

VALLEY VIBES

Volume 8 Edition 6

Editor: Cara Champion

April 2019

April Guest Speaker - Ian Parker

Our guest speaker this week is Ian Parker from Pine Mountain. Ian manufactures numerous lines of Chilli sauce through his company Chilli Willies Pepper Sauces.

Starting his life in West Africa then immigrating to New Zealand and finally coming to Australia after being involved for more than 20 years in hospitality in the Navy.

Ian has been in the Chilli business for 20 years and he will outline his journey and what new innovations he is looking at going forward for his business.



ANZAC Day -SPR Johnny-Moore

Jonathan Johnny-Moore is a devoted family man, and a respected member of his local community, where he is a valued member of his church. Johnny, the name by which he is known by nearly every member of the Royal Australian Engineers, has been a serving member of the Australian Defence Force for over a decade. His is a story of a man who has lived through many of the trials that we as members of



Rotary International have been striving to find ways to assist in recent years.

At the time Johnny was born, Sierra Leone was one of the world's major trouble spots, however Johnny was able leave that world behind, to travel to Australia with his family and setup residence in Tasmania as a teen. It was here that he trained as a Bodybuilder, winning the state title and where he originally joined the Australian Defence Force as a Reservist.

Johnny's life has been one of transitions, of continually striving to be the best he can be, to learn as much as he can and not being afraid to leave his old life behind in order to grasp his new life with both hands. He is not your traditional ADF member, but he truly personifies that which the best defence members strive to be; in his work, community and family life, where-ever they are called to serve.

District Conference

Lismore Workers Club hosted another fantastic District Conference, and District Governor Terry Brown didn't disappoint with the lineup of inspirational guest speakers with amazing stories to tell. Terry and his team put together a weekend that was well worth travelling to, and as always such a fantastic time to catch up with fellow Rotarians and friends. On Saturday morning we heard from Corrina Grace about her organization SERES, who spoke about RESILIENCE and the pathways that lead to resilience.

SERES cultivates and catalyzes youth leaders to create just and sustainable communities in Central America. We inspire and affirm young people to contribute to the enrichment of their communities, fulfill potential, create positive relationships, and become engaged citizens.



District Governor Terry Brown opening the 2019 Conference.



Corrina passionately spoke about the impact of the Volcán de Fuego eruption in Guatemala and the support they are giving to the impacted communities helping them to “bounce forward”, achieving resiliency and sustainability through economic and social transformation by 2025. Their ‘Pathways to Resilience’ project supports survivors of the Volcán de Fuego disaster by engaging and empowering young people from the impacted area to play a key role in designing and implementing community projects for the transitional shelter camps as well as their new homes. If you would like to read more about SERES have a look at their website <https://seres.org/about-us/>



Sarah Brown not only informed us about her passion for Purple House and the successful impact it has had on the aboriginal community in the fight against diabetes, but she spoke with humor and honesty about the life she lives and loves in the Northern Territory. 'Purple House' was originally called the Western Desert Nganampa Walytja Palyantjaku Tjutaku Aboriginal Corporation, when in 2000 the Papunya Tula artists from Walungurru and Kiwirrikurra developed four collaborative paintings that were auctioned at the Gallery of NSW and raised over \$1 million which developed the new model of care based around family, country and compassion.



PURPLE HOUSE

humor and



This saw the end of the Pintupi people having to leave their country and families to seek treatment for end-stage renal failure in Alice Springs or Darwin, which resulted in these people being far from home and suffering great loneliness and hardship and not being around to pass on their cultural knowledge within their communities. Purple House now have a 2 chair dialysis machine mobile truck and runs 14 remote dialysis clinics and offers respite and support while patients and families are in Alice Springs receiving treatment. The organization has changed the survival rate of kidney failure in Aboriginal people from being the lowest survival rate in the country to the highest. They also offer social support, education and health care clinics. Take a look at their amazing stories and journey at <https://www.purplehouse.org.au/services>.

