

Club Meetings:
Thursday for fellowship at 6pm followed by Dinner at 6:30pm

Location:
Hotel Grand Chancellor,
29 Cameron Street,
Launceston, Tasmania

15th March
2018

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Rotary
emblem 

ROTARY:
MAKING A
DIFFERENCE

Tamar Views

Weekly Bulletin

Rotary
Club of South Launceston
District 9830




Guest Speaker this week: PP Ian Smith talking about Iceland and Zanzibar




President's Notes

Fellow Rotarians,

I wish to take this opportunity to thank Rotarian Les Baxter for inviting some interesting guest speakers to our meetings. Last week we heard John Zeckendorf speak to us about Mt Everest and he obviously held everyone's attention as the questions were flying thick and fast.

After the meeting we held a Board meeting where we discussed a few items. We approved to change our website to a more secure platform. The website will be redeveloped using WordPress. We will no longer archive our Bulletins, the member's area will be smaller and all birth dates removed. The removal of birth dates will help to protect your privacy. In a nut shell this means that you will be able to view our newsletter on a mobile device the same as you would see it on a PC, it is more responsive as it drags out and pulls in to fit the screen.

The Board also discussed how we are going to fundraise to help support our projects locally and internationally.

We also agreed to support Care for Africa and build a Women's Enterprise Centre that will empower women and assist them with projects which in turn will give

them confidence to help their communities. This centre will be run by the women and the time frame is over 2 to 3 years. In the coming weeks Rotarian Di Butler will give a brief talk on this project. Our Fiji project is also starting to take shape. We have a team of 5 heading there in June.

Once again I look forward to seeing you all on Thursday evening.

Yours in Rotary

President Glenda Iles

**We are People of Action -
Rotary**



Don't forget- click anywhere this finger is shown 

APOLOGIES BY 10.30am TUESDAY TO MIKE WALDOCK 0417 057 508
(If not received by then, an invoice will be issued)

Meeting notes 8 March 2018

President Glenda

- Welcomed guests Coleen McGann and Dianne Fowler from Central Launceston - ROMAC function
- Congratulated all who attended the 'Soggy Bottom Regatta'
- Advised of change of meeting date from 29th March to 28th with the Kings Meadows Club
- Bjork has a part in a School drama production. All welcome to attend - 8th April
- Urged us to consider nomination of someone to the RYPEN (Rotary Youth Program of Enrichment) this year

Colleen McGann

- Spoke about the ROMAC program, and told us about Central Launceston's fundraiser on 28th March. Unfortunately coincides with our Kings Meadows meeting

Kathy McQ

- Advised of a 'have a go' row event on Monday 12 March

Secretary/PE Krista

- Reminded us that a Bulletin Editor is still needed for next year

Ian S

- Gave an update on the health of Brian Howard - he has finished treatment and now stable. will keep us posted with any developments

Attendance - Terry C

- Took numbers for the meeting of 28th
- Also for the next Summer" concert toilet duty on 24th March

Dale L

- For any members wanting help with renewal of registration, it needs to be done jointly via mobile phone



13 March – Dennis Tulk

15 March – Jenny Watkins



12 March- Bruce Burke (31 years)

14 March – Peter McBean (33 years)

17 March – Lara Alexander (2 years)

CLUB DUTY ROSTER

15 March

ATTENDANCE	Kevin Preece
CHAIRPERSON	Les Grant
REGALIA	Peter McBean
THANKS	Terry Crawford

22 March

ATTENDANCE	Peter Stearnes
CHAIRPERSON	Merilyn Briggs
REGALIA	Nick Butler
THANKS	Dale Luck

if you are unable to fulfil your rostered duty, please arrange for a replacement.



ROMAC
Rotary Oceania
Medical Aid
for Children

Find out more
about ROMAC



Items for Next Week's Bulletin to Dennis Tulk by 12 noon WEDNESDAY 0419 385 344

dtulk1@bigpond.net.au (Any Director's Reports would be gratefully received)



My trip up to the summit of Mt Everest- John Zeckendorf

We were privilege to welcome John Zeckendorf to speak to us at the meeting last week on his adventures at mountaineering.

John, according to the Himalayan Climbing Database, last year was the first Tasmanian to summit the world's highest mountain Mount Everest He explained that climbing Everest is a staged approach through a series of four camps with a final assault, the timing of which depends on the weather.

He said that "Climbing Mount Everest is arduous at the best of times but even more so when you're enduring a bout of high-altitude gastro. It's tremendously inconvenient when you've got a onesie on and a harness and you are on a 45-degree ice slope,"

He told that help from the Sherpa people made a big difference on Mount Everest, who set up the team's camp at the end of each day. John stressed, they do absolutely everything

I would say that this talk was that best received from all our Rotarians and John's hope to inspire people to challenge themselves to try new things was evident in the numerous questions he received from all in attendance.

If you get a chance to hear John speak in the future grab that chance or go to his Facebook page...<https://www.facebook.com/JohnZeckendorf/>



"Onesie" worn on my trip.

