



SERVICING THE LOCAL COMMUNITY



The Rotary Club of Warrandyte Donvale (Inc)

Club Bulletin

# SERVICE ABOVE SELF

Date: 21st August 2021



**A NOTE FROM THE PRESIDENT**

**WE ARE STILL OPEN FOR BUSINESS!**



### !!! IMPORTANT MESSAGE !!!

If you want to know how to access the **District Directory** you **Need** to attend the **Club Runner Tutorial on Zoom Monday 23<sup>rd</sup> August 6.30 – 7-30pm.**

See information further on in the bulletin – you just need to click on the link to access the Zoom session. Or go to the District 9810 Change Maker email sent on August 2<sup>nd</sup> – scroll down and find the link in the advertisement.

(I thought I knew how to navigate around the District web site (where the District Directory is embedded). I just had trouble – so I will be attending).



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*Hello everyone on this dreary Lockdown sort of day (Thursday). Funny how the weather seems to reflect the mood and events around us, but we did enjoy a short period of sunshine yesterday.*

*Indeed, we are still open for business, just! It's getting harder to maintain the motivation and enthusiasm after more than a year of on/off lockdown, but it was wonderful to see most of you on screen last week, looking well and reasonably happy and sane.*

*It was great to be joined by our Assistant Governor Olive Aumann, Honorary member Peter Keep along with our four guest speakers from Balmoral Victoria: Beverly and Samantha Cumerford, James Falla and Brent Reed. Beverly and Samantha are Judith Lightfoots' sister and niece respectively and are first responders for the local ambulance service. Jim is the paramedic/trainer with the service and Brent is the local police sergeant who is also a first responder. Judith Lightfoot chaired the session with great aplomb, thanks Judith.*

*Between the four guest speakers they gave a great presentation about how the ambulance system works in regional areas which are dependent on volunteers to assist the paramedics. First responders have advanced first aid skills so they have to undergo significant training both face to face and theoretical and then have ongoing training especially in CPR which is advised to be practiced twice a year. They also need to understand how the technical equipment in the ambulance works. First responders are not paid and can be in other employment so their time is fully volunteered with the ambulance service.*

*Hamilton is the closest large town with a full-time ambulance service. If there is a serious incident patients are airlifted via helicopter to Melbourne but this can take up to one hour so the local responders are critical to looking after the patient's welfare.*

*Balmoral is a small town of around 500 people. The ambulance service provides most equipment and training materials but not all. The Balmoral service was in need of a Vacuum Mattress which provides protection to patients who may have a spinal injury, the mattresses costing \$1490. They launched a fund- raising campaign and were able to raise this money in various ways.*

*As part of their training, mannequins are used to practice CPR – they have a full sized one which is extremely heavy and not portable. They want to invest in a torso sized one which is light and portable so the trainers can take it to the volunteers to make training more convenient. These mannequins cost around \$5000 so they have embarked on another fund raiser.*

*We were delighted that our Community Chair Rob Edwards was able to commit \$1500 toward this but he will contact the local Rotary Club to see if they can also contribute, which is the spirit of Rotary to work with local partners.*



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**Our local fund raising 2020/21:  
"Vacuum Mattress"**

**What are we raising funds for?**

Equipment... specifically-- a Vacuum Immobilisation Mattress (VACMAT) and Vacuum Splint Kit (Pictured above).

Vac-mats and splints are not standard Ambulance equipment. In fact, each branch, must purchase the equipment. This equipment is essential to all members of our Community.

The mat primarily provides spinal immobilisation for potential or confirmed spinal injuries. Vac-Splint kits provide limb immobilisation. Full of tiny beads, the mattress and splints can be moulded to conform to the patients position whether lying or sitting, and can be applied with minimal movement.

