



Be a gift to the world

Web address: [www.clubrunner.ca/Cooma](http://www.clubrunner.ca/Cooma)

Email address: [rotary@coomarotary.net.au](mailto:rotary@coomarotary.net.au)

# Rotary Club of Cooma Inc

*Rotary Theme: Youth Service*

Meeting – 11 May 2016

**Guest Speakers – Antje Badger and  
Matthew Holobrodskyj**

If you are unable to attend any meeting YOU SHOULD CONTACT DARRELL GAUKROGER by LUNCH TIME THE TUESDAY before the meeting. Failure to do this will mean that you will be asked to pay for the meal. Darrell's contact details are:- Email - [dgcooma@bigpond.net.au](mailto:dgcooma@bigpond.net.au) Phone - 6452 1159 Mobile - 0407 411 422



**Rotary Learning Initiative** – The final session is in Cooma in May. Contact Sharon Thomas, ph 0411065044, [sharonrotary@outlook.com](mailto:sharonrotary@outlook.com) Julia Pedler, ph 0416170012, email: [julia.pedler@pedler.id](mailto:julia.pedler@pedler.id)  
3rd session: International Service and making connections around the world, Effective Leadership Strategies, Exploring opportunities for personal, community and professional growth and development, Public Image & Public Relations, Undertaking meaningful Vocational Service Activities, and finally, Making a Difference using your own experience and growth through RLI to help improve the path for others to follow.



## ROSTER – MAY

Attendance: David H, Richard H

Property: Hass, Danielle

Fellowship: Ken, Peter

3 Minuter: 18/5 Margaret E  
25/5 Graham

Intro: 18/5 Darrell  
25/5 Richard H

Thanks: 18/5 Danielle  
25/5 Joe

Sgt/Thought: 18/5 Sue  
25/5 Meg

Markets: John K, Alyson, Katrin, Sue, Allan S,  
Les, Richard H  
Coffee van – Mark JN +

## ROSTER – JUNE

Attendance: Alyson, Erica

Property: Jan, Des

Fellowship: Brenda, Graham

3 Minuter: 1/6 Jeannette  
8/6 Brad  
15/6 Jacob  
22/6 Richard B  
29/6 Jan

Intro: 1/6 Alyson  
8/6 Mark JN  
15/6 John K  
22/6 Dugald  
29/6 Marco

Thanks: 1/6 John Ch  
8/6 Ash  
15/6 Tony  
22/6 Meg  
29/6 Sue

Sgt/Thought 1/6 John B  
8/6 Katrin  
15/6 Tom K  
22/6 Marco  
29/6 Danielle

Markets 19/6 John K, Alyson, Tom S, Meg,  
Danielle, Des, Darrell  
Coffee van: Mark JN +

**A reminder from John K: if you are rostered on to work at any function, please attend, or else arrange a substitute. THIS ALSO APPLIES TO DUTIES AT CLUB MEETINGS. PLEASE CHECK THE ROSTER EACH WEEK.**

## MEETING STATISTICS

Attendance: 76%

Guests: Antje Badger, Matthew Holobrodskyj, Allie (Club) Ruth Peterson (Geoff and Helen)

Apologies: Dave B, Brenda, Ash, Katrin, Joe, Jan, Tom S

Leave: Mark L, Jacob, Peter, John Cl

## COMING MEETINGS

18 May: Chris Anthony, F3 race driver

25 May: Michael Daniel: Monaro rail trail

1 June: Ally Johns

8 June: Changeover dinner



### April dates:

Birthdays – Hans (Claire) 1/5, Jim 2/5, Mary (Jim) 4/5, John K 7/5, Alyson 19/5

Date joined Rotary – Peter A 12/5, Bob King 13/5 (62 years), Margaret 24/5

**ALL MEMBERS ARE REQUIRED TO HAVE THE WORKING WITH CHILDREN CHECK.**

Bowel Care Program, 1 April – 31 May: Kits are available from Hooks, Berridale and Jindabyne Pharmacies, cost \$15. As bowel cancer is one cancer that is curable if caught early, it is important for everyone to be tested.





