

RIM

The Bulletin of the Rotary Club of Epping Inc.



Website: www.rotarnet.com.au/epping

Vol 45 Issue 38

President Elect Peter Reports



John Royer promised us a discovery into the "Mysteries" of arthritis and boy did Helen Sinclair, Educationalist – Physiotherapist from the **Arthritis Foundation** of NSW deliver! Helen both informed and coached members and guests in understanding what arthritis is and how to best manage it through good health and fitness. It appears the dynamic duo of good health and fitness is the panacea of LIFE – which strangely can escape many of us!

We certainly do not want be in the group of the "WORLD'S GREATEST LOSERS" for a want of just nodding our heads and doing nothing about our own PERSONAL GOOD HEALTH AND FITNESS.

As advised by Helen the **Arthritis Foundation** is dedicated to funding research into the causes and cures of arthritis, educating medical and health professionals in the treatment of arthritis, promoting community awareness of the

problems confronting people with arthritis, providing support, advice and information for those with arthritis and their families.

Jade is "Crackling" with many stories to tell about her wonderful "Youth Exchange Safari" to out back Australia and beyond to the pearls of the Great Barrier Reef." Jade's next big adventure will be joining in with her fellow Exchange Students all fresh from their Safari to be at "Cirque de l'Echange" next Friday night. Here the wonderful talents of these young ambassadors will be on show for all.

It was my great pleasure to welcome Stephen Wright to our last meeting. Stephen is interested in Rotary and is keen to learn more about its mission and its operations. So let's not disappoint him!

ANZAC Day gives all a special time of the year to stand and remember those many courageous and committed service men and women who have made the supreme sacrifice some with their lives to protect our PEACE and VALUES for a free world divorced from tyranny and hatred.

LEST WE FORGET

What an excitement it will be next week with the return of our Vanuatu FAIM Volunteer Team and of course a NIGHT OUT WITH FLASH JACK!

Peter Slattery
President Elect

The Epping Mission Statement...

"To improve the well being of our community and foster international understanding through action by Epping club members embracing Rotary ideals"

Monday 30 April 2007

CLUB MEETINGS CALENDAR
EPPING ROTARY MEETS EACH MONDAY 6.15 FOR 6.30
BORONIA GROVE RAWSON STREET EPPING
Apologies to Neil Anderson 9876 1676 by midday Monday

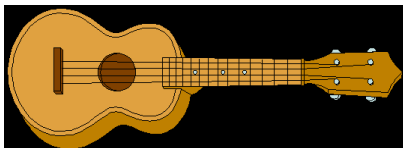
Date	Topic	Introduction	Appreciation /Report
Mon April 30 th 2007	A Night of Entertainment – Flash Jack - Family and Friends	President John	Olga Scaramuzzi
Mon May 7 th 2007	Pride of Workmanship	Craig Gallagher	John Briscoe
Mon May 14 th 2007	Dinner at Cibo e Vino	Partners welcome	
Mon May 21 st 2007	Zoo Friends – Gillian Barton	Partners night	
Mon May 28 th 2007	NDT – Colin Kerr		
Mon June 4 th 2007	Club Assembly		
Mon June 11 th 2007	Queen's Birthday Public Holiday		
<i>Social & Service</i>			
April 21 – April 30	Vanuatu FAIM trip		
May 6	District Assembly- Kuringai College	Compulsory for all 2008 Board Members	
HOSPITALITY THIS WEEK – PP Graham Stevens			

Dinner e Vino

This Week's Meeting

Family and Friends

'A Night of Entertainment'
Monday 30th April



All family and friends will enjoy this variety extravaganza featuring our own



Flash Jack

A night not to be missed

John Royer
 Programme Director

Planning Ahead

Partners Night

'Dining at Cibo e Vino'

(Keith Williams' restaurant)

Monday 14th May

Enjoy a delicious meal at Cibo e Vino for only \$25 per head.

6:30 for 7:00pm dinner

Information regarding location (the restaurant is at Castle Hill), menu etc will be provided closer to the night.

John Royer
Programme Director

Last Week's Meeting

Arthritis and its Implications. Helen Sinclair, our speaker last Monday, is a physiotherapist and operates as an Education Consultant with the Arthritis Foundation. Helen presented an interesting insight into this debilitating disease, the management of it, including, diet exercise and the need for sufferers to take an active and positive approach to life.

The association receives some government support for projects, however, its main source of funding is from the public and charitable donations. Helen noted that there is no cure for this challenging complaint, which attacks all age groups, however, most people experiencing it are between 15 and 64 years of age .

She explained that it is a whole body disease with more than 100 different types identified. Women contract it on a ratio of 3 to 1 compared to men and Osteoarthritis is more common. Other forms include rheumatoid, lupus, ankylosing spondylitis.

Gout, also a form of arthritis is more prevalent in men with a ratio of 9 to 1 compared to women - 90% thereof occurs in the big toe!

To relieve the pain and stress of arthritis, exercise is important therapy, releasing endorphins, keeping the joints moving. In management of the disease, walking is an essential ingredient, tai chi, cycling, dancing, yoga, and tennis, stretch classes, drinking plenty of water, are all important.

A good balanced diet including, fish, fish oils, cod liver oil, olive oil, is helpful as is the maintenance of a healthy weight. For gout a low purine diet.

