



# SPOKES

Volume 59 No12  
11th September 2017  
EDITOR: PAM HUDSON

## OUR PROGRAM THIS WEEK

### ROTARY INTERNATIONAL TODAY

#### JOINT MEETING WITH BEECROFT AND OTHER ZONE CLUBS

CHAIRMAN: Pres. Mark Anderson      REPORTER: Phil Stanton



**John Hewko**  
RI General Secretary  
Rotary Club of Kyiv  
Ukraine

John Hewko is the general secretary of Rotary International and The Rotary Foundation. From 2004 to 2009, John Hewko was vice president for operations and compact development for the Millennium Challenge Corporation (MCC), a U.S. government agency established in 2004 to deliver foreign assistance to the world's poorest countries. At MCC, he was the principal United States negotiator for foreign assistance agreements to 26 countries in Africa, Asia, South America, the Middle East, and the former Soviet Union. During his tenure, he completed the negotiation of assistance agreements totalling \$6.3 billion to 18 countries for infrastructure, agriculture, water and sanitation, health, and education projects.

John Hewko has been a public policy scholar at the Woodrow Wilson International Centre for Scholars, an adjunct professor of law at Georgetown University, and a visiting scholar at the Carnegie Endowment for International Peace.

He has published papers and articles in leading U.S. and international publications, and he has spoken extensively on political and business issues dealing with the former Soviet Union, Central Europe, Africa, and Latin America. He is also a member of the Council of Foreign Relations.

## NEXT WEEK'S PROGRAM

### Guest Speaker: John McCorquodale- 'Gliding'

**Chairman:**

Phil Stanton

**Reporter:**

Adrian Bell

ROTARY CLUB OF  
**PENNANT HILLS**

Chartered March 14, 1960



**Rotary**  
District 9685



*Sydney, Australia*  
*From the mountains to the sea.*

## CLUB CONTACT INFORMATION

**PHONE ENQUIRIES:**

**9484 4889**

**EMAIL:**

[rotaryclubpennant  
hills@gmail.com](mailto:rotaryclubpennant<br/>hills@gmail.com)

**TO NOTIFY MEETING**

**APOLOGIES &**

**GUESTS:**

**9294 2107**

**before Noon on**

**Saturday**



## Rotary Meeting - Monday 4th September, 2017

With our president on overseas assignment this week, Immediate Past President Pam Hudson was in the chair, and Phil Stanton had stepped aside for Pat Parker to be chairman. Our guest speaker, Professor Cres Eastman, was warmly welcomed.

There were a series of announcements –

Theo Glockemann talked about the upcoming RYLA and RYPEN in Timor and the problem he is grappling with concerning the timing of the sponsorship money from Woodside Petroleum. It was good to hear that he had been able to secure a fallback position with Rotary Districts 9685 and 9550 pledging support;

Pat Parker updated progress with Christmas Trailer Raffle selling locations;

Ian Chappel suggested that, as a club, we should support 'Lift the Lid on Mental Illness', the ARF's Hat Day promotion this year;

The excellent dinner menu obviously refuelled our sergeant as he then embarked on a wide ranging fine session with no-one left untouched. After all, he will now be away for several meetings – what a relief!



Following the tea/coffee break, Pat introduced our guest speaker, highlighting some of his many achievements. Cres was able to recall his previous talk to our club for Australia Day 2007 when he received his Australia Day Merit Award. He had an excellent power point presentation entitled 'Protecting the Intelligence of Children' by avoiding or correcting iodine deficiency. He illustrated the problem in Australia by referring to several newspaper headline stories including the SMH on December 4, 2000 "We Are Failing Our Children", a story about Australian children doing

worse than those in Kazakhstan. Cres believes that environmental iodine deficiency during pregnancy and infancy – the first 1000 days – is the major cause of reduced child performance. Indeed, his research has suggested a connection between maternal iodine deficiency and autism and also ADHD.

Cres then gave a rundown of his work in China commencing in the early 1980's. China, at that time, had a problem with cretinism and an estimated 25% of the population suffering with goitre. His was the first Australian Aid project in China following his involvement with Bob Hawke's 1985 trip to China. Cres came up with a plan for the government to require all salt to be iodised. By 1998, 90% of all salt used in China was iodised.

