

SPRING CLEANUP SAT 2/11/19

We had a good turn up for the clean-up around the Port and Hill 60 and whilst the areas were reasonably clean, we did collect a number of bags of rubbish

Thanks to all of our members that assisted:

Isla Bowen

Michael Yabsley

Peter Hill

Peter Rixon

Betty Hassen

Sue Condon

Jackie Davidson

Rowan Huxtable

Norm Miller

And Norms grandson Thomas!

After the clean-up, we all gathered at the café on Port Kembla beach for a well-earned coffee

Thanks again to all of the above people who put "Service Above Self"

PHOTOS FROM 12/4 MEETING



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It was great to have Ryan Earthy visit us. Ryan is from Canada and is studying Renewable Energy.

Ryan is with Norm, Brian, Michael , Isla, Ian, Edith, Bill, Chris, Peter

[Pride of Workmanship 2019](#)

The Rotary Club of Illawarra Sunrise hosted its Pride of Workmanship Awards for 2019 to assist business leaders in our Illawarra community to acknowledge their employees who achieve the goal of job satisfaction, and publicly recognise them for their efforts.

Director of Vocational Services, Mr. Peter Rixon said “I have often noticed what is missing in an organisation’s quality system is the human side of quality. Caring about doing a good job is critical in all levels of an organization.”

This prestigious award, the Pride of Workmanship is targeted to any member of our community, irrespective of age, gender or vocation, who displays outstanding qualities in terms of approach, dedication, attitude and commitment to their workplace service.

Our two nominees of this year the Pride of Workmanship awards where Mr. David Anderson from the Illawarra Turf Club, and Mr. Ernie Beach from the Fairy Meadow Community Centre. Both David Anderson and Ernie Beach where supported by family and friends who were also present to witness their justified recognition of their workplace achievements.

David Anderson was nominated on behalf of the Illawarra Turf Club (ITC) by Mr. Peter De Vries Chief Executive Office who said “David has been working for ITC for 28 years and is responsible for the wellbeing and condition of the race and training track, as well as the overall grounds. David is a capable leader of a team, who leads by example.”

Ernie Beach was nominated by Daphne McKenzie who said “Ernie is a selfless man of many hat and roles as he is known as if anyone can, Ernie can. Ernie cares about doing a good job and takes ownership and responsibility for what he can control.”

Both awardees David Anderson and Ernie Beach lived by the Rotary slogan of “do it once, do it well and build a better Australia.”



Swing into Wings

Rotary Club of Illawarra Sunrise is holding its annual Swing into Wings. The Dinner and dance to be held at the fabulous HARS Hangar, Illawarra Airport, on Saturday 4th May 2019. The program starts at 6:00 pm with Champagne and nibbles.

This year theme is Lawrence Hargraves, and the friends of Lawrence Hargraves will be attending to give a wonderful insight into one of the great pioneers of aviation.

A catered dinner will be served at 7:30 pm. There will be a cash bar plus a raffle. Book now, tickets are limited to this rare opportunity to give back to the community after a day of great fun at the Wings over the Illawarra air show.

Tickets available at <https://wollongongtickets.com.au/event/swing-into-wings-dinner-9068> at \$125.00 per ticket.

Race Day 2018 : 17 Nov



Race Day 2018 was yet again an outstanding success raising over \$13,000 for our local charities : INTERCHANGE ILLAWARRA, PHILIPPINES AID PROJECT, IRT FOUNDATION'S SOCIAL IMPACT PROGRAM and ROTARY NEW GENERATION. The raffle for the key to the Wine Bar (stocked with wine,) was again the big drawcard and in fact \$4000 was made just on the indoor raffles and events. Looking forwards to our next RACE DAY in 2019

COSTS 2018

Tickets are \$110 pp and Tables of 10

Details contact Elaine DeVries on 0418 667 690

Guest Speaker 6 July CAROL JEFFS



Carol Jeffs & "Duplicate Bridge"

Carol shared her passion for playing "Duplicate Bridge" at The Bridge Association Club of Wollongong which is among the very few clubs these days, that are actually growing their memberships. There are other local clubs at Thirroul and Kiama.

