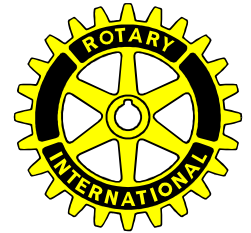




# The Beacon News



## The Rotary Club of Port Hope

**News Bulletin for the Week of June 20, 2011**

### Martha Henderson – Posture for All

#### CALL TO ORDER

President John's last night coincided with the last day of spring on this fine June 20, 2011 evening. There was a good turnout and all the members and guests were in great spirits and looking forward to a fine meal, Rotary conviviality and perhaps learning something new.



#### Head Table Introduction

The head table saw P John flanked by PE Bruce and R Roger with special guest speaker Martha Henderson, a young lady who has roots and history in Port Hope.



#### Stress Inukchuk

PP Jan was awarded the stress gizmo for her great work on the BBQ and festivities at Greenwood serving the residents of Greenwood Coalition last week.



#### GUESTS & VISITING ROTARIANS.

Guests were Rev. Dave, Ken Burgin's friend, Avril's friend Laurie Anderson, Wilf's guest and frequent visitor from the Cobourg Club Gord Sherwin, special guests of R Treasurer Paul Tait, Crystal Cranch and her two remarkable sons Jacob and Ethan.

Using the presidential Ouija board the trek to the groaning board was made initially by the head table followed by Jan Boycott's side except for Rolly who had to spend two minutes in the penalty box.

#### SECRETARY'S REPORT

In the finest of Port Hope Rotary tradition, S Cleve had a nil report.

#### PRE-NOURISHMENT REPORTS

PE Bruce, our current Sergeant-at-arms, reminded everybody that President's Night is next week at Will and Jenny Ryan's.



Will and Jenny live at 4558 County Rd. 10. From The Knights of Columbus Centre in Port Hope turn right (west) on Augusta St., drive west and turn right (north) on Victoria St. S., continue north on Toronto Rd and continue north at the Welcome corners on County Rd. 10. Will and Jenny are north of Massey Rd. on the left. It's best to park on the Road, well over from traffic lane. If you are hopelessly lost, call 905.753.2033.

R Bree then passed around a Door Duty list, a sign-up sheet for door duty next year.



R George reminded us that there is golf on July 18<sup>th</sup> @ \$49. PP Ron reported that Fabiola arrived home safely in Chile and that we look forward to our young exchange student from Germany, Michelle, who is arriving on around August 22<sup>nd</sup> and who will be staying for the first little while at the modest abode of your humble scribe and wife Betty.

## DESSERT REPORTS

Following a formal introduction of the guests, T Paul said “dues are due so do your dues as they ought to be done at \$225 per annum”. So please **do the dues**. PP Jan spoke about the excellent club event notwithstanding the deluge last week and the residents of the Greenwood Coalition enjoyed the event and it was a resounding positive show of hands, when the question was asked as to whether this should be a recurring theme for the club. PP Jan indicated that we had made some money on the dinner and it was then to be presented to the treasurer of the Greenwood Coalition. PP Ken O’Neill indicated that the leftovers were delivered to the women’s shelter and it was much appreciated by them.



PP Rolly spoke briefly about the new season and the fact that new scribes are needed to replace a couple of people who were no longer able to continue.



PP Susan Dewhurst and Treasurer Paul Tait took the floor and R Susan provided a cheque of \$1,000 from the Fashion Show to Paul who also is the chair of the Fair Share Food Bank. The cheque will go a long way to assisting.



T Paul indicated that there is a continuing problem with food insecurity in Northumberland and he promised that he would introduce a couple of young people later in the meeting who were also trying to assist in addressing this matter. T Paul said that instead of indicating food by weight they are now trying to establish the value of the food dispensed. T Paul then

went on to introduce Jacob and Ethan Cranch whom he described as veteran fundraisers initially raising money for flood victims, then for the Sick Children’s Hospital, now a focus on local needs with the Food Bank.



Jacob and Ethan then proceeded to the head table area where Jacob made a presentation describing their soup initiative where local young people have their art selected for use as labels on soup cans; these are sold as a fundraiser. Jake indicated that there are 7,800 people in Northumberland County who do not have proper housing. He said he and his brother wanted to help the homeless and his brother Ethan wanted to do something related to art, so they put art on the can of soup and the money they get goes to Fair Share. He said Cameco and others assist then and they are then also to buy fresh food such as milk and fresh fruit. They reminded all Rotarians that the soup is \$2 per can or \$10 for six cans. All Rotarians were invited to purchase, which your humble scribe did, for this worthy cause and the brainchild of two quite remarkable young gentlemen.

## HAPPY BUCKS

Sergeant-at-arms Bruce announced that R Bree and her David are enjoying an

anniversary. He also reported that Jim and Merle Adamson will enjoy their anniversary on this weekend and Bonnie's birthday will round out events at the Adamson/Tuttle homestead.

PP Ron was happy that Jim Adamson will be home from the hospital in time for this Friday's 67<sup>th</sup> anniversary celebration.



R Bree popped in a few happy bucks for her anniversary as well as a trip she went on with Fabiola where she treated Fabiola to a day at St. Anne's Spa which she reported was very much appreciated by our young charge.



PP Rolly put in a confused buck wondering aloud why P John was happy at this being his last meeting as president.

R Diane and R Cleve celebrated their 50<sup>th</sup> anniversary and both threw happy bucks into the pot. Guest Martha Henderson put in a happy buck although we should have put in a happy buck for her willingness to fill in the gap at the last minute and as you will see to do so with an informative, entertaining and fun filled presentation.



