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## Meeting Apology

Please use the club web-site **before 3 pm** on meeting day to apologise or add a guest, or you will be required to reimburse the club for your meal cost.

<http://www.kuringgairotary.org.au>

## Ted Price Xmas Cakes

Ted Price Xmas cake \$20 and Puddings \$25.50 please order from Ted and he will bring next week

Tree of Joy is an Xmas tree for Lifeline in Ted's shop and any donations of non perishable food is welcome at Price's Pharmacy

## Roger Desmarchelier

Roger needs committee members for the Board 2012—2013 please contact Roger

## Wally Forbes

Pam was diagnosed with bowel cancer and it was operated immediately and the outcome was very successful. Their next appoint is six months away

## Ross Lambert Xmas Cards

Ross has Rotoract Xmas cards \$10 for 12 cards

## Bobbin Head Cycle Classic

WEB Hits are up 237 over the weekend 1200 during November

We need sponsors, if you have any suggestions please advise Tony or Peter

3 volunteers for printing signs min ½ day 7 January  
Caroline Jones  
Michael Midlam  
Malcolm Braid

**Please remember** Market team includes everyone in the club

## This Week

AGM

## Last Week

Guest Speaker Marilyn Kittle eating healthy

## Insearch food preparation



## Clarke Road School

### From Joy Newling

Our Club has received some great compliments during the past week and I felt very proud to be a member.

Last Wednesday I represented you all at the Clarke Road School Presentation Day, and I was glad to have the company of Eleanor Filewood. Again, it was inspiring. Every child was recognised and received a certificate which could have been for improvement in computer studies, getting better at reading street signs to navigate their way, or simply bringing a smile to school every day.

Our Club donated the Rotary Role Model Award and I was honoured to present it to Radhika Koroth who will be School Vice Captain next year. (The recipient of the same award last year, Lara Harrison, will be School Captain.) We were thanked by the Deputy Principal for the support we give the school, and that famous BBQ was mentioned again!

## Clarke Road School

A special presentation was also made to Tony Brain, their principal, who is retiring at the end of the year. Tributes flowed and the signing choir was joined by many of the other students on stage to sing/sign "You raise me up" as their tribute to Tony and his wonderful contribution to the school. There were two rows of official guests sitting at the front and I think everyone had tears in their eyes and a lump in the throat, I certainly did.

When I asked one of the parents who had taken many photos if perhaps we could have a couple for our newsletter, she said it was the least she could do after what our Club does for the school.



## Youth Insearch

More compliments flowed over the weekend when we were catering for the Youth Insearch Camp at Morisset. There were 56 teenagers aged between 12 and 18, and 14 leaders and support people, so we were feeding 60 each meal plus ourselves.

The program included sessions on building self esteem, the importance of hugs, practical information on adolescent issues, drug and alcohol hassles, assault and grief. On a lighter note, finding hidden talent and building confidence in an entertainment segment and having fun in a wet and muddy obstacle course in one of the rare sunny periods on Saturday.

The facilities were very good and the kitchen was large and well organised. This time we were working with a chef and that made our job easier and I for one learnt a lot. There was always preparation going on, whether it was scones with jam and cream for afternoon tea, or tray after tray of lasagne, and it sometimes seemed that the piles of dirty plates and pots was never ending.

The highlight for me was on Saturday night when we re-arranged the tables and decorated the dining room for Christmas festivities. Dinner was traditional hot ham and chicken, roast potatoes and vegetables, followed by apple and berry crumble and ice cream. The looks on the kids' faces when they walked into the room for dinner and we heard the "oohs" and "aahs" made it all worthwhile. To see Santa arrive and give everyone a gift was the icing on the cake! Many of them gave him a hug or sat on his knee! For some of these kids it will be the only Christmas they will have.

We received compliments from the kids, such as "Thank you for dinner, it was beautiful" from one of the quiet young boys as we were leaving on Saturday night.

