**Rotary Clubs of Sale**[www.rotaryclubofsale.org.au](http://www.rotaryclubofsale.org.au)**Rotary District 9820**

Incorporated

## **TUESDAY 12<sup>TH</sup> JULY 2022**

### **Speaker- Mouli Balaraman**

#### **NEEDED- NEW BULLETIN EDITOR**

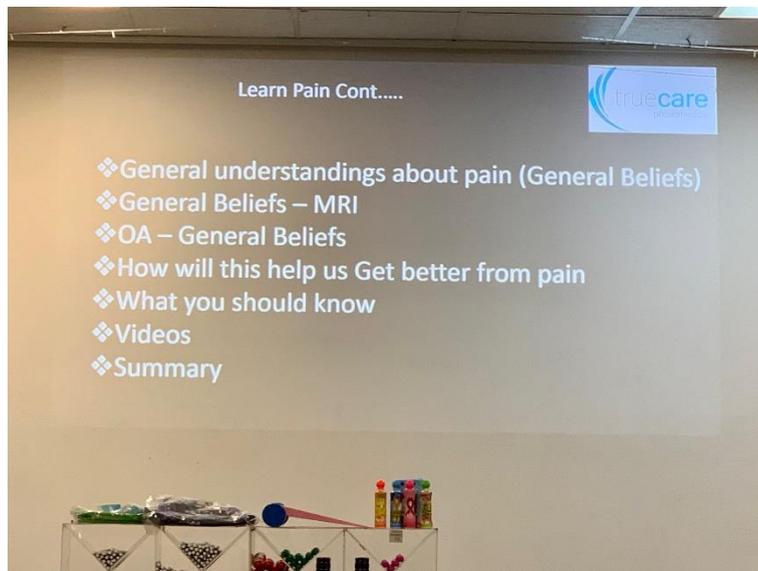
**Please talk to Sandra if interested. Full training provided. This role could be shared by several people. You don't have to post bulletin on webpage as this is done by the webmaster.**



**Mouli Balaraman is presented with a pen by President Rob McKimm**

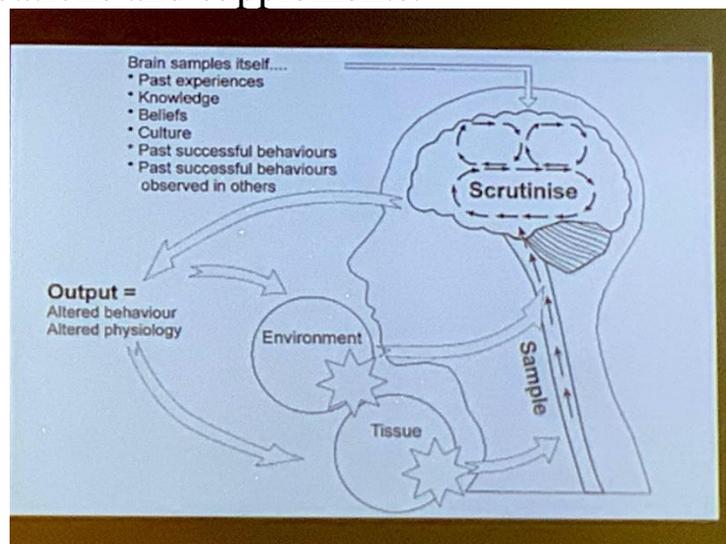
Meeting was opened in the traditional way by the Sergeant who then to introduced President Rob as the stand in chairperson for the night as Sandra was ill. President Rob introduced our guest speaker, Mouli Balaraman, a Physiotherapist from True Care Physiotherapy who have practices in Sale, Maffra, Heyfield and Bairnsdale.

Mouli was educated in India and moved to Australia in 2004 and came to Sale in 2005. As well as being a physiotherapist his interest is in pain management and education around the management of pain. He has studied under Professor Lorimar Mosley a well-known pain management specialist.



Mouli tells us that pain is an output where the head chooses to accept pain or not. It also depends on the circumstances as to whether we acknowledge the pain. The release of things such as adrenaline can mask the realization of pain in some areas.

Pain management is a very costly business and a huge financial burden on the community. It is estimated that about \$1.6 billion is spent annually on pain management. This includes everything from GP consultations, specialist medical practitioners, medications and supplements.



**Pain pathways**

Why do we feel pain? Pain is a warning that something is wrong. It usually causes some type of inflammation, which Mouli suggests is a healing soup around the affected area to help protect it. Generally, there is also muscle tightness and the release of adrenaline to assist in the healing process.

Other influences such as fear, stress, lack of sleep and other environmental issues at home and work can all affect the way that we experience pain. Positive lifestyle, contented environmental situations and our current state of mind can all assist us in the management of pain.

The two types of pain are Acute Pain – which is generally short term such as cuts, abrasions, broken limb, etc. which heal and the pain subsides. It can generally be treated with rest, support and a slow return to normal activities, Chronic Pain – generally continues for greater than three months and there are more than likely several contributing factors.

Pain is complex but it is generally our protector telling us something is wrong.



