

Tulip Times Club Bulletin: 29-10-2024
Volume 86 No 18

Stephanie A. Urchick
2024-25 President
Rotary International



Bowral-Mittagong
Rotary
District 9705
Chartered 26 March 1940



Email : rotarybm@acenet.com.au
www.bowralmittagongrotary.com

Board of Directors

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Bob Miller
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Club Meetings: Attendance & Apologies

Weekly on Tuesdays, 6.00pm for 6.30pm at various Southern Highlands venues. (See below)

Contact: TREVOR FAIR of your attendance or apologies

Deadline is 5pm Friday. T: 02 4861 6917 M: 0403 176 958 email: trevorfair5@bigpond.com

Please be considerate and respond. Unannounced members and guests may miss out on a meal.

“What’s On?”

Date	Meeting Venues	Speaker/ Topic	Journalist	Invocation & International Toast
5 Nov	No Meeting			
12 Nov	Bowral Bowling Club	Peter Morris - Hospice	Steve Hallis	Robbie Allen
15 Nov	Imperial Hotel	Birthday Lunch. Come and celebrate.	N/A	N/A
19 Nov	NO Meeting	Bong Bong working bee	NA	NA
20 Nov	Bong Bong	Bong Bong working bee		
21 Nov	Bong Bong	Bong Bong working bee BYO everything meeting	David Patton	Ian Law
22 Nov	Bong Bong Races	BBQ team cooking and selling		
26 Nov	Bowral Bowling Club	Leigh Robinson - Foundation	Rosemary Kelly	Robert de Jongh
3 Dec	Bowral Bowling Club	Domonic Williams - GAZA	Denise Coad	Ian Donges
10 Dec	Bowral Bowling Club	TBA	Steve Escott	David McCosh
17 Dec	Annesley	Christmas Party		
26 Jan	The Donges	Australia Day Celebration		

NB The journalist and International Toast Roster may have changed. Check for your name.

ROTARY CLUB OF BOWRAL MITTAGONG TULIP TIMES BULLETIN

October 29th2024

JOURNALIST – Mary Crammond

VENUE – Mittagong RSL

Sargeant – Lynton Kettle opened the meeting and passed over to pres Bob.

Our President Bob welcomed members and guests with a special welcome to our guest speaker Andrea Natoli from the Heart Institute.

It was reported that Welfare Officer Rose Conley was unwell and unable to attend this meeting. Steve Hollis delivered the International Toast and Invocation

Pres Bob thanked Ian and Bev for, and accepted their offer of using their premises for our Australia Day Party.

Our Xmas Party will be at Annersley on 17th December.

Rosemary Kelly asked Attendees are to purchase one gift for \$25 which will be raffled off with the proceeds going to the United Church.

The Mental Health First Aid Course speaker will be with us on 21/22 February 2025.

PP Don will be recruiting members to help at Bong Bong Race Day. Members will also be helping with the BBQ.

Guest Speaker ANDREA NATOLI was introduced by Ian Johnson and thanked by Brian Pattinson.

Click here for more information on HRI. <https://www.hri.org.au/about>

Andrea kept our attention while she spoke of the different sorts of heart disease and the incredible advances that have been made at the Heart Research Institute. She encourages us as a club and as individuals to support the Institute which requires 19 million dollars a year to operate. 75% comes from public donations. The Government funded the remaining 25%.

Andrea discussed the fact that the Institute was an internationally recognized charity affiliated to 50 other countries researching Cardiovascular health. Working out of The Charles Perkins Institute in Newton the Sydney Institute was established in 1989 and is managed by a Board of Governors from 13 different medical areas.

The Institute hopes to make breakthroughs in preventing heart disease happening by supporting 'world class and emerging researchers to conduct ground breaking research into the prevention, diagnosis and treatment of heart disease'.

Some of their researchers are hoping to develop a 3D patch taken from the patient's own tissue to repair damaged hearts.

Heart disease causes one amputation one every 2 hours and the institute is working on molecular markers to develop protective drugs.