Glucosamine and chondroitin(shark cartilage,),music, heat, electrical stimulation, splints and appropriate medication such as paracetamol, naprosyn, celebrex, mobic, cortisone and others will assist with the management of pain.

Helen finished her address with the quote "I was determined not to learn to live with arthritis, I make arthritis live with me!"

Paul Clune

JOY'S BIGGEST EVER LUNCH

on behalf of Epping Rotannes, in aid of Cancer Research

FRIDAY 25 MAY at 12 noon
38 Japonica Road Epping
ADMISSION by Donation (generous)

SAVOURIES, SUPER SANDWICHES, HOT STUFF,
SIPPING SINGING SYRUP (wine tasting again)
London Lodge wines sold as for previous years.
SPECIAL ... We are raffling *a week at our beautifulu*
property on glorious Lake Coila. (Not at Xmas or Easter).
Tickets @ \$10.00 each. Stand by!
PLUS other raffles for great prizes.

RSVP ASAP on 98691223

Out & About with Paul & Stan

Slattery Nuptials

President Elect Peter and Sue Slattery have announced the marriage of son Martin to Samantha Kelly Friday 20th April at the Roseville Uniting Church, followed by a reception at Clonny's on The Beach located in Clontarf. Martin is in his final year of Law at Macquarie University, working in marketing pro tem and Samantha is a Drama Teacher at St Vincent's College, Potts Point. Martin, some will recall is grandson of Don and Judy Durie. Don was District 968 (now 9680) Governor for the Rotary Year 1990-91.



Martin and Samantha, we understand will reside in Newtown and we extend our heartiest congratulations and best wishes to them for a long life of happiness and success together..

China Journey. Olga has recently returned from an interesting trip to China and reports that visiting the Forbidden City, the Summer Palace in Beijing also Xian and the famous terracotta



warriors, many museums and taking in the fantastic landscapes was all so impressive. China, now, with a 1.5 billion population and an economy and standard of living

growing so rapidly is nothing short of amazing! Shanghai with its mass of such unbelievably tall skyscrapers, it makes Sydney appear to be like a small, if not a tiny suburb. The Olympic Stadium is quite a sight and fast moving towards completion.

Anzac Day Dawn Service. As in past years the Anzac Dawn Service last Wednesday, organised by the Epping RSL Club was again inspiring and moving. Despite the inclement weather, necessitating the ceremony to be held in doors at the Community Club, it was conducted in a solemn and dignified manner. It was pleasing to see such A large number of children and young people in attendance and participating in the Service. To listen to the lingering sound of the last post, the recitation of the Ode and recessional hymns, as usual, created quite deep, special and pensive moments. President Elect Peter placed a wreath on behalf of the club and PP John and Margaret Goddard, your Scribe and Joan Clune were also in attendance. Honorary Member David Taylor played a leading role in the proceedings

Royer Family News. Rosemary and John Royer are proud to announce the engagement of their daughter, Anneliese to Josh Tow, son of Pam and Vic. Anneleise is a dietitian and Josh works in IT. John reports that there is great excitement all round and planning for the wedding, which will be held in October this year is keeping everyone busy .Our congratulations to the happy couple and extend to Anneliese and Josh our very best wishes for great happiness in the years ahead.

In Fiji. Stan Ledger and PP Graham Simons have been relaxing and enjoying some R&R in Fiji and we look forward to hearing about the exploits they have experienced during their sojourn there. We hear that the tour is led by PP Ray Hosking, now President of their Probus Club. More later!

Anniversaries and Birthdays

Wedding Anniversaries

Peter and Sue Slattery April 30

Birthdays

Karen Hinton May 1

Paul & Stan

Editor's note: Reports for RIM should be sent to stevenscg@optusnet.com.au by Thursday evening each week

Advance Australia Fair

*Australians all let us rejoice,
For we are young and free,
We've golden soil and wealth for toil,
Our home is girt by sea.
Our land abounds in nature's gifts,
Of beauty rich and rare,
In history's page, let every stage
Advance Australia Fair.
In joyful strains then let us sing,
Advance Australia Fair.*

Rotary Grace

*O Lord and giver of all good,
We thank thee for our daily food,
May Rotary friends and Rotary ways,
Help us to serve thee all our days.*

About The Rotary Foundation

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill and peace through the improvement of health, the support of education and the alleviation of poverty. The Rotary Foundation is a not-for-profit corporation that is supported solely by voluntary [contributions](#) from Rotarians and friends of the Foundation who share its vision of a better world.

The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an initial contribution of US\$26.50 to more than US\$117.9 million contributed in 2004-05. Its event-filled [history](#) is a story of Rotarians learning the value of service to humanity.

The Foundation's [Humanitarian Programs](#) fund international Rotary club and district projects to improve the quality of life, providing health care, clean water, food, education, and other essential needs primarily in the developing world. One of the major Humanitarian Programs is [PolioPlus](#), which seeks to eradicate the poliovirus worldwide. Through its [Educational Programs](#), the Foundation provides funding for some 1,200 students to study abroad each year. Grants are also awarded to university teachers to teach in developing countries and for exchanges of business and professional people. Former participants in the Foundation's programs have the opportunity to continue their affiliation with Rotary as [Foundation Alumni](#).