

VALLEY VIBES

Volume 6 Edition 2

BULLETIN

August 2016

MEETING, 10 AUGUST 2016 Ross Blanch Lifeline – Crisis Support



Counsellor Ross Blanch doing what he does best

Ross Blanch is a dairy farmer at Lower Mt Walker milking 200 cows and feeding another 200 cows and calves each day. His farm of 700 acres is the property where he was born and grew up. Except for a period in the 1980s, when he diverted his attention to beef cattle, Ross has been a dairyman. He attended Rosewood State School and Rosewood State High School.

23 years ago Ross had a personal crisis when he sought help. Lifeline was the organisation which provided that help for which Ross has been ever grateful. His involvement with Lifeline as a counsellor providing Crisis Support started then as Ross committed to pay back the organisation which helped him in his time of need.

Ross says “To be a successful crisis counsellor one has to make a connection with the person in need”. The role of a crisis counsellor differs from case to case, as does the input of time and effort. Lifeline receives 2,000 to 2,500 calls daily, Australia wide. Ross from Ipswich Lifeline can take crisis calls from Tasmania to Darwin and Perth to Brisbane in the same night. He works Tuesday nights for 3 to 4 hours and has been doing so for 22 years. Prevention of suicide is what keeps him going.

Ross, you are a *guardian angel*. We look forward to hearing your story.

MEETING, 24 AUGUST 2016 Bev Ward Share her recent tour of Europe



Bev goes horse riding in Turkey
(That's Bev at the rear window)

The Trojan horse, one of the many attractions Bev visited on her recent tour of Europe. Come and share her wonderful experiences as she tells all. Given the social upheaval which followed her, similar tours in the future may be fewer in number.

LAST MEETING, 27 JULY 2016

DonateLife**Alana Cresswell, from the Australian Organ and Tissue Authority**

Alana introduced herself advising that she is a trained nurse having commenced her training in the mid-1980s at St Vincent's Hospital, Sydney in the cardio-thoracic unit under Dr Victor Chang who at that stage had just commenced transplanting hearts and lungs. This commenced her interest in organ transplants. Hence she has been working in the field of organ donations since 1999.



Aleea presents our Certificate of Appreciation to Alana

In 2009 a bill was passed in parliament allowing the formation of the Organ and Tissue Authority known as DonateLife which is now the legal body which oversees all organ donations and transplant patients across Australia. The reason DonateLife was established was due to the government recognising that in the field of organ donation and transplants, Australia was lagging behind other similar countries in the rest of the world.

Some countries above us in organ donation rates are Spain, Croatia and Portugal while below us are the lower socio-economic countries of Vietnam, Algeria, India etc. The reason why Spain and Croatia perform so well is due to their reform process which has existed for about 20 years. Our reform only commenced in 2009 and so we are catching up. Alana says that in a few years we hope to be up with other leading countries as our rate of growth matches that of Spain at the same point in its development. She highlighted the temptation to compare too closely for we are like "apples" and "oranges". For instance we can't be compared with the United States of America because of its gun culture. Also, we have free

hospitals, safe roads and cars, and Australia is a wealthy country making comparison between other countries difficult. We should not be alarmed when we compare Australia's stats with those of other countries.

Alana explained that the source of organ and tissue donations is people living and those who have died. Blood and bone marrow are considered "tissue" while organ transplants are kidneys and liver donations are often "live". Live donations result from there being insufficient donors to meet the demand. Part liver donation from parent to child was pioneered in Brisbane by Professor Russell Strong.

In 2015, 3,700 people donated bone often following hip replacement surgery. Such bone is stored in a bone-bank and used in ordinary orthopaedic surgery. Alana encouraged us to consider bone donation should we be contemplating bone surgery. However her main focus was on deceased donors and organ transplant. She outlined the organs that can be donated after death as: kidney, liver, lungs, heart, pancreas and intestine. She explained that the pancreas is transplanted to patients having Type 1 diabetes, unable to produce insulin. She confirmed that transplanting the pancreas was not an option for suffers of pancreatic cancer as that disease is very aggressive leaving insufficient time for sourcing a replacement organ.

