

VALLEY VIBES

Volume 8 Edition 1

BULLETIN

July 2018

Dr Christopher Raymont

Dr Christopher Raymont practices at the Limestone Dental Group in Ipswich, where he has been in full time general practice since 1993, being a full partner of Limestone Dental Group since 1996. This is Chris's 38th year as a dental practitioner and he is presently Senior partner in one of the largest and oldest practices in Ipswich.



Chris has a long standing history with the local area, he was born in Laidley and attended Glenmore Grove Primary School, where his family have farmed in the Glenmore District for 112 years. He later attended Lockyer District High School, upon completing high school he was one of the first groups of students to receive a T.E. score, receiving a scholarship he then decided to study Dentistry, graduating as a dentist from the University of Queensland in 1980. Chris worked for the Queensland Government until 1993, working in various places including Mareeba at a time when all dentistry was completed with no gloves or masks. He was a school dentist for 13 years and was one of the last people to work on the old Dental Trains in 1982 before they were replaced with the modern school Dental vans.

Chris states that prevention really is the best course of action along with regular flossing and the use of mouth guards, with poor health and drug use leading to poor dentistry habits.

“Dentistry has changed over the years, when I started out I would make about 5 sets of dentures a week and now I only make about 5 sets a year”. Chris spoke about all of the changes he has seen in Dentistry over the last 20 years, one we would notice is that the old Amalgam fillings are no longer used, modern fillings are better for your health and blend in more with the natural color of your teeth. New Files have been developed which bend around the tooth, this has been one of the better advancements as it makes the job more accurate and easier to complete. Scanners that take a 3D model of your teeth are now used and stored on a computer, and then can be printed using a 3D printer. These replace the old way of making molds for dentures,

saving dentists a lot of storage space because the molds had to be kept for a certain time. These 3D scans are also a great advantage as they can be sent anywhere within the world.

Changes in technology have seen a big market for Dentistry software, especially in the USA. The cost of software has also decreased as technology has improved, however the rate of upgrades on a version of software is about every 3 years. Dentistry is only offered at three universities, University of QLD, Griffith University and James Cook University.

Chris and his wife Lynne have two daughters, Sarah and Emily. He is a member of the Ipswich City Rotary Club and is a commissioner on the Anglican Diocese of Brisbane Parish and other ministry commission.



Winter Harvest Festival - Aratula



This eventuated into a beautiful winter's day after some rain in the days leading up to the event threatened to make it a wet one. It was nice to be at an event and not have to set up and get organized super early, we were relaxed and had plenty of time to set up, it took a little bit of maneuvering and changing our original spot, but our amazing marquee takes up a bit of space and we have to ensure it is set up right to benefit not only us but our customers as well.

With all hands on deck from members who were available, as well as an appreciative hand from Sylvia Stricklen, Damien Wozencroft & Ann Kay, we were ready for the crowds to hit us at 10am. It was a quieter start to the day than we had anticipated, but with thanks to Scott & Ross B who stood amongst the crowd and offered samples of our delicious 'sweet potato & carrot chips with aioli', their popularity became apparent and the customers came. It wasn't long before the crowds were hungry and the lineup for our tasty Rib Fillet Burgers was present, keeping us busy ensuring the customers didn't wait too long.

Our ever efficient team kept the chips hot and the burgers wrapped and ready to go, once again demonstrating the great teamwork and comradery we have as a club, and as friends to successfully work through a productive day for our Club. Although the day was not as busy as we had anticipated it was a great opportunity for us to be out and about in the Scenic Rim, and hopefully the crowd's next year will be bigger and hungrier!

Presidents Report



G'day all,

As I start my presidential journey I am somewhat filled with trepidation, but also a fair amount of enthusiasm for the year ahead. Firstly, I would like to thank Scott for leaving the club in good shape, you have left me big shoes to fill.

The trepidation that I hold is for writing this column as I am a man of few written words and putting pen to paper or rather fingers to keyboard is not my thing, so you can expect this column space will be reasonably succinct. The enthusiasm is looking forward to my year as president, and keeping things simple and enjoyable while doing our best for local, national and international service. I would like to stick to the things we know and do them well.

One of the things that we do well is the annual car day. This day is on our horizon and it's shaping up to be another successful event. Many thanks to Neil and Jenny for their organisation prior to and during the event. We are looking forward to using our chip van on the day for the first time at this event. The day is always such a successful day shared amongst friends and we look forward to it each and every year.

YIR,

Andrew Kay

President 2018/19

Youth Matters

Behind the scenes, Rotarians and volunteers spend weekends getting together, participating in team bonding activities, and getting to know each other so that they are prepared to be the leaders for the new awardees attending camps and having the chance to participate in and gain experience from world renowned leadership camps.

RYLA volunteers are a group of Rotarians and past awardees who have been selected to be leaders for the January camp. Throughout the year, these

Throughout the year we are on the lookout for potential candidates that we could sponsor to go to one of the various youth camps. What we don't realize is the work and preparation that goes into organizing and running these camps each and every year. From them moment one camp ends, the preparations begin for the next one.



volunteers give up a day or weekend every couple of months and get together, get to know one another and build relationships between themselves so they can work cohesively as a team when the camps are run. The most recent team building weekend was organized with a bit of fun in mind, the group that our very own Jarrad Cartmill is a part of, went on a trip dressed as Neanderthals, the group also included Ty Champion, one of last year's RLYA attendees that was sponsored by RCFV. Jarrad is also a past RYLA awardee, and has been back every year since as a volunteer to help run the camp so other young people can experience the same opportunities that he did.

RYLA is a personal, professional development Seminar aimed to improve the lives of people aged 19- 29. With a combination of leadership-based activities and key-note speakers, the week is specifically designed for attendants to leave with a renewed sense of self and emphasis on proactivity. The week delves into topics such as: motivation, goal setting, teamwork, communication, mental and physical health, interpersonal skills, sense of community and much more. RYLA is hosted by Rotary, a reputable not for profit organisation whose mission is to provide humanitarian service, encourage high ethical standards in all vocations and build goodwill and peace in the world. One of Rotary International's key commitments is to helping young people prepare for the future and to build the next generation of leaders.
<http://www.ryla9640.org/about-ryla-2/>

If you think RYLA might be for you, or you know a young person in your life who you think will benefit from attending - **RYLA 2019 Awardee Applications are now open.**

<http://www.ryla9640.org/application-form/>

Testimonial

Jarrad Cartmill | Awardee 2015

I believe RYLA is the best decision I have made in my life so far in terms of professional development and social skill building. The change that I have experienced in my life since RYLA has been astronomical, and the skills that I learnt during my week there have helped me to embrace the good change, and accept the bad. I have made some amazing new friendships through RYLA and I know that the network that I am now a part of will help me through the trials of life.

Cara Champion

Youth Director 2018/19



From the Secretary's Desk

Winter Harvest Festival

Our Club kicked off July with their presence at the annual Eat Local Week – Winter Harvest Festival, where we utilised our catering van to sell Carrot and Hand Cut Sweet Potato Chips with Aioli, as well as our fantastic Prime Rib Fillet Burgers. The van and marquee stood out in their magnificent Rotary colours against the sea of white tents at the event.

This was a fantastic opportunity to be seen in the local community, as well as an opportunity to learn greater efficiency and presentation in our catering endeavours. Our Carrot and Hand Cut Sweet Potato Chips were a very popular menu choice with the crowds, with thanks to Scott and Ross B. for their excellent salesmanship in front of our site.

Harrisville Community Hub

In May this year, local mum, Taneale McLeary, took over the former Harrisville Bowls Club and set up the new Harrisville Community Hub, where a range of activities, from craft to yoga, fitness and friendship, is provided to people of all ages in the community.

On Saturday, 21 July, we were given the opportunity to sell burgers at their Latin Dance Night. It was another great opportunity to work with another organisation in the community. A big thank you to Taneale and husband Brad for including us in your program. It was fantastic to watch the locals learn the Cha Cha and I am sure they enjoyed it immensely.

If you get the opportunity, pop along to support this great, and much needed new organisation in our community. Congratulations to Taneale in the setup of this facility.

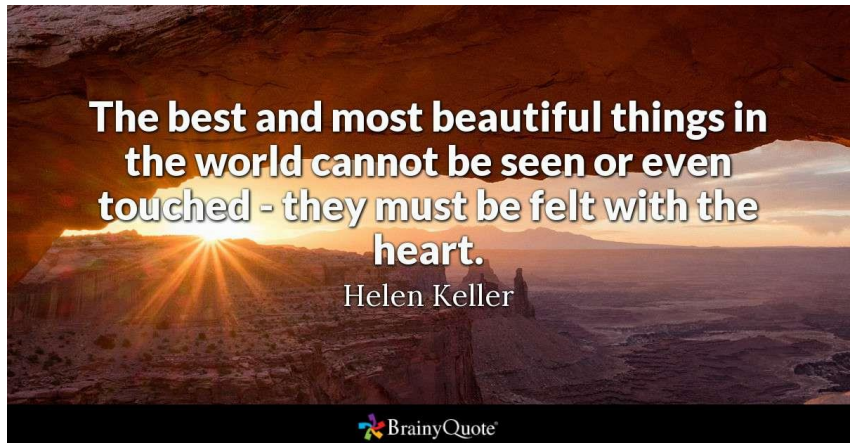
Peak Crossing Car Display Day

As we approach August, we are working on finalising details for the upcoming Peak Crossing Car Display Day, held at Neil and Jenny's home. Set up for the day will be on Saturday 25 August.

Aleeta Wozencroft
Secretary 2018/19

Something to think about!

F.E.A.R.
has two meanings -
Forget Everything And Run
OR
Face Everything And Rise
The choice is yours.



Upcoming Events

August	September	October	November
Sunday 26 th Peak Crossing Car Display Day		30 th June - 8 th July Eat Local Week	



Birthday	Wedding Anniversary
	18 August Jon & Kit Krause

Meeting Program and Duty Roster: August

DUTY ROSTER	Wed 8 August '18 DG's Visit - Dinner Meeting	Wed 15 August '18 Planning Meeting - Car Day	Wed 22 August '18 Dinner Meeting	Wed 29 August '18 Social Evening
Duty Officer	Aleeta	N/A	Marjorie	Beve
Chairman/ Rotary Reflections	President Andrew	President Andrew	President Andrew	President Andrew
Meeting Venue & Time	Royal Hotel, Harrisville 6.30 for 7pm	Harrisville SS 6.50 for 7pm	TBA	Royal Hotel, Harrisville 6.30 for 7pm
Program and/or Guest Speaker	DG Terry Brown		TBA	N/A

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 Aleeta of the change (Mob 0433 822 036)