

COMMUNITY NETWORKER No 7/2017-8

ROTARY CLUB OF PARRAMATTA CITY Inc. DISTRICT 9675

www.parramattacityrotary.org.au

Rotary Four Way Test

The Four Way Test challenges Rotarians, in everything they do, to ask of themselves:

Of the things we say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Meeting, 14th August 2017

Our Toast

Bob Rosengreen proposed a toast to the Rotary Club of Lahore in Pakistan, the first Rotary club in Pakistan and the second-oldest club on the India-Pakistan sub-continent. It was particularly significant because 15th August this year marked Independent Day for Pakistan which was separated from India 70 years ago, in 1947. Pakistan came into existence as a result of the Pakistan movement which aimed to create a separate Muslim state by partition of the north-western regions of the undivided India but it was achieved at enormous cost of life.

Our Guests

President Natalie welcomed Dr Miriam Jackson, who did her PhD in Medical Science from 2007 till 2010. She has received a PhD Scholarship from Australian Rotary Health which was financed by the Blacktown Rotary Club. Miriam is now doing post-doctoral research on osteoarthritis. She is based at Royal North Shore Hospital. With her was Mel Gray, past-president of the Rotary Club of Blacktown City, who rode a pushbike across New South Wales from 2011 till last year to raise funds for Australian Rotary Health.

Natalie also welcomed Jessica Cooper, a media and communications officer with Australian Rotary Health.

The District Conference

The Rotary District 9675 Conference will be held next year in Mudgee, 2nd – 4th March. Anyone wanting to go to the conference should contact PDG Barry so he can book a room in their name.

The FOLIA Night

The FOLIA night at St Stephens, Thornleigh, last weekend went very well, with Ian and Jill Cochrane speaking passionately about the LAMB project in Bangladesh. The night produced \$15,700 in funding.

The Sydney Welsh Choir Concert

PP Malcolm said he and Joe Allen of Parramatta Daybreak were working to promote the concert at St Kevin's Church on 2nd September. Malcolm said he had spoken to the Carlingford Rotary Club and would speak again at the Ryde and Epping Rotary Clubs.

The Australia Day Barbecue

John Stamboulie said we would be running the Australia Day barbecue in Parramatta Park again next year. Bob Rosengreen said he would ensure that the trailer, which had not been used for a while, would be clean. PDG Barry said he endorse John for the wonderful job he had done with barbecues. "He always does it meticulously," he said.

Osteoarthritis

Dr Miriam Jackson said osteoarthritis, which had not yet visited her, was a not a single disease but responsible for more than 100 conditions. It had a significant impact on a person's life. In Australia 15 percent of the population, or 3.9 people, had trouble with arthritis. It increased with age, from the late thirties, and 60 percent of sufferers were of working age. The annual cost of arthritis to Australia was \$12 billion. Deterioration in the ligament led eventually to loss of joint function. There was a genetic factor and a gender factor – it more often affected woman – and it could come about as a result of accident. The condition led to other problems, such as diseases of the heart and lungs. It was once thought to be connected with the load each joint had to carry about it was found to affect non-load-bearing joints as well



Dr Miriam Jackson with Mel Gray and Pres Natalie

Miriam said treatment included lifestyle changes, exercises to strengthen the ligaments in the joints, dieting and consumption of such things as fish oil. There could also be relief from anti-inflammatory drugs. Surgery was often possible, to resurface the joint. There could be total replacement of hips or knees but replacement was not done before a person was about 50 years of age, because an artificial joint lasted about 15 years before it had to be replaced.

John Surian said he was due to have a knee replacement. He asked whether there were any alternatives to this. Miriam said: "Not in our lifetime." She said there was a lot of work being done now on exercises. FIFA had issued new guidelines for exercises. Asked about octogenarian PP Keith, walking kilometres a day and showing no ill effects, she said it "could be in the genes".

For Your Diaries

19th–20th August. National MUNA event in Canberra. Our Club represented by Merrylands High School

20th August. RAMS conference at Wolli Creek.

21st August. PDG Keith Roffey will speak to the club about RAWCS Donations in Kind

24th August. World Polio Day.

29th August. Rotary Vocational Youth Awards at Northmead High School. This will be a transfer meeting, from Monday 28th to Tuesday evening.

2nd September. Sydney Welsh Choir Concert at St Kevin's Church, Eastwood.

18th September DG Stephen Britten visits club

12th October. Hat Day.

19th October ARH 'Meet the Researchers' evening Dooleys Club Lidcombe

23rd October. Pride of Workmanship evening – location TBA.

24th October. World Polio Day.

29th October. Graffiti Removal Day.

17th November. District AGM will be held at the Liverpool Catholic Club.

20th November. Rotary Foundation Dinner, Blacktown Workers' Club.

17th March 2018. Rotary International Peacebuilding Conference was being held at the Sydney Town Hall, with heavy involvement of the Sydney Rotary Club.