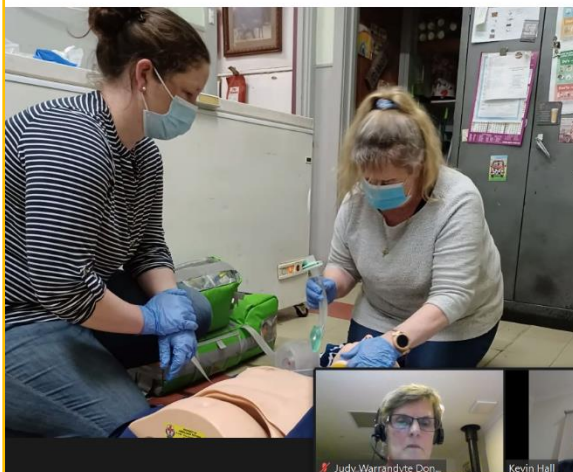
When ready to immobilise, the air is simply pumped out & the VACMAT/Splint becomes extremely rigid, restricting movement. The VACMAT & Splints are highly effective in helping to minimise the risk of further damage to the patient's injury.

The VACMAT will cost approximately \$1,500.00 and the cost of the Splint Kit is to be advised.

*\*\*Any funds raised in excess of the amounts listed above will go toward purchasing any other equipment required by the Balmoral Ambulance Branch.*

*We Thank-you for your Contribution!  
- Mick, Bev & Samantha*

In a cardiac arrest, seconds count. Lots of our training is for this scenario. Because we are a remote community based team we need to be confident and proficient in how to manage cardiac arrest.



A Portable CPR mannequin will allow training to be conducted at a time and place that suits the busy commitments of our ACO team.

We practice "High Performance" CPR:

- Chest compressions,
- Defibrillation
- Advanced airway management





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Following the presentation AG Olive introduced herself as it was her first visit to our club. She is a member of Box Hill Central Club and works in Community Health. She lives in Warrandyte so is very familiar with our markets and the Op Shop and praised the work of the Op Shop staff – she loves our Op shop! She is a member of Box Hill Central because her work is mainly out of the Community Health Centre there.

We have yet to convene a Cluster President's meeting and with a District President's meeting coming up this week we should be convening as a cluster very soon. It was great to have Olive with us and look forward to working with her. Our DG's visit is coming up soon and we have a Board Meeting with Olive present on 31<sup>st</sup> August to prepare for that.

#### Reports:

**Community Chair Rob Edwards** reported that due to a lack of response the community forum scheduled for last week was cancelled (maybe lockdown fatigue?)

**Op shop: Rob Edwards** reported that the **Alex Makes Meals project** is proceeding with volunteers picking up the cooked meals every Thursday morning for distribution from the Op Shop outside fridge. Volunteers are given a letter of authorisation to permit them to travel outside the 5km area for charitable reasons. So far there have been no problems with this. If you wish to assist please get in touch with Rob.

Peter Keep has agreed to do his session next week as our Membership workshop needs to be done in person so will be deferred until we can get back together face to face.

As there were no other reports, we wrapped up at around 8:40 pm.

See you all next week to hear about Siphos Stars from Honorary Member Peter Keep.



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### UPCOMING PROGRAM

<p>Monday 23<sup>rd</sup> August</p>	<p><b><i>District Event: Club Runner Tutorial – Zoom</i></b>          Important for all members to learn how to access and navigate around the District online Handbook/web site. Detail this bulletin.</p>
<p>Tuesday 24<sup>th</sup> August</p> 	<p><b><i>Club Meeting Via ZOOM Guest Speaker</i></b>   <b><i>Peter Keep “Sipho’s Stars” – Christmas project.</i></b>   <b>Chair:</b> Ian Thomlinson</p>
<p>Friday 27<sup>th</sup> August</p>	<p><b><i>Vocational Seminar – see details in bulletin and District 9810 ChangeMaker (Aug 2<sup>nd</sup>).</i></b></p>
<p>Sunday 29<sup>th</sup> August</p>	 <p><b>CANCELLED</b></p>
<p>Monday 30<sup>th</sup> August</p> 	<p><b><i>District Event: Social Media Workshop</i></b></p>
<p>Tuesday 31<sup>st</sup> August</p>	<p><b><i>Board Meeting with Assistant Governor Olive Aumann in preparation for DG Visit: via ZOOM</i></b></p>
<p>Saturday 4<sup>th</sup> September</p>	 <p><b>CANCELLED</b></p>
<p>Monday 6<sup>th</sup> September</p>	<p><b><i>District Event: Connecting and Engaging with Alumni – with Kehela Vandenberg</i></b></p>
<p>Tuesday 7<sup>th</sup> September</p>	<p><b><i>Club Meeting: Guest Speaker – Alma Reynolds</i></b></p>
<p>Tuesday 14<sup>th</sup> September</p>	<p><b><i>District Governor’s Visit:</i></b></p>