On Sunday morning with a small crowd still in attendance we listened to the heartbreaking story of Kelly Foran. While pregnant with her first child Kelly began to experience severe headaches and nose bleeds, doctors put it all down to being pregnant so Kelly dedicated her time to being as fit and healthy as she could during this time. On Boing Day in 2002, she became sicker with the headaches and vomiting. She was admitted to Dubbo hospital and three days later was diagnosed with a massive brain tumor. With an hours' notice she was sent to Royal Prince Alfred hospital to have an emergency caesarean and then have the tumor removed. She was advised she would have to have steroid treatment first, to shrink the tumor before it could be removed. 2 weeks later she had her son at 36 weeks, he was born with a hole in the lung, Hyper insulin anemia, jaundice and could not suck or drink unaided. As he was the only baby in Australia to be born with hyper insulin anemia, medication had to be flown in from the USA. After three weeks they were able to take their son home. Kelly was given massive doses of steroids to shrink the tumor, gaining 22 kg in just 2 weeks. Two months later she returned to Sydney for surgery, where she was advised that her blood sugar levels were critically high and surgery could not go ahead. So



she then had to go to a Diabetes clinic to learn how to give herself injections 4 times a day. Finally after a 16 hour surgery Kelly awoke with a slight stroke on her right side, after three weeks in intensive care and a week in neurology she finally went home, but as an insulin diabetic who'd had a stroke and struggled to walk, talk or eat unaided. A week later after reducing the steroid levels, she was flown to Sydney again with meningitis on the brain, another 6 hour operation. Kelly now had muscular dystrophy and struggled with pain in every joint, and had to learn to walk again.

Just as they were getting life back together, Kelly noticed her son Jakes eye was different, he was diagnosed with a cancerous tumor and had to have his right eye removed. Shortly after Kelly's husband began to struggle with depression, and Kelly was not feeling well again. To their surprise Kelly was pregnant again, which she found hard to believe as doctors said the steroid treatments had left her sterile – Miracles do happen.

"Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life."

Because of her experiences Kelly began the organization Friendly Faces, Helping hands for rural and remote people having to travel to the city for medical treatments. The website <http://www.friendlyfaces.info/en-us/home.aspx> links people to information about accommodation, parking, cheap eats, supermarkets, hairdressers, networks, social workers and counsellors around metropolitan hospitals. All of the things you need help with when you are in a strange setting, and you've there with sometimes only an hours' notice as most people arrive in in cities in medical emergencies with only the clothes they have on, leaving their families and their incomes and sometimes having to stay for days, weeks or even months and cope emotionally and financially with what is happening in their lives. Kelly developed this website from the heart and experiences they had.

Presidents Report

Our Future Strategy



G'day all,

Our club has spent some time outlining future activities for our members and of course allocating how many road trips we take our food van. Of course this forms a wider strategy for our club going forward, not only in the short term, but medium and long term.

Some of those things are uncertain with Rotary District boundary changes etc, but there are many things that we do know. We always have to stay conscious of needs and desires of our members.

There is sometimes a fine line between striving to be a vibrant club, and not overtaxing members and everything becoming a chore. That is our challenge going forward to strike the right balance.

There has been a great deal of work done prior to now, so any review is simply what it says and as the old saying goes – “if it ain’t broke, don’t fix it”

Our District Conference went off well with five members of our club attending. As usual the conference offered many opportunities for Rotarians to catch up with members of other clubs. Cara and Aleeta will give a more thorough critique in their columns.

There is one item in the news lately that all members would be aware of, and that is the farm invasions being carried out by radical animal activist groups. I am not here to debate the merits or otherwise, but one very unfortunate fallout from activities like these will be a reluctance to invite strangers onto rural properties.

Our club has always been very welcoming of visitors from other clubs, and our members have opened up their farms for visits, but some of the blatant misuse of social media by groups like these may curtail some visits.

This is one of those nasty unintended consequences.