Women gain skills and self-worth

Stella Dongo;
Rotary Club of
Highlands,
Zimbabwe



In a nation challenged by high unemployment and one of the largest populations living with HIV/AIDS in the world, Stella Dongo, along with Carolyn Schrader of the Rotary Club of Denver Mile High, Colorado, has led the way in providing training, education, and hope to women and youth in need.

The two women's Rotary clubs partnered in 2003 to start HIV/AIDS education programs in poor Harare communities, funded by Rotary Foundation grants. But when the Rotarians surveyed program participants, they found that an even more pressing need was job skills.

"The women we serve wanted to find ways to put food on the table and send their children to school," says Dongo, a recently retired business executive and a 2015 Rotary Global Woman of Action.

In 2009, Community Empowerment in Zimbabwe was launched with a \$330,000 Rotary 3-H grant to fund four years of job and business skills training for women and youth. In 2014 the clubs received a global grant to support advanced business and computer training for women, and another global grant in 2016 helped them expand their efforts in additional communities.

Today, the group is equipped to train about 500 women at a time. "When we started the program, these women were depressed and helpless," Dongo says. "Now they have a sense of self-worth and pride. They see themselves as being able to stand on their own feet."

[The Rotarian](#)

– Anne Stein

By **Paul Engleman**

One late night a few months ago, our little dog, Queenie, appeared to be nearing her last breath. She was shivering, moaning plaintively, and – most telling – refusing dog treats. My wife, Barb, wrapped her in a towel and we took turns petting her until we all nodded off.

We were ready for this moment. Truth be told, we were almost looking forward to it. At the ripe old age of 16, Queenie had been on a downward spiral for quite some time, having lost her hearing – not that she ever did much listening – and much of her vision. There was a time when she could “go long” for a dog biscuit, catch it nonchalantly, and scamper back to the line of scrimmage, ready for the next play. These days, a treat gently tossed from a few feet away bounces off her nose and lands on the floor, where she has difficulty locating it.

Queenie is a puggle – a cross between a pug and a beagle, a so-called designer dog bred to combine the best traits of two breeds. In Queenie’s case, we’ve sometimes joked, the result may have been a blend of the worst. True to her contrarian character, she decided not to go gentle into that good night. The next day, she was back to her old self, as spry as any 16-year-old dog could hope to be. For her, this means snuffling and shuffling between her bed and the pantry door behind which treats are kept, with occasional stops at her food bowl in the hope that someone has filled it with something other than dry dog food, which she eschews.

While Queenie considers her culinary options, Barb and I ponder that difficult question: How will we know when it’s time to say goodbye?

“That is the question that everyone wants the answer to,” says Katie Hilst. It certainly is the question on the minds of most people who contact her. A veterinarian in Madison, Wisconsin, Hilst started out in 2007 offering home veterinary care and soon found that many of the pet owners she visited were facing the decision of whether to euthanize. That led her to establish Journeys Home, a service that specializes in providing at-home euthanasia for pets.

To help her clients, Hilst developed a quality-of-life evaluation tool, an eight-point acrostic built on the word JOURNEYS that allows pet owners to calculate a numerical score based on their own observations. These include jumping or mobility (J), ouch or pain (O), and eating and drinking (E). The pet owner assigns a number from 1 to 10 for each topic; the scale includes examples to consider, such as “Your pet is refusing food and water ” (1 point) and “Your pet is eating and drinking normally ” (10 points).

There are numerous such reference scales on the internet, but Hilst says that many seemed to fall short on factors that take into consideration pet owners themselves, which led her to incorporate uncertainty and understanding (U) and you (Y) into her scale. Examples include “You understand what to watch for, the treatment plan, and when your pet needs medical attention” (5 points) and “You are constantly worried about your pet. You may feel unable to provide for their needs physically, emotionally, or financially” (1 point).

Jessica Pierce is a bioethicist and the author of *The Last Walk: Reflections on Our Pets at the End of Their Lives* and *Run, Spot, Run: The Ethics of Keeping Pets*. She says that quality-of-life scales

can be “a valuable tool for helping caregivers and veterinarians provide a pet with the best possible care and focusing our attention on what is important and what makes our pet’s days happy or difficult.” But she cautions against relying solely on them as a decision-making tool for euthanasia.

“An animal’s quality of life is likely to vary considerably from day to day, particularly if the animal is suffering from a chronic disease,” she says. “What we really need is a journal that tracks how an animal is doing over time. If a dog is suffering from pain or other distressing symptoms that cannot be managed medically and her suffering is likely to increase over time, then euthanasia is likely appropriate,” she says.

If euthanasia is chosen, Hilst and Pierce agree that, for the comfort of both the pet and its owner, the procedure should be done at home, if possible.

Hilst and Pierce also say that a pet owner’s financial situation is a valid concern in determining whether to pursue expensive medical options that have accompanied advances in veterinary medicine.