In Tibet in 1998, iodine deficiency was very prevalent – more severe than anywhere else in the world. Up to 13% of the population were cretins. China were indifferent to the problem there. Cres's team came up with a different answer to the problem – iodised oil supplementation with capsules for all women of child bearing age and children up to 2 years old. The capsules were effective for up to 12 months, so the supplement was repeated 1 year later. Of particular interest was that they got 95% coverage by joining with the Rotary PolioPlus program with children receiving the polio vaccine drops and then the iodised oil drops. 30,000 babies are born in Tibet each year and, since 2005, no new cretins have been identified.



Australia presented a problem in 1990's with IDD identified as returning. Iodine was being delivered through the milk supply and a limited consumption of iodised salt. The milk supply had iodine added through the sanitization materials used on all equipment. However, changes to the sanitizers and practises cut this out as a supply of iodine. With almost 50% of children identified as having inadequate iodine levels, the governments around the country decided on a course of action. In 2008, all states legislated that all bread (except organic bread) had to be produced using iodised salt. This has certainly helped, however the worry is with pregnant women who need to up their intake to supply their baby as well as themselves. Cres believes they should be taking a supplement of 250ug daily right from conception. New Zealand had a similar problem and took the same legislative action. Following a series of questions, Pat invited members to thank Cres in the usual way. Pam closed the meeting, reminding all that next week would be a combined zone meeting – same time and place – with RI General Secretary, John Hewko, the keynote speaker.



**Could ordinary, everyday food, silently/progressively poison your child?**

**If they had PKU it would.**

**PKU if left untreated will result in irreparable brain damage and physical disability**

**Help make a difference in the world of PKU children by supporting**



**ROTARY CLUB OF PENNANT HILLS  
ANNUAL CHARITY GOLF DAY**



*Where: Pennant Hills Golf Club*

*Date: Tuesday 17th October 2017*

*Cost: \$125 per player*

*Includes, Golf, Breakfast and Lunch*

*Registration 7.30am,*

*Breakfast 7.00 - 8.15am*

*Shot-gun start 8.30am*



**Individual & 2BBB Stableford Competition  
Prizes, Auction and Raffles**

**Sponsorship opportunities available**

*Contact: Terry Pankhurst*

*0418 418 952*

*[terrypankhurst@hotmail.com](mailto:terrypankhurst@hotmail.com)*

*Phillip Stanton*

*0411 488 777*

*[p.stanton@stantondahl.com.au](mailto:p.stanton@stantondahl.com.au)*

NPL SYDNEY NORTH / NORTHERN BEACHES

**Crows Nest Rotary Club**

ROTARY MAKING A DIFFERENCE

**Charity Poker Event**

**Saturday 21st October**

**@ NORTHS**

ALL WELCOME

POKER

ALL WELCOME

**\$25 Entry for 25k Start Stack**

**\$25 Options (add-on AND / OR re-buy 25k)**

**50% of Prizepool to Charity / 50% to Players**

**Rego & Lessons from 6pm**

**Contact Mark 0419 619 530 further info**

**Start 7pm - Late Entry 8.15pm**

NPL LEAGUE

NORTHS

12 Abbott Street Cammeray

“  
ONCE YOU  
CHOOSE HOPE,  
ANYTHING IS  
POSSIBLE

”  
Christopher Reeve

## THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER
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Sept 15th	Volunteer at RYDA at Sydney Olympic Park Mount St Benedict High School ✓ 6 volunteers Required 8.30am to 2pm	
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			CHAIRMAN	REPORTER
Sept 18th	'Gliding'	John McCorquodale	Phil Stanton	Adrian Bell

Sept 25th	Aphasia Awareness	Colleen Kerr	Pam Hudson	John Ellis
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Oct 2nd	PUBLIC HOLIDAY NO MEETING			
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Oct 17th	CLUB CHARITY GOLF DAY PENNANT HILLS GOLF CLUB 7.00am Breakfast 8.30am shotgun start
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## QUOTE OF THE WEEK

It takes 20 years to build a reputation and five minutes to ruin it.  
If you think about that, you'll do things differently.

Warren Buffett