"Wow, thank you so much" from Pat, volunteer nurse, when she saw our decorations. "Thank you so much for coming, you make a difference" from one of the support people.

This was a New Generations initiative but I would like thank everyone who helped:

Linda, for becoming an expert at cooking garlic bread on the BBQ and mastering the commercial dishwasher.

Louise, the donut queen, for being always on the go and the only one to stay from Friday night until Sunday afternoon.

Michael and David for being reinforcements on Saturday and both bringing Christmas trees from home. Michael became an expert at standing on tables and hanging tinsel around the room, and David assembled tree and lights beautifully and coped with me changing my mind about the tables several times.

## Youth Insearch continued

Greg for learning how to make scones, carving the hams and being a fantastic Santa!

To Caroline, who offered to come up early on Sunday if needed, we did appreciate your offer. There will be a next time!

So thank you all, it was a wonderful team effort. I hope we will do it again next year and that others of you who haven't been involved so far will give it a go. It is very rewarding.



## 10 On Me Ross Lambert



More than thirty years ago Ross started in business at the age of twenty. Since then, Ross has successfully developed a multitude of businesses in car rental; photography; rural merchandise; time-sharing; property development and finance.

Ross has always followed Henry Ford's lead, who once said, "Never goes to work to work to earn money, go to work to provide a worthwhile service. The money we earn is a by-product of the service we provide. When we provide service in abundance, so too money will come in abundance." Following this simple statement, Ross has built the various companies he has been so proud of over his business life.

Ross has been married to his wife Penny for almost thirty years and they live in Pymble with their three children Emma 25, Sam 22 and Zach 19.

Ross was born at The San in Wahroonga and was raised in their family home in East Lindfield attending East Lindfield Public School. Ross met his wife Penny through Rotaract, and charter members of the Lindfield Club in 1977. Ross and Penny enjoyed more than seven years with the club and have some wonderful memories and great friends who they still see regularly today.

When Ross was twelve his grandfather passed away and so Ross' parents decided to move to the country to take on the family property. Ross then went to boarding school where he completed his HSC. Ross describes his years at boarding school as some of the best years of his life.

After completing high schooling, Ross went to Hornsby TAFE to study business management however, after six months decided he was wasting valuable time and left the course. Following a couple of positions in retail photography Ross opened his first business Rent-a-Ruffy, one of the first 'second hand' car rental companies in Australia.

After selling Rent a Ruffy, Ross returned to the country to join his brother and another partner to open North West Direct Sales. Today North West Direct Sales is the largest independent rural merchandiser in Australia.

Ross then returned to Sydney and moved into the photographic industry opening Colour Express and putting mini labs into Grace Bros stores.

Over

## 10 On Me Ross Lambert

Amongst some of his other businesses which included the purchasing an island resort in New Guinea and timesharing the resort. Culminating in selling the entire first stage to the New Guinea government. Ross has been involved in property development, finance and educational; scholarships for children over his chequered and varied business life.

Some five years ago Ross joined his son Sam in the formation of Digital Solutions Group. Combining Ross' marketing wisdom and Sam's IT genius they have a winning combination. Together they are e-transforming businesses and helping them grow through the internet. They specialise on digital marketing, including social media, search engine optimisation, ecommerce websites and all the bits in between.

Ross thanks Malcolm Braid for considering him and has been very impressed with Kuringai Rotary Club in the short time he has been involved. Ross very much looks forward to contributing to the obvious passion and enthusiasm that Members have toward the very valuable projects and programs that are currently underway. Ross is very grateful for this opportunity and for the way in which he has been accepted by fellow Rotarians..

## Koz Yamada RYLA Candidate

Tom Jackson introduced Koz Yamada RYLA our Candidate. The Camp is in January 2012 and Tom said Koz suited all criteria for the Camp. She is a member of Lower North Shore Rotoract.

