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**2019-20 Issue 21 Meeting No. 3204
21 November 2019**

The news journal of the *Barossa Valley Rotary Club*

Club Information

Every Thursday at 6.00 PM for 6.30 Start

The Clubhouse

45 Macdonnell St

Tanunda, SA 5352

Australia

Phone: 0418 856 569

Email: secretary@barossavalleyrotary.org

 [District Site](#)

 [Venue Map](#)

World President: Mark Daniel Maloney
District Governor: Jane Owens
Club President: Keith Millington
Club Secretary: Sandie Simons



**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 & BETTER friendships?
4. Will it be BENEFICIAL to all concerned?

Invocation:

Oh lord and giver of all good, we praise thee for our daily food.

May Rotary Friends and Rotary ways help us to serve thee all our days.

PLEASE REMEMBER TO ADVISE MARIE ROTHE OF APOLOGIES (MEMBERS) AND ATTENDANCES (FRIENDS/PARTNERS) EACH WEEK (Ph: 8563-2156 Mob: 0411 524 156)



Last night Rotarians heard from Diane Holland on the topic of kidney health. Diane has worked at the Royal Adelaide Hospital for 10 years as a chronic kidney disease support officer with Kidney Australia.

Did you know: your kidneys control body fluids, maintain salt balance, filter waste products, produce red blood cells, regulate blood pressure, control potassium, calcium and phosphorous levels and regulates vitamin D.

Everyone has two kidneys but it is not unusual to find in older people that only one is working, the other can compensate and work just fine. Your entire blood supply passes through your kidneys every 3-4 minutes!

Kidney disease (a decrease in function for three months) causes the nephrons (filters) to stop working. 60 people per day die of kidney-related disease which is more than breast cancer. You can lose 90% of kidney function before you get a symptom, by which time the only option is dialysis or transplant. The main cause of kidney disease is diabetes (37%), high blood pressure (13%), glomerulonephritis (20%), polycystic kidney disease (6%) and other causes (24%).

Signs to look for which signals problems with your kidneys include high blood pressure, change in passing urine and appearance, swelling ankles and legs, pain in kidneys, loss of appetite and difficulty sleeping.

Prevention is better than suffering dialysis or waiting for a transplant so act now - see your doctor and have a simple blood test, urine test to check for protein and have your blood pressure checked. The alternative is; haemodialysis three times a week for five hours at a time, peritoneal dialysis where a tube is inserted into the abdomen and is just slightly less intrusive or transplant with all its inherent risks. So see your GP to get a kidney check done, people.

Also, and importantly, consider organ donation. You can contact the Australian Organ Donors Register on 1800 777 203.

Next Rotarians heard from Joylene Seppelt who generously shared her story of having suffered kidney disease (holes in the tubes to the kidneys which were leaking), undergone peritoneal dialysis for five to six months and finally, having received a

kidney from her husband Malcolm, a transplant in September 2008. Malcolm finished off the presentation by reviewing his experience of the complications of being a kidney donor and how his and Joylene's life had improved so markedly now she is healthy again.

Christmas Dinner Meeting, Thursday 19th December

A list will be sent around at meetings on 7th and 14th November, to indicate whether you and your guest/s are coming to the Christmas Dinner Meeting AND your meal choices.

When: 6.00 for 6.30pm

Thursday 19th December

Where: The Clubhouse

What: PRE-ORDER REQUIRED

Choice of Roast Turkey OR Salmon OR Steak

Plum Pudding with Brandy Sauce

OR Panna Cotta

Cost: \$35 each

BYO Wine

Bring some change for the Gift Tree



***Meet our newest Paul Harris Fellow
Kathy Schilling***



President Keith Millington presents most worthy recipient, Kathy Schilling, her Paul Harris Fellowship.

Rotary is cooking a BBQ for Catherine Schilling in aid of suicide prevention, Saturday 16 November at 6 a.m. at the Bush Chapel. Contact Peter Perkins if interested

Volunteers needed for car parking at Peter Lehmans for the Big 80s Party, 30 November at 1.30-6 p.m. Contact Mark Graetz if interested

Announcements

Rotary is cooking a BBQ for Kathryn Schilling in aid of suicide prevention, Saturday 16 November at 6 a.m. at the Bush Chapel. Contact Peter Perkins if interested

Volunteers needed for car parking at Peter Lehmans for the Big 80s Party, 30 November at 1.30-6 p.m. Contact Mark Graetz if interested

Birthdays

Ellie Monfries - 26 November
 Prue Maitland -
 27 November
 Brian Graetz -
 28 November

Anniversaries

Attendance Report 3 November 2019

Total Club Members Attending	36
Total Friends Attending	2
Partners Attending	0
Visiting Rotarians	0
Guests Attending	7
Apologies/Leave of absence	14

Duty Roster		
 ROTARY CONNECTS THE WORLD	3205 21 November Venue: The Clubhouse	3206 28 November Venue: The Clubhouse
	Invocation	Brian Graetz
Loyal Toast	Lisa Akeroyd	Robert Brookes
Sergeant	Sandie Simons	Bob Sloane
Chairperson	Robert Brookes	Keith Millington
Speaker	Yung Nietschke	COMMITTEE MEETINGS

Subject	Aus. Alumni Peace School	TEAM LEADERS' CHOICE
Rotary Info	Craig Rogasch	Rick Kessner
Bulletin	Roxane Canning	Roxane Canning
Setting Up	Peter Canning	Roxane Canning
Cashiers	Marie Rothe & Bev Stephenson	Marie Rothe & Bev Stephenson
Clothing Bins	14 Nov - 28 Nov	28 Nov - 12 Dec
Angaston	M. Graetz	R. Fiebiger
Nuriootpa	G. Zerk	P. White
Tanunda	R. Kessner	B. Klaebe

NOTE: MEETING NO. 3203 IS THE GROUP 9 MEETING 11 NOVEMBER. NO MEETING THURSDAY, 14 NOVEMBER



"One finds limits by pushing them."
Herbert Simon



This email was sent to Marie-Louise Lees by Roxane Canning
Rotary Club of Barossa Valley | PO Box 251 | Tanunda | SA | 5352



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