

CREATE HOPE in the WORLD

RI President:

Gordon R McInally

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Email : rotarybm@acenet.com.au

www.bowralmittagongrotary.com

Board of Directors President: Don Graham

Directors: Trevor Fair - Secretary Paul Leotta - Treasurer Rod Aistrope Robbie Allen Denise Coad Rosemary Kelly Tim Bowland Allan Falvey Leigh Robinson

Club Meetings:

Weekly on Tuesdays, 6.00pm for 6.30pm at various Southern Highlands venues. (See below) If you are an apology please text or phone Denise Coad 0416009395 or email <u>denisecoad@bigpond.com</u> by 5.00pm Friday before the Tuesday meeting. By default, it will be assumed that members are attending.

Date	Meeting Venues	Speaker/ Topic	Journalist
19 Sept	Annesley	DG Andrea Grosvenor AG Haseena Tweedle	Tim Bowland
26 Sept	Bowral Bowling Club	Marjorie Pagani (Angel flights) BBC	David McCosh
3 Oct	Kookabar	Interact and Assembly	Will Eddowes

Journalist: Trevor Fair Venue: Bowral Bowling Club Sergeant : Lynton Kettle Invocation: Denise Coad

Sergeant Lynton welcomed all. It could be a painful



meeting as we have a dentist talking tonight, Peter Tyas. He also welcomed guests: Mary Crammond, Beverley Coffee. Exchange student Parents Vanessa & Daniel

Aylett, & Harley Harwood. Partners: Robyn Liberale, Ria McCosh

President Don has been advised that his meetings are unstructured. To celebrate the way Fiji play rugby, Don has decided that he will continue the unstructured approach to meetings.

Invocation: Denise Coad

International Toast: Robert de Jongh



A coup occurred in Ethiopia on 12 September 1974 to oust the Emperor Haile Selassie.

As one of the oldest countries in Africa, Ethiopian civilization dates

back to before 3000BC and through the centuries has had significant external influences through trade, conquest, religion and the constant cultural exchange which takes place with such influences.

Following World War II, Emperor Haile Selassie made numerous efforts to promote the modernization of his nation. The country's first important school of higher education, <u>University</u> <u>College of Addis Ababa</u>, was founded in 1950. The <u>Constitution was modernised in</u> 1955 with expanded powers of the Parliament. While improving diplomatic ties with the <u>United</u> <u>States</u>, Haile Selassie also sought to improve the nation's relationship with other African nations. In 1963, he helped found the <u>Organisation of African</u> <u>Unity</u>.

What followed the ousting in 1974 was communist control and after 1991 the Eritrea border conflict, the war with Somalia and ultimately the east Africa drought. The country continues today with constant internal political and bloody conflicts.

The capital is Addis Ababa with a population of over 3 million. The city is the home of 9 Rotary Clubs the oldest being The Rotary Club of Addis Ababa chartered on 1 June 1955. The Club has 33 members under the stewardship of President Dereje Zegeye. The Club sponsors a Rotaract Club and an Interact Club.

As with other local clubs, projects revolve around the delivery of water – currently the construction of wells in 24 rural communities in southern Ethiopia which will improve the quality of life of the residents who lack access to clean water, thereby avoiding the need to walk long distances to reach a water source that is often dirty and carries waterborne diseases.

The current project uses collaboration with the Rotary Club of Northwest Austin and other local and international partners.

Please be upstanding and toast the President and members of the Rotary Club of Addis Ababa.

Announcements:

Ian Langford: ShelterBox - to support the recent tragedies in Morocco and Libya, President Don is looking to the club for direction to move the acquisition of some shelter boxes. A show of hands indicated support of the members for donating at least one. For more information go to: https://www.shelterboxaustralia.org.au



Tony Glenn :

- Cycling Classic Roster for the BBQ. Set up, BBQ Saturday and big day of cooking on Sunday(20-22 Oct). Also looking for a gopher on the Sunday to be reactive to demands for additional supplies. Also, a pack up team of 6 people.
- Dream Cricket Friday 27th October -Bradman Oval - looking for several more volunteers to assist.

Ian Law: Bush Dance - 14th October - \$70 for 3 course meal & dance at Loseby Park. Looking to form a table of 8-10 persons. Please contact Ian if you are able to participate.



Robbie Allen –

- Looking for a volunteer on Tuesday 19th Sept to take the BBQ trailer to BHS from the shed to the school and afterwards return it to the shed. Louie Liberale volunteered to do that. The Interactors are holding a fundraiser.
- Scholarship to BHS students \$1000 each to 2 students. Awarding on 20th September at the school presentation night. Samantha Cody and Jackson Haylock have been selected by the school and will receive this year's awards.

Ian Langford - Tulip Times Festival - by this time next week will have done the first shifts. Ticketmaster will be on site to assist. Please check the roster to ensure you know when you are on. If you need to change please find your replacement and advise Ian.

Guest speaker:

Tony Glenn Introduced Dr Peter Tyas, BDS, FICD who graduated from Sydney Uni while Tony was in year 6. Many members disputed this comment!?



Peter practiced mainly in the Liverpool Ingleburn area and has volunteered with many dental industry programs. He retired in 2005, was in Apex for 15 years and a Rotarian for 30 years, President twice. Peter has a prepared talk "Down

in your mouth. Musings of a Dental Surgeon".

Normally the talk to U3A takes 2 hrs.

Dentistry is an important part of medical health. A link has now been found between dental health and Alzheimer's Disease. Diseases confronted include bad breath, etc.

Mouth ulcers that do not clear up within a week or so may be early signs of cancer.

Joint movement diagnosis, especially the jaw movement is a common ailment causing headaches. Long term headaches may be treated by chiropractors, however often the dentist is able to correct the ailment.

Phobias - dentist and needle phobias. Some patients would faint, or even fit when visiting the dentist. Peter has witnessed patients having an epileptic fit.

Some of the myths:

- Dentists only treat teeth. Gum disease is a major issue. The tartar irritates the gums, causing disease.
- Partial dentures cause decay. It is necessary to clean as soon as finished eating food - hard toothbrushes are best.
- Fluoride in the water 1 ppm causes poisoning. It is actually very effective for fighting tooth decay.

- Amalgam causes mercury poisoning.
 Peter has amalgam fillings that have lasted 60 years.
- Overseas teeth work Not always a saving -There is a big risk due to poor quality, infection etc. Any saving can be more than negated by the need for remedial work.
- Mouth washes an overuse of washes will cause an imbalance of oral bacteria. The best mouthwash is salt water.

Most teeth can be restored with self tapping pins.

Take home message is to have regular checkups.



After the slideshow many members lost their appetite!

David McCosh presented Peter with our Certificate to ARH.

More announcements: Denise Coad - Weekly venues are on the website.

RDU - Clothing range will be on display next week to allow members to order.

Committees - please join a committee to allow the Director to see who is participating. This will be raised at the Assembly.

Dinner Quiz - Ian Donges - Where am I? Hill End, guessed by Tony Glenn

Raffle - Ian Donges won but the joker was still hiding.

Sergeant Session - Lynton fined the usual suspects.

The meeting closed - unfortunately with Robert de Jongh telling a few dentist jokes.

Next week Annesley