**Koz**



## Guest Speaker Marilyn Kittle



Guest Speaker Marilyn Kittle

Introduced by Adele Mitchell. Marilyn started as a teacher and then did a degree and became a dietician.

How fit and healthy are you? Very few are as healthy as we would like to be.

We can feel and look better.

**Imagine a triangle 1) food 2) exercise and 3) rest/relaxation. If you lose one side the triangle, it collapses**

Few people can say their triangle is balanced

The changes in treatment in Diabetes have improved over recent years' For every person diagnosed another person is walking around undiagnosed

**Go to a doctor and have a regular health check. Fasting blood test should be done.**

Most of Marilyn's patients are referred by doctors for prevent diabetes.

*Diabetes cause—All forms of diabetes increase the risk of long-term complications. These typically develop after many years (10–20), but may be the first symptom in those who have otherwise not received a diagnosis before that time. The major long-term complications relate to damage to blood vessels.*

*Diabetes doubles the risk of cardiovascular disease.[16] The main "macrovascular" diseases (related to atherosclerosis of larger arteries) are ischemic heart disease (angina and myocardial infarction), stroke and peripheral vascular disease.*

*Diabetes also causes "microvascular" complications—damage to the small blood vessels.[17] Diabetic retinopathy, which affects blood vessel formation in the retina of the eye, can lead to visual symptoms, reduced vision, and potentially blindness. Diabetic nephropathy, the impact of diabetes on the kidneys, can lead to scarring changes in the kidney tissue, loss of small or progressively larger amounts of protein in the urine, and eventually chronic kidney disease requiring dialysis. Diabetic neuropathy is the impact of diabetes on the nervous system, most commonly causing numbness, tingling and pain in the feet and also increasing the risk of skin damage due to altered sensation. Together with vascular disease in the legs, neuropathy contributes to the risk of diabetes-related foot problems (such as diabetic foot ulcers) that can be difficult to treat and occasionally require amputation*  
Source Wikipedia

## Guest Speaker Marilyn Kittle

Treatments, include exercise, relaxation and low GI and low saturated fat diet.

We need to know what carbs we can eat, the lower food is processed the better, Low saturated fat diet low milk.

Eat heavy grain bread, white bread digests too quickly.

Better to put egg or baked beans on toast, Leave bread and margarine off toast. Good fats are avocado and olive oil, preferably Australian virgin olive oil. Nuts, walnuts, pecan.

Morning tea fruit, yoghurt, or a home made milkshake. Apple orange and banana and blend and freeze to suck on later.

Life expectancy for grandchildren is likely to less than ours. 25% of children are overweight or obese

Lunch—bread must be grainy Bergen is good, and increase fibre, avocado, and protein— Free range chicken (avoid chicken skin), fish, eggs, plenty of salad. 5 serves of veggies, a cup of salad is one serve

Over Xmas eat 95% healthy just have a few treats

Stomach fat is the worst

Ted Price VOT Please see GI food table over

## Emyr Evans

I've now reached the last location where I'll be working on this current tour and this is Seremban, major city of Negri Sembilan State and some 75 kilometres from Kuala Lumpur.

This morning I came down to breakfast and found the dining room absolutely full of people, some young, some older, some much older and apparently about 300 in total. The ambience was one of people on a kind of conference. Mind you most people were dressed casually and even the much older people were in shorts and it must have been quite a casual kind of conference! I was encouraged when I saw a man with a Welsh Rugby Union shirt - identical to one which I possess - and of course I needed to speak with him. He turned out to be a player of Indian origin from one of the Kuala Lumpur leagues. I then saw a man with a Rotary shirt and thought I can make a connection here. I had a swift chat with him and he turned out to be the GM of the Dorsett Regency Hotel on the duty free island of Labuan - the hub of Malaysian Gas and Oil - where I stayed three days whilst examining there.

