

Bulletin 10th February, 2025

President Mark Dossor **Secretary** Catriona Jarman **Treasurer** Peter Holland

Next meeting is at the Royal Hotel at 1830 for 1900hrs.

Duty Rota

If you cannot fulfill your duties please arrange someone else and inform Pres.

Date	17th Feb.	24th Feb.	3rd March 2025
Guest Speaker	Birthday Party Night TBC	Med. Clinic and Club Assembly	Fellowship night
Chair	John Keefe	Bill Dwyer	Mark Dossor
Greeter	Ian Chadwick	All greet each other.	Ann Holland
Loyal Toast	Alison Hall	Catriona Jarman	Bonnie Williams
Cashier	Ruth Byers	Matt F.	Peter Holland

Invocation ALL

*For Good Food, Good Fellowship and the Opportunity to Serve through
Rotary We Give Thanks*



We opened the meeting with the Invocation followed by the Toasts.

Mark's turn for the Toasts; King and Country then Sri Lanka.



I am a test Cricket fan and I have watched the Australian Cricket team win two tests in Galle, Sri Lanka over the last two weeks. It is a great venue with the remnants of a Portuguese castle overlooking the ground – very picturesque.

Galle is the home of the Galle Rotary Club, chartered in 1985. The club meets twice a month at the Jetwing Lighthouse Hotel. It has 27 members and while it supports Polio Plus, internationally, all other raised funds are directed to local needs addressing poverty across Sri Lanka.

Upcoming Events			
<i>Month</i>	<i>Date</i>	<i>Event</i>	<i>Organiser</i>
February	16	Market	Mark Dossor
	17	Birthday celebrations	Kathy Mills
	23	Charity Golf Day	Peter Holland
	24	AED Practice Club Assembly	Bill Dwyer
March	11	Love your Sister	Ruth Byers
	16	Market	Mark Dossor
April	11—13	District Conference	Kathy Mills
	20	Market	Mark Dossor

Chair Ann found we had no visitors for the night.

Our speaker tonight is our very own Bill Dwyer on life support and AED.

Next Ann called upon Mark the Pres.

This is our first week when we are back to normal

We have had a great start to the year with a successful Australia Day function – thankyou to Greg and his team for their work, and last week we won the bowls. But perhaps the most important thing is that we are only 29 days away from the first Collingwood game.

Our new club brochure was available during Australia Day. I must say I am extremely happy with it and believe it will contribute greatly to our club's image.

We have settled on our club moto – 'Connecting with our community' and I have asked our board members to include it in all sign offs of all external mail / emails.

Thankyou to Trevor Harmes who celebrates 6 years as a Rotarian on February 11 and Jane Challis 9 years on the 8th.



In last weeks bulletin we listed all up coming activity and while I would expect others tonight to provide more detail, here they are till the end of May :

February 16 – Market day. We will be manning the gates with proceeds going to the Children's Hospital Good Friday Appeal

February 23 – Peter is working on his Charity Golf Day so please put the dates aside and support this activity.

March 7 & 10 – We will 'Shaking the Can' at the Tallarook servos over the Labour Day long weekend.

March 11 – 'Love Your Sister' with Samuel Johnson. We are putting together this major activity supporting The 'Love Your Sister' charity. This will be in place of our normal March 10 meeting.

March 16 – Market Day – again we will be manning the Gates supporting the Good Friday appeal.

March 23 – Adopt A Road

April 18 & 21 [Easter] – 'Shake the Can' activity at the Tallarook servos.

April 27 – Adopt a road

May 11 – we have agreed to support the Mother's Day Classic, walk / run at Lions Park with a BBQ from 9.30am till 11.30am. If someone would like to put up their hand to manage this activity please speak to Greg Byers

May 18 – Market Day.

Mark also indicated that there will, still, be a market on April 20th.

After Mark, Ann called for any reports
There was no report from the Secretary.

The Treasurer put his other hat on and spoke about the upcoming Golf Day. At the moment donations and sponsors are going well but still a little light on teams. (At time of writing we have doubled our number of teams Ed.) An email will go out next week for the small number of volunteers required.

Ruth spoke about the upcoming Love Your Sister Samuel will be the interesting Speaker at this event. Ruth would like as many to go as possible and other organisations have been invited.