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**EMAIL FROM DISTRICT SECRETARY JUDITH EADON.**

My fellow Rotarians,

News has probably reached you of the sad passing of **Stuart (Stu) McDonald**, Past President of the Rotary Club of Healesville last Saturday morning. Stu was well known in this District for his many fine attributes and contributions to Rotary during his 35-year career as a Rotarian.

But it was as '**Mr Youth Exchange**' that most of us knew him. He was a passionate advocate, a tireless worker, and an extremely well informed and dedicated member of, not only D9810 Youth Exchange's committee, but also Victorian, Australian and Rotary International YE committees and teams. All of us have had Stu visit our clubs at some time or another, to ensure that the YE students being hosted at our clubs were OK, and that all was well with them and their hosts. Most of us have been at the airport to welcome home or farewell YE students and Stu would always be there, no matter what the time of day or night, to also extend the hand of Rotary friendship and care. He was a role model of Service Above Self.

Our son Peter was a D9810 YE student to Germany over 20 years ago under Stu's safe guidance and tutelage. Peter learned how well he had been prepared for his YE experience by the D9810 team and he owes a great debt to Stu and others for their time and expertise. As indeed, do countless other young people from our District and across the world. How fortunate we have all been to have known Stu and to have experienced his life's example as he passionately epitomised the motto, 'Serve to Change Lives.'

**YOU ARE INVITED to view the online funeral service for**

#### **Stuart McDonald**

(PP Rotary Club of Healesville and key member of D9810 YE Committee, Victorian, Australian and Rotary International Youth Exchange committees for over 30 years)

Livestreamed on **Thursday 26th August** from **1.45pm** to **2.45pm** AEST.

The recording can be viewed for up to 90 days.

Login Page: <https://www.oneromstreaming.com/login>

Email: [info@heritagefunerals.com.au](mailto:info@heritagefunerals.com.au)

Password: P5PF74



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## ClubRunner Seminar- Monday 23rd August 2021 - 6:30 pm to 7:30 pm

### **ClubRunner overview for D9810 Members and Club Executives**

This seminar provides an introduction to the district website and the database that sits behind it. The seminar consists of 3 parts

1. A brief tour of the public website
2. An introduction to the 'For Members' and 'Members Only' menus and the back-end functions. This part is aimed at all D9810 Rotarians and Rotaractors.
3. A deeper dive into the administration functions available to Club Executives to maintain information about their club and members.

The seminar will be online only. Here is the Zoom login link:

Topic: **D9810 ClubRunner overview**

Time: Aug 23, 2021 06:30 PM Canberra, Melbourne, Sydney

Join Zoom

Meeting: <https://us06web.zoom.us/j/84840829216?pwd=OU43c1FtOTY5N2F0MmdaTUlzOXREdz09>

Meeting ID: 848 4082 9216 Passcode: 226465

A copy of the slideshow for this seminar is available on the district website 'IT Help' page, if people wish to look at it. Here is the link: <https://www.9810rotary.org.au/Documents/en-au/08b0ced0-0558-4e7a-be0c-3bc87adf2dc7/1>