I met a couple of the 'conference' guys in the lift and they said they were here for fun which conformed with how I felt Rotarians should be enjoying themselves at the weekend away from home. And there's a Rotary Club meeting at this hotel, the Royale Bintang which meets Thursdays at lunchtime and whilst I might pop in to give greetings I'll be in the middle of working at that time.

Unfortunately it transpired that the junket makers were all members of another service organisation called FMs! Even the GM from Labuan sounding like a staunch Rotarian was also a Freemason.

The main reason for sending this missive, of course, is to wish President Caroline and all of my Rotarian Friends a Happy Christmas and a Peaceful 2010.

## Low GI food list with GI values

Have a look at the different types of foods you eat and their respective GI values. A good way to improve your diet is to find the foods you eat with a high GI value and substitute it for something with a lower GI value. As a general guide low GI foods have a value of less than 55, medium between 56 to 59 and high over 70.

Category	Food	GI Value
Bread	Bagel, white	72
	Wonder White, Buttercup	80
	Burgen soy and linseed	36
	9 grain, multigrain bread, Tip Top	43
	Wholemeal Sandwich Bread, Tip Top	71
Beans	Canellini	31
	Four bean mix	37
	Red Kidney	36
Break-fast Cereals	All-Bran, Kellogg's	34
	Coco Pops, Kellogg's	77
	Corn Flakes, Kellogg's	77
	Guardian, Kellogg's	37
	Muesli, Natural, Sanitarium	40
	Just Right, Kellogg's	60
	Porridge, instant, Uncle Tobys	82
	Porridge, Multi-grain, Monster Muesli	55
	Special K, Kellogg's	56
	Weet-Bix, Sanitarium	69
Cakes	Sponge cake, plain	54
	Banana cake, home made	51
	Lamingtons, Farmland	87
	Cupcake with strawberry icing, Farmland	73
Fruit	Apple	38
	Banana	52
	Orange	42
	Plum	39
	Grapes	53
Muffins	Apple muffin, home-made	46
	Blueberry	59
	Carrot	62
Noodles	Instant 2 minute Maggi	51
	Fresh rice, boiled	40
	Soba noodles, instant	46
	Udon, Fantastic	62
Pasta	Capellini, white, boiled	45
	Fettuccine, egg, boiled	40
	Ravioli, meat-filled, boiled	39
	Spaghetti, white, durum wheat	44
	Spirali, white, durum wheat, Vetta	43



Potatoes	Instant mashed potato, Edgell	86
	Pontiac, peeled, boiled	91
	Nardine, peeled, boiled	70
	Sweet potato, baked	46
Rice	Arborio, risotto rice, boiled	69
	Brown Pelde rice, boiled	76
	Jasmine rice, white, long grain	109
	Calrose rice, white, medium grain	83
	Wild rice, boiled	57
Soup	Black bean, canned	64
	Green pea, canned	66
	Lentil, canned	44
	Tomato, canned	45
	Traditional Minestrone	39
Yoghurt	Diet, low fat, vanilla or fruit	20
	All Nutural Light Vanilla, Nestle	37
	No fat with sugar, French Vanilla, Vaalia	40
	Low fat, with sugar, Vanilla, Ski d'Lite	46
Milk	Whole milk	27
	Skim, low fat milk	34
	Farmer's Best Milk with Omega 3	27

