

ROTARY CLUB OF BURNIE

THE BULLETIN

76TH YEAR - No. 10 – 4 SEPTEMBER 2017

President	-	Nigel Morgan
Secretary	-	George Austin
Treasurer	-	David Bennett
President Elect	-	TBA
Bulletin Editor	-	Jim Forsyth



**ROTARY:
MAKING A
DIFFERENCE**

THEME FOR 2017-18:

ROTARY MAKING A DIFFERENCE

Invocation

**For good food, for good fellowship, may the
giver of all our blessings make us truly thankful.**

ROTARY MONTH: SEPTEMBER – Basic Education & Literacy

Duty Roster - SEPTEMBER 2017:
George Austin - David Bennett - Themba

PROGRAM: Elizabeth Kinneir-Tarte

4 – SEPT - 17	Frans Ammerlaan	Post WW11 Childhood	Greens
11 – SEPT - 17	DG Tony Colman		Greens
18 – SEPT - 17	Adele Britton	school of special education	Greens
25 – SEPT - 17	Lisa Martin	Hellyer, supporting education.	Greens
2 – OCT - 17	Wayne Richards	SES	Greens
9 – OCT - 17	RYPEN - Allen		Greens
16 – OCT - 17	Nancy Arnold	Community Care	Greens
Any ideas for speakers then please call Elizabeth on - 0427 376 747			

Apologies - If you are unable to attend for any reason please notify Carolyn at BRL (6431 6333; or email carolyn.sullivan@alsglobal.com) by midday on Monday. Failure to do so will mean you are still responsible for the cost of the meal.

Birthdays & Anniversaries during August

S E P T E M B E R	Birthdays		Wedding Anniversary		Rotary Anniversary	
	5	Murray O'CONNOR 1948				
	7	Stanley FRENCH 1938	11	Robert/Kathy BENTLEY	11	John GLEN 2006
	12	Geoffrey McLEAN 1945				
	14	Nigel MORGAN 1975				
	15	Dorothy MUIR				
	27	Ken MOORE 1949				

Sausage Sizzle: Bruce Clark/Doug Forrest

DATE	#1 - PICK UP GEAR	#2 - PICK UP MEAT	
02 - SEPT	Wayne Licht	John Glen	
09 - SEPT	George Austin	David McCarthy	
16 - SEPT	Barrie Crawford	Ian Guest	
23 - SEPT	Nigel Morgan	Paul Kearney	
30 - SEPT			

President - Nigel Morgan

- President Nigel has received a big thankyou from DG Tony Colman for a well-run G8 District Forum.
- Our speaker tonight is our own Dr Themba Bulle, he will be addressing the problem of Osteoporosis and its prevention.

Secretary - George Austin

- Last week's Forum was a little depressing because it dwelt on falling memberships rather than how to go about increasing it. As a result, I have printed brochures on how to do it and handouts that I will distribute during the meeting.

- The BURNIE VICTORIA LEAGUE is holding a “La Soiree” at the Burnie Guide hall, 15 Howe Street, Burnie at 6 until 7.30pm on Friday 20th October. The cost is \$20 per person and after 5 dress code is required.

SaveALife-

Ken Moore

Due to ‘Red Tape’ from our Federal Government we will not be able to proceed with this project for the time being.

Rotary information –

John Glen

ROTARY’S CAUSES

Rotary International has six core interests in providing a better World for all. I will introduce each of these over the following weeks. These are:

- Promoting peace 14 August 2017
- Fighting disease 28 August 2017
- Providing clean water - 3 July 2017
- Saving mothers and children
- Supporting education
- Growing local economies 24 July 2017

Fighting Disease

Disease does not prevent itself. RI educates and equips and directly intervenes to stop the spread of life-threatening diseases.

RI combats diseases like malaria, HIV/AIDS, Alzheimer’s, multiple sclerosis, diabetes, and polio. Prevention is important, which is why we also focus on health education and bringing people routine hearing, vision, and dental care.

Some examples are:

Reducing HIV infection: In Liberia, Rotary members are helping women get tested for HIV early in their pregnancies. They used prenatal care to reduce new HIV infections in children by 95 percent over two years.

Malaria: We are dedicated to a malaria-free world through treatment and prevention. One of the latest approaches are mosquito nets impregnated with insecticide. Use of the nets has reduced the infection rate by 80%.

Polio: are dedicated to permanently ending polio. Rotary members have spent over 30 years fighting polio, which is now almost fully eradicated. One of 3 strains has been completely eradicated. The last phase is in progress and will soon see the complete eradication of Polio from the earth.

Directors Reports

Youth Service –

Stephanie Prendergast

International Service –

John Glen

Community Service –

Themba Bulle

Vocational Service –

Wayne Licht

Program Director -

Elizabeth Kinneir-Tarte

Attendance:**Graeme Muir**

- Apologies: Stephanie Prendergast, Doug Forrest and Roopa Mulik
- Make up: 0
- Leave of Absence: Adam Coles and Kay Lord
- Guests: 0
- Present: ...20 Excused: 1 Make Ups: 0 Total: **Percentage: 77.8%**

RAFFLE WINNERS: Bruce Clark and Jim Forsyth.

LAST WEEKS MEETING**Osteoporosis and porous bones**

The typical candidate for Osteoporosis is a lady that has a cigarette and a cup of coffee first thing in the morning.

Osteoporosis literally translates to “porous bones,” and is a disease that is characterized by low bone mass and a overall weakening and deterioration of bone tissue. Normally, bone is made of tough, elastic fibres made of collagen and gritty, hard materials made of minerals. Initially, as a person grows, the bone will form faster than it is resorbed. However, as you get older, this process reverses. In fact, after the age of 35, most people will begin to lose a certain amount of bone material, especially as they become less dense and strong.

It is worth knowing that ALL bones can be affected by the disease. Even so, it is usually the spine, hip and wrists that are most susceptible to breakage. In the elderly, a broken hip can be especially damaging due to the prolonged time of immobility required for healing, which sadly can lead to blood clots and pneumonia, both of which can be fatal.

Symptoms can be, change in height, posture, broken finger nails, inactive, muscle and joint pain, vitamin D deficiency, fluctuations in weight, back pain and bone mineral density to name a few.

Along with dairy products and fish like sardines and salmon, you should eating leafy greens or broccoli. Other healthy food options include dried figs, fortified tofu and almonds. The National Osteoporosis Foundation suggests that the daily calcium intake for adult men and women should be between 1200 and 1500 mg.

Your body makes 90 percent of all the bone that you will ever have by the time you get to your late teens. Your body continues to make bone faster than it is lost until you get to your 30s. At that point, your body’s bone production will slow. Eventually it will slow to the point where you are losing bone faster than you are building it.

Some things that can help prevent osteoporosis are: exercise, don’t smoke, don’t drink alcohol excessively, get more vitamin D from the Sun in the mornings if possible and increase your calcium intake with dairy products.

Sugar intake is also detrimental to Osteoporosis, some sugar intake is advertised as energy on the label, but any sugar not used by the body as energy is converted into and stored as body fat.

Evening meals should be finished by 6pm and do not eat supper.