



## Peace Through Service

### Guest Speaker - Rachel Cook - Macular Degeneration

**Intro: David B**

**Thanks: Patrick K**

Our guest speaker this week was Rachel Cook and she spoke about Macular Degeneration. She started with a description of how the eye works and what the macula is. The eye is like an old fashioned camera. The front of the eye which comprises of the cornea, iris, pupil and lens focuses the image onto the retina, which is at the back of the eye. The retina is sensitive to light and acts like a film in the camera, and captures the images and sends messages back to the brain via the optic nerve, where the images are interpreted. The macula is the area of the central retina. This region is responsible for detailed central vision and most colour vision. It is responsible for the ability to read, recognise faces, drive a car, see colours clearly and see fine details. The rest of the retina is used to see general shapes, and is involved in peripheral vision.

Then she went on to tell us about Macular Degeneration. Macular Degeneration (MD) is the name given to a group of chronic degenerative retinal eye diseases that cause progressive loss of central vision, leaving the peripheral vision intact. MD is usually related to ageing and is a progressive and painless disease, it can lead to legal blindness however does not result in total or black blindness.

There are two types of Macular Degeneration they are wet and dry. Dry MD is the most common affecting 80 to 90% of patients and wet MD affects 10 to 20% of patients and greatly affects a person's vision. One in 7 Australians (1 million people) over the age of 50 has some signs of MD and approximately 17% of these people (17,000 Australians) have vision impairment. MD is the leading cause of legal blindness in Australia and is responsible for 50% of all the cases of blindness. The symptoms of MD include blurring or decline of central vision, vision can seem blotchy, causing greater difficulty to recognise faces, reading, sewing, and fine near tasks, straight lines appear wavy or distorted. Also colour perception changes or diminish.

The risk factors for MD include age, over 50 one in 7 people will show some signs in Australia, (over the age of 85, 1 in 8 affected), family history creates a 50% chance, Caucasians have a higher risk and 70% cases of MD have a genetic link. If you are a smoker you are 3 to 4 times more likely to get MD and also develop the disease earlier 10 to 15 years earlier, high cholesterol, hypertension and cardiovascular disease along with low intake of antioxidants/ lutein. MD is detected using a variety of tests such as a vision test, Fundus examination, retinal images, OCT, Fluorescein examination and the Amsler grid which is an essential tool for sudden changes.

There is no treatment for Dry MD but for Wet MD there are several medical treatments available. However these treatments do not cure the disease but aim to stabilise and maintain best vision for as long as possible.

The ways to help avoid MD for as long as possible include having regular eye checkups, don't smoke, have a healthy life style, control weight and exercise regularly and protect your eyes from sun exposure especially when young. You can also take care with your diet by eating fish 2 to 3 times a week. (Oily fish such as salmon, mackerel, anchovies, trout, herrings and sardines), eat dark green leafy vegetables (kale, spinach, silver beet, broccoli, Brussels sprouts) also yellow coloured vegetables (corn, peas, pumpkin, beans all these food types are high in Lutein & zeaxanthin) and fresh fruit and nuts. You can also limit intake of fats and oils and choose low glycemic index carbohydrates. To conclude she said people with MD have a higher risk of falls and depression but there are many facilities and resources available to provide assistance.



Rachel & Mark C



Rachel & Darrell



Patrick & Rachel

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## PEACE THROUGH SERVICE

## 3 Minuter

The three minuter this week was presented by Jim H and he spoke about the experience of the floods his son Andrew, and many others, went through in Bundaberg earlier this year. While Jim and Mary were waiting at home, they were receiving updates of what was going on including the water is rising at 4 inches/hour. Andrew's house is elevated about 4 foot of the ground and it was eerie for them to sit in the house totally isolated waiting for the water to peak. They had no boat as they had sold it last year. The weather bureau had said the floods would not be as bad as the last time. At this point the water was 1m high. It got to the point where they could not longer bear waiting so they got into the car, towing the caravan and taking a generator as there was no power, headed off to Bundaberg. The trip took 440km longer than normal due to road closures creating detours.

Andrew has a fairly big house, stables, machine sheds, a garage, workshops and so forth. The water got to 9.8m so he now knows other things about his property. For example when the water is this high it will be 3.5m through the stables, 2.5m in the workshops, 2 or 3m in the garage and the house is less than 1inch from being flooded. All the air conditioning systems are under the house and they were totally flooded. Remember how the weather bureau said it wouldn't be as bad as last time - Andrew now has new high water marks on his buildings.

