

UPPER BLUE
SUNRISE



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MOUNTAIN SUNRISE

Rotary Club of Upper Blue Mountains Sunrise, Bulletin

District 9685 Australia

P.O. Box 502 Katoomba N.S.W. 2780
Meets: The Mountain Heritage Coach House
Penault Ave., Katoomba Tuesday 7am for 7:15

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The Weeks That Were

Tuesday 14th March:

Prior to the official speaker for the Club meeting, we had a guest named Anna Carter who is doing a lot of interesting projects in the local Lithgow community. In reality, most residents up here do not even consider Lithgow to be a mountain community as it is over the mountain summit and really has a different look and feel to it than the villages on the city side. Currently, Anna is coordinating a broad based outreach program called ***Subliminal***.

Subliminal is a community festival that will run during the months of March/April 2017. It is a festival put together to raise awareness, locate funds and organize community spirit in addressing Lithgow's needs for mental health programs, activities and facilities. This year we are focusing some activities on our youth. With nine young people taking their lives over the past year and even more recently another two teens and an adult, we as a town need to do something and ***Subliminal*** is it. For more information, you can reach Anna through the following contact points:

www.acgalleries.com.au

<https://www.facebook.com/2790nsw>



Our venue: The Mountain Heritage Hotel, Katoomba



Above: Anna Carter post speaking
Photo: Les Margulis

The Weeks That Were (continued)



Above: Bob and President Rod

Photo: Courtesy of Les Margulis



Above is a photo of an “iron lung” that the UBMS Chapter has in its possession and which is owned by the Club in Wahroonga. No device is more associated with **polio** than the tank respirator, better known as the **Iron Lung**. Physicians who treated people in the acute, early stage of **polio** saw that many patients were unable to breathe when the virus's action paralyzed muscle groups in the chest.

Photo: Courtesy of Les Margulis

This column is written by Rod Tout, President of UBMS Chapter.

Tuesday 14th March:

At the Sunrise Meeting, Bob Burnett, (a current member of Blackheath Rotary, but also a Rotary member of some 57 years, including as a Charter member of other Rotary Clubs and a key player in establishment of PROBUS and a past DG) talked to us about the Rotary Polio eradication program.

Bob didn't start it but he was the person that first introduced the concept to Clem Renouf all those 25 years ago and Clem, as International Rotary Foundation President, then locked it in as a Worldwide Rotary project.

Polio, a devastating disease that has disabled and killed millions of people, is now almost eradicated thanks to Rotarians Worldwide and whether you like Microsoft or not, the *Bill and Melinda Gates Foundation* have contributed many \$100's of millions of dollars and without Bill and Melinda Gates this might have taken another 100 years. So all credit to Bill Gates for his concern for his fellow human beings.

Last year only 37 cases of Polio were diagnosed world-wide. In 2017, to date, 2-3 diagnosed and no reported cases outside of Pakistan and Afghanistan. The World sits on top of eradication of Polio. When we reach zero it will need 3 years of confirmation of eradication.

What is really great is that over the past few years this project is recognised as preventing some 600,000 new cases of Polio and 150,000 deaths as a result. To all Rotarians, the communities that support them and also Bill Gates and his family what a great "ride" and how special it is to be a part of this life changing World-wide project.

If we can beat this, my best guess is Rotary will focus on Malaria. Well I hope they do. If you are not a Rotarian, go to a local Club and have a free dinner or whatever and think about joining. It is the only charity where every dollar you spend goes to a cause, with no overhead.

A bit of history on the Iron Lung from the files of The Editor: The first of these devices to be widely used was developed in 1928 and was invented by Philip Drinker (1894–1972) and Louis Agassiz Shaw, Jr., professors of industrial hygiene at the Harvard School of Public Health.

The photos below are file photos. Because Iron Lungs were mostly available in large cities, family from small cities or rural areas often had to travel long distances to visit their family member in a hospital that had them available. The polio epidemic had just peaked when this photo was taken at Rancho Los Amigos Hospital in Downey, California during the 1930's.

Once it had been established that artificial respiration could maintain life, but little was known of the natural history of such respiratory



paralysis. Would this mean the prospect of an entire lifetime in an iron lung? Although this was the case for some, the second patient to be treated, recovered respiratory muscle function, and the era of life-support was begun.

In the 1930s, 'Drinkers' as they also became known, were found throughout the US; in the UK a cheaper alternative, designed by Both, an **Australian**, was also available, being paid for by the motor car manufacturer and philanthropist Lord Nuffield.

By 1937, 965 of these were to be found throughout the UK and elsewhere. An additional modification was introduced in 1961 which was a rotating version of the Iron Lung, which permitted chest physiotherapy in all positions.

