



Ashmore in Action

Issue N^o. 16 9th August 2020

The Meeting Venue for Wednesday, 12th August is:

ZOOM: Sign in after 18:15

Club President



Norman Coventry

R.I. President



Holger Knaack

District Governor



Andy Rajapakse

Assistant Governor



David Bisiker



Rotary Opens Opportunities

Meeting Report: 5th August 2020

Held at the Rotary Ashmore Community Centre

Chairman for the evening was *Graeme Allen* of Gold Team.

Ian Wilson introduced visiting Rotarians from Griffith Rotary, Dr *Liz Fitzmaurice* and her husband, *Paul*. Liz is our guest speaker for the evening, replacing Gold Coast City Councillor Brooke Patterson who is indisposed. Liz's subject this evening is "*The Paxman Scalp Cooler*". Also joining our meeting and introduced by *Ian* were Bill Atkinson and Mark Insoll.

A-Team again provided an excellent meal, barbecued on site, comprising of Beef Sausages, Rissoles, Salad, Coleslaw, Roll & butter. Desert was Lamingtons & Ice cream.

Members with information were:

Ian McPherson: Read out a letter he sent to the host of Sunday's ABC programme, **Australia All Over**, *Ian*

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McNamara. The Letter related to the Fish & Chip Outfits knitted by *Jan Heap* and her sister *Yvonne*. "*Macca*" read the letter on the show so now this very valuable project and Ashmore Rotary are known ALL OVER AUSTRALIA.

Heather Yarker: Presented the design of a Table Mat for use at the ARCC. The obverse of the mat displays the 2020 Rotary International slogan, "**Rotary Opens Opportunities**" and the Rotary Moral Code. The reverse identifies all the projects that Ashmore Rotary has worked on or contributed to during the last 2019 -20 Rotary year.

Denise Payne: Advised that many of the face masks presently on sale do not conform to the required Standard: many of those that do are expensive. Denise can source approved, type N95 masks at wholesale price and are on sale for \$4.00 each, considerably lower than retail.

Norman Coventry: Reported that Balina-On-Richmond Rotary have undertaken a project to increase the awareness of Domestic Violence in the community. He will investigate further with a view to contributing to or working on the project.

Ian Wilson: Gave a brief background of guest speaker, *Liz Fitzmaurice* after which Liz was invited to begin her presentation.

"What is a Scalp Cooler"? "It is a device with a design similar to an Iceman cold therapy unit used for post-operative pain recovery. The Scalp cooler consists of a skull cap through which iced water is pumped, cooling the head during chemotherapy treatment for cancer".

Liz is a General Practitioner. Towards the end of 2019 she felt a lump in her abdomen and sought a diagnosis. After tests, the lump was diagnosed as Stage Three, advanced stomach cancer. Chemotherapy and surgery were advised and accepted. A side effect of the required chemotherapy is hair loss. Her Oncologist asked if she wanted access to a scalp cooler. Despite her position in the medical fraternity, she had never heard of the Paxman Scalp Cooler. It was explained to her that it has been shown to reduce, and sometimes eliminate hair loss by slowing down the blood flow through the scalp, slowing the passage of chemo drugs through the head and slowing the rate of growth of the hair. She accepted the offer. Liz underwent chemotherapy and surgery and recent tests have shown that, from a cancer count of 200 prior to treatment she now has a count of 7; effectively eliminating all signs of the disease. The chosen option to use the scalp cooler throughout the chemotherapeutic process resulted in minimal hair loss.

The Paxman Scalp Cooler costs \$15,000: consequently the only operating unit on the Gold Coast is at Pindara Private Hospital. Expenditure is not approved for public hospitals as the

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Club Officials for the Year 2020-21

President: *Norman Coventry*
Vice president:*Heather Yarker*
President Elect: *Denise Payne*
Treasurer: *Ian Wilson*
Secretary: *Joan Adams*

Service Directors

Club Service: *Denise Payne*
Community Service: *Barbary Healey*
Youth: *Jan Heap*
Foundation & International Service: ...*Justine Dillon*
Membership: *Norman Coventry*
Vocational Service: *Robin Schatz*

Support

Attendance: *Robyn Schatz*
Welfare: *Marcia Waller*
A.I.A.: *Michael Hyland*

Although social distancing regulations in Queensland have been relaxed, there still remains some restrictions when meeting.

Please refer to the section overleaf for the latest regulations that may affect us.

