



Bulletin # 7 — 6th August 2015



**Two guest speakers tonight
Judy Mitchell
and Helen
Ryan
"Modern
Physiotherapy"**

Two Rotary members, Helen and Judy, both with a wealth of knowledge in the area gave us some information on Physiotherapy. Since the days of their respective graduations both have noted the great changes in this field. It remains a subject that they both hold a keen interest. In the 60s there was only one field of physiotherapy, but now there is around 40 different specialties, with sports physiotherapy offering further specializations. Physiotherapy is what it is today through research which provides evidence that supports the effectiveness of treatment.

Judy started proceedings tonight by covering a couple of topics of interest for her. Judy discussed Biofeedback and gave some examples of how this concept is used in treatment. In modern Physiotherapy ultrasound devices can demonstrate to patients the movements of muscles. Physiotherapist knowledge as to the operations of muscles and joints allows them to advise on the correct way to recover from surgery and injuries.

Knee joint osteoarthritis is a common condition in Australia. Judy mentioned the relation between the quality of life and a reduced life expectancy. If your life is full of discomfort this will reduce the chances of a long life as well. It will increase the need for care and reduce independence. It is the 4th most common disabling condition for woman and the 8th most common for men. Judy mentioned that whilst radiographic improvement of the joint is rare after treatment the quality of life and movement is greatly increased.

Helen Ryan moved onto discussion of Falls and how common this problem was in its occurrence. The ambulance service data shows 66,000 falls in N.S.W this year to date. Some thousands of falls occur per month. Those at risk, like the elderly, could decrease their risk of injuries by exercise that targets muscle balance. Helen discussed the new thoughts on exercise after surgery. People are now mobilized early even after being in a coma. Even when in a coma muscle stimulation encouraging muscle movement reduces other complications. Physiotherapists work in E.R. now to get people going quicker having been present right at the start of the patient's admission.

The conclusion was that Physiotherapists are in the best position to assess the musculo-skeletal system and joints. The work of physiotherapists is both interesting and essential.

Inside:
Page 2: Greg Flux receives PHF recognition
Club announcements
Page 3: Working with children application. Photos from meeting.

Congratulations
Member's or Partner's birthdays:
Chris Coy 13th August
Arja Levonpera 13th August
Phyllis McIver 18th August
Wedding anniversaries:
Helen & Mike Ryan 14th of August

Lady Luck
Heads & Tails:
PDG Bart
Spun out the members
Raffle winner:
PDG Don Whatham

Duties next Meeting
Door: Bart Richardson and Richard Harris
Loyal Toast:
Peter Page
Grace:
Kathy Rimmer
Meet and Greet:
John Crump
Introduce Guest Speaker:
None Required
Thank Speaker:
None required
Bulletin
DonWhatham
Next Week
Club Meeting

**Apologies/Extras: to Ros Cribb by noon on Wednesday
Phone or Text to: 0401 450 239**



Sapphire Pin for Greg Flux - Second Paul Harris recognition.

PP Chris Bartlett had a pleasant piece of unfinished business to attend to at the meeting this week in awarding a sapphire pin to Rotarian and Golf day organiser Greg Flux. Greg had been unable to attend the changeover dinner due to a trip to Queensland at the time. This trip proved to have more adventure than first thought due to some unexpected car trouble.

PP Chris explained the Paul Harris fellowship is in recognition of the humanitarian works of the Rotary Foundation. Greg has been the coordinator of the Golf day for some years, the clubs biggest fundraiser. It is not only one of the most successful golf days locally but in the district, and the region. Greg has other connections to the local community and has helped with coordinating functions between our club and the hash house runners. Greg has also been a great supported of the youth exchange program.

Board Meeting Next Wednesday.

President Ann requests that items to be discussed from directors be send to the secretary PDG Don for inclusion on the agenda for the night. This streamlines the meeting proceedings.

Adopt-A- Road program.

Coordinator Mike Mobbs advised that the roster for Adopt – A-Road had been sent for the next 12 month period. Last Sunday (2nd) the volunteers for the day had great success in finding rubbish along the road side, collecting 12 bags from the mornings work. Thanks to Warwick for being the collector of the rubbish bags and to the other club members who worked that day.

MS fundraiser Film Afternoon

Kathy Rimmer held a Fundraiser for MS research independent of the club last Sunday. Over 60 people attended the film screening on the day. The cinema was a sea of red in support of this cause . So far Kathy has raised over \$2800. DVDs of the film can be purchased from Kathy. Donations can be made until the 8th of September. A lot of further positive follow up will result from this film day. A great result and something to which the club gives our support .

Club Fees Reminder

The club treasurer Richard Harris advises that the annual fees for the club are now payable. The club is committed to pay contributions to Rotary organisations early in the year and hence it is appreciated that fees are paid promptly.

Full year fee \$250 or if preferred \$125 for half year.

The fees can either be paid at a Rotary meeting via cheque,

Or preferably via electronic transfer to the club account: BSB 637000 Acct 781017418

On the transfer please indicate your name and the word Subs to indicate for what the payment is to be used.



Honorary member Terry Fitzsimmons

Terry gave the club a visit this week so President Ann decided to give him a job. Terry was able to thank the guest speakers for us tonight.

Taken from a musing from the Bulletin in 1974 are these words written by Abraham Lincoln, US President 1861-1865, to address a problem in his time.

Appropriate in 1974 they still hold true in 2015;

You cannot bring about prosperity by discouraging thrift,
 You cannot strengthen the weak by weakening the strong,
 You cannot help the wage earner by pulling down the wage payer,
 You cannot further the brotherhood of man by encouraging class hatred,
 You cannot build character and courage by taking away mans initiative and independence,
 You cannot help men permanently by doing for them, what they could or should do for themselves.

Provided By Richard Turner

Working with Children Check

Members are advised that these days we need to have a working with children check completed. It may not be that you specifically relate to children through Rotary but this is still a requirement for all volunteers. There is no charge for volunteers.

The process involves preparing an online application at: www.kidsguardian.nsw.gov.au.

You then need to take the application number provided to a Motor Registry office for identification purposes. Once this is done they provide a certificate? or some identifying paperwork which should be supplied to President Ann to be held on the clubs records.



Some pictures from tonight's meeting. Helen was able to provide an anatomical lesson of the skeleton with her T-Shirt, Stand in Sergeant Warwick did some fairly painless extraction of funds tonight, and Paula Flux was at the meeting tonight with husband Greg.