Source <http://www.alfitness.com.au>

## Remainder of 2011-2012 Calendar

<b>Mondays</b>	<b>Speaker</b>	<b>AG</b>	<b>Board meeting (5.30pm)</b>	<b>Weekends</b>
Monday 5 December	AGM; Elevator statement	<b>BOB</b>	Board meeting	
Monday 12 December	Christmas party			
Monday 19 December	Christmas break			
Monday 26 December	Christmas break			
Monday 2 January	Christmas break			
Monday 9 January	Banjo Paterson		Board meeting	
Monday 16 January	Bowls night	<b>BOB</b>		
Monday 23 January	Travel Quiz: Adele			
Monday 30 January	Movie night			
Monday 6 February	Ted Waters: community involvement in fund raising			Board meeting
Monday 13 February	Pride of workmanship			
Monday 20 February	ROMAC: Philip Smith			
Monday 27 February	Maxine Brodie			
Monday 5 March	Saving our Heritage		Board meeting	
Monday 12 March	Tales from a Dilly Bag	Diana Hanks		16-18/3: Conference 25/3: Bike Classic
Monday 19 March				
Monday 26 March				
Monday 2 April			Board meeting	
Monday 9 April	Easter Monday			
Monday 16 April	New members' night			Trivia night
Monday 23 April		<b>BOB</b>		
Monday 30 April				
Monday 7 May			Board meeting	Dinners for eight
Monday 14 May				
Monday 21 May	Hat day			
Monday 28 May				Red Shield collection
Monday 4 June			Board meeting	
Monday 11 June	Queen's birthday			
Monday 18 June	MUNA			
Monday 25 June	Changeover			



## Guest Speakers and events

5 December	AGM; Elevator statement	Board meeting
12 December	Christmas party	
19 & 26 Dec & 2 Jan	Christmas break	
9-Jan	Banjo Paterson	Board meeting
16-Jan	Bowls night	<b>BOB</b>
23-Jan		
30-Jan	Movie night	
6-Feb		Board meeting
13-Feb	Pride of workmanship	
20-Feb		24/2 Growers' market
27-Feb		
5-Mar		Board meeting
12-Mar	Dilly Bag	16-18/3: Conference
19-Mar	Who do you know?	25/3: Bike Classic

## Members welfare

John Hessel will stay at the Roden Cutler home, he is not allowed to drive but will come to Rotary if someone can drive him

## Guests

Michael Graham guest of Malcolm Braid Koz Yamada  
Ryla Candidate Marylyn Kittle Guest speaker Standard

## Apologies & Guests

Members are booked in to attend every regular meeting of the Club, if you cannot attend a meeting or wish to book in a guest / partner please access the WEB at <http://www.kuringgairotary.org.au> before **3.00 pm** on the day of the meeting. An apology for future meetings may also be entered. If you do not apologise for non-attendance the Club must pay for your meal and you will be asked to reimburse the Club.

## Rotary Acronyms

## Market roster

MARKET ROSTER	11 December
BANNERS	White, Frank
SIGNS	Timms, Graham Hungerford, Geoff
MORNING SET UP	White, Frank Thompson, John
PR	Lam-Rohlf, Linda
1ST SHIFT 8.00 to 10.30	Forbes, Wally Kennedy, Irene
2ND SHIFT 10.30 to 1.00	Hoch, Chris Krishnan, Bala
3RD SHIFT 1.00 to 3.30	Houghton, Judy Michael Midlam

**MARKET DUTIES:** You must initiate changes & advise Geoff Hungerford. Third Shift returns signs & bins to St George Bank

## Door team

Duty	December	January 2012
Greeter	Rasma Andrejewskis	Rasma Andrejewskis
Team	Michael Midlam	Michael Midlam
Team	Joy Newling	Joy Newling—not 30/1/12

**NOTE:** The door team is responsible for welcoming visitors and guests, recording payments and issuing copies of the rec-

## Happy days December 2011

Birthdays	
Linda Lam-Rohlf	6-Dec
Lou Coenen	26-Dec
Suzanna Dunn	20-Dec

Anniversaries	
Ross & Helen Egan	4-Dec

## Bank Details

From 1 July 2011 we have a new bank account at Westpac Turrumurra.

Rotary Club of Ku ring gai **Project** account  
 BSB 032089  
 Account 253333

Rotary Club of Ku ring gai **General** account  
 BSB 032089  
 Account 253341

**Claims** must be presented with a completed remittance advice which you can download from the WEB.

All payments to you will be made electronically (I do not have a cheque book) so please include your BSB and account when you make a claim.

**When you make a payment please ensure you include your name in the details**