

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

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

21st March  
2024

# Tamar Views

## Weekly Bulletin



# Rotary

Club of South Launceston



**This Week**  
**Phil & Joyce Ogden**

Remembering Paul Alexander, who lived 70 years in an iron lung

*Paul Alexander, a 78-year-old man from Texas, USA, who spent most of his life in an iron lung, died on 11 March. Alexander contracted polio in 1952, when he was just 6 years old. The disease paralyzed him from the neck down so he couldn't breathe on his own. He earned a law degree, passed the bar exam, and practiced law in Dallas for a time. He was also briefly a member of a Rotary e-club.*

*The following is a story we reported in 2015.*

One might think a man living with polio in an iron lung would know about Rotary. But it wasn't until Paul Alexander had a business meeting with a member in Duncanville, Texas, earlier this year that he learned Rotary fights to eradicate the very disease that left him almost completely paralyzed.

"I was completely blown away by the idea. For all these years, I didn't know the work they were doing," says Alexander, a practicing attorney in Dallas. "It's such a perfect fit for me."

Alexander contracted polio during a major U.S. outbreak of the disease in the late 1950s when he was six years old, and almost died in the hospital before a doctor noticed he wasn't breathing and rushed him into an iron lung, an airtight metal tank that encloses all of the body except the head and uses regulated changes in air pressure to force the lungs to inhale and exhale. Alexander is among a small number of people in the world today still using an iron lung to assist his paralytic polio. The need for the 800-pound machines declined dramatically after the polio vaccine became widely available in the early 1960s.

In October, Alexander became a member of the Rotary E-Club of District 5810 during an induction ceremony held in his home, attended by Rotary's President Gary C.K. Huang through an online connection. Alexander is writing a book about his experience and wants to be an ambassador for Rotary promoting the benefits of eradicating polio.

## COMING EVENTS

**March 21st**

**Phil & Joyce Ogden**  
**End Polio Now**  
**Bike Ride**

**March 28th**



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



### **Freed from the lung**

For 10 years, Alexander never left the device or his house. But then he had a breakthrough, teaching himself to breathe on his own by forcing air into his lungs. That allowed him to get around in a wheelchair for up to eight hours.

"The first day I was outside the house was extraordinary. It was a 100 percent improvement," he recalls.

Determined to go to college, he moved onto campus and with the help of a nursing assistant attended classes, earning a degree from the University of Texas. He eventually went on to earn a law degree, passed the bar, and practices civil and criminal law.

He has a computer keyboard and a touchtone phone by his head which he can manipulate with a plastic stick held in his mouth. When he goes to court for a case, he has assistants who help him. He's traveled farther from his home on rare occasions. The iron lung, which has wheels, is shipped to meet him at his destination.

### **Long lost connection to Rotary**

His father was president of a Dallas Rotary club in the 1960s, but Alexander says he doesn't remember it. His introduction to Rotary began when he met Duncanville member Alexander Peralta. Peralta told the Rotary District 5810 governor, Bill Dendy, who immediately decided Alexander would be the perfect subject of a video his wife was making on polio eradication. Alexander agreed, and a film crew from the district's e-club came out to shoot the interview.

"I visited him weekly after that," Dendy says. "One day, I said to him, 'Paul, you could be a contributing member of Rotary.' He asked me how that would be possible. And I told him with an e-club, which meets online, it would be very possible."

Since joining Rotary, he's become a popular speaker in the Dallas Rotary community. He's already addressed two large gatherings and is scheduled to speak at the next district conference. The Waxahachie Rotary Club, which builds wheelchair ramps as a project, built him a new one when they heard he transports his iron lung to the hospital or for longer trips.

"It means so much to me to belong to this organization," Alexander said during a phone call to his home recently. "I'm having a great time and staying awake at night thinking of ideas. So many people have come into my life. I never knew there were so many caring people out there."