The Bridge Association is also are making inroads into introducing Bridge into high schools, a nomination has also been prepared for it to be included in the Olympic program. It is also worth noting that it's a great way to

“hold off” dementia, it costs \$5 for 2-3 hours of entertainment and it is not a gambling activity.

Carol entertained us with the somewhat “tricky” aspects of this game Viz:

- You play with a partner so it’s important that you and your partner are on the same page in terms of “bidding” and understanding the “codes”
- Fortunately though a Director is always on duty to make sure that you don’t “throttle” your partner.
- There are “learn to play” sessions and the skills required are logic, mathematical skills (i.e. that you can count to 13) and tolerance to not throttle your partner on a regular basis.
- There are some fantastic travel opportunities also, to go on a Bridge Playing Cruise... WOW look at the one to Antarctica!

But when the big stakes are up for grabs, there are stories of “The Italians”, who used the precise positioning of the Bridge Board to signal to partners and “The Germans”, who were discovered using a type of morse-code coughing bouts to assist their attempts at victory.

A most entertaining performance from Carol this week and when Peter, Elaine and Isla decided to trial a short game, David , Michael and Wyn were ready and willing to offer suggestions about how to play their cards.

Minutes of Meeting 8th June 2018

Apologies Carol Jeffs, Chris Boddington, Bill Wessel, Rob Edwards, Ian Wilson, Yusuf Khalfan, Ian McMaugh, Wyn Janssen, Rowan Huxtable

International Toast Peter Rixon

REPORTS

President Brian

DGE will be guest at a Combined Meeting on 27 August, and therefore there will be no Breakfast Meeting that week.

Elaine

Interact has new members and on 3rd August , will host a ‘Murder Night”. Tickets will be \$8pp and the dress theme will be ‘Hollywood”. Money raised will go towards the “Adopt a Cow” campaign, to help our local farmers. Their cow is called Maisey.

NOTE: A male voice was heard to add “I married one” but unfortunately the voice was not identified, so every male was fined.

Isla

A wonderful thank you letter was received from the ‘Wollongong Robotics Team” thanking us for the \$200 donation and an offer to come again and talk to our Club about their latest achievements, in coming 2nd at the Nationals and are currently in Estonia to fly the flag for Wollongong.

Guest Speaker

Was Ian Fargher who gave a most entertaining insight into the "Great Tax Scams of our time".

RAFFLE

Currently there was \$581.50 ready and available to the draw of the Joker, but unfortunately for Peter R, his ACE only won him the wine.

Minutes of 1st June : Peter Rixon

In Attendance No visiting Rotarians.

Birthdays Michael Yabsley,

Toast Peter Rixon,

Apologies Isla Bowen, Michael Yabsley, Rowan Huxtable, Carol Jeffs, Yusuf Khalfan, Ian Wilson

REPORTS

Bowel Scan: Elaine Hart,

Approximately AUD\$21,000 leftover from Bowel scan, Monies to go to fund a PHD student. Rotary bowel scan program to be wound up as Federal Government has taken over.

Meeting with North Beach Novotel Wollongong Management

Elaine Hart and Elaine De Vries attended and met with Aimee. Explained our clubs current position of trialing 3 breakfast per month. Aimee expressed that our club was part of Novotel community and they would like the club to stay at Novotel. Agreed to drop the price for breakfast to \$25.00, immediately. Prepared to discuss cheaper option of a continental breakfast instead of a buffet breakfast. Members agreed to the suggested recommendations. Vote of thanks to both Elaine De Vries and Elaine Hart for their report and willingness to meet with the Novotel management.

President's Report

Attended Presidents meeting for Northern Illawarra, Incoming DG Sue Hayward to visit this area for a combined northern meeting on the 22nd of August. To be an evening session, at a venue to be decided. This meeting will take the place of Fridays meeting. Frank Pazzimenti is the new A.G. for the Northern Illawarra.