There has been no recent update on Mary Greenshields. We hope she is still doing well.

No other reports so Ann asked Bill if he would like to speak.

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Bill talked about what we might do if someone collapsed at the Market or elsewhere. He explained the Basic Life Support measures needed to assist the person. See poster below. You do not need to give the person 2 breaths just do CPR. There will be enough oxygen in the lungs to assist in keeping vital organs happy.



It is VITAL that you call for an ambulance as soon as possible. Use whoever is around you to help— fellow Rotarians, a bystander.

On the 24th we will meet at Bill's clinic to go through how to do CPR and how to use an AED. Anyone can do these.

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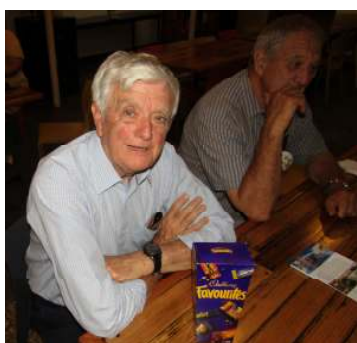
Raffles tonight 3 prizes. John the Chocs, Cathie L the Bubbly and Bill the Wine. Peter had a go at the Joker Poker but it Jackpots to next time.

Mark stated the Dave Palmer had been chosen to be in a production along side his daughter. Charlie and the Chocolate Factory will be held in May. More info to follow. He bid us all a good night.

Next week we celebrate the birthdays of Mark and Gary D. come and have some fun.

Ann thanked Bill for his talk and reminded us to pay for our meals.

Safe travels.



RESUSCITATION CHART

D

DANGER

Use all senses to check for dangers to yourself, others and the patient. Ensure the area is safe. Move the patient only if the danger cannot be eliminated.



R

RESPONSE

Check for a normal response by talking to the patient, asking them their name and squeezing their shoulders
DO NOT move the patient if the injury is the result of a fall



S

SEND FOR HELP

Send a bystander to call for help and an Ambulance as soon as possible
DIAL 000 and ask for Ambulance attendance.



A

AIRWAY

Open mouth and check for foreign objects. If objects are present place in recovery position and clear airway with fingers.
DO NOT move patient if the injury is the result of a fall.



B

BREATHING

Check breathing. **Look** for rise and fall of chest. **Listen** for breathing sounds. **Feel** for breaths on the cheek and for ribcage movement. If breathing is present keep the patient in the recovery position and monitor.



C

CPR

If no breathing is present commence CPR.
Give **30 Chest Compressions to every 2 Breaths**
@ 100 Compressions/minute.



D

DEFIBRILLATION

Apply defibrillator (if available) and follow the voice prompts or instruction on the device.
AED - Automated External Defibrillator



Continue CPR until responsiveness or normal breathing returns

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Charity

GOLF Day

23RD FEBRUARY



DRINKS CART

Cold refreshments
(At Bar prices)

FREE Sausage Sizzle
lunch (Holes 6 and 17)



Chery Tiggo4 Pro proudly
supplied by Beer Auto Group

4 Person
Ambrose
\$120
Per Team.

WIN
A CAR

1ST HOLE
IN ONE ON
THE 6TH

+ Lots of other
prizes + Raffle +
Auction

SIGN-UP
NOW

Scan QR
code below



Entries close
19th Feb 2025

For more information:
Peter Holland
0400 622 540

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**Join us for an evening
with Logie and Dancing
with the Stars winner
Samuel Johnson & Love
Your Sister**

