



In this issue

- Club Calendar
- Rosters
- This Week
- Last Week
- Bob Ivey 3 Sapphire
- Paul Harris Award
- BHCC St Ives Rotary
- Daffodil Day
- Greg Newling
- Debate Turramurra
- Restaurant Night
- Fiona Plant Guest Speaker

Back Pages

- Guest Speakers
- Market Roster
- Door Team
- Happy Days

Meeting Apology

Please use the club website **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>

This week

Rotary Awareness Night.

School for Life Speaker

News from New Generations

• **A big 'thank-you' from Clarke Road School** for all the Woolworths earn and Learn stickers we collected for them. My thanks to all Club members who contributed, especially Michael Midlam and his wife Kerry who were especially diligent! Total on 10 August was 27090.

• Our two applicants for the **National Youth Science Forum**, Dillon Lin and Sean Dawson, were both successful through the District interview process and will be attending this prestigious forum. Great news for the boys and our Club.

Last Week

Fiona Plant. "Spine, Health, and Quality of Life"

BHCC St Ives Rotary

We received a request from St Ives Rotary Club to join BHCC and because we have all the planning in place for 2012–2013 we decided to invite them to become an observer for this year.

Daffodil Day

Ross Egan, Wally Forbes, Roger Desmