

## ROTARY MEETING No. 1871

### Invocation & Toast

Sam Pearson opened the meeting with the invocation and toast to Australia and her people.

### Welcome

- Pres Bob welcomed guests Chris Pearson

### President Bob's Announcements

- ❖ Applications were now open for the next GSE team and leader to go to England in October (See Ken Roscrow or Pres. Bob for details)
- ❖ Wed. May 2<sup>nd</sup> GSE team from Sweden will be presenting at Belair Country Club. Should be an interesting night
- ❖ Reminder about May 8<sup>th</sup> open forum with Jeff Luci. Target 150 guests at present only about 90. Bring friends and partner(S). 7.00 for 7.30 according to Cherylyn Fleming
- ❖ Reminder about the District conference at Tanunda on May 3 to 6. See John Jackson for details.
- ❖ District Assembly on May 20 –All new directors are expected to attend
- ❖ June 3<sup>rd</sup> the CORE group have organised a concert in the Blackwood High Performing Arts Centre. Target 300 people or 5 per club member. Tickets \$10.00. Please support. Great acts been booked. Proceeds to CFS. Sunday afternoon 2.30

### Make-up:

Elizabeth Caldicott Port Pirie and Goolwa

### Speakers:

1. **Cherylyn Fleming**
  - a. Read out list of people who have not yet let her know about Jeff Luci)
  - b. Reminder about Blackwood Memorial Hall 50<sup>th</sup> celebrations this coming Saturday April 28th
2. **Helen Henbest**
  - a. When is Christmas Fair? (3<sup>rd</sup> Saturday in October)
  - b. Reminder about Blackwood Memorial Hall 50<sup>th</sup> celebrations this coming Saturday April 28th
3. **Bob Lehmann**
  - a. Anyone interested in being on Musicfest committee should see him
4. **Michael McLaren**
  - a. Christmas Fair needs a director
5. **Arthur Finch**
  - a. CORE concert is being sponsored by Michael McLaren. Tickets will be available next week, and he showed a sample of what they will look like. Arthur mentioned two of the artists
    - i. Bruce Hancock – jazz pianist
    - ii. Malcolm Bills – Pianist
6. **Robyn Venus**
  - a. Youth Vigil at War Memorial in Blackwood tonight
7. **John Jackson**
  - a. Trip to China is on in October and John will be leader. Article in Rotary Down under
8. **Elizabeth Caldicott**
  - a. Centrefold in RDU is girl who was in SA last year for medical treatment
9. **Alan Eldridge**
  - a. Vern Surman died today. Vern was charter president

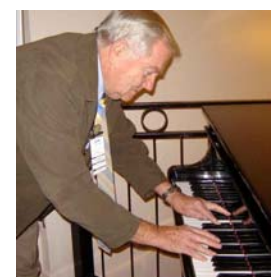


**Raffle:** Ken Roscrow took Jack Brown's ticket and claimed the prize. Jack is still trying to work out what happened

**Attendance:** 29 + 4 make-ups = 69%

### Sergeant's fines (Alan Eldridge)

- John Jackson carried the box in reparation for being in the shop at 9.30 looking for morning tea
- Cheryl Fleming – mobile phone call at club assembly
- Bob Lehmann – largest dinner plaque in club
- Ken Roscrow – memory losses last week
- Jeff Hunter – 27 page report at assembly
- SANFL losers
- Chris Pearson – talk on ADHD
- Jeff Hunter – Playing piano before meeting
- Peter Geer – jacket with his name
- Bernie Morgan – “Wood ferret”
- Graham Roberts and John Jackson – Rotary ties
- Cheryl Fleming – offering \$110 off at Windy Point Restaurant
- Trevor Abbott – disguised as a new member
- Reg Tannebring – sitting at top table and asks “Where is the president?”
- Ken Prime – why we should eat meat before bread
- Graham Roberts – travel tips 22 years too late



### Cross-fines

- Sgt. Alan – Falling asleep at assembly
- Bill Flynn – accidentally waking Sgt
- Terry Tierney – Saying in bulletin that Mark Burns was married to Attila the Hun (Terry is delighted to have evidence that at least one person reads the bulletin)
- Sgt. Alan Only fining one piano player
- 

**Guest Speaker** Chris Pearson was introduced by his son Sam.

I could not keep up with the list of Chris' achievements, but

- Educated at University of Adelaide and graduated from medical school in 1970
- Did paediatrics until 1976 when he graduated to his practice
- In 1994 he became a full time specialist he has always had a strong interest in young people
- He is definitely Sam's father even though Jeff Hunter suggested there was a milkman involved somewhere.



