

SPOKES

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6th June, 2016

Chairman:

David Firth

Reporter:

Adrian Bell

Editor:

David Firth

TONIGHT'S PROGRAM



The Program of NBN Co.

GUEST SPEAKER: Michael Tyler

Michael is Community Affairs Manager NSW at NBN Co. and is charged with the responsibility of informing people of the plans for the continuing roll-out of the service across the state.

The purpose of the NBN Co. as stated on their website is "to deliver Australia's first national wholesale-only, open access broadband network to all Australians."

We are pleased to welcome Michael to our meeting.

**NO MEETING
13th June
DUE TO THE
PUBLIC HOLIDAY**

20th June

**Club Forum &
Fellowship**

Chairman:
President Ian

Reporter:
Theo Glockemann

CLUB CONTACT INFORMATION



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MEETING REPORT - 30th MAY 2016

The meeting was opened by President Ian Chappel and he welcomed Wendy Bell, our guest speaker. Theo Glockemann reported on the Red Shield Appeal held on 29 May. The door knock collectors brought in \$27,000 and the static collections in shopping centres collected \$5,700. This result related poorly to previous years because of difficulties recruiting collectors. President Ian reported on a fund raising function of Beecroft Club to be held in the Epping Club in September to support research into Alzheimer's disease. The organisers are proposing \$1500 for a table of ten. He also proposed we take an interest in homeless youth around Pennant Hills. John Ellis reported that we have received two applications for the National Youth Science Forum next January. Also he was able to clarify the documentation required by Ronald McDonald House related to working with children. David Firth then took numbers planning to assist with the annual barbecue at Ronald McDonald House on 3 June. The Sergeant, once again, showed little mercy or compassion on the usual scallywags.

President Ian introduced Wendy Bell. Not only does she have the good fortune to be married to the Sergeant, she is a nurse educator. Recently she had attended a seminar for health professionals to raise awareness of aspects of polio amongst our population who had grown up 50 to 70 years ago. The polio virus is now 100 years old; it attacks the nervous system and is very contagious. President Roosevelt was one well known person who became wheelchair bound because of polio. Before a vaccine was developed, polio was paralysing or killing half a million children per annum world wide. However, of those who were affected by the virus only 1% were paralysed by the rarest form of the virus. The sufferer would experience loss of reflex, paralysis and destruction of muscles in the motor system. In the worst of cases the sufferer was confined to an iron lung when their breathing motor system became affected. Between 1930 and 1960 about 40,000 cases were reported in Australia with only 1% experiencing paralysis. So the incidence of paralysing polio was miniscule compared with, say, road deaths. Nevertheless, the threat of infection was real. The



Salk vaccine was introduced in 1955 and was injected. Within five years an oral vaccine was available and this has been widely used in the campaign to eradicate polio world wide. The oral vaccine has been improved with time. However those not affected with paralysis and living today usually are unaware they continue to carry the virus. This form is known as late onset or post polio with symptoms such as general fatigue, muscle pain, flu-like symptoms and sleeping problems. Those carrying the virus experience limb problems in later life, such as osteoporosis and wear and tear on limbs. The seminar aimed to bring to the attention of health professionals the potential for this age group to experience problems with post polio. They will need to recognize and assess as there could be the risk of falls and so on. A patient can be treated by appropriate physiotherapy, pain management or occupational therapy. The specialists requiring such overview include physiotherapists, speech therapists, orthoticians, podiatrists, sleep specialists, occupational therapists, general practitioners and social workers. This presentation attracted much interest and Wendy was questioned for over 15 minutes. She referred us to www.polioaustralia.org.au the site for a consumer founded, consumer run, consumer focused not for profit organisation representing the probable 400,000 Australians thought to have problems with post polio. As I tossed and turned last night I realized it could be related to post polio rather than how the Sergeant might corner me next week.

President Ian closed the meeting with the National Anthem.

Reporter: J W Ellis

MEALS FROM THE HEART AT RONALD McDONALD HOUSE, WESTMEAD

Last Friday evening was our annual visit to Ronald McDonald House, Westmead to provide dinner for the resident families staying there to be with children who are either in Westmead Children's Hospital or are receiving treatment there. Although the indication was that we should cater for 70, on the night there were only about 20 which meant we had a lot of food left over. Our members in attendance were able to purchase the excess meat and desserts to ensure these would not go to waste.



As usual, the highlight was to be able to sit with the families over the meal, getting to understand a little of what they are going through, and trying to bring some relief from their regular routine. Their stories are always amazing - I was fortunate to sit with a lady from New Caledonia who was there with her only child, her son Justin, who was 9½ years old and had suffered with a brain tumour. It had been operated on some time ago and they were back for 9 weeks of treatment. There were a number of other stories of families including an older couple with a young boy with a disability and a girl in the hospital who was having another operation on her back, and both these children were foster children! They had come from beyond Wollongong - it is amazing what dedication people have in such circumstances!

Special thanks to Bev Young who, once again, provided the salads for the meal. Pat Parker, fresh back from a holiday in South East Queensland, had done his usual masterful organising to ensure a successful outcome. Our team on the night were Pat & Sandra Parker, Jim & Esther Fraser, Adrian & Wendy Bell, Bev Young, John Ellis, Theo & Georgia Glockemann, and David & Heather Firth. *The editor*



Our team, with Justin and his mother Jacqueline, pose for the camera after dinner.



Jacqueline, Justin and Theo

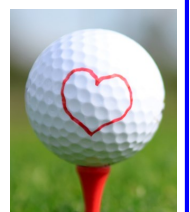


NO WONDER THERE ARE GOLF WIDOWS!

A couple whose passion had waned saw a marriage counsellor and went through appointments that brought little success. Suddenly at one session the counsellor grabbed the wife and kissed her passionately.

"There" he said to the husband, "That's what she needs every Monday, Wednesday, Saturday and Sunday".

"Well," replied the husband, "I can bring her in on Mondays and Wednesdays but Saturdays and Sundays are my golf days."



OUR FUTURE PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
June 13th	NO MEETING	DUE TO QUEEN'S	BIRTHDAY	HOLIDAY
June 20th	Club Forum & Fellowship	Club members	President Ian	Theo Glockemann
Saturday June 25th	DISTRICT 9685 CHANGEOVER	HORNSBY RSL CLUB	6.00 FOR 6.30pm	
June 27th	CLUB CHANGEOVER with Partners	AT THE GOLF CLUB	6.30 FOR 7.00pm	David Firth
July 4th	CLUB PLANS & PROGRAMS	President Pam & Directors	President Pam	Jim Fraser
July 11th	Joint meeting with Beecroft	Tim Costello CEO of World Vision	Beecroft President David Elyard	Ian Chappel

MEMBER NEWS FOR THE WEEK

BIRTHDAYS

Nil

ANNIVERSARIES

Nil

INDUCTION ANNIVERSARIES

Peter Wilson - June 6, 1985

Fellows, don't forget the Club Changeover on Monday 27th June. We have several special guests coming to the meeting and, of course, it is a partners' night. All visitors will be most welcome.

LAST WEEK'S MEETING

ATTENDANCE: 72.2%

APOLOGIES: Pat Parker, Phil Stanton, Alex Thomas, Peter Wilson

GUEST SPEAKER: Wendy Bell

VISITING ROTARIAN: Nil

GUESTS: Nil

LEAVE OF ABSENCE:

Graeme Ashdown

REFLECTIONS ON COMMUNICATIONS

