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# Rotary Club of Howrah

Theme 2023-2024



## Bulletin

Chartered 5th June, 1976

**President:** Reg Emmett  
**Secretary:** Robyn Harrison  
**Bulletin Editor:** Rob Warren

**People Of Action In And For Our Community.**

**Thursday 24th October 2024**

**\*\*\* NO MEETING - SHOW DAY \*\*\***

**DR. WARRICK BISHOP - BONE HEALTH ....** Dr. Warrick Bishop is a practicing cardiologist, author, and keynote speaker and who is keen to help prevent heart disease and improving bone density and strength. Warrick graduated from the UTAS, School of Medicine, in 1988. He completed his advanced training in cardiology in Hobart, before becoming a fellow of the Royal Australian College of Physicians. In addition Warrick is the franchise partner of Osteo Strong in Hobart. He was accompanied by Chelle Spicer, who is also a franchise partner and Centre Manager of OsteoStrong Hobart. OsteoStrong uses four pieces of equipment and unlike typical weight machines the equipment uses only your body weight to load the bones in specific ways and apply targeted forces on the skeleton. This stimulates bone growth as well as strength gain, which can improve posture, agility, and balance. In theory, each machine focuses on different areas of the body to spur measurable bone growth. Strangely OsteoStrong seems to require less time and effort than usual gym sessions with only a single all-out hold instead of multiple reps and sets. Other therapies offered included Hydro Massage, Pulsed Electromagnetic Field (PEMFT) and Red Light. While at times his presentation felt a little like a recruiting drive Warrick provided lots of interesting facts and figures to spark interest and a desire to further investigate how to improve our bone health and strength.



## **GREAT RESPONSE FOR A SHORT NOTICE BUNNINGS BBQ ....**

BBQ Boss Gayle was delighted with the team that volunteered at very short notice to a call from Bunnings last Sunday to run a BBQ after a cancellation by another group. Well done to the team your efforts raised a further \$1600 for the Club's coffers. A special thank you to Gayle for her wonderful organisational skills and George and Co. for ensuring the snags were ready for the lunch time rush. Great job team!



## **HARD AT WORK AT THE SANDFORD CHAPEL .....**

It was a beautiful sunny day for the hard working, twelve person team who came together to clean up the grounds of the Sandford Chapel on Sunday. It also gave members a good chance to have a review of the equipment and supplies that are currently stored in the Chapel itself. The serenity was broken for several hours by the roaring of three big whipper snippers, two mowers and a chain saw. Afterwards however, you could certainly appreciate the fine work the team had completed. Ken's new mower had a great workout and Anne and Ian Reeves had their "his and hers" whipper snippers in action. As promised after the work was done the group enjoyed a sausage sizzle and a well earned beverage before heading home after a job well done. Sincere thanks to all who could be there and a special mention to Working Bee Boss Richard Wyatt for his fine organisation and a tasty BBQ lunch.



## **WELL DONE HOWRAH QUIZ TEAM!** This team of Howrah Rotary's

finest represented our Club at a Quiz Night organised by the Clarence Sunrise RC last Saturday evening. They battled it out with ten other teams for quizzing glory and prizes in a fun fund raiser for the Rotarians Against Malaria (RAM) program. RAM supports projects that aim to control and



ultimately eliminate malaria. The team had a great time, finished in a very creditable sixth place. Rotarian Karin Zwick also won a golf voucher in a surprise draw. Well done team. Thank you VP Ankita for the photography.

## HERE AND THERE .....

- VP Ankita has been busy setting up an online Howrah Rotary calendar. It has everything you need to know about what is going on in and around our Club. Here is the link, [https://www.canva.com/design/DAGSxuB0tW0/8LHQi6VgE7KsB4PkipKJ4Q/view?utm\\_content=DAGSxuB0tW0&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=editor](https://www.canva.com/design/DAGSxuB0tW0/8LHQi6VgE7KsB4PkipKJ4Q/view?utm_content=DAGSxuB0tW0&utm_campaign=designshare&utm_medium=link&utm_source=editor)

It is a very long one so Ankita and Reg have set up a QR Code that you can access the calendar more quickly.



- There will not be a Thursday Meeting this week because of the Hobart Show Day holiday. The next Club meeting will be on Thursday 31st October and will be all about planning and organisation for Government House Open Day on the 2nd and 3rd of November. Please bring your questions, find out your job on the day, the time you need to be there and where to park your car. Try to find, iron and BRING YOUR APRON on Sunday. Also wear your ROTARY gear on Sunday. **Co-ordinator George**
- As we will have several non-members and partners helping out for Govt. House Open Day, Secretary Robyn is looking for some Club aprons for our volunteers to wear on the day. If you have a spare apron and are willing to lend it for a good cause please contact Robyn asap.
- As the last Friday of October falls on the 25th, that means Friday Drinks at the Bellerive Yacht Club will be on next week commencing at 5.30 pm. Come along for some fellowship and fun.

**RAFFLE WINNERS:** David Harrison was ultra delighted to see his ticket drawn for the chocs and then partner Robyn took the red for David.

## GYM JOKES



## ACKNOWLEDGEMENT OF COUNTRY .....

"We acknowledge and pay respect to the Tasmanian Aboriginal people as the traditional and original owners and continuing custodians of this land on which we gather and acknowledge Elders – past and present of Lutruwita".



## DIARY OF EVENTS ...

### OCTOBER

Thurs. 24th Hobart Show Day - \*\*\* NO MEETING\*\*\*

Fri. 25th Friday Drinks @ Bellerive Yacht Club 5.30 pm.

Thurs. 31st Planning and organisation for Govt. House Open Day.

### NOVEMBER

Sat. 2nd Government House Open Day - Set Up.

Sun. 3rd Government House Open Day.

Thurs. 7th Club Assembly.

Wed. 13th Coffee Club Local Grocer Cambridge Park 11.30 am.

Thurs. 14th Angela Gillie - A Daring Holiday In NZ.

Thurs. 21st Maddi and Taylor Brooks - Being an Olympian and Preparing for the next Olympic Games

### DECEMBER

Thurs. 5th Club Assembly.

Thurs. 12th Xmas Breakfast then the option of BYC Xmas Musical Bingo. To be confirmed.

	DUTY	ROSTER	
Date	Greeter/Chair	Registration	Duty Officers
31st Oct.	George	Anne & Deb	David H & Peter L
7th Nov.	Reg	Shirin & Karin	Rob & Richard
14th Nov.	Terry	Ishwari & Ankita	Ken & David T

Rotary 

# Thank you

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