



# SPOKES

VOLUME 59 No. 37

26th March, 2018

EDITOR: DAVID FIRTH

## OUR PROGRAM THIS WEEK

### THE NEWS FROM TIMOR LESTE

Guest Speaker:  
David Boyce

Chairman: Theo Glockemann

Reporter: John Ellis

David has been a regular visitor to our club thanks to the hosting by Theo and Georgia Glockemann. He is a charter member of the Rotary Club of Dili in Timor Leste. He works as a consultant to the Cooperative Café Timor, the major supplier of coffee in Timor. We welcome David to our club once again.

**Rotary**  
District 9685



#### CLUB CONTACT INFORMATION

PHONE ENQUIRIES:

**9484 4889**

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

TO NOTIFY MEETING

APOLOGIES &  
GUESTS:

**9294 2107**

before Noon on

Saturday



#### Rotary and World Water Day March 22nd

Clean water and sanitation are basic necessities of a healthy environment and a productive life. Since 2013, the Rotary Foundation has invested more than \$74 million on water and sanitation projects. Through water, sanitation, and hygiene (WASH) programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that yield long-term change.

Rotary has challenged our members to develop sustainable water, sanitation, and hygiene education projects in five countries: Belize, Guatemala, Honduras, India, and Kenya.

**NEXT WEEK - APRIL 2nd**

**PUBLIC HOLIDAY SO NO MEETING**

**APRIL 9th**

**CLUB BOARD MEETING & PLANNING NIGHT**

**Chairman: President Alex Reporter: Jim Fraser**

**VENUE TO BE ADVISED**

## MEETING REPORT - 19th MARCH

Due to another function at the Golf Club we were back to the rear of the club.

President Alex opened the meeting after a grand introduction by Sgt Theo. Members enjoyed a pleasant meal followed by club reports.

Jim Fraser reported that the club project BowelScan would be underway on the 1<sup>st</sup> April with kits available at local chemists.

Ian Chappel reported the PKU Channel Swim has so far raised \$1800 through the Go-Fund page. At the club meeting on the 30<sup>th</sup> April, the guest speaker will be Prof John Christodoulou who will enlighten us on the on-going research results so far.

The John Ellis report was that this week was St Patrick's Day. I am not sure how this relates to youth projects!!!

David Firth asked members and partners to keep the date **Wednesday 13th June** available for our inaugural visit to the new Ronald McDonald House. We will need a team of twenty to cater for 200 families.

Due to renovations we will be unable to meet at the club for 3 weeks. Next weeks meeting, 26<sup>th</sup> March, will be a BBQ at Lutanda hosted by Theo. David will organize the food. Members to BYO drinks.

The following week there will be no meeting as it is a public holiday for Easter Monday.

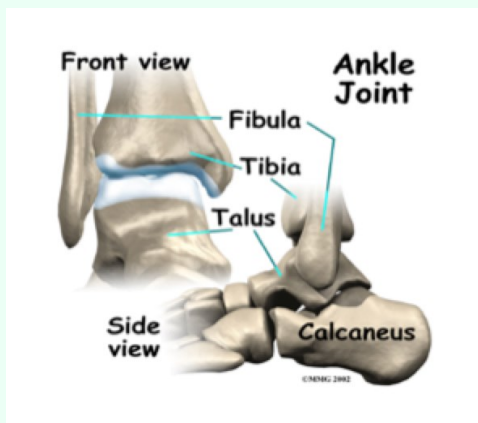
For the meeting on the April 9th, Lutanda is not available as Theo will be representing Australia at the Commonwealth Games as a member of the lawn bowls team! We await the medals.

Sergeant Theo removed a grand amount of money from members in his usual style.

Pres. Alex introduced our guest speaker Dr Andrew Stephens, orthopaedic surgeon.

Andrew is a member of Rotary Club of Beecroft, and his clinical specialty is ankles and feet.

He informed us of the great sprinter **Usain Bolt** - the fastest man in history. In honour of his 9.58 second world record in the 100m, Andrew revealed that he has flat feet. If this problem had been corrected as a young boy he would never have run the times he did. He overcame this problem with an exercise and strengthening program.



### Instability Tests

- Anterior Drawer
  - Tests integrity of ATFL
  - Compare to contralateral side
- Talar Tilt
  - Tests integrity of ATFL and CFL

Two illustrations of ankle instability tests. The top illustration shows the 'Anterior Drawer' test, where the foot is held flat on a surface and the tibia is moved forward. The bottom illustration shows the 'Talar Tilt' test, where the foot is held flat on a surface and the heel is tilted laterally.

### Treatment Summary

Phase I (acute)	RICE		
Phase II (subacute)	Weight bearing as soon as tolerated		
	Passive/active ROM	Resistance exercises	Proprioceptive exercises
Phase III (rehabilitation)	Proprioceptive training	Strength training	
	Sport-specific exercises		
Phase IV (prophylactic)	Prophylactic strengthening	Protective taping/bracing	

Andrew explained ankle infusion, the gold standard for correcting ankle problems successfully in sports injuries.