**PDG Don Ripper, with Colin and Clare Adams**

Previously if someone was in pain they were encourage to completely rest whilst now the current thought is to get moving and to work through the pain to regain strength and recovery. E.g. following joint replacement surgery we are now encouraged to get up and start using the limb as soon as possible.

Mouli finished by taking a number of questions from the floor and was thanked by Pres Rob and presented with a Rotary pen.



**Maree Ross winning Heads and Tails**

The sergeant then proceeded to request the speaker to draw the raffle which was won by Don Ripper and heads and tails which was won by Maree Ross. Maree was one of a number of partners who came along to hear our guest speaker and enjoy the fellowship.

President Rob reminded board members of the Board meeting tomorrow night but warned that due to illness of some members that it may need to be postponed.



Daniel and Norissa Smolenaars, and Laurie Smyth



Pam and John Castle

Notes kindly supplied by Colin Adams



Happy Birthday Rod Exton on July 8<sup>th</sup> and Nicole O'Connor on 27<sup>th</sup> July



## **ROTARY CLUB OF YARRAM**

**Tuesday 23<sup>rd</sup> August, 6pm at Regent Theatre Yarram  
\$50- per head for 2 course meal plus tea/coffee & cake**

**Drinks at bar cost**

**RSVP by 23<sup>rd</sup> July to [rotaryyarram75@outlook.com](mailto:rotaryyarram75@outlook.com)**

**and please advise any dietary requirements**

**Pay BSB 633 000 Account 161 130 497**

**Ref 75Ann and your name**

### **Volunteer award early advisory**

**The Order of Australia Association, Gippsland branch, and Rotary International (Gippsland) are partnering in a new award to recognise an outstanding community volunteer.**

**Titled “Exemplary Citizen Award”, the award will be open to persons aged 35 years or under and who have made or are making a significant contribution to their local community, essentially caring and benefiting others in an exemplary way.**

**It is proposed the award will be formally launched and winner announced in National Volunteers Week in May.**

**Incoming District Governor Paul Mee and Assistant Governors have enthusiastically endorsed the award proposal and will be communicating with clubs in coming months.**

**Gippsland’s Rotary clubs will be asked to participate primarily by sourcing nominees through their local knowledge.**

**Early inquiries to David Tulloch (Gippsland OA Association executive).**

### **FUTURE MEETINGS and EVENTS:**

**Tuesday 19<sup>th</sup> July, 6pm Greyhounds, speaker Kerrie Schmidt on Rotary Regionalisation Project**

**Wednesday 20<sup>th</sup> July, 4.30pm Board Meeting at Rob McKimm’s home**

**Tuesday 26<sup>th</sup> July, 6pm Greyhounds, program TBA**

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Any queries re future meetings contact Adrian: Mob. 0408 517 062 (Text or call) Email [arijs47@gmail.com](mailto:arijs47@gmail.com)

**Please send Bulletin contributions to Sandra at [sandrah@vic.australis.com.au](mailto:sandrah@vic.australis.com.au) by 21<sup>st</sup> July**

***Next Rotary meeting-  
Tuesday 19<sup>th</sup> July 2022  
at Sale Greyhounds at 6pm  
book with Adrian Rijs***

Last Name	First Name	Spouse/ Partner
Adams <sup>PP</sup>	Colin	Clare
Burgess	Lisa	Paul
Callinan	Gerard	Jenny O'Neill
Cartledge <sup>PP PHF</sup>	John	Liana
Castle	John	Pam
Davis <sup>Pres PHF</sup>	Philip	Elizabeth
Dyer <sup>OAM PP PHF</sup>	Graeme	Alida
Exton <sup>PP PHF</sup>	Rod	Gillian
Henwood <sup>PP PHF</sup>	Jeanette	
Houghton <sup>PHF</sup>	Sandra	
Hutchinson	Elizabeth	Alan Lewis
Jeremiah	Laurie	Helen
Lewis <sup>PP PHF</sup>	Alan	Elizabeth
Mani <sup>PP</sup>	Raj	Tracey
McKimm <sup>PP</sup>	Robert	Kathy
McMillan <sup>PHF</sup>	Kerry	Don
Miller <sup>PHF</sup>	L. Keith	Gwen
O'Brien	Danny	Vicki
O'Connor	Nicole	Patrick
Page <sup>OAM PP PHF</sup>	Michael	Jan
Pickering <sup>PP</sup>	Ted	Margaret
Rijs <sup>PP PHF</sup>	Adrian	Louise
Ripper <sup>PP PDG PHF</sup>	Don	Jude
Ross <sup>PHF</sup>	Neil	Maree
Smith <sup>PHF</sup>	Mike	
Smolenaars <sup>PP PHF</sup>	Daniel	Norissa
Smyth <sup>PP PHF</sup>	Laurie	Jill
Strauss <sup>PP PHF</sup>	David	Rachel
Strauss <sup>PP</sup>	Rachel	David
Thomas	Jenni	
Tulloch <sup>OAM PP PHF</sup>	David	Judy
Versloot <sup>PHF</sup>	Andy	Debbie
Watt <sup>PP</sup>	Trevor	Liz
Webb	Carmel	