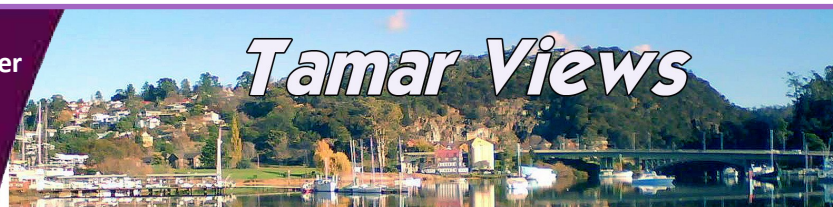


Club Meetings:  
Thursday for fellowship at 6pm followed by Dinner at 6:30pm

9th November  
2023

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



## Weekly Bulletin



**Rotary**  
Club of South Launceston



**This Week**  
**Holly Dodd**

### Presidents Report

Hello Rotarians

I hope you have had a wonderful week.

Last week our guest speaker was Zoe Vandervelde from the Cancer Council of Tasmania. Zoe presented an informative presentation on the work of the Cancer Council, fundraising events and where the money is spent. Thank you to Zoe.

We had another guest last week, Doctor Pam MacIntyre, Ian Smith's sister. It was great to meet her.

November 16 is a 4/5 group forum at the Grand Chancellor. This forum is in place of our regular meeting. As the GC has other functions to cater for on that evening, they need our numbers by **5 pm on Friday 10 2023**. This Friday, so if you have not put your name down as an apology already and will not be attending the forum on the 16<sup>th</sup> of November you need to let Terry know asap. Any member who forgets to put in an apology by Friday will be sent an invoice for the cost, which is our policy. I do hope as many members as possible do attend as this will be an informative evening. The cost is the same as our regular meetings \$28 per head for 2 courses.

This week's guest speaker is Holly Dodd, Clinical Nurse Educator Infection Prevention and Control, LGH

STILL, I have had no one come forward to nominate for President of our club 2024 – 2025. I can assure you all this is a wonderful opportunity to serve our club. I am thoroughly enjoying the experience but after two years it is time for someone else to put their hand up. If you are interested, please come and have a chat with me.

I am looking forward to seeing you all on Thursday at the Grand Chancellor.  
Yours in Rotary

Andrea Bartholemew  
President



### COMING EVENTS

**9th November**  
Holly Dodd,  
Clinical Nurse Educator In-  
fection Prevention and Con-  
trol, LGH

**16th November**  
**Group 4/5 Forum**

**23rd November**  
**Social Evening**

**30th November**  
AGM and  
Phil's Outback  
Adventures

**7th December**  
Christmas Function/Games  
by Ian Smith

**APOLOGIES BY 10.30 am TUESDAY TO TERRY CRAWFORD 63447033 or 0417 366 531**  
**(If not received by then, an invoice will be issued)**

## CLUB DUTIES

DATE	9th November	16th November	23rd November
ATTENDANCE	Craig Mitchell	Group Forum	Social Night
WELCOME	Phil Niejalke	Group Forum	Social Night
CHAIRPERSON	Terry Crawford	Group Forum	Social Night
THANKS	Glenda Iles	Group Forum	Social Night

**If you are unable to fulfill your rostered duty, please arrange for a replacement.**

### Notes of Meeting 2<sup>nd</sup> November 2023

#### President Andrea

Made a presentation to Lisa at the Hotel Grand Chancellor, as a present for her forthcoming wedding  
Noted that the Group 4 & 5 Forum will be held at the HGC on Thursday 16<sup>th</sup> November. Terry will take numbers next week.

#### Community Service – Harry G

There is a BBQ on Saturday 25<sup>th</sup> November at Vinnies, Boland St, which we will be manning. Craig and Dale will do the setup, and numbers for the BBQ were called for. There are 2 time slots - 9 – 12, 12 – 3, and we will need 5 members for each one. Andrea will organize food, etc. The club retains the income from the event.

#### Club Service - Les Baxter

The end of Year function will be at Steve and Leonie Gordons, at Low Head on 10<sup>th</sup> December, Sunday. Further details to be advised  
The scheduled meeting on Jan 25<sup>th</sup> will be at the Kosaten Restaurant, but numbers will be limited due to its size.

#### Image – Glenda

Club members will be called on to help with the Friendship Cocktail Party on Saturday 25<sup>th</sup> November (clashed with the Vinnies BBQ)

#### Treasurer Terry

Approx 90 tickets have been sold for the Friendship Function





Last week's guest speaker was Zoe Vandervelde, State Manager of the Cancer Council of Tasmania, which was formed in 1995.

Zoe is originally from Launceston, but now is based in Hobart.

Zoe said that the aim of the council is to minimize the impact of cancer on people and those close to them. The council has 45 staff and 550 volunteers across the state and receives 85% of its funding from the community.

All funds raised by the council stay in Tasmania to fund its operations, which include support services, cancer prevention programs and research funding.

