



Rotary
District 9685



CLUB CONTACT INFORMATION

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TO NOTIFY MEETING

APOLOGIES &

GUESTS:

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before Noon on

Monday



THIS WEEK'S PROGRAM

Social Night at Paparich, Castle Hill meeting at 6.30pm

Our first social night for the year has been organised by Ahmadul Ameen and includes our partners. We are assured of a great night with great Malaysian food. Here is the introduction on the restaurant website -

"We want to give our customers a taste of Malaysian culture and cuisine, whether through a plate of Nasi Lemak or a crunchy, buttery Roti Canai, all with a cup of Teh Tarik – or any one of our more than 50 drinks on the menu!

Our delicately crafted dishes never fail to deliver bursts of flavour and colour because we use only an authentic mix of herbs, spices and fresh produce, cooked according to traditional recipes. From the fiery sambal of the Nasi Lemak to the silky smooth Curry Laksa broth, from the savoury Satay to the unforgettable Char Koay Teow, our food reflects the balance and harmony of the different cultures in Malaysia that have combined to give us the distinctive, unique taste of Malaysian cuisine."

NEXT WEEK

WEDNESDAY, 11th SEPTEMBER, 2019

Our Guest Speaker is Gyula Plaganyi
*He teaches children to play chess but was also
an abalone diver!*

Chairman: President Jim Fraser Reporter: Adrian Bell

MEETING REPORT - WEDNESDAY 28th AUGUST

Past President Adrian opened the meeting promptly at 6.30 and welcomed the Guest Speaker, Andrew McDonald, President of the P K U Association of N S W. A number of very difficult questions were asked by Adrian and as expected, John Ellis got some of them correct. The rest of the members would not be on the short list of names for a trivia night team. Adrian was also able to give a small insight into the life style of Katie and her husband Theo in their new 14th floor home in Beirut.

John Ellis advised that he had booked a berth on the Young Endeavour for the voyage from Hobart to Melbourne which he had discussed with Pennant Hills High School. He also reported that it was proposed to have a boy and a girl attend RYPEN at Narrabeen Sports Centre in February and the 2 applicants for the National Youth Science school had been accepted. Ian Chappel was on hand to offer some \$2 money boxes for Rotary Health Research.

David Firth advised that he had been in contact with Nicole Bondoc from Pennant Hills Market Place to arrange suitable dates for a promotion of our Rotary Club in the shopping centre and to investigate the chances of including local businesses in the event. It was noted that there was a possibility of having the event held on 3 days-Friday, Saturday and Sunday.

Theo Glockemann advised that he and his team were off to East Timor next Tuesday and it would be the tenth anniversary of RYLA there. They had received considerable support from Barker College with 15 ipads being donated. He also reported that they had received huge numbers of applicants for both RYLA and RYPEN and the numbers were many times in excess of the available spaces.

The Projects Director reported that he had 4 members volunteer to assist at Road Safety Education at Sydney Olympic Park on Wednesday 11 September with Mt St Benedict High School. He also advised that requests to sell raffle tickets at the shopping centres, in our Annual Christmas Trailer Raffle, had been sent out and so far 7 of the 10 venues had been approved and selling would commence at Pennant Hills on Saturday 12 October and finish, also at Pennant Hills on Saturday 14 December.

Chairman Terry Pankhurst introduced the Guest Speaker, and Andrew was able to provide a general insight into the effects of people who suffer from PKU, and in particular their eating limitations and the effect of not keeping to the very restricted diet. As an example he mentioned that his son, James, is limited to 30 grams of protein per day, which is the equivalent of a small cup of French fries.

Andrew advised that the PKU organisation had funded three research programs:-

1 Nonsense Suppression - under the leadership of Doctor Minal

In this case the PKU mutation liver cell is treated with potential drug panels to evaluate the individual cells responsive to those drugs being applied. Amllexanox has already been clinically approved for many years. It has been used as an anti inflammatory and the test is to ascertain if it can restore the missing pku phenotype. The association has received the PKU mutation liver cells from the USA and will now commence testing drugs against those cells.

2 Modified Probiotic – Professor John Christodoulou

The goal is to develop an oral probiotic for treatment of pku. Already Lactococcus bacteria has produced functional pal, which has been tested on mice and proved significant, with a reduction of phenylalanine in mice blood. However other research has taken different approaches including a shift to use a probiotic yeast strain. Subsequent tests have indicated pal gene can be spliced into yeast gene but at lower levels than the lactocollus strain.

3 Diffusion Kurtosis Imaging – Characterisation in PKU

This involves the study of brain matter of individuals with PKU and an MRI scanning both the amount of white brain matter and water movement throughout the brain. Results to date indicate that individuals on diet had less degeneration grey brain matter (less white) than those off diet. These tests appear to explain why those on diet develop normal outcomes in life as peers.

