

# Murray and Ric are fine fellows

MEN of strong convictions, years of loyalty and passion for helping those who can't help themselves were singled out by the Rotary Club of Orange Daybreak.

Doctor Ric Cother and Murray Paterson were chosen to receive the Paul Harris Fellow award which is Rotary's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs.

Dr Cother has been a member of the Rotary Club of Orange Daybreak for 18 years receiving Paul Harris fellowship recognition and having served in a variety of club position including service director, treasurer, secretary and president. In addition he has served on the district environment committee and in 2008 participated in a Rotary International project in Vanuatu.

Dr Cother is a devoted father and husband of 40 years.

His wife Norma described him as "a man with a social conscience who has the Daybreak club as his passion".

As a member of the wider community Dr Cother served in the Orange Bell Ringers for five years, was directly instrumental in the restoration of the Borenore Anglican Church, served in a variety of positions on the Calare Public School Parents and Citizen's Association and is a life member of the Leeton branch of Apex.

As another long time Rotary member, Mr Paterson dedicates his life to helping others.

His partner, Mary Brell, said he "had a passion for working with children in western New South Wales all his life and he joined Rotary 16 years ago to further



**DEDICATED:** Paul Harris Fellows Murray Paterson (left) and Ric Cother (right) with Rotary Club of Orange Daybreak president John Willing.

pursue that passion".

During Mr Paterson's 16 years as a Rotarian he has served Rotary as a director of youth, in international service, club service, membership and public relations.

He has been treasurer, secretary and president.

Mr Paterson has served district 9700 as co-ordinator and president of Orange RYDA program, district youth protection officer and on the district vocational education committee.

Mr Paterson initiated the Rotary-sponsored Dream Cricket program in the Orange area and nurtured its growth.

Rick McCarthy of the Bradman Foundation stated: "The gala Dream Cricket in Orange is the second largest in NSW after Bowral."

Of particular note is Mr Paterson's encouragement of business links between Rotary, the National Australia Bank and Anson Street School, which resulted in a \$30,000 grant from the NAB being presented to Anson Street School.

# Having the last laugh

My life change

Paul McKeon



FOR whatever reason, my computer has been bombarded recently with jokes and cartoons about old people.

You've all seen them - the focus is always about the failings and stupidity of older people. Not a great deal of originality in the subject matter.

Undoubtedly it's not much fun when your joints hurt and you can't find the car keys but getting older, like most things in life, has its positives and negatives. The negatives have been done to death, so I'd like you to think about a few of the positives for a minute.

- We've had 50 or more years to gain some valuable experience of life. We've been through some highs and lows. We've seen fortunes made and lost. We've seen people do some wonderful things and others behave horribly. We've had the opportunity to acquire some wisdom. The wrinkles are the price of experiencing life.

- We've met thousands of people and hopefully we can call a small number "real friends". We have seen these friends through good times and bad and we know that we can depend on them when we're suffering. That's a little more comforting than having hundreds of Facebook friends. We've seen some good people die and we can be grateful that we're still here.

- We've had the time to get to know ourselves and hopefully like the person we see in the mirror. We can accept the fact that we're flawed, but if we are aware, we can make the best of what we've got.

- We've accepted the fact that after all these years on earth, there's so much we don't know. That's a much healthier position than knowing everything, which we probably did 30 - 40 years ago.

- We have the time to do what we want to do - not what we have to do. We have survived the rat race and can now look back at it and wonder why we took it so seriously.

- When we look at all the chaos and misery that's happening in some countries, we can appreciate how fortunate we are living here.

- After experiencing some painful losses in the past, most older people can appreciate and be grateful for the things they've got.

- The more astute among us have accepted the fact that life is too important to be taken seriously.

If you're looking for a present for someone who has a few wrinkles, give them a copy of our book *The Rest of Your Life - How to make it as good as you want*. You can check out what's in the book online at our website [www.mylifechange.com.au](http://www.mylifechange.com.au).

# Hello world



Right: Kurt Sorensen with his baby son Turik Tony Sorensen, born January 7 weighing 2900 grams. Turik is a first child for Kurt and Tahnia Seers, of Orange.

Photo: STEVE GOSCH  
0109sorensen



Left: Archie Cameron Roach is the first child for Brooke and Luke Roach, of Orange. Archie was born on December 29 and weighed 3630 grams. Grandparents are Julie Harvey, of Orange, Glenn Cooper, of Tweed Heads, Janelle Roach, of Orange, and Matthew Roach, of Orange.

# FAMILY OUTINGS



## Learn more about our place in the universe



**SPACE AGE:** Check out the past, present and future of space exploration at the Canberra Deep Space Communication Complex.

[www.centralwesterndaily.com.au](http://www.centralwesterndaily.com.au)

NESTLED in the beautiful farming valley of Tidbinbilla just 35 kilometres southwest of Canberra you'll find an extraordinary place that links Earth to the solar system and beyond.

The Canberra Deep Space Communication Complex (managed by the CSIRO) is a part of NASA's Deep Space Network, a worldwide system of giant antenna dishes that provides 24-hour coverage between Earth-based scientists and a fleet of robotic spacecraft that are exploring the sun, planets, moons, asteroids, and comets of our solar system.

The complex features the largest antenna dish in the southern hemi-

sphere, the 22-storey high, 70-metre diameter, 7000 tonne structure known as Deep Space Station 43. Along with several 34 metre dishes they send commands to spacecraft and receive images and data back - sharing it with scientists and the public via the internet.

The visitor centre at the complex is open every day and features exhibits and displays on the past, present and future of space exploration. See an actual piece of the moon over 3.8 billion years old, plus rocket and spacesuit technology.

Two theatres run free movies on the latest space discoveries or relax in the Moon Rock Cafe and watch the universe go by.

CSIRO

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