Chris began by showing a series of cartoons and reading a poem about “Fidgety Phillip” They dated back 150 years and clearly described a person who was suffering from Attention deficit Hyperactivity Disorder (ADHD) which was the topic of his talk.

Through a series of very sophisticated tests and medical science, it is now possible to show that sufferers of ADHD have brain functions very different from the normal person. It is also clear that ADHD runs in families.

Chris then showed some data from state schools in 2001 which recorded that 16000 students were suspended and that for a significant number the reason may have linked back to ADHD

### What is ADHD?

“A combination of high activity, impulsivity and difficulty in concentrating.

It can occur in very young children through to adults.

It runs in families, but can also occur as result of accident or illness”

Symptoms: Described well in “Whinnie the Pooh” in the character Tigger

- Fidgeting
- Squirming

- Leaves seat
- Excessive talking
- Shouting out answers
- Interrupting – not waiting for turn
- Impulsive
- Failure to pay close attention
- Failure to follow instructions or finish work
- Often has difficulty organising tasks
- Often easily distracted
- May be mentally active without being physically active
- Often loses things necessary to complete a task
- Often forgetful in daily activities, but can be rigid in an established routine

Can it be treated? YES

Most successful is a combination of medication and behaviour management at home and school

Medications include:

- Ritalin and Ritalin LA      effective for 2-3 hours
- Dexamphetamine      can be misused (close relatives of “Speed and Ice”)
- Concerta      Effective for 12 hours
- Statten      Around for a while but newest of drugs

Highly restrictive diets do not prove effective

Are there side effects?

Yes but much over rated

- Loss of appetite
- Difficulty sleeping
- Thoughts of self harm

May all be symptoms of ADHD rather than side effects

**(With medication, benefits must always outweigh side effects and both must be closely monitored)**

Those sufferers not identified and treated are more likely to have problems as adults including:

- Relationships
- Employment
- Car crashes
- Substance abuse

Questions

1. Is it Doom and Gloom?  
Absolutely not  
only about 3 – 5% of children suffer and as adults they often have more energy and drive than normal people
2. What about Omega 3?  
An Adelaide study has reported positive results. Some other studies are less conclusive
3. What about food additives?  
Avoid if possible. They MAY have an impact



**President Bob's closing remarks**

- ❖ President Bob thanked Chris
- ❖ Reminded people that next week is Committee night.
- ❖ Finished with a toast and thought about ANZAC Day



**Bulletin Editor – Terry Tierney**

Meeting No.	1879	1880	1881	1882
<b>Date</b>	<b>1 May 2007</b>	<b>8 May 2007</b>	<b>15 May 2007</b>	<b>22 May 2007</b>
<b>Fellowship</b>	J Penta	R Venus	N White	E Caldicott
<b>Reg. Assistant</b>	K Prime	R Tannebring	R Wheaton	J Brown
<b>Furniture</b>	B Richter G Roberts	D Rusk R Smith	J Walters I Wicks	T Abbott M Burns
<b>Chairman</b>	B Arnold	B Arnold	John Jackson	Sue Sedivy
<b>Speaker</b>		Jeff Lucy, CEO of ASIC	Barbara Chappell	Barbara Lane
<b>Topic</b>	Social Night and Committees	Regulating the Australian Share Market	This is My Life	Youth Mental Health
<b>Bulletin editor</b>	Terry Tierney	Terry Tierney	Terry Tierney	Terry Tierney

Coming events	Birthdays	Anniversaries
Tues 8 <sup>th</sup> May - Special Speaker ASIC Chairman - Jeff Lucy AM	April 24 Viv Rusk	April 24 John and Michelle Penta
Tues 26 <sup>th</sup> June Changeover Night	April 29 Di Dix	April 29 Carl and Margaret Lloyd

Club Web Site: <http://www.rotarnet.com.au/blackwood>

District 9520 Web Site: <http://www.rotarnet.com.au/9520>

Rotary International Web Site: <http://www.rotary.org>

