Club has received an invitation to attend the Snowy Hydro Christmas Gala. If you are interested in attending speak with him. He also said that our Christmas Party will be held on 19th December at the Alpine Hotel and that further details will be forthcoming in the near future.

Margaret reminded us to save up our 5 cents to contribute to the 5 cent challenge.

This Weeks Attendance: 34 out of 42 - 81%**Visiting Rotarians:** None**Guests:** Lea, Donna Saddler (Club), Maree (Kevin D)**Apologies:** Graham F, Tom B, Des T, John V.**Leave:** Joe Vescio**We Also Missed:** Peter A, Ashley C, Campbell B**Make-ups:** Neil B (BBQ), Claire N (BBQ), Wolfgang L (BBQ), Darrell G (BBQ).

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PEACE THROUGH SERVICE

ROSTERS	November	December
Attendance	Hass Dave L	Lou Chris
Property	Wolfgang Neil	John V Mark C
Fellowship	Margaret E Clair N	Margaret E Clair N
Markets	David H - Co-ord Alyson H-J - PA Katrin - MR John K - V Ken Tom Joe Darrell	David H - Co-ord Alyson H-J - PA Peter D - MR Dave L- V Les Tony Elaine M Brian J

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 8.30am.

Next Weeks Program	Three Minuter	Thought of the Week
Annual General Meeting	Mark J-N	Des T

MEMBER HAPPENINGS

ANNIVERSARIES	BIRTHDAYS	YEARS OF SERVICE
Kevin and Maree Dunne - 12 years on 5 November	Katrin Hackney - 3 November Graham French - 16 November John Mercer - 16 November Rosemary King wife of John - 12 November Catherine Dodd wife of Alan - 15 November Wendy Holgate partner of Robert King - 16 November Maree Dunne wife of Kevin - 28 November	Patrick Kwan - 13 yrs on 8 November John Vucic - 5 yrs on 14 November Joe Vescio - 3 yrs on 18 November

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