There will be a Combined clubs Movie night 9th August.

Stephen Swan

The Mercury newspaper, an article of Wollongong City Council repainting the gun battery at Flagstaff Point. What was to happen to Battery Park? President Brian to make an enquiry regarding repainting of Battery Park. And...we have not heard from our PHD student for awhile.

We are 25

Elaine Hart and Bernadette McNamara flag the clubs 25 year birthday on the 23rd.

John Bilboe

detailed a report regarding the medical mission for 2019. Myra to travel to

Bacolod, Philippines to discuss upcoming plans. Report once she returns.

Guest Speaker: SHAUN TYLE

Shaun is from UOW with the Faculty of Science, Medicine and Health, School of Medicine, Graduate Medicine.

Topic: Assistance of volunteer, simulated patient has on medical students training,

The Faculty of Science, Medicine and Health has two campus, Shoalhaven, Location of the Rural Medical school and Wollongong main campus. There is a need for simulated patients, in that it allows medical students to learn excellent communication skills, to work with real people and thus improves the professionalism of the Graduate Medical student.

It allows doctors to learn how to work in a partnership with a patient via good communications with the patient to get better health outcomes. and simulated patients allow medical students to continually practice by having a safe environment to learn in, mistakes or misdiagnose can be made and learnt from and allowing students to 'have a go, Main advantage of simulated patient is feedback to the medical student from the simulated patient.

The Faculty needs community minded volunteers to become simulated patients. People who have a passion to help.

They provide role play by taking on the role of someone who has an illness or medical condition, there is a waiting room like a G.P. has and the medical student comes out and calls the simulated patient in for consultation.

Simulated patients learn a role. One week simulated patient may have asthma next week something else. The simulated patient training allows the medical student to learn a 'road map' to diagnosing a patient. Simulated patients come from a variety of age groups

The medical students watch a medical doctor performing a diagnosis on a simulated patient. Afterwards the medical students work in pairs and practice their learning.

Patients are moulded as part of the simulation for wound care. Temporary tattoos are used and artificial colours from strawberry jam are applied to simulate blood, broken bones or cuts. Several slides were shown of simulated wounds. This helps the medical student learn how to care and assess various types of wounds.

The medical students also work in Rural Australia and they need to know how to do plastering as they may be the only person who can.

What does it cost to be a simulated patient, nothing only their energy, mind and time? The value that the simulated patient brings to the training of a medical student is priceless. Rural medical students trained at Wollongong are the best trained in Australia. Last year one of the medical students won intern of the year award. Benefits for volunteers are : meeting new people, (there are about 180 people who are simulated patient volunteers), contributing to the training of a medical student, opportunity to give back, developing new skills as a simulated patient. Simulated medical training is one of the fastest growing forms of training.

To become a simulated training patient you need to: Fill out a form, Undertake training. There is training for disability patients, and there are

vocational visits.

Raffle was won by Elaine Hart.
Close with the National Anthem.

Draft only : Minutes of Extraordinary Meeting 24 May 2018

Minutes

ROTARY CLUB ILLAWARRA SUNRISE

Extraordinary General Meeting 24th May 2018

6pm to 7.30pm : Anchorage Restaurant

MEMBERS PRESENT

Stephen Swan, Norm Miller, Peter Hill, Rowan Huxtable, Michael Yabsley, Isla Bowen, David Swan, Ian Wilson, Edith Wilson, John Bilboe, Ian Fargher, Brian Ashe, Peter Rixon, Rob Edwards, Elaine De Vries, Paul McKenna. Wyn Janssen, Carol Jeffs

NON-MEMBERS Collette Rixon, Betty Hassen (Friend of Rotary)

APOLOGIES

Ian McMaugh, Mark Hampton, Robyn Fanning, Elaine Hart, Bernie McNamara, Tony McAdam, Chris Boddington, Bill Wessel, Yusuf Khalfan, Graham Williams

PRESIDENT'S INTRODUCTION

Brian opened the meeting and welcomed members. It was accepted that Betty Hassen (as a not-voting member) would act as Minutes Secretary for the meeting. Brian outlined that the meeting would proceed with discussions on each of the motions presented, which had previously been emailed to members and the meeting would close at 7.30pm.