Tissue transplants for eye corneas and cardiovascular tissue consisting of heart valves benefit women of child-bearing age in need of heart valve replacement, as mechanical valves require blood thinning medication considered undesirable for nursing mothers. Also, people living in remote areas, without access to a blood laboratory, benefit from human valve replacement, as blood thinning medication is not necessary following the operation

What Can Be Donated After Death?**ORGANS**

- Kidneys
- Liver
- Lungs
- Heart
- Pancreas
- Intestine

TISSUES

- Eye tissue
 - cornea & sclera mostly used in children
- Cardiovascular Tissue
 - Heart valves and patches
 - Artery and vein
- Musculoskeletal tissue
 - Bone Second most widely used donated tissue in the world after blood
 - Tendon
 - Meniscus
- Skin

OTHER

- Tissue for research
- Whole body for science

Muscular skeletal tissue such as bone, tendon, meniscus (knee cap) and skin are all body parts which can be donated after death. Another need is tissue for research after death. Donating ones' body to science is separate from tissue donation and must be arranged in the lifetime of the person. It is too late after death as families cannot grant permission.

The Family Conversation

- Australian Organ Donor Register checked
- Donation specialist staff provide information / facilitate informed decision making
- Family given time and space to make a decision

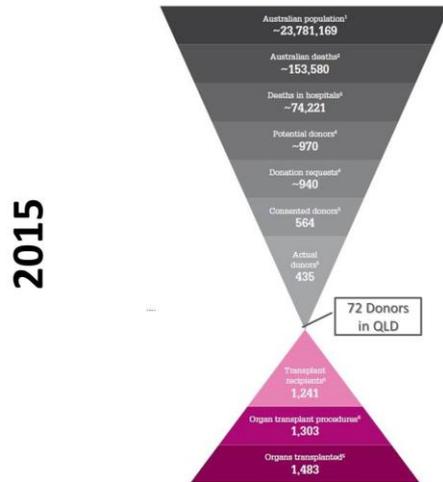


The appropriate age for organ donation varies from donor to donor with each assessed at the time. However, generally up to age 90 tissue bone may be donated, while age 80 for liver and kidneys, 70 for lungs, 60 for heart and about 45 for the pancreas. One deceased organ donor may transform the lives of up to 10 people if all organs are of acceptable standard.

Alana emphasised that those eligible to donate to DonateLife range from the newly born to the elderly. She dispelled the idea of some, that due to health issues their bodies would not be of value. What is of value is determined at the time of one's death and depends on how and when one dies. She invited all of us to make an in principle decision to donate, regardless of our judgement of our body's worth. Our organ eligibility for donation is rare as the body must be kept alive up to the time of organ removal. Organs need oxygen and blood supply to stay alive. This therefore may require one to die in an intensive care unit and on a ventilator before organ removal. Statistically that then reduced the likelihood of one's eligibility as an organ donor to 1%. However, far more people may donate tissue.

Alana referred to a chart showing why we have so few donors. Last year the Australian population was about 24 million of which about 155,000 died with 75,000 deaths in hospital. Of that number only 970 were potential organ donors with 840 requests made to the families of the deceased where 564

families gave consent to organ donation. From that pool only 435 people actually became organ donors. 72 donors were from Queensland. From the 435 donors 1,250 people benefitted from organ transplants. She highlighted the discrepancy between the number of people asked and the number who gives consent.



Alana highlighted the financial benefit to Australia with dialysis costing \$85,000 per patient per year, whereas a kidney transplant may cost \$45,000 with approximately \$15,000 annual recurring costs. Not being on dialysis also has considerable quality of life and productivity benefits for the patient and the taxpayer. Economic benefit to the taxpayer of a kidney transplant may be to the order of \$500,000 to \$1 million. A person over the age of 18 may grant consent to donate whereas under 18 requires parental consent.

This is the message Alana left with us along with registration forms for the Australian Organ Donor Register. President Ross has set a target of 50 registrations for our Club in order to meet DG Michael's objective. Let us strive to reach this goal.



Organ Donor or Organ Recipient ?



August

The excellent presentation on DonateLife by Alana Cresswell last week answered many questions on organ and tissue donation, but I am also sure it raised some ethical questions. I fully support DG Michael's push to have Rotary play an integral part of this worthy cause, but this is not a one dimensional issue.

I have no doubt there would be many in the community who believe that being an organ donor is still covered on their driver's licence. The relevant Acts went through the Federal Parliament in 2008 and since 2009 you need to be on the Australian Organ Donor Register to be recognised as a prospective organ donor.

