

Rotary Club of Fern Tree Gully Inc.

Vol. 51 No 36

21st April 2014



President, Rotary International –
RON D. BURTON & Jetta,

Rotary Club of Norman,
Oklahoma, USA

District Governor, Dist. 9810 –

Merv Ericson & Kay,
Rotary Club of Monash

President,
PHILIP WALTERS & Pam
Rotary Club of Fern Tree Gully

Benefactor,
IVAN GGOVIC,
Vale: August 2003
Rotary Club of Fern Tree Gully

INCORPORATED REG. No. A0023463V

DISTRICT 9810

VICTORIA

AUSTRALIA

CHARTERED: 16th May, 1963

Postal Address: P. O. Box 164 FERNTREE GULLY, VIC 3156

Website: www.ferntreegullyrotary.org.au

WEEKLY BULLETIN



WELCOME CHRISTINE

In the absence of President Phil Walters, PP Graeme Aspinall did the honours in inducting our newest member—Christine Anderson. Christine has already proved herself to be an enthusiastic contributor to our club and was given a warm welcome by club members.

UPCOMING MEETING RESPONSIBILITIES

Date & Time:	Monday 21st April 6.30 for 7.00	Monday 28th April [6.30 for 7.00]	Monday 5th May [6.30 for 7.00]	Monday 12th May [6.30 for 7.00]
Venue:	Knox Tavern	Knox Tavern	Knox Tavern	Knox Tavern
Program:	Easter	The effect of additives on health, education and learning	Tara Winkler Story	Committee Meet- ing
Speaker:	Monday	Jenny Ravlic	N/A	N/A
Committee Subject	No	N/A	N/A	TBA
Chair:		Bob H	Rob D	Mike S
Cashiers:	Meeting	Mike S & Graeme A	Greg D & Paul McA	Graham F & Paul W
Grace & Toast:		Christine A	Paul W	Stuart V
Rotary Knowledge		TBA	N/A	N/A
Sergeant-At-Arms:		Fran M	Fran M	Fran M
Scribe:		Virginia R	Bob H	Rob D

<i>Birthdays:</i>	None
<i>Wedding Anniversaries:</i>	None
<i>Induction to RC of Fern Tree Gully</i>	None



NO BULLETIN NEXT WEEK

Please note that as there is no meeting on Easter Monday there will be no bulletin issued next week.

THAT WAS THE WEEK THAT WAS

Monday, 14th April, 2014

Meeting opened at 7.02pm with PP Graeme welcoming all present.

President's Announcements:

- Welcomed Tess O'Shea (Speaker), Russell Gurney (Assistant DG)
- Advised that President Phil would be away for the next few weeks and that he would be standing in for him.
- Christine Anderson would be inducted this evening
- No meeting next week due to the Easter holiday
- 2016/17 DG selected—Carol Lawton.

Chairman: Graeme Aspinall

CHAIRMAN'S REPORTS:

Secretary: John Flemming

- Read and distributed the incoming mail

Apologies: Phil Walters, Virginia Rutledge, Paul McAloney
Rahul Mediratta, Julie Goodchild, and Greg Downes.

Treasurer: Enid Hughes

No report

Vocational: Phil Walters

No report (absent)

Community: Graeme Aspinall

- Community Kitchen—requested rostered members to contact him if they were unable to attend.

New Generations: Virginia Rutledge

No report (absent)

International: Paul McAloney

No report (absent)

Fellowship: Fran Mandergeddes

- Working on the car rally. Will need to speak to Phil as it is planned to include the President's Picnic
- *My Fair Lady* is 9th May.

Club Service: Mike Spark

Advised that relevant information had been submitted to District for insertion into next year's Directory.

Other: AG Russell Gurney spoke briefly on the upcoming District Training Assembly:

- Incoming Presidents being trained
- Cluster based
- Re-organized this year so people can attend more sessions.
- Asked that as many people as possible attend.

Sergeant-at-Arms—Fran Mandergeddes

Extracted our dollars while informing us of various superstitions surrounding Good Friday.

Skill: Enid H drew King of Clubs

PROGRAM: Diseaseproofing your Diet—Tess O'Shea

Cardiovascular Disease

- Is the greatest cause of death in Australia. Fruit & vegetables are the foods to fight cardiovascular disease.

(Serves per day, 5 veg, 2 fruit). They have fibre which helps take saturated fat out of the body. Saturated fat makes cholesterol.

- Gave tips on increasing our vegetable intake—salad sandwiches or a side salad, celery or carrot sticks/veg entrée. Fruit on cereal etc.