This brings us to insurance issues, unfortunately Andrew was not totally covered because due to the previous floods the premiums has gone from \$1,500 to \$20,000 so most people could not afford the cover. They did eventually have one win, Andrew took photo's of the swimming pool after 500mm of rain had fallen and cause significant damage. The insurance company at first would not pay and said the photo's had been doctored as that kind of damage could not have been cause by the rain or the floods. This was the sort of attitude that people had to deal with. Eventually they accepted the claim and paid out about \$51,000 for the repairs. This is the time you thank God for digital cameras with time and date facilities. Andrew and his wife also has professional rooms in town which they had recently finished renovating, these were flooded out and inundated with sand. It took quite some-time to get them cleaned out and operational again. Jim said it is hard to comprehend the amount of water involved. It's times like this that neighbours come to the fore, good neighbours was what it was all about. Everyone helped each other when and where they could.

Andrew and his wife are young and are getting on with it. They are back working again but it has been hard picking it all up and getting going again. They now know more things about their property, like where 9.8m of water reaches too.

Jim is going back in a couple of weeks to help with further rebuilding where it is needed.

## Photo Gallery



Brian J &amp; Katrin



Des &amp; John K



Jean, Lea &amp; Roye



Joe V



Elaine M &amp; Claire N



Jim H &amp; Les S



Roye &amp; Margaret H



Vivienne &amp; Rob

## THOUGHT OF THE WEEK: Neil B

**What we see depends mainly on what we look for.**

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**PEACE THROUGH SERVICE**

**WE MEET WEDNESDAYS 6.00PM FOR 6.30PM  
AT DODDS HOTEL, COMMISSIONER ST. COOMA**

**ROTARY'S THEME OF THE MONTH**  
**Magazine Month**

**THIS WEEK'S NEWS**

What are you doing 1 - 4 June 2014? How about going to the 2014 Rotary International Conference being held in Sydney. Plans for 11 - 13 October 2013? Merimbula is calling you to attend the District Conference details are available on Clubrunner.

**LAST CHANCE:** Bowel Care is a Community Service Program that has been supported throughout many Rotary Districts in Australia for a number of years. No profit is made by either Bowel Care or Rotary, the aim is to reduce the number of fatalities due to bowel cancer, which if detected early in most cases can be cured. Bowel cancer will develop in 1 of 21 people in Australia. These easy to use test kits are now available at Hooks Chemist until 1st June for a cost of \$10 each.

The 5 cent challenge is still happening so don't forget to bring your 5 cents to the meeting. You are contributing to something good. The current balance is \$69.20.

John K presented the market report. There were approximately 55 stalls which resulted in a profit of \$2,098.00. Thanks to all those who help out.

Roye Gaha presented the Club with a banner from his club in Lebanon, Indiana. The club has been meeting in the same place since the early 1920's. Lebanon is known as the pork capital of the USA, and Roye doesn't eat pork.

**This Weeks Attendance:** 26 out of 38 = 68.4%

**Visiting Rotarians:** Roye Gaha - Lebanon, Indiana

**Guests:** Rachel Denham & Lea (Club), Vivienne Skimmer (Rob S), Jean Gaha (Roye G)

**Apologies:** Geoff B, Brenda C-B, John C, Peter D, Margaret E, John V, Matt T.

**Leave:** Chris A, Peter A, Graham F, Lou M, Steve S

**We Also Missed:** None

**Make-ups:** Brian J, Alyson H-J (Market)

**The Rotary Club of Cooma**  
**The Secretary**  
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## PEACE THROUGH SERVICE

<b>ROSTERS</b>	<b>June</b>	<b>July</b>
<b>Attendance</b>	Patrick K Claire N	Rob Des
<b>Property</b>	Geoff B Wolfgang	Brian Elaine S
<b>Fellowship</b>	Margaret E Claire N	Margaret E Claire N
<b>Markets</b>	David H - Co-ord Alyson H-J - PA Peter A - Res John K - V Joe V Mark C Elaine S	David H - Co-ord Alyson H-J - PA Peter D - Res David B - Van Elaine M Dave L Mark C

## 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 7am. 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.

<b>Upcoming Programs</b>	<b>Three Minuter</b>	<b>Thought of the Week</b>
<b>Guest Speaker: David Heaton - Canberra Centenary</b>	<b>29 May - Wolfgang</b>	<b>29 May - Mark J-N</b>
<b>Intro: Richard L</b> <b>Thanks: Les S</b>	<b>5 June - Des T</b>	<b>5 June - Dugald M</b>

**Upcoming Guest Speakers** - 5 June - Donna Sadler - Report on her trip to U.S.A  
- 12 June - John O'Kelley - Modern Financial Planning

## MEMBER HAPPENINGS

<b>BIRTHDAYS</b>	<b>ANNIVERSARIES</b>	<b>YEARS OF SERVICE</b>
Jim H - 2 May John K - 7 May Alyson H-J - 19 May <b>Spouse Birthdays</b> Hans N spouse of Claire N - 1 May Mary H spouse of Jim H - 4 May	John & Sonja V - 12 May Patrick & Joo Siew K - 15 May	Peter A - 12 May Robert K - 13 May Margaret E - 24 May Les S - 26 May

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