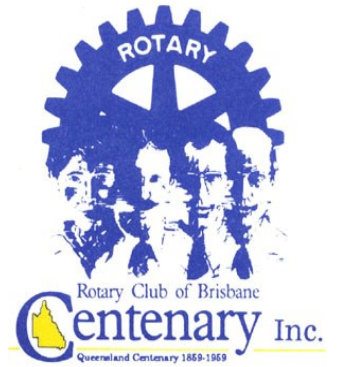




**IMAGINE
ROTARY**

The Rotary Club of Brisbane Centenary



Vol 35 Edition 16

17th May 2023

The Rotary Club of Brisbane Centenary Inc. meets on Wednesday at 6:30am for 6:45am at:

Kingsford Terrace,
260 Cliveden Avenue,
Corinda.

P O Box 214 Mt
Ommaney Q 4074

Andrew's Advice

Hi everyone.

I hope you all had a pleasant and enjoyable Mother's Day.

It's hard to believe that the year has already gone well and truly into May! Though I have to admit the bit colder weather is a pleasant change!

This week is our board meeting before breakfast. So, if you are early, please feel free to come in and join in! We will also be taking the chance to discuss Graham's up-coming year!

Thanks everyone and I'll see you Wednesday!

Regards

Andrew

This week

Board meeting and general discussion

24th May

TBA

31st May

End of month social at the Jindalee Hotel

7th June

TBA

14th June

Board meeting



**DISTRICT
CONFERENCE
2024**

**SEA WORLD
RESORT**

**8TH TO 10TH
MARCH 2024**



The Board for 2022 – 23

President
Treasurer
Secretary
International

Andrew Rodgers
Craig Carson
Di Scotte
Glen Palmer

Effective Services
Membership
Foundation
Club Administration
Bulletin Editor

Di Scotte
Graham Osterfield
John Woodward
Neville Blomeley
Nick Curry

That was the week that was or TW3

- Our guest speaker Julie Miller – local author and Rotarian from RC Jindalee – was unable to attend due to ill health. She has been rescheduled to make her presentation at our club meeting on Wednesday 17th May. Partners are welcome to attend and anyone is welcome to purchase any of her books.
- The Run sheet for meetings will now be:
 - ◇ 7-7.30am: Club business.
 - ◇ 7.30am – 8am: Guest speaker.
- This is to allow the guest speaker to eat their breakfast without interruption prior to their talk.

REPORTS:

Club Admin (Neville):

- T-Shirts: General consensus is the 'JB Contrast' t-shirt – black – with gold trim + Rotary wheel and club name. Neville will now go ahead and get quotes.
- During the meeting about Changeover at Kingsford Terrace Café last Friday, the owners asked if our club had a charity that they could support in their monthly community 'Cup Cakes for Charity'. They

bake hundreds of cupcakes and the total amount earned goes to that month's charity. Residents and guests also donate funds. **BeefBank** will be the chosen charity for May. (Up to \$1,000 can be raised.) Many thanks to the owners of the Kingsford Terrace Café for seeking us out and supporting BeefBank.

Changeover:

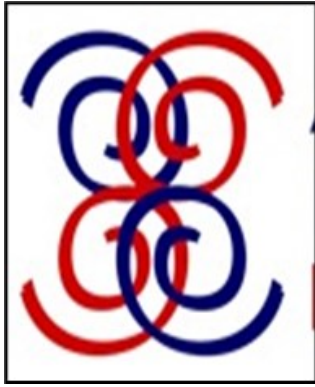
- Graham, Neville, Jenny B, Gerry and Di met at Kingsford Terrace Café last Friday to discuss details. It was agreed by all present at today's meeting that Barbara Hall will be our guest speaker for Changeover. Barbara is a surgeon and friend of Jenny & Neville Blomeley> She is an obstetrician and gynaecologist. Barbara is retired and travels overseas (mainly to Uganda and Bangladesh) to perform pelvic surgery for women suffering from childbirth issues. She (and her accompanying surgeons) have to pay US\$200 per patient they operate on. It was agreed that the proceeds of our Changeover Raffle will go to Barbara's charity to help with these costs. Gerry & Neville will share hosting duties for Changeover.



Glen's first time outside in over a month, when Graham and Kath were visiting. It's the Atrium area that our club redecorated, painted, put up the sail etc. So, Glen is our first club member to actually use it! This is a great step forward for Glen.



Post Polio Syndrome



At a recent meeting, the topic of Post Polio Syndrome was raised ...but how much do you know about it?

Post Polio Syndrome (PPS) is a condition that affects some people who have had polio in the past. Polio is a viral infection that primarily affects the nervous system and can cause muscle weakness, paralysis, and respiratory problems.

PPS is a condition that can develop decades after the initial polio infection. It is estimated that between 25% and 40% of people who have had polio may develop PPS.

PPS is characterized by a variety of symptoms, including:

- Progressive muscle weakness
- Fatigue
- Pain in muscles and joints

- Breathing problems
- Difficulty swallowing
- Sleep apnoea
- Depression and anxiety

The cause of PPS is not entirely understood, but it is thought to be related to the degeneration of nerve cells that were initially damaged by the poliovirus. It is important to note that not everyone who has had polio will develop PPS, and the severity of symptoms can vary widely.

PPS can be diagnosed through a combination of medical history, physical examination, and tests such as electromyography (EMG) and nerve conduction studies (NCS). Treatment for PPS typically involves managing symptoms through medications, physical therapy, and lifestyle changes such as exercise and rest.

Overall, PPS can have a significant impact on the quality of life of those affected, and it is important for individuals who have had polio to be aware of the potential for PPS and seek medical attention if they experience new or worsening symptoms.



	Today (a while ago)!
1715	A total solar eclipse is visible across northern Europe and northern Asia, as predicted by Edmond Halley to within four minutes accuracy.
1830	The Canterbury and Whitstable Railway is opened; it is the first steam-hauled passenger railway to issue season tickets and include a tunnel.
1841	New Zealand proclaimed a colony independent of New South Wales
1952	Lieutenant Colonels Joseph O. Fletcher and William P. Benedict of the United States land a plane at the North Pole.
2007	The three-year-old British girl Madeleine McCann disappears in Praia da Luz, Portugal, starting "the most heavily reported missing-person case in modern history".

**WE ARE
THIS CLOSE
TO ENDING
POLIO**



**END
POLIO
NOW**

 **CONTAINERS
FOR CHANGE**

Are you supporting BeefBank?

C10110755

SMILE...

My wife says I only have 2 faults. I don't listen and something else....

When chickens communicate do they use foul language?



DON'T MAKE OLD PEOPLE MAD

WE DON'T LIKE BEING OLD IN THE FIRST PLACE SO IT DOESN'T TAKE MUCH TO PISS US OFF

Karl Marx is a historically famous philosopher but no one ever mentions his sister, Onya, the inventor of the starting pistol...



I used to be able to do cartwheels. Now I tip over putting on my underwear.

The 4-way Test

Of the things we think, 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?

Duty	17 May	24 May
Chair	Gerry Gebert	Graham Osterfield
Duty Officer	Graham Osterfield	Dianne Scotte
Fellowship Officer	John Woodward	Craig Carson
Rotary talk	Alistair Tavares	Nick Curry