The data that stood out to me was that of the potential organ donors, the chances of the organs being utilised were more than double if the person was already registered. The disappointing part is only organs from about 500 people out of our population of 24 million are used, while the waiting lists for recipients would run into the thousands.

Rotary should be fully supportive of this campaign, but we need to always be conscious about the sensitivities attached. I see our role in a purely supporting capacity to DonateLife. The facts are we don't have enough organ donors in Australia, and this campaign will hopefully help that situation. We can help by starting the conversation.

Forms to register your decision on the Australian Organ Donor Register can be obtained from myself or Secretary Marjorie. Let's try to meet the target of 50 registrations for our Club

Ross McInnes – President

Youth Matters

Cara Champion
Youth Director

Rotary Youth Transition Seminar

Since RCFV chartered six years ago we have regularly sponsored young people to attend RYTS, RYLA and RYPEN camps, as well as occasionally MUNA and ConocoPhillips Science Experience.

We are pleased that the District RYTS Chair, James Kennett, with many years of experience in several of the District's Youth Programs, has agreed to visit our Club on Wednesday 17th August to share his knowledge and answer our questions.

James will be at the Harrisville School from 6.00 pm for a Pot Luck Dinner, followed by his talk to the Club from 7.00 pm. James Kennett is a member of the Rotary Club of Broadwater-Southport. We greatly appreciate his generosity in coming to talk to us about Youth Matters.

We look forward to everyone joining in for this Social/Educational evening.

Cara Champion – Youth Director.

“Don't think of organ donation as giving up a part of yourself to keep a total stranger alive. It's really a total stranger giving up almost all of themselves to keep a part of you alive...”

What are you waiting for?

Join the Australian Organ Donor Register online today | donatelife.gov.au



DonateLife Week 2016
SUNDAY 31 JULY – SUNDAY 7 AUGUST



From the
Secretary's Desk

Sausage Sizzle – Kalbar – 6 August 2016

Our Club has been asked by No Deposit Home Loans to conduct a Sausage Sizzle at an open day they have arranged at Engels Hill Residential Estate at Kalbar this Saturday 6 August. Thanks to Lindy, Bev, Aleeta and Cara who have volunteered to help feed some 50-100 people expected there.

2017 Business & Community Directory

Plans are already in place for the Club's 2017 Business Directory which will be distributed within the Boonah Fassifern area in January 2017. Our ongoing thanks to Andrew and Ann whose business Wagtail Graphics prints the directory, but in addition Ann does much on a voluntary basis to help with the organisation. Thanks to Thyrlene for her continuing support and encouragement for this project and her ideas on improving its marketing.

Peak Crossing Car Display Day

The annual Car Display Day is only a matter of weeks away, and plans are well in place for this function. Our sincere thanks to Neil and Jenny for so generously offering their home and facilities each year and for all the preparation work that they undertake leading up to the occasion.

DonateLife

This week is DonateLife week, but as a district we will be focusing on encouraging the community to complete the forms for the next couple of months. Call me if you need more forms.

Digger Boxes

RCFV will again send Digger Boxes at Christmas to the troops serving overseas. A box of 40 DonateLife biros has started this year's collection. Please add to the contents in the coming months.

Marjorie Porter – Secretary

Upcoming Events

July 31 - Aug 7 DonateLife Week

August 28 Peak Crossing Car Display Day

Nov 2 – RCFV Annual General Meeting

May 5-8 2017 Rotary Conference Ballina

Key note speakers: Ita Buttrose, Noel Pearson, Kerry O'Brien, Max Walker **Make diary note NOW!**

Raising the Spirits – Outback Links

This program is an initiative of DG Michael Irving who nominated as one of his District Goal to help drought-affected farmers in the Charleville Shire in partnership with Frontier Services/Outback Links, RACQ and Qantas.

Michael outlined this program to all Presidents at PETS and the District Assembly. In his latest newsletter sent to all Rotarians, he asked for expressions of interest from Rotarians who believe that they have skills to assist with repairs on rural properties as well as community project in the town of Charleville. Outback Links assigned prominent community leaders of the Charleville area to identify property owners, who due to no fault of their own, are undergoing hard times and stress due to four years of drought

DG Michael assigned President Bill Keenan and Past President Col Lee of RC of Ballina-on-Richmond to meet with Outback Links Coordinator Glenn Price last week, to undertake a tour of local farms with Charleville community representative John Jones. We spoke with farmers and their families who have plant that is in urgent need of repair or restoration. In all, five properties were visited in the one day involving over almost 800 kms of travelling as well as visiting two Community projects in Charleville.