Motion 1

Re: Reducing membership costs by subsidising members with Club revenue funds.

Issues were debated for 25 minutes before the Motion was put, with the issue of legal v moral issues of using such funds. The cost of membership all up was accepted as the main issue and other avenues to decrease costs were suggested

The motion was **LOST**.

Motion 2

Re: Subsidising membership costs (\$350pa) to be an incentive to only those members with 80% attendance

In view of Motion 1 being lost, Motion 2 was **WITHDRAWN**

Motion 3

Re: Moving to fortnightly meetings

Most discussion raised issues of breakfast v social meetings, venues, changing venues and keeping track of meeting dates response from the current venue (Novotel) and insufficient information available about venues, breakfasts etc. The motion was **LOST**

Motion 4

Re: Move from the Novotel

Discussion focused on suggested possibilities that complied with proximity to Wollongong CBD, decent parking etc.

Since information was basically anecdotal and decisions could not be made until more specific details were available, the President asked for a suspension of discussions.

Motion 5

Re: Introducing alternate "Social" meetings into regular breakfast meeting program

Concern was raised about 2 meetings per month not being adequate and the survey indicating that most members want more "social activities" a suggestion of a TRIAL for 6 months was suggested with 3 club meetings per month and one social event that need not necessarily be a visit to restaurant The motion was **CARRIED**

Motion 6

Re: Charge for members who attend meetings but do not have breakfast

Discussion mainly supported the concept and even if different venues were to be looked at with more 'a la carte' breakfast options that members contribute at least \$5 per meeting towards club funds

The motion was **CARRIED**.

Motion 7

Re: Review of job descriptions, onerous program of duties for President and Executive members.

Since clubs are constrained by RI constitutional requirements and procedures, this motion was **WITHDRAWN**

President Brian's Report No 25

There have been two important events this past week, the first was the special meeting about the future of the club and the second was the presentation of cheques gained from Wings Over Illawarra.

Firstly the meeting which was held at the Anchorage Restaurant on Thursday 24 May 2018 which began at 6 pm and finished at 7.30pm, when we adjourned to the restaurant for a meal. The meeting was governed by resolutions sent in by members before the due date and most of which had been circulated to all members. The meeting was well attended by members but unfortunately those

members that we have not seen for a while did not take this opportunity to re-engage. Motions were put and then debated with some very thoughtful and creative discussion.

There were eight motions put before the meeting of which two were carried and the remaining defeated. There will be further discussions about the outcome of this meeting so all that I would like to say was thank you to all who attended, thank you for the frank and open discussion and thank you most of all for the convivial way the meeting conducted itself.

The second meeting I attended was the presentation of the HARS cheques of the money donated by the Bright family, raised through Wings Over Illawarra. This meeting was held at HARS on Monday 28 May beginning at 10.30am. I had the pleasure of receiving the cheque and handing it onto Ms Kay Perry from the Aspect South Coast School at Corrimal, our chosen charity. Ms Perry spoke on what the school was doing for children with Autism and what the money would be used for. There were five clubs from Northern Illawarra at the presentation because these were the clubs that have been actively involved with Wings Over Illawarra. Mr and Mrs Bright were not able to be there as they had a short notice meeting called in Sydney that they had to attend, but their generosity was well recognised for the continuing contribution to Rotary for \$10,000.00 from this event.

Just a short addition; Wings Over Illawarra is a spectacular event and I would recommend attendance next year by all, a great day out.

Have a safe week and I look forward to joining with you all on Friday.
Kindest Regards
Brian Ashe