In conclusion, Andrew advised that there are still many challenges ahead and it is important to have local research to ensure that there is government funding to support research so that one day there will be a much better life for those people suffering with PKU.

Reporter: Pat Parker



Nigeria reaches crucial polio milestone



Volunteers vaccinate children in Maiduguri, Nigeria, against polio, marking the houses they've visited. It's been three years since health officials last reported a case of polio caused by the wild poliovirus in Nigeria. The milestone, reached on 21 August, means that it's possible for the entire World Health Organization (WHO) African region to be certified wild poliovirus-free next year.

Nigeria's success is the result of several sustained efforts, including domestic and international financing, the commitment of thousands of health workers, and strategies to immunize children who previously couldn't be reached because of a lack of security in the country's northern states.

"Rotary, its Global Polio Eradication Initiative partners, and the Nigerian government have strengthened immunization and disease detection systems," says Michael K. McGovern, chair of Rotary's International PolioPlus Committee. He adds: "We are now reaching more children than ever in some of the hardest-to-reach places in Nigeria."

McGovern says Rotary members in Nigeria play an important role in ridding the country of the disease. "Rotarians have been hard at work raising awareness for polio eradication, advocating with the government, and addressing other basic health needs to complement polio eradication efforts, like providing clean water to vulnerable communities."

Nigeria is the last country in Africa where polio is endemic. Once Africa is certified as free of the wild poliovirus, five of the WHO's six regions will be free of wild polio. Polio remains endemic in Afghanistan and Pakistan, which means transmission of the virus has never been stopped.

Dr. Tunji Funsho, chair of Rotary's Nigeria National PolioPlus Committee, acknowledges the milestone but cautions Rotary members about celebrating too soon. He cites the challenge of making certain that routine immunizations reach every child in Nigeria.

"It's paramount that we ensure all doors are locked to the re-entry of the wild poliovirus into our country," says Funsho.

Funsho says to achieve this, Rotary needs to maintain strong advocacy efforts, continue to increase awareness of immunization campaigns, and ensure members raise necessary funds. Rotary has contributed \$268 million to fight polio in Nigeria.

"As the first organization to dream of a polio-free world, Rotary is committed to fulfilling our promise," says McGovern. "Our progress in Nigeria is a big step toward that goal, but we need to maintain momentum so that Pakistan and Afghanistan see the same level of progress."

OUR FORWARD PROGRAM

Date	Program	Speaker	Chairman	Reporter
September 11th	Teaching Chess to children	Gyula Plaganyi	President Jim Fraser	Adrian Bell
Monday September 23rd	Dinner with the RI President Mark Maloney	President Mark Maloney	At The Deckhouse, Clarke Road, Woolwich	6.30 for 7.00pm \$70 per person
Monday OCTOBER 28th	Joint District Governor's Official Visit with Beecroft at Pennant Hills Bowling Club	DG Kalma McLellan	Presidents Johanna & Jim	John Ellis
OCTOBER 29th	ANNUAL CHARITY GOLF DAY	AT PENNANT HILLS GOLF CLUB	Contact PHIL STANTON	PLAYERS & SPONSORS WANTED

ATTENDANCE AT OUR LAST MEETING

Member Attendance : 62.5%

Apologies: Ahmadul Ameen, Kaye Carter, Jim Fraser, Ian Huckel, Pam Hudson, Phil Stanton

Guest Speaker: Andrew McDonald

BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

Kaye Carter - September 7th

Wendy Bell - September 13th

Ruth Reid - September 21st

ANNIVERSARIES

Adrian & Wendy Bell - September 5th

Ian & Beverley Chappel - September 24th

INDUCTION ANNIVERSARIES

David Hopping - September 7th

Claude Rigney - September 8th

Pat Parker - September 10th

David Walsh - September 13th

WEST PENNANT HILLS/CHERRYBROOK CLUB ARE COLLECTING GOODS FOR THEIR ROTARY GARAGE SALE on 12th & 13th OCTOBER

They are looking for BRIC-A-BRAC, CLOTHES, CDs/DVDs/RECORDS, BIKES & SPORTING GOODS, HOMEWARES & MANCHESTER, PLANTS & POTS, SMALL ELECTRICAL APPLIANCES (Working), TOOLS, GOOD QUALITY SMALL FURNITURE, ANYTHING TOO GOOD TO THROW AWAY.

If you have any items that you would like to donate, collection & drop off of goods is from 22nd September until 9th October. Phone 0468 330 667 for more information.

QUOTE OF THE WEEK

“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.”

- Billy Graham