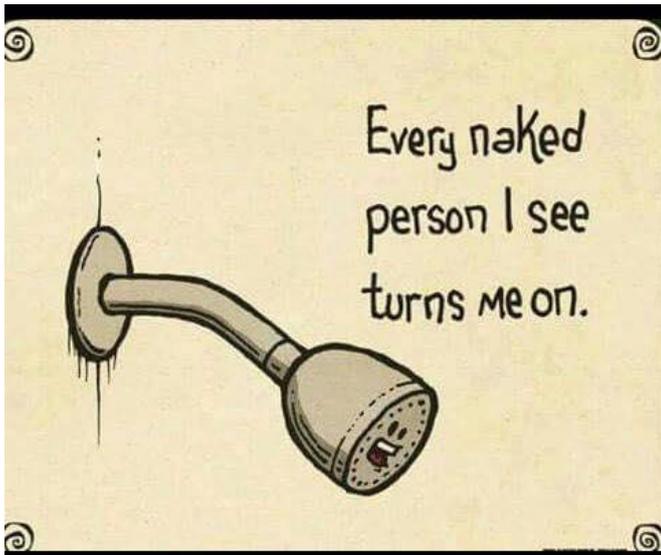
Properties visited were; Bonella Station, Woorenyong Station, Halton Station, Wyoming Station and Joylands Station together with Community projects at Cooladi Tennis Courts and Club House and Charleville Museum.

Both Bill and I got firsthand knowledge of the problems in this farming community and the jobs and skill sets required to carry out the wide variety of tasks that the farmers had prioritised in their wish lists. We have been able, with the assistance of Glenn, to identify the jobs most suitable from the expressions of interest forms (EOIs) from Rotarians that have been sent in to DGN Terry Brown who is managing this program. Outback Links have allocated Rotary twenty places on their team of a total of fifty people all up. They have approved partners of Rotarians to assist as generalist volunteers during the week. Rural Financial Councillor Angie is checking on a wide variety of activities for the partners to attend if they are not involved with Outback Links.

Thank you to every Rotarian who responded to the EOI for this exciting project. The EOIs were oversubscribed which left Terry Brown and I the task of matching jobs to skill sets. It was obvious that from visiting Charleville and speaking with the farmers, that the commitment of District 9640 Rotarians is highly valued, and the community is looking forward to welcoming us on our safari to "Raise the Spirits" in September.

Col Lee - RC of Ballina on Richmond
Outback Links Support Coordinator

It's a Laugh!



The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

No matter how much you push the envelope, it'll still be stationery

A hole has been found in the nudist-camp wall. The police are looking into it.



Meeting Program and Duty Roster: August

DUTY ROSTER	Wed 3 Aug '16 Business Meeting	Wed 10 Aug'16 Dinner Meeting	Wed 17 Aug '16 Training Meeting	Wed 24 Aug '16 Dinner Meeting	Wed 31 Aug '16 Vocational Visit
Duty Officer	N/A	Aleeta Wozencroft	N/A	Thyrlene Devin	Marjorie Porter
100 Club , Stamps and/or Raffle	N/A	Thyrlene Devin	N/A	Thyrlene Devin	N/A
Chairman/ Rotary Reflections	Pres. Ross McInnes	Andrew Kay	Cara Champion	Lindy Kirchner	Eddy Waddy
Meeting Venue & Time	Harrisville State School 6.45 for 7.00 pm	Royal Hotel Harrisville 6.30 for 7.00 pm	Harrisville School 6.00 pm Dinner 7.00 pm Speaker	Royal Hotel Harrisville 6.30 for 7.00pm	64 Mt Walker West Rd. Lower Mount Walker 6.30 for 7.00 pm
Program and/or Guest Speaker	General Business	Ross Blanch Lifeline - Crisis Management	James Kennett RYTS and other District Programs	Bev Ward Bev's Travels Through Europe	Vocational Visit and Barbecue Wagtail Graphics

MEMBERS NOTICE:

1. To ensure a punctual 7.00 pm start, members are requested to arrive no later than 6.45pm.
2. When you have duties on the Roster and are not available, could you please arrange for someone else to fill in, and advise Secretary Marjorie of the change (Mob 0419 781 264).