Yours in Rotary,

Andrew



From the Secretary's Desk



Last weekend District Conference was held in Lismore, with members Scott, Cara, Marjorie, Graham and I attending, as well as our Rylarian Erika. We had the pleasure of again hearing from several fantastic guest speakers, including the very inspirational Clyde Campbell. Clyde spoke about his past business operations in machinery automation and robotics, but more importantly, his diagnosis of Parkinson’s disease and the launch of the Shake It Up Foundation, which has partnered with the Michael J. Fox Foundation for Parkinson’s Research. Together, the two foundations aim to increase awareness and funds to find a cure for PD. If you would like to know more about Shake It Up Foundation please have a look at their website, <https://shakeitup.org.au/>

As we approach the last quarter of the 2018-2019 Rotary Year, club activities are increasing with a full calendar for these coming three months, including the Easter break and ANZAC Day commemorations this month. Our club will begin our ANZAC day tributes at a dinner meeting with guest speaker on 24 April and the following day, we are very pleased to again be able to present a donation of books to the seven primary schools in our district at ANZAC Day services.

Aleeta Wozencroft
Secretary 2018/19



Cara, Erika & Aleeta at the Lismore's Light Horse memorial to those from the area who served in WWI.



Youth Matters

RCFV member Jarrad Cartmill was part of the group showing his fitness moves, and as always it was a great show by the RYLA representatives.

From 17th - 19th May RYPEN (Rotary Youth Program of Enrichment) will be run for young leaders aged 14 - 16 years. The camp is designed to develop skills that will assist them in the transition to adulthood. Participants are involved in a variety of workshops and activities, which provide an opportunity them to personally develop, gain self-confidence, communication skills, challenge themselves, build friendships and develop life skills. The camp is held at Bornhoffen PCYC with applications closing on 5th May.

Some representatives from the RYLA committee gave us a bit of an insight as to what happens on a daily basis at RYLA camps. The team put together a show, which was entertaining and showed us how much fun they all have – not wonder they all volunteer to go back every year. Past



Cara Champion
Youth Director 2018/19

Something to think about!



Currumbin Wildlife Hospital Foundation supports and funds Currumbin Wildlife Hospital, and its vital work of treating, rehabilitating and releasing sick, injured and orphaned native wildlife.

The Hospital has grown to be one of the busiest wildlife hospitals in the world, admitting over 11,000 animals a year – a service that is provided free of charge to the community. A visit to the Sanctuary is not complete without a visit to the hospital where you can witness the amazing team operate on sick and injured animals.



Don't forget to check us out on:

<https://www.fassifernvalleyrotary.org.au/>



Upcoming Events

April	May	June	July
25 th : ANZAC Day services – check local times for services	19 th : District Assembly, Warwick 25 th : Peak Crossing Pig Races	22 nd : RCFV Changeover Dinner 27 th : Boonah Rotary Changeover 29 th : Jimboombah Rotary Changeover	1 st : Beaudesert Rotary Changeover 6 th : Jimboomba Sunrise Rotary Changeover 6 th : Winter Harvest Festival, Aratula



Birthdays	APRIL	Wedding Anniversary
1 st Lindy Kirchner 11 th Thyrlene Devin		10 th Scott & Cara Champion 20 th Duncan & Mary McInnes

Meeting Program and Duty Roster: April

DUTY ROSTER	Wed 10 April '19 Dinner Meeting	Wed 17 April '19 Planning Meeting	Wed 24 April '19 Dinner Meeting	Wed 1 May '19 Business Meeting
Duty Officer	Lindy Kirchner	N/A	Beve Ward	N/A
Chairman/ Rotary Reflections	Ross McInnes	Andrew Kay	Scott Champion	Andrew Kay
Meeting Venue & Time	Commercial Hotel, Harrisville – 6.30 for 7pm start	Harrisville State School, 6.50 for 7pm start	Royal Hotel, Harrisville 6.50 for 7pm	Harrisville State School, 6.50 for 7pm start
Program and/or Guest Speaker	Ian Parker		ANZAC Day Peaker: SPR Johnny Moore	

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)
3. Members please note: RSVP is important, if you don't RSVP there will be no meal for you - meals are only ordered if you advise you are attending.