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Ankle arthroscopy marking before operating was also discussed. Members were made aware of this procedure and the time taken to mark the ankle.

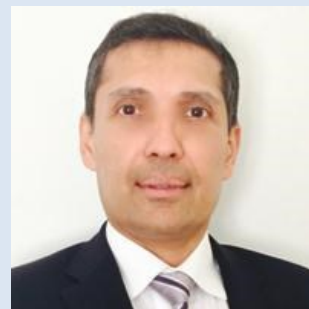
More graphics showed the stabilization of the ankle as well as total ankle replacement.

Andrew informed on the future of ankle surgery, which looks very promising.

A private consultation after the meeting by one member took place. Take note Sergeant Theo.

President Alex thanked Andrew for his informative presentation and closed the meeting.

**Reporter: Pam Hudson**



## DISTRICT ASSEMBLY 2018

2018-19 Board Members, please be aware of the following 2018-19 District training:

### District Assembly

Sunday 29 April 20178

The Kings School

Pennant Hills Road, Parramatta

It will begin with registrations at 8.30am and formal start at 9.00am, finishing at 4.30pm.

The training content will be informative and entertaining. ***It is a Rotary International requirement that each club is represented at PETS and District Assembly.***

**REGISTRATIONS CLOSE ON 24 APRIL - PLEASE REGISTER ASAP**  
**Go to the District 9685 website - [www.rotarydistrict9685.org.au](http://www.rotarydistrict9685.org.au)**

### RI president says planting trees shows long-term commitment to the community

President Ian H.S. Riseley issued a challenge last year. He wanted Rotarians to plant 1.2 million trees – one for every Rotarian in the world – between 1 July 2017, when he took office as president of Rotary International, and Earth Day, 22 April 2018. Clubs around the world have embraced that challenge, and in his travels this year, Riseley himself has often been asked to pick up a shovel.

**Q:** Why tree-planting?

**A:** Environmental issues have not featured highly on the radar of Rotary International in a corporate sense since 1990-91, when President Paulo Costa's Preserve Planet Earth program inspired thousands of clubs to carry out environmental projects. I was keen to give Rotarians an incentive – and the opportunity – to show their concern for the environment. It's important to me and it's important to many other people.

As part of 2017-18 RI President Ian Riseley's tree-planting initiative, members of the Rotary International Staff Society planted eight trees in a bird sanctuary in Evanston, Illinois, USA.

Why trees? Because anyone can do it, just about. If you can't plant one yourself, you can still support tree-planting somewhere that needs it. From everything I've heard, people inside and outside Rotary have embraced this idea.

**Q:** Why do you think this idea has inspired such enthusiasm?

**A:** There's something about planting a tree that speaks to people in a very primal way. It shows a long-term commitment to the community. Rotary does many wonderful community projects: We build playgrounds and clean up rubbish and many other things. But somehow, planting a tree captures the imagination.

I've seen many examples of communities getting involved. The government of Romania heard about the initiative and said, 'We want to plant trees too, but we don't have the personnel to plant them.' The government offered to donate trees that Rotarians would plant all over the country. So Rotarians are planting a million trees there.

***Isn't this a project our club could be involved in just like we have planted trees in years past? PP Jack Reid has plenty of knowledge about what we would need to do.***

# THE FORWARD PROGRAM

DATE	PROGRAM	SPEAKER	CHAIRMAN	REPORTER
April 2nd	NO MEETING - EASTER HOLIDAY			
April 9th	Board Meeting & Planning	President & members	President Alex	Jim Fraser
April 23rd	Pakistan Today	Consul General of Pakistan	Phil Stanton	Pat Parker
April 30th	PKU Research & the PKU Association	Prof John Christodoulou	Terry Pankhurst	Ian Chappel

## BIRTHDAYS & ANNIVERSARIES

### BIRTHDAYS

Heather Firth - March 24th

Ian Huckel - April 5th

Peter Hudson - April 8th

### ANNIVERSARIES

Pat & Sandra Parker - April 7th

Ian & Sue Huckel - April 9th

Terry & Maureen Pankhurst - April 9th

### INDUCTION ANNIVERSARIES

George Green - April 3rd

Bill Woodman - April 6th

Graeme Ashdown - April 7th



## PRIDE OF WORKMANSHIP AWARDS NIGHT

**MONDAY, 14th MAY, 2018**

This is one of the highlight events for our club which will showcase the project for which we are known around Australian & New Zealand Rotary Clubs.

Do you know someone who is deserving of an award? Perhaps you know or deal with someone who deserves such recognition? We are also interested in presenting Community Service and Small Business Awards. Please contact David Firth with any suggestions you have.

It's not about the Love I Get...



It's about the Love I Give!

### ATTENDANCE AT OUR LAST MEETING

**Member Attendance:** 81.25%

**Apologies:** Terry Pankhurst, Pat Parker

**Guest Speaker:** Rotarian Dr Andrew Stephens

**Visitors:** Nil

**Leave of Absence:** Nil



## QUOTE OF THE WEEK

***'It's not whether you win or lose, but how you play the game that counts.'***

- Anonymous