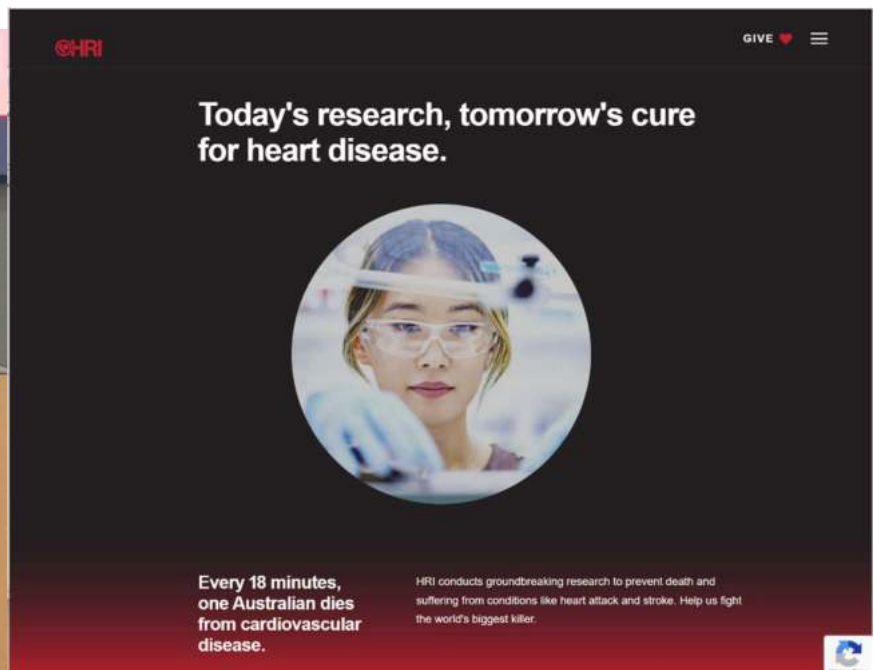
Andrea mentioned a number researchers at the institute who are helping research stem cell hydrolysis, stroke protection plus AF identification which aids speedy transfer to hospital. This is a game changer for our indigenous people.

Cardio Vascular disease is the number one killer in Australia and the world impacting the economy as well as us personally. Every 12 minutes somebody dies of cardiovascular disease. Although women are catching up, our men, still 40% more men suffer cardio vascular disease than women. However, deaths have declined over the last 10 years.

Andrea believes we should know the signs, symptoms and differences between a heart attack and cardiac arrest. Cardiac arrest is an electrical fault within the heart preventing blood getting to the brain. Whereas a heart attack occurs when a clot blocks the flow of blood to the heart - without blood, tissue loses oxygen and dies.

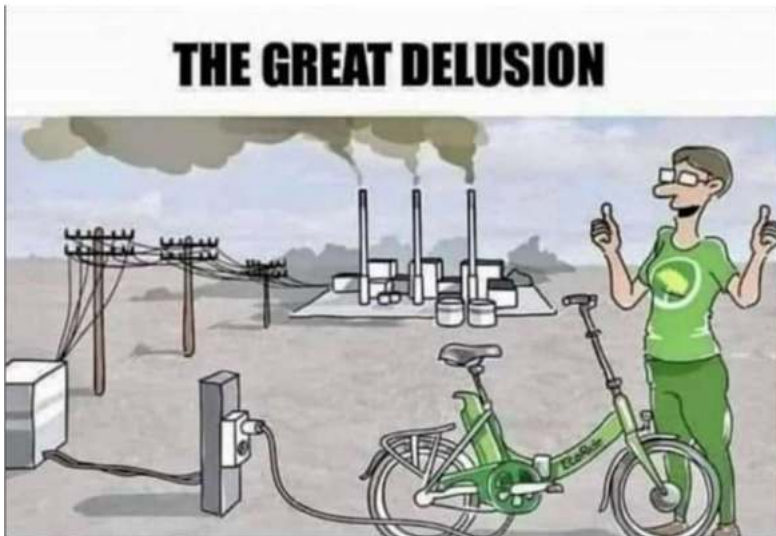
The risk factors for heart disease are:

- High Blood Pressure
- High Cholesterol
- Over Weight
- Smoking and vaping
- Lack of exercise
- Poor diet



Birthdays

November Robbie Allan 25/11: Ian Johnson 26/11, Ian Langford 23/11: David Patton 28/11
October/November Imperial Hotel Pizza Birthday Lunch November 15, 2024



Youth Report



Asher is having the experience of a lifetime in Japan



POLISHED MAN Interact Club members painting mens nails at district conference to raise money to support awareness of Domestic Violence against women. You can donate to the cause by clicking this link:

<https://polishedman.com/bowral-high-interact-club>



The Heart Research Institute wishes to give a big thank you to the members of Bowral Mittagong Rotary Club who attended the recent Cardiovascular Health Seminar. ¶

Your engagement and enthusiasm were inspiring and infectious! ¶

If you would like to receive regular email updates about heart health, attend our online seminars or find out how you can help fund our cutting-edge research, please contact: ¶

Andrea Natoli on 02 8208 8909 or email at andrea.natoli@hri.org.au ¶

Again, we offer you our heartfelt thanks. ¶

Find out more about the Heart Research Institute:
www.hri.org.au ¶

HRI is an independent medical research institute reliant upon philanthropic funding to deliver its research. All philanthropic funding is warmly welcomed and appreciated. ¶

Next Guest Speaker Peter Morris - Hospice