Future Meetings

Day/Date	Venue	Duty Team	Speaker
12 Aug.	Zoom	RED	Peter D's Associate
19 Aug.	ARCC	GREEN	Ken Cowan
"End of a Tour" - WW II Bomber Command			
26 Aug.	AS&S	GOLD	Rod Preston
Mysteries of the Mail: Secrets & Spies etc.			
01 Sept.	ARRC	RED	FATHERS' DAY
09 Sept.	Zoom	GREEN	T.B.A.
16 Sept.	ARRC	GOLD	

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Paxman Scalp Cooler

procedure is classified as “Cosmetic”. Hair loss, particularly for women can be extremely traumatic with some younger women preferring to refuse chemotherapy if hair loss is a risk. Liz considered that retaining her hair throughout the treatment period contributed to her recovery. The more she investigated hair loss, the more convinced she became that there was a decided lack of self-confidence with some patients which contributed to a longer recovery period. Thus, the Paxman Scalp Cooler was more an instrument aiding recovery, not simply a cosmetic tool.

Liz is determined to raise sufficient funds for a scalp cooler for public patients to be installed in the Gold Coast University Hospital. To that end she has joined the “Dry July” Foundation. The aim is to give up alcohol during the month of July and contribute the savings to a fund for the purchase of a Scalp Cooler. To date she has received close to \$3,000 with corporate sponsorship adding over \$9,000 to the fund.

Liz emphasised that she is not looking for a donation to her fund. She is so enthusiastic about the benefits that this machine will provide, she simply wants to “spread the word”.

If however anyone wishes to contribute, donations are welcome at:

<https://www.dryjuly.com/users>.

If you are interested in knowing more about the Dry July Foundation, go to the above web site, type in Liz Fitzmaurice. You will see that Liz has already raised \$2,546.05 and her team a further \$11,698.96 so she is almost at her target.

But there’s more:

Liz is hoping to raise sufficient funds to put machines in other local hospitals.

From the Editor’s Desk

Yet another interesting and enthusiastic speaker as the last meeting. I urge members to have a look at the Dry July website, not necessarily to donate but to see how the fund began and where the various donations go.

Thank you to the A Team and the Gold Team cooks for providing our meals on Wednesday. Of necessity, because of our catering facilities, the meals must be basic but nevertheless, I have yet to have a meal there that I didn’t enjoy. Maybe because my domestic expectations are not high Her mother wasn’t much of a cook either!

Sadly, as of 1:00 a.m. yesterday we are back in lockdown at the border. I hope that is as tight as it is going to get. I have booked to take Janet away for her 80th birthday later in the month - to Bassendean so still within the State. We planned to take a circuitous route home, visiting friends (in NSW) on the way but that is not now possible. Actually we are glad that the original plan was cancelled. It was to meet a party of family and friends at a Hunter Valley winery accommodation venue for a long weekend of eating and drinking. Probably best for the wallet and constitution!

You will see from the panel above that there are still other restrictions that may affect our meetings. ARCC may well be acceptable as far as numbers congregating is concerned but we are beginning to infringe on the 4 square meter and 1.5 distancing rules.

Ian McPherson’s letter to the Australia All Over programme brought back to mind a segment that McNamara did when I listened occasionally some time ago. It was called “Why I live where I live”. I thought about ‘phoning in with a “why I lived where I used to live” but decided that that wouldn’t get past his producer.

Ian’s letter and the brief talk by the other Ian (Y) prompted that train of thought again but on a different tack. What about “Why I don’t live where I used to live”. You all know that I used to live in Hong Kong and Papua New Guinea and England and Taiwan and New South Wales but not necessarily why I lived there or why I don’t live there now. I get the impression that many of our members moved to the Gold Coast after lengthy spell (s) elsewhere.

Is anybody prepared to share with the rest of us why “they don’t live where they used to live”? Good reasons, bad reasons, work, fate, convenience, lifestyle. I am interested in people probably I’m a bit nosy. What do you think?

If you wish to give me something - up to 500 words. It might brighten up this publication. I’ll start the ball rolling this week and, unless I get a “NO”, we can run it until “the well runs dry”. Or you tell me I’m being boring.

Michael Hyland

Advice for Catering

For meetings at the *Ashmore Road Community Centre* (ARCC), please make sure that you advise Robyn Schatz **OF YOUR INTENTION TO ATTEND** as we require numbers for catering.

Contact Robyn on Mob.: 0439 794 092 or Email: randgschatz@gmail.com

For meetings that are held at the *Ashmore Road Seafood & Steak Restaurant (ARS&S)*, please advise Robyn if you **WILL NOT BE ATTENDING** as we may be charged if all meals ordered are not taken.

**Covid-19 Restrictions - Queensland
As of 9th August 2020**

- No more than 1 person per 2 square metres
- Maintain a list of attendees for 56 days after the event.
- Observe Physical Distancing (min. 1.5 metres).

ATTENTION ALL MEMBERS

Please note that as a result of a decision by the Public Relations body, this edition of Ashmore in Action will be the last distributed generally by email to all members.

Future editions will be available on the Ashmore Rotary website from Sunday Afternoon.

As required, District representatives will continue to receive a copy by email.