R Sid was pleased to spend time with R's Cleve and Diane instead of washing his car he said that he was able to buy a new one this week.



R Ben was happy to participate in the Greenwood Coalition and his statement was, "there but for fortune go you and I". R Ben was also happy to have taken a couple of young people from Rotary, one a Belgian exchange student for a plane ride.



R Ken Burgin was happy to state that on Fathers' Day he spent time with his family including his son and his son's new young daughter; it was a fulfilling experience.

R Dave Watson gave a happy buck for a trip to Ottawa complete with a guided tour of the Parliament buildings and lunch at the members' dining room.



Guest Mrs. Crystal Cranch put in a happy buck for Jacob's 12<sup>th</sup> birthday tomorrow.



R Wilf was happy to have celebrated his birthday with his family for a week and indicated that was the length of time it took him to blow out the candles.



PP Ken O'Neill was please to have attended the Probus Golf Tournament.

R Joyce put in a happy buck on the momentous occasion of her mother's 103<sup>rd</sup> birthday.



P John put in a series of happy bucks for information on the

Mattawa Learning Institutional and his son's birthday and various and sundry visits that he will be making to clubs as the guest of other presidents.

## PROGRAM

R Roger Ingram was eloquent in his introduction of Martha Henderson who I am told is now Martha Ciena.

Martha stood in at the last minute and is to be thanked and credited for this.



Martha is a massage therapist who has just opened her clinic on John Street. She gave a very engaging presentation that started off discussing posture and why it matters. She said she encounters poor posture that leads to health problems frequently in her job. She said good posture has many benefits including reduced pain, improving mood, allowing lungs to inflate freeing the vagus nerve and in general leading to a more relaxed and happy individual.

She said good posture can prevent common injuries, e.g. carpal tunnel syndrome, and can improve joint function and reduce the risk of osteoarthritis. She said, as an example, we should look at the anatomy of the shoulder. She said what happens often in the shoulder when people are hunched in a poor posture is that pinched arm nerves result from restrictions

of nerves and blood vessels. She said the pectoralis minor gets shortened and tightens and reduces blood flow. This can make an individual susceptible to such conditions as tennis elbow and carpal tunnel syndrome.

She said there are three quite common problems and the most common are 1)internally rotated shoulders, (which is a stooped, hunched forward position), 2) head-forward posture (in which there is a reduction in blood flow through the neck and head and into the arms). She said the combination of these two leads to 3)the upper cross,( which is a combination of the rotated shoulder and head forward postures).



She said one of the best ways- a simple way- to reduce these problems is to stretch. She said stretching reduces muscle tension and increases range of motion and helps to prevent injuries. She said one of the problems she encounters with technique in stretching is that people don't breathe properly. She said you must breathe when you are stretching and you hold the position and count out 30 seconds. In this case it is not no pain no gain but rather, if you feel pain, back off a bit.

She said sitting in the chair you can do some simple maneuvers for stretching. The first she led us toward was known as the side-bend where the scalene muscles are stretched. The second, known as star-gazing, is where the head is turned slightly to the side and then looking back and up as though looking at stars behind one is held. She said this exercises the sterno-phyto-mastoid area. She also discussed another simple exercise known as chin tucks which confused your humble scribe as he was unsure of how many of his chins to tuck in.

She then told us about the doorway stretch where the pectoralis major is exercised at a 90% angle of the arm and she also illustrated the pectoralis minor stretch which involves placing your arm at a 45% angle and stretching.

She talked about the ability for growing and changing and by doing your slow stretching altering your body and assisting in reconfiguring your muscles to allow good posture.

Martha's presentation was thoroughly enjoyable and your humble scribe and other Rotarians look forward to her return with the new naturopathic Dr. Weiss at an upcoming meeting.



After thanking our guest speaker, P John talked about a special event on September 2<sup>nd</sup> and 3<sup>rd</sup> 2011 in Oshawa concerning the eradication of polio and he will be providing more information on that in the future.

### Post, Post Prandial Dessert Reports.

None.

### 50-50 DRAW

R Susan won the 50-50 draw this week.

### Noteworthy Future Happenings: June 27 – President's Night

### FUTURE MEETING SCHEDULE

Date	Speaker	Location	Door Duty	Scribe
Jun 27	President's Night	Will Ryan's Homestead	George H, Ben C	Sylvia
Jul 4	Bob Wallace - DG Visit	KofC	Bree N,	
Jul 11	Port Hope Area Initiative	KofC	Ken O, Ron T	
Jul 18	Golf Tournament – George H	Mill Creek Golf Course		
Jul 25	Joe James – Lesotho Visit	KofC		
Aug 1	Simcoe Day – No Meeting			
Aug 8	Brighton			
Aug 15	TBA		Jim G	

### CLOSING

The meeting ended with a hearty rendition of *O Canada*.

### Scribe at Work



### WEB SITE

Please take a moment to visit the Port Hope Rotary web site.  
[www.porthoperotary.com](http://www.porthoperotary.com)

**ROTARY CLUB OF  
PORT HOPE**



P.O. Box 191 Port Hope, Ontario, L1A 3W3

**Officers**

**President:** John Mowat  
**Secretary:** Cleve Pendock

**President- Elect:** Bruce Coleman  
**Treasurer:** Paul Tait

**Directors**

**Club Service:** Dick O'Toole  
**Community Service:** Roger Ingram

**World Service:** Ken O'Neill  
**Fund Raising:** Jamieson Ross