The non-invasive application of positive pressure through nose masks has largely superseded the iron lung in the treatment of respiratory failure, but the final chapter in the story of the iron lung is still to be written.



Above: Even babies needed baby sized iron lungs
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According to a report from September 2004, there are an estimated 40 survivors of polio still living in the iron lung. Although the modern tracheostomy tube and ventilation system replaces the iron lung and comparable respirators of the past, there is still some new demand for the device in emergency situations. Despite wide-scale vaccination efforts by the World Health Organization, recent outbreaks of polio in Africa and South America have led health workers back to the iron lung as a possible life-saving technology for emergency cases of paralytic polio.

All of us need to thank Rotary for almost single handedly ridding the world of polio.

Friday 17th March—Sunday 19th March

Our Club worked with Anne Sommerlad Designs at the annual Quilters Retreat this weekend (Fri/Sat/Sun) at Blackheath Community Hall. Anne can be reached via her website:

<http://annesommerladdesigns.com.au>

This year was the fourth year that Rotary UBMS has worked with Anne and each year it has gotten bigger and bigger. This year there were over 70 participants. As always, UBMS supplied the catering and this year it was as good as it gets!! Right is the spread with the Rotary volunteers, Sandra and Margie eyeing their handiwork.

Thanks in particular to Bob Reid (who is always everywhere and gets it done on time and on budget) and John Rankins (whose catering expertise raised the bar substantially) and Margaret and Jim Greening for their 1001 sandwiches. As one participant said to me, "I thought you only did sausage sizzles."

This year's funds raised went to support Libby Bleakley and the youth centre she is expanding in Dill Timor. Libby is a fabulous woman and has spoken many times to our Club. Please support her at ebleakley@live.com or her T is +670 7364 7796.



Photo:
PR from Anne
Sommerlad
Website



Photo: Joan Hart

The Bold and The Beautiful



Special belated 21st birthday wishes to past President, Michael Small who gives so much time and energy to the Club. Here he was guest of honour at an intimate Fancy Dress Ball.

Next Meeting

Tuesday, 21st March
Club Assembly
7:00am for 7:15am
Guest speaker—District Governor Bruce Lakin.
Joint meeting with Katoomba Club
 Mountain Heritage Hotel
 Katoomba

Upcoming Events

Wednesday 09th April
Rotary International
Youth Exchange Night 7:00pm
Springwood Sports Club
83 Macquarie Road
Springwood
www.rotaryyouthexchange.net.au

Friday 28th April
Black and Silver Ball
Mountain Heritage Hotel
Katoomba
Call Ken 0428 988 844
\$120 pp
Invite to the right.

On 14th May, semi-retired businessman, local cyclist and Rotarian Bob Montgomery, is embarking on a solo charity bike ride from Darwin to Perth...almost 7,000km. All money raised will go towards raising awareness and research funds for Motor Neurone Disease. Rotarians Bill Pixton and Michael Small will be driving the support vehicle and generally organising and promoting the event. Bill will do the Darwin to Broome leg, and Michael Small will do the Broome to Perth leg. Bob intends to have functions in Darwin, Broome and Perth, and generally tap into our Rotary networks wherever possible. Michael is a professional photographer so they hope to capture the spirit of the journey in his images. This website and blog will cover all the action and the fundraising progress.- See more at: <http://bobmontgomery.com.au/>

Rod's Report



Above Photos: Courtesy of Bill Pixton

From last Thursday to Sunday past, I was 150% involved, with my Club Mates, in a Rotary Service Project at Blackheath. Specifically, this was our fourth year of involvement in the **Quilting Retreat** which raised many thousands of \$ for Libby Bleakleys project in Timor Leste, supporting an under privileged community.

No we are not quilting ourselves but 72 others were and they are producing great works. Our job is to support them with morning tea, lunch and afternoon tea, run raffles etc. to make more money for their chosen and worthwhile cause.

It is great to be part of a program that is dedicated to helping others. To all my Upper Blue Mountains Sunrise Rotary Club Mates, their partners and Rotary friends who contributed with the venue set up and take-down, additional raffle prizes, food preparation and service over the past 4 days in support of the **Quilting Retreat** a heartfelt thank you.

At my count this event directly involved some 18 of you and as always this Club and friends always stand up and deliver.

Rotary exists to support people and communities less fortunate than ourselves and the **Quilting Retreat** generates money for help to those communities and people.

The Quilters themselves, while having fun, also generated over \$2,000 towards our Raffles and we will ensure those monies, plus more go to the Quilters chosen 2017 cause which this year is Libby Bleakley's ongoing project in Timor Leste. For donations, Libby can be reached at ebleakley@live.com.

Warmest regards,
The Members of The Upper Blue Mountain Sunrise Club