Zoe outlined the stated values of the organisation, which are – generosity, integrity, collaboration, courage and innovation. Why is the Cancer Council needed? Ten people are diagnosed with cancer every day in Australia. People over 70 years have a one in three chance of contracting cancer, for people over 80 years the rate is one in two. However, due to advances in diagnosis, treatment and support, the survival rate from cancer after five years is now 69%.

Zoe said that the smoking rate in Tasmania is 18.9% of the population, compared with the national average of 12%. In Tasmania, 6% of adolescents are smoking and the annual health costs attributable to smoking is \$466 million.

Quit Tasmania, is aimed at reducing smoking rates in our state, which is the highest in Australia, attracts government funding.

Zoe pointed out that cancer can be avoided by lifestyle factors and minimization of risk factors. Lifestyle factors include diet and exercise. Risk factors are smoking, alcohol and radiation, i.e. skin protection from the sun. How to reduce risk? Quit smoking, watch your weight, eat healthily, moderate alcohol consumption, get active, be sun smart and get checked.

Zoe said that the council has adopted the daffodil as its logo in its fundraising. Where does the money raised by the Cancer Council go? Advocacy and research 11%, Quit campaign 24%, supportive care 30%, and prevention 7%. Main avenues of fundraising of the council's annual budget of \$4 million are partnerships and sponsorships, Relay for Life, Women's 5 km Run, Biggest Morning Tea, Daffodil Day, Retail sales from its Devonport Op Shop and gala events such as Masquerade Gala Balls, Sparkle for Hope, Girls Night In and The Longest Day.

Zoe concluded by saying that the major activities of the council are supportive care – both emotional and practical which includes a wig library, 14 vehicles providing transport to treatment, programs of prevention and research and SunSmart programs in schools. The council also has a corporate and technical services arm.

At the conclusion, President Andrea presented Zoe with a cheque for \$1,000.00 from our club towards the work of the Cancer Council.





MENS

# Firehouse

## CHALLENGE 2023

Fired up for a healthy you

**Friday, November 17th 6:30pm**

## Legana Fire Station

Join us as we kick off the celebration in anticipation of International Men's Day on November 19th.

The evening promises a range of enjoyable activities, including a BBQ, lucky door prizes, and an engaging raffle.

We kindly request a gold coin donation for participation.

Additionally, there will be a thought-provoking panel discussion addressing health-related inquiries, and we welcome individuals aged 15 years and above to participate.

**Rotary**  
Legana



### CONTACT

Wendy: 0487 341 375    Rachel: 0427 131 525  
[facebook.com/rotarylegana/](https://facebook.com/rotarylegana/)



**ROTARY CLUB OF SOUTH LAUNCESTON**  
**Officers and Duties 2023-2024**

**ROTARY CLUB OF SOUTH  
LAUNCESTON**

**Club Chartered**

March 17 1962  
with 23 members  
62nd Year of Rotary Service

**Thursday Meeting**

Hotel Grand Chancellor  
29 Cameron St, Launceston  
6.00 pm for 6.30 pm

**Make-ups & Apologies**

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

**Correspondence**

PO Box 60  
Kings Meadows 7249

**Rotary International  
President 2023-2024**

**Gordon R. McNally**  
Rotary Club of South Queensferry,  
Lothian,  
Scotland

**District Governor:**

**District 9830  
2023-2024**

**Mike Patten**

**Rotary Club Lindisfarne**

Email: dg@rotary9830.org.au

**President:**

**Andrea Bartholemew**

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**Editor:**

**Glenda Iles**

Email: g.iles6156@gmail.com  
Items by 9.00 pm Monday please

**President:**

Andrea Bartholemew

**Immediate Past President:**

Lara Alexander

**Vice-President:**

TBA

**Secretaries:**

Sue Faulkner (Organisation  
& Correspondence)  
Terry Crawford  
(Attendance & Recording)

**Treasurers:**

Stephen Gordon (Accounting)  
Terry Crawford (Banking)

**DIRECTORS & PORTFOLIOS**

**Member Services &  
Foundation:**

**Director: Les Baxter**

Members: Terry Crawford,  
Andrew Whitehead,  
Peter Stearnes

**Community Services:**

**Director: Harry Galea**

Members: Lara Alexander,  
Les Baxter, Paul Fitzpatrick,  
Steve Gordon, Graeme LeFevre,  
Craig Mitchell, Phil Niejalke,  
Ian Smith, Joyce Ogden

**Public Image:**

**Director: Glenda Iles**

Members:  
Kathy Macqueen,  
Lara Alexander,  
Krista Preece

**Youth Services:**

**Director: Phil Ogden**

Members: Di Butler, Glenda Iles,  
Joyce Ogden, Les Grant, Lara Alex-  
ander

**Board Members : Dale Luck, Lara  
Alexander**

**Office Bearers:**

**Bulletin:** Glenda Iles

**Information Technology:  
AT&M**

**Pastoral Care:** Ian Smith

**Programme:** Les Baxter

**Social:** Les Baxter

**Sheep Manure Project:**

Graeme LeFevre

**THE FOUR-WAY TEST**

"Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and  
BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all  
concerned?"