

Club No. 18278
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THE COG

HEIDELBERG : DISTRICT 9790

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www.rotaryheidelberg.org

Meets on Mondays
12.30pm for 1.00pm
Venue: Vasko Restaurant

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THE COG
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Wednesday.



A word from the President



The guest speaker who we had arranged for today, namely Louise Milligan, has had to withdraw due to work commitments. Hopefully she will be able to attend in the not too distant future. Fortunately we have a more than capable replacement, Emma Di Luca who will present a Rotarian Behind the Badge address.

How do you describe Rotary when you are talking to a potential member or to somebody who asks about your badge or you are going for lunch on Monday? It is easy to start by saying that it is a charity and describing Polio Plus. We also need to be able to describe some of the work our Club has done over many years at various levels. An obvious example is our long-term involvement with the ONJ Centre, and cooking snags at the fun run etc. We have also been involved with the Exodus Community and various other local organisations including our recent meeting at the RSL on Bell where we donated towards their fundraising for the purchase of a community bus. Every year we seek nominees for the RYLA program and the National Science Summer School. It is important to make it clear that Rotary is also a lot of fun, with a wide range of guest speakers every week as well as social activities from time to time. If you are talking to somebody who expresses interest then invite them to one of our meetings as a guest so that they can see a little of what Rotary is about.

It is incumbent upon us all to try to introduce new members to our club. I challenge every one of you to bring a potential new member along before Christmas.

President Tony

CLUB CALENDAR

October is Vocational Service Month

Today

23 October
TOPIC: Rotarian Behind the
Badge
SPEAKER: Emma De Luca
CHAIR: Giuseppe Amoroso

30 October
Fellowship Night
6.00 to 7.30pm
Sir Henry Barkly Hotel
(No lunch time meeting)

06 November
No Meeting

**THOUGHT FOR THE
WEEK:**

*The trouble is you think
you have time*

-Buddha

WHERE ARE THEY NOW

Gordon: Austria

Ray: Taiwan

DATES TO REMEMBER

24 October: *World Polio Day*
Safe Plate Day

30 October: *Fellowship Event*
TIME: 6.00 - 7.30 PM
VENUE: Barklys Hotel, Burgundy Street, Heidelberg

06 November: *No Meeting*

08 November: *Oaks Eve Calcutta*
Ivanhoe Golf Club

PROFESSOR JOHN ROYLE OAM

Deep Vein Thrombosis (DVT)

Our speaker last week was Professor John Royle OAM, who gave a very technical and medical talk on DVT, pulmonary embolism, after air travel. John comes with a rich medical history.



This is a subject that can affect all people, particularly of mature age, who make long air flights, which have now become so popular, as extensive air travel and overseas holidays, have become relatively cheaper.

Lack of mobility during these flights should be noted.

The simple way and solution is to wear knee stockings, which compress the veins, and make the blood move quicker; the slow blood is the cause of Deep Vein Thrombosis.

ATTENDANCE LAST WEEK...

MEMBERS	16
APOLOGIES	9
GUESTS	1

Where possible the passengers should undertake basic exercises during the flight, i.e. stretching legs and if possible, walking up the isles, i.e. officially to the Toilet.

If landing at Airports en route, go for a brisk walk around the public areas, and use the toilets.

Is there a lesson to be learnt, which may predispose us to clots? We have hundreds of thousands of people travelling long distances by bus and by car. There is **not** an epidemic of DVT's in them. The most obvious difference is the degree of mobility, or lack of mobility. However on a plane there is also dehydration – the air circulated through the plane is dry, and therefore every passenger is steadily dried out.

The air breathed out is saturated with water vapour, and the air breathed in has none. Alcohol, tea, and coffee all tend to produce dehydration. Dehydration, "thickens the blood", and hence causes the problems leading to DVT.

We note extreme notable cases in history of DVT, e.g. Richard Nixon, former President of the United States, who suffered badly following a flight from Salzburg to Cairo and Moscow, and our own Austin Doyle, from the Austin Hospital, who literally died, when he reached New Zealand, from DVT.

Many Medical and Civil Authorities, and airports throughout the world, e.g. Charles de Gaul in Paris have undertaken extensive research into DVT, and it is paying dividends.

We thank John Royle for his in depth talk to the Club. Many of our members have travelled extensively in recent times; hope this is a lesson to all members, and their families of the Rotary Club of Heidelberg, with its practical outcomes.

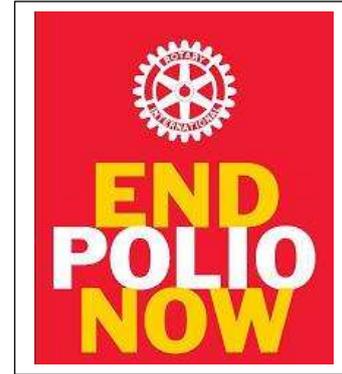
MAX CHESTER OAM,
WITH THE ASSISTANCE OF JOHN ROYLE OAM



Rotary, the World Health Organization, UNICEF and the Centers for Disease Control and Prevention launched the Global Polio Eradication Initiative in 1988. In 2007, the Bill & Melinda Gates Foundation joined Rotary in its commitment to ending polio.

Since 2013, the Gates Foundation has matched every \$1 Rotary commits to polio eradication 2-to-1, up to \$35 million per year. Rotary, with matching funds from the Gates Foundation, has contributed more than \$1.6 billion to end polio.

Since we started the fight against polio, we've reduced the number of polio cases by 99.9 percent and reached more than 2.5 billion children with the vaccine. There are fewer polio cases today than ever before, but we will not stop until we reach zero. If polio is not eradicated, hundreds of thousands of children could be paralyzed. Global health care costs would rise dramatically, and many children's quality of life would be drastically diminished.



SAFE PLATE DAY

Banyule Neighbourhood Watch
Tuesday 24 October
10.00 – 2.00 pm
Heidelberg Mall
Lunch provided
(See Rodger if you can help)

Tools required: Phillips head, and blade-type screwdrivers

To The President & Members of Rotary

I am humbled by the fact that you made a lovely gesture sending me Flowers at Rehab. My Room was rather drab as was its Occupant. Then those glorious blooms arrived, and all of a sudden the world seemed a better place.

Thank you so much,
Sincerely
Elaine Chester

My recovery has not been without its hic-cups, but hopefully Santa will find me full of Christmas Cheer on or around 25/12



President Tony



Geoff won the bottle but left it for the speaker