



Rotary Club of Eastwood

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President	Glen Wheatley
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Treasurer	Peter Henderson
Family Director	Judy O'Neill
Continuity Director	Mark Redmond
Change Director	Jack Garrett
Program	Loretta Rettig
Sergeant at Arms	Barbara Adams
Bulletin	Rod Flett/Elliot Dwyer

Meeting 1004 – 18th Jan 2012, 12 present

In Glen's absence Loretta Rettig presided in admirable fashion!

Apologies: Glen Wheatley, Brian L (bungee jumping on the Zambezi), Rod F, Mark R, Annie T, Nhiem Lu, Ahmad R, Jack G

Guest: Emily Leading from RSB

Please advise apologies to the (Acting) Postman: Elliot Dwyer

Leave of Absence: Andrew Morrow, Andrew Paine, Paul McGavin

Raffle Won by our esteemed President Glen

Guest Speaker

25th Jan: Barb Adams – *All you wanted to know about childcare*
Chair: Steve Joyner

THOUGHT FOR THE WEEK

"The only thing worse than being blind is having sight but no vision!" Helen Keller

CLUB DIARY DATES

January is Rotary Awareness Month

Sun 22 Jan: **Encounter Bay Family Day and BBQ** at Jack and Merrilyn Garrett's, 32 Cakebread Road, Encounter Bay – refer Jack's e-mail, \$10/adult, from 11:45am

4-5 Feb – raffle sales at Anaconda

Fri 17 – Sun 19 Feb: **Calperum Project** – please let Elliot know if you can join us.

11-12 Feb Raffle sales Anaconda, Mile End

22-26 Feb: Raffle sales at Caravan and Camping Show, Wayville

10-11 Mar Raffle at Anaconda, Mile End (12 Mar is Adelaide Cup Public Holiday)

CLUB NOTICES

- **Trailer Raffle** Members were asked to commit to sales venues at Anaconda and the Caravan and Camping Show. Site allocated at C&CS same as last year near Ferris wheel and northern gate.
- **Club Shirts** Orders for Club polo-shirts are now being taken by Brian or Peter Johnston.

THIS WEEK'S SPEAKER

Emily Leading: *Eye Health and the Royal Society for the Blind*

Emily works with community groups in promoting awareness of vision challenges and eye health. She is a teacher with a Health Science background and has now been working with RSB for over a year. Emily spoke to us on eye health and the services of the Royal Society for the Blind.

Many people in Australia have visual problems and the issue increases with age. The most common feature is "refractive error" or more simply, short and long-sightedness.

Possibly more seriously however, are diseases of the eye such as Macular Degeneration (MD) the name given to a group of degenerative diseases of the retina that cause progressive, painless loss of central vision, affecting the ability to see fine detail, drive, read and recognise faces.

AMD primarily affects one in seven people over the age of 50, in Australia more with a family history. Smokers and people that have smoked are three times more likely to develop Macular Degeneration.

Although there is no cure for MD, the earlier the disease is detected, the more vision you are likely to retain. It begins in the Retinal Pigment Epithelium, that is responsible for passing oxygen, sugar and other essentials up to the retina and moving waste products. When this "garbage collection" breaks down, waste products build up leaving deposits easily seen by your eye care professional.

In the early stages of MD you may not realise anything is wrong and you may still have normal vision.

Vision is also affected by "Cataracts", a 'clouding' of the lens in the eye that produces blurry vision. Most cataracts are related to aging. Cataracts are very common in older people. By age 80, more than half of all Westerners either have a cataract or have had cataract surgery. Cataracts can be treated through brief surgery under local anaesthetic.

Another serious problem is "Diabetic Retinopathy" which damages blood vessels inside the retina causing vision loss and blindness. People with diabetes are at risk of developing diabetic retinopathy. Symptoms only emerge in the later stage and include blurred vision, eye strain and headaches. Regular eye exams and good diabetes management reduce the risk of diabetic retinopathy. Laser treatment is often used.

Emily also spoke of "Glaucoma" in which the optic nerve at the back of the eye is slowly

destroyed (the Sneak Thief of Sight), usually due to increased pressure inside the eye. - a result of blockage of the circulation of fluids, or its drainage, or poor blood supply to the vital optic nerve fibres. Glaucoma and is more common as people age. One eye covers for the other, and the person remains unaware of any problem until a majority of nerve fibres have been damaged, and a large part of vision has been destroyed. Treatment cannot recover what has been lost. But it can arrest, or slow down the damage process. Early detection is vital.

Eye Health: You should have exams every 2 years especially if you have a family history of eye disease. Pay attention to your general health. Don't smoke. Eat healthily – lots of leafy green vegetables and carrots, oily fish and eggs! Always protect your eyes from the sun and use safety glasses if there is a chance of objects/fragments hitting the eye.

The Royal Society for the Blind is a private non-profit organisation. It has some government funding. Its aim is to maintain or improve the quality of life. Its SA base is in Pirie Street Adelaide and is open to the public. The RSB provides numerous visual aids such as the "talking watch", various magnifiers, fluid in cup level detectors etc. It runs a vision clinic and the Guide Dog program. It costs \$25,000 to breed, raise and train a Guide Dog but they are provided free to the blind. The RSB provides a wide range of "adaptive technologies", mobility training and community outreach.

Volunteers are always welcome – to train Guide Dogs, assist community groups, provide transport, assist in shopping etc.

Invocation

For good food, good fellowship and the opportunity to serve the Community through Rotary, we give thanks. Amen