Osteoporosis

- 40 + Australians break a hip each day. Elderly people are very vulnerable.
- Dairy foods should be used
- Vitamin D helps absorb (calcium found in dairy foods). 1300 mg of calcium for 50+ people is required.
 - 250 mls milk] each constitute 1 serve.
 - 40 g cheese] We require 3 serves per day
 - 200g yoghurt]

Bowel Cancer

- The bowel test is very good
- Bowel cancer is the 2nd most common cancer in Australia (1 in 17 men; 1 in 25 women will get bowel cancer)
- 20% reduction of risk if we eat wholegrains (48 g per day) Whole grain is the grain plus the husk etc
 - 140g slice of bread,] each constitute
 - 40 g pasta] 1 serve
 - 30g breakfast cereal]
- Brown rice & pasta, wholegrain bread all good. (White bread raises sugar levels)

Alzheimer's Disease

- Causes 70% of dementia and is a progressive, cognitive decline which affects 1 in 3 people over the age of 80.
- Fish reduces risk, also green leafy vegetables, nuts, fruit.
- 60% less chance of developing Alzheimer's if we eat fish more than once per week.
- Omega 3 fatty acids (DHA) are a building block in brain.
- 2-3 serves of fish recommended (tinned fish is good because it often includes the bones, particularly salmon, sardines and tuna)

How to Improve Health

- Goals, medical conditions, medications, body composition.
- Physical activity is important
- Education and support programs are available from a dietitian.
- There are scales available today which can show muscle/fat body content.

Questions re how late in life can one start healthy eating to get benefits—any time!

Contact 1300 438 550

Email: Dietician@nutritianplus.com.au

There being no further business PP Graeme closed the meeting.

Meeting Closed at 8:53pm

Scribe: John Flemming



Top left: PP Graeme presents newly inducted member Christine Anderson with framed copies of the "Four Way Test" and "Object of Rotary"

Top Right: Speaker Tess O'Shea gave an excellent and very informative presentation on Disease-proofing our diet (see Minutes for further info).

Bottom: L:R Stuart Vize, Mike Spark, Paul Wilson, Christine Anderson, Graeme Aspinall, Fran Mandergeddes, Russell Gurney, Enid Hughes, Rob Dawson, Graham Faulkner and John Flemming

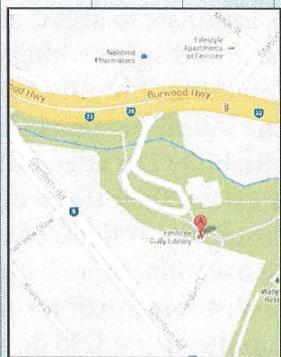


Come along to the Ferntree Gully Volunteer Expo

Being held during
National Volunteer Week,
Saturday May 17th

10am to 2pm

Ferntree Gully Community Arts Centre,
1010 Burwood Highway, Ferntree Gully
(next to the Ferntree Gully Library).



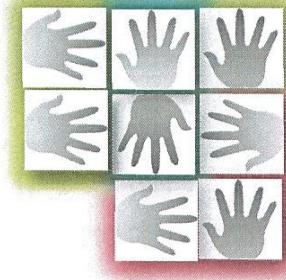
For more information, contact
Mountain District Learning Centre

Phone: 9758 7859
www.mdlc.com.au



Proudly supported by Knox City Council

ferntree gully VOLUNTEER EXPO



Saturday May 17th

*'Volunteering plays a key
role in building strong,
sustainable and connected
communities'*

Share the time - Share the rewards

Ferntree Gully Volunteer Expo will provide opportunities for socializing, having fun and developing and sharing skills. All not-for-profit and/or volunteer organisations, service clubs, sporting clubs, churches, Op shops, etc. etc. have been invited to participate. We're hoping to have fifty or sixty organisations represented. Each will have a table located in the expo area to be used for displaying their own advertising literature with each organization being responsible for setting up and staffing their own table.

This is a terrific opportunity for the Rotary Club of Fern Tree Gully to further make their presence known in the area and attract new members.

Club members who live in the Ferntree Gully area should by now have noticed advertising boards at various locations. Brochures and other advertising media have been organised and It is hoped that all these measures will attract the local populace to attend on 17th. Anyone with the time and the desire to do some volunteer work will find a wealth of opportunity to discuss their ideas with the representatives of some or all of the many organisations located in the Ferntree Gully area.

Please help by passing on the information and date to anyone you feel might be interested in assisting to make this, FTG's first Volunteer Expo, a resounding success. Who knows? If it works out well we might be able to expand it to encompass all of the Knox area next year.

BARBARA—ON SAFARI



Escorted by YEP District Committee members Helen Wilkie and Annette Haworth, District 9810 Youth Exchange Students were joined by a large group of other exchange students for a 16-day bus trip starting at Wodonga and going through Adelaide, Coober Pedy, Uluru, Kings Creek Station, Alice Springs, Cloncurry, Longreach, Dalby, Coffs Harbour and then to Sydney. What a magnificent trip! They had a wonderful time but were glad to get home to sleep in a comfortable bed. There will be many treasured memories to take back to their homeland when their year long exchange is finally over.