Last week's guest speaker was again our own P.P. Les Baxter. This time Les spoke on a completely different subject from the one he covered the previous week. This time Les's subject was The Future of Food Production and Consumption.

Les said that the drivers for change in this area are:

Population Growth. (World population estimated to be 9.7 billion by 2050).

Environment.

Increases in the cost of production.

Quality, safety and compliance issues.

Demand for year-round availability.

Changing demands and preferences.

Societal expectations and changes. (e.g. environmentally friendly, safe and nutritious food without pesticides.)



Les then outlined some developments in the area of food production. These involve precision agriculture, where fertilizer and water applications are computer controlled and tailored to types of crop and even different soil conditions in a paddock. The process is making increased use of technology such as drones, and GPS guided harvesters. Robotics are also entering the scene with automated pickers and driverless tractors and harvesters.

More intense farming is also being used – for example vertical farming and poly tunnels.

Les said most strawberries are now grown in pots on tables in polytunnels.

Synthetic farming is also being introduced using biological and fermentation techniques using modified yeast. Plant-based meat is now on supermarket shelves and the use of insects as an alternative source of protein is being developed. Seaweed and algae are another areas of food development as well as cultured, laboratory grown protein. A product derived from seaweed is being added to cow food which greatly reduces the level of methane they expel. Les said that an animal food company in Triabunna is already selling animal food containing the seaweed ingredient.

Algae are high in protein and carbohydrates and food derived from them is currently being developed. Algae are also being used in fuel production.

Protein from insects is currently also being developed. Les said that we won't have to actually eat the insects, although some do. Protein powders, paste and protein bars are being manufactured from insect sources using fermentation processes. Meat is being produced in laboratories using animal cells. Laboratory food can be produced at potentially lower costs, staff costs being the principal area of cost saving.

Les said that another area of food development is genetic modification and fortification. Genetic modification does not involve the introduction of any foreign chemicals and is easy to control. Bananas and rice are examples of fortification, with vitamins added. Les also pointed out that 3D printed foods are currently being trialed.

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## CLUB DUTIES

DATE	21st March	28th March	4th April
ATTENDANCE	Andrew Whitehead		
WELCOME	Phil Niejalke		
CHAIRPERSON	Harry Galea		
THANKS	Dale Luck		

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

### Notes of Meeting 14<sup>th</sup> March 2024

#### Acting President Harry

Harry welcomed John Frearson back to the meeting after his leave.

#### Harry G – Community Service

##### Glover Cocktail Party –

Harry thanked all those who were involved in what was an excellent function. The Glover Board members were particularly happy with how the night went. The net amount we raised will be announced to the club when all costs are in. Letters of thanks will be sent out in the immediate future.

Les B – Harry congratulated him on becoming a grandfather again after his daughter Kathy gave birth to his first granddaughter.

#### **A Message from PP Harry**

##### Glover Event

A special thankyou is extended to Club members and others who helped during the Glover Event last Friday week evening. From those cooking, cleaning and setting-up to those on the evening who prepared and served food and drink.

The complements from the audience and the Glover Board were overflowing. We have done a good job in previous years and this year is no exception.

We have loose ends to complete before we know the final net income. If you have a claim for reimbursement then please get these to Steve as soon as practical.

We are also debriefing to improve what we do next year. If you have any suggestions then please let me know.

Once again thankyou to all members who help. We will be sending individual thankyou emails to non Club members.

Cheers  
Harry Galea  
Community Services Director



WHO IS ON THE TEAM?



PROJECT BACKGROUND



COMMUNITY GROUPS



SPECIALIST NETWORK



MONITORING & EVALUATION



## 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**

Tel: 0400 030 660  
Email: albdib@hotmail.com

##### Secretary:

**Sue Faulkner**

Tel: 6344 7301  
Mob: 0418 368 799  
Email: secretary.southlaunceston@rotary9830.org.au

##### 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 Alexander

##### 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?"