**SOS – A plea from our President Elect, Mark:**  
a secretary is needed for the club for the coming year. The job can be shared e.g. one person to collect and sort correspondence and another to take minutes. If you can help, please contact Mark.



**Thought of the week: (Mark JN)**

**Friends are like the stars: you don't always see them but you know they are always there.**



**GUEST SPEAKERS: Antje Badger and Matthew Holobrodskyj**

**Antje spoke about the Health Service, what is offers, the staffing, and planned development of the service:**

- 30 Medical/surgical beds  
Maternity and Nursery, Emergency Dept, Paediatrics, Renal, Oncology, Rehabilitation, Pathology, Radiology, Pharmacy, Sterilising Services and Community Mental Health  
Telehealth facilities in Maternity and Emergency  
Cooma Community Health  
30 Medical/surgical beds

**Staffing:**

- 101 FTE  
136 head count  
16 VMOS and 10 visiting specialists  
volunteers

**Capital upgrades for the Health Service:**

- New CT Scanner April 2016  
Jindabyne Health One  
Cooma Hospital Redevelopment  
Education Centre  
Oncology Unit

**Patient safety priorities**

- Deteriorating patient in the ward  
Fundamentals of care addressing patient falls  
Handwriting legibility and handover of patients between departments  
Pressure injury  
Mental Health patients and timely access to care  
Volunteer program



**In the absence of Stephanie Robb, Antje spoke about REACH (Recognise, Engage, Act, Call, Help is on its way), an initiative designed to involve the family of a patient in that person's care. Family members, because they spend more time with the patient, often notice changes in a patient's condition, the REACH program making it easier for them to alert health professionals when it is necessary.**

**Matthew spoke about the Emergency Department where the aim has been to reduce waiting time and be more effective in treatment of emergency patients. The average wait time is now about two hours, the majority of patients being seen in less than an hour. ED sees about 1200 patients per month and there has been an increase in more acute patients. The staff has**

access to Telehealth as well as a quarterly meeting with visiting doctors to review cases.

A service now exists, Health Direct, run by NSW Health, that enables people to ring and ask for advice from a doctor, a nurse or a health professional. This may just allay people's fears or it might be suggested that the caller attend the nearest ED, make an appointment with a GP, or go to a pharmacy. There is a website for this service and symptoms can be entered and an answer provided.

NSW Health is aiming to reverse the flow of patients to Canberra so that the new South East Regional Hospital in Bega receives those patients.



Best wishes to Margaret E after a couple of days in hospital.

Claire: A garage sale will be held at Tynebank at Numeralla on 21 May at 9am. All proceeds from the Gratton Wilson family will be donated to the Hospital Auxiliary.

Geoff: The annual Red Shield appeal will be held on the weekend 21/22 May, our territory being the housing along the Cooma Creek. David H will be team leader. Volunteers needed.

Dugald spoke about the coffee table book with wonderful photos of the Monaro that has been printed in conjunction with the Back to Cooma weekend. President Neil mentioned that through the Yamaga Committee the club donated \$2000 towards the project.

#### THREE MINUTER:

Kevin spoke about the excellent production 'Dead Men Talking' that was staged at the Cooma Little Theatre. Warren Fahey and Max Cullen took the roles of Henry Lawson and Banjo Paterson. These two men will be back next year

with a new production, 'Dead Men Laughing', commemorating the work of Lennie Lower and Roy Rene Mo.

Darrell: All members and ex-members are invited to a cocktail party at Dugald's home, 151 Vale St, on Friday 20 May at 5.30-7pm to farewell Jim and Mary who are leaving the area to live at Moama. BYOG and a small plate of food to share.



Ally celebrated Mothers Day with her host family, Les and Jan, by making pancakes, and she spoke to her own mother. Her parents are looking forward to visiting within a few days.