“Overtreatment is certainly a growing problem, as more possibilities are available,” says Pierce. “And once a treatment is available, saying no can feel like a denial of care – though it often is exactly the right choice for the animal. Pet owners shouldn’t be expected to suffer serious financial pain to ‘do everything possible.’ That said, we have an absolute obligation to provide appropriate palliative care for our animals. We may choose not to pursue curative treatments, but we have to ensure that our pets are comfortable.”

Hilst notes that even diagnostic procedures such as MRIs may be too costly for some owners. “Some people are comfortable with what they can afford; others agonize over the fact that they can’t afford options that are available. We try to work with people and let them know that their pet’s diagnosis is not their fault. It’s a fact of life: We all have to let go at some point.”

Based on her experience of having visited more than 2,000 homes as a veterinarian, Hilst concludes that pet owners are more likely to let their dogs linger than to euthanize too soon. “More often, people wait too long,” she says. “That’s due perhaps to a lack of understanding that a pet may be suffering. The other reason is a close bond with the pet and an emotional inability to say goodbye. But part of being a pet owner is giving your pet a comfortable send-off.”

It’s important for pet owners to trust their instincts, no matter how difficult the decision. “In making end-of-life decisions – especially deciding when to euthanize – we need to remain clear about which issues have to do with our pet’s quality of life and which have to do with caregiver preferences and limitations,” says Pierce. “Caregiver issues have to play a role. But I’ve found that when people aren’t explicit about what is driving a decision to euthanize, they feel more uncertainty, more guilt, and more self-doubt.”

Guilt and self-doubt will not be a concern of ours as we monitor Queenie’s status. In our view, she has lived a long, full life (an octogenarian in human years, according to online life-equivalency scales), and she has outlasted all of her neighborhood contemporaries. For us it’s come to this: The decision must be based on Queenie’s needs, not our own.

We signed on to this mission not knowing how long it would last but knowing full well what it might entail.

- Paul Engleman is a Chicago-based freelancer and a frequent contributor to The Rotarian.

• Read more stories from [The Rotarian](#)

**ROTARY CLUB OF
SOUTH LAUNCESTON**

Club Chartered

March 17 1962
with 23 members
55th Year of Rotary Service

Thursday Meeting

Hotel Grand Chancellor
29 Cameron St, Launceston

Make-ups & Apologies

Assist-Secretary Terry
Crawford
Before 10.30 am Tuesday
6344 7033 (W)
0417 366 531

Correspondence

PO Box 60
Kings Meadows 7249

District Governor

**District 9830
2017-2018**

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Items by 12noon Wednesdays
please

Rotary Grace

**For good food, good
fellowship and
the opportunity of service
through
Rotary, we give thanks.'**

**ROTARY CLUB OF SOUTH LAUNCESTON
Officers and Duties 2017-2018**

President:

Glenda Iles.

Past/Vice President:

Les Baxter

Secretaries:

Krista Preece
(Organisation &
Correspondence)

Terry Crawford
(Attendance & Recording)

Treasurers:

Stephen Gordon. (Accounting)
Terry Crawford (Banking)

Club Service:

Graeme LeFevre

Community Service:

Kim Biggelaar

International Service:

Di Butler.

Vocational Service:

Lara Alexander

Youth:

Lance Pfeffer

Club Service

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Membership:

*Brian Beardwood, Ian Fraser,
Lara Alexander, Mike Waldock,
Dale Luck, Peter Stearnes*

Community Service

Director: Kim Biggelaar

Membership:

*John Frearson, Graham
Gough, Henry Harris,
Brian Howard, Dennis Tulk,
Max Watkins, Sheryl Guy,
Martin Yates, Fraser Nuttall*

International Service

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Ian Smith, Nick Butler, Les
Baxter*

Youth Service

Director: Lance Pfeffer

Membership: *Phil Niejalke,
Kevin Preece, Merylyn Briggs,
Jacquilyne Kelder, Kathy
Macqueen*

Vocational Service

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Andrew Whitehead, David
Peachey, Paul Fitzpatrick, Bruce
Burke, Wayne Higgs

Directors

**Sonia Morganti
Toni Binns**

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Terry Crawford
Les Grant, Henk Kortekaas

PR & Fundraising

Sonia Morganti
*Toni Binns, Judith King, Neville
King, Krista Preece, Lara
Alexander, Josh de Groot, Karen
de Groot*

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Bruce Burke
Peter McBean, Henry Harris

Sheep Manure Project:

John Frearson
*Phil Niejalke, Josh de Groot, Paul
Fitzpatrick*

Office Bearers

Sergeants: Phil Niejalke, Karen
de Groot & Wayne Higgs
Bulletin: Dennis Tulk
Information Technology:
Dennis Tulk
Pastoral Care: Ian Smith
Photography:
Peter McBean, Brian Beardwood
Programme: Fraser Nuttall
Social: Toni Binns
Rotary Foundation: Vacant



THE FOUR-WAY TEST
Of the things we think, say or
do:

1. **Is it the truth?**
2. **Is it fair to all involved?**
3. **Will it build goodwill
and better friendships?**
4. **Will it be beneficial to
all concerned?**