Tuesday 11th March 2025

**Seymour Bowls Club
41 Tallarook St, Seymour**

**Doors open at 6:30PM
for a 7:00PM start**

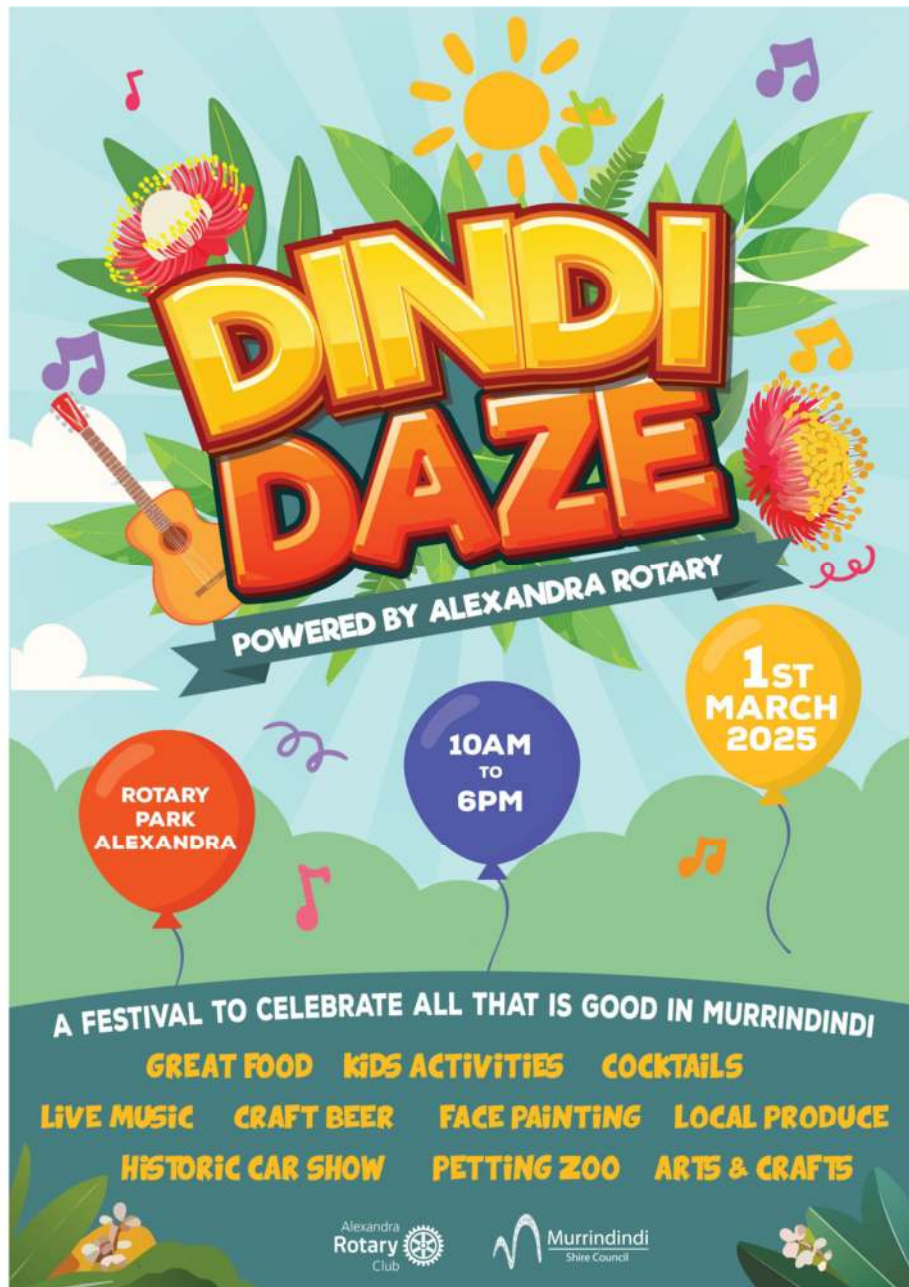
**Love Your Sister
Merchandise available
for purchase on the
evening**



**\$40
Includes a 2
course dinner**

**Tickets are limited and
must be purchased
before 4th March.
Tickets can be
purchased from Halls
Jewellery in Station St,
Seymour or by
scanning the
QR code
below**





Dindi Daze” –a new fun filled family focussed event, celebrating all that is good in Murrindindi. This free entry event will be based in Rotary Park, Alexandra, and will include a morning with a variety of free of charge children focussed activities, such as face painting, competitions, games for young as well as older children and a mobile “petting” farm. On stage, we will have an indigenous performer who will demonstrate traditional aboriginal music to the kids and engage them in traditional dance and music. During the midday break we will have a prize / award session for local business and citizens. This will be followed in the afternoon by four local live music acts. During the entire day there will be access to top quality food vans & pop ups, local craft beers, wines and spirits, arts and crafts stalls, an historic vehicle procession & display and finally access to steam train rides. In addition, we will have a number of community-based "free of charge" stalls and displays including for example, the dingo discovery sanctuary and research centre, CFA, Men’s Shed, Embassy of Ideas / Food Share, Rotary.