PRIDE OF WORKMANSHIP AWARDS

Pride of Workmanship is an approved Rotary project instigated in 1975 by the Rotary Club of Pennant Hills, Sydney.

The Pride of Workmanship Program enables managers in our society to help employees achieve the goal of job satisfaction, and publicly recognize them for their efforts.

Participating businesses promote the Pride of Workmanship theme of "Do it once - do it well" throughout their organization and nominate employees worthy of recognition, not only within the organization, but the wider community. Nominees of the Pride of Workmanship Program are presented with a trophy in recognition of their achievements.

The awards night is set down for the 28th of October. If you have someone who you would like to nominate, Would you please contact Barbara Healey for the form as early as possible.

Why I don't live where I used to live.

I used to live in Enfield Freezywater, an outer suburb of London about 20 km North of the city. My parents bought a middle-of-terrace house on a new development and we moved in when I was 9 months old. I lived there until I got married. By today's standards, it was quite small. Two storey, total area perhaps 90-100 square metres.

The house suffered quite serious bomb damage in early 1941. I went with my mother to live at her sister's home in south west England. My father had to remain in the house as he worked in an "essential industry".

The road was quite narrow but until the mid-1950's, there was very little traffic as the road stopped at the main London to East Anglia railway line. Consequently it became an ideal football or roller hockey or cricket pitch depending on the time of year.

By the mid- 1950's a large proportion of the front gardens had disappeared, taken over as parking space for the residents' cars.

By the late 50's practically every household had at least one car and possibly two so both kerbsides were now occupied by cars with just enough width for a car to travel down the middle of the road.

By 1959, the year we married, what had once been a leafy, relatively rural suburb, it was densely built up and now with slow-moving traffic. Some parts were becoming quite "seedy".

Janet & I found an estate under construction a further 20 km north in a rural setting between Hertford, the County Town of Hertfordshire and the small village of Brickendon.

Travelling to work for me from there was of little inconvenience despite the increase in distance from 4 to 24 km: initially travelled by motorcycle but within 8 months I had exchange the big "bike" for a small car.

In 2018 we returned to the area "for old-times sake". Whilst apart from some frightening experiences during WWII, I had a happy childhood living in Enfield. But I am and never was sorry to leave the area. My parents moved to Devon shortly after we married so any emotional attachment quickly waned.



62 Chestnut Road Freezywater (bins in parking space). Front door obscured. One can clearly see the lighter patch on the roof and different style windows of the section left rebuilt after the war.

A Funny Finish

This one came in on Facebook from a friend in England. You may have seen it.

An old lady handed her bank card to the young bank teller.

"I would like to withdraw \$500 please" she said.

The teller stared at the old lady and said tersely, "For withdrawals less than \$2,000, please use the ATM".

"Why is that" said the old lady.

The teller pushed her card back to her, "Those are the rules. Now if there is nothing else I can help you with, there are several customers waiting behind you".

The old lady glanced behind and did indeed see two more customers in the queue. Both smiled and nodded. She looked back at the teller, smiled and said " There is one more thing, I wish to close my account". She pushed her card back through the window.

The teller sighed, swiped the card and looking stunned said " I am so sorry madam, I see that you have \$35 million dollars in your account. We don't hold that much cash. Could you come back tomorrow"?

"How much can I withdraw"? Said the old lady.

The teller studied her monitor then said "we have only \$250,000 on hand at present".

"That will be fine", said the old lady, "I'll have the \$250,000 thanks".

The teller jumped off her stool and rushed back through the rear door of the office. Several minutes later she returned with two large bags. She sat on her stool, opened a bag removed and began labouriously counting the banded notes".

"Oh" said the old lady. "Have you got only \$100 notes"?

The teller's jaw dropped and her face went quite white. "I'm afraid we have only smaller denominations".

The old lady stared back at the teller, sighed but then smiled "That will do, dear: I suppose".

Relieved, the teller resumed counting—all 250 packs. She carefully replaced the banded notes in the bags and pushed the bags through to the old lady.

"Thank you dear" said the old lady. She then delved into a bag, withdrew one band of notes, tore the band off, counted five notes, dropped the remaining five back into the bag and with a big grin across her face, said "Please deposit \$249,500 into my account.

Meanwhile, the other two clients had move to another teller.

MORAL: Don't be difficult with old people; they spend a lifetime learning the skills!



25 Wentworth Road Hertford. This is a 2-house (semi-detached) dwelling. 25 is on the left with rendered area below windows. Large(ish) back garden - 210 sq. m.

member's Welfare

If you are aware of any member who is sick or is in need of help, please contact Marcia Waller on:

Mobile: 0413 730 820

Email: marcialampshade@gmail.com

Celebrations

There are no club or wedding anniversaries this week.

It was PP Brad Francis' birthday on the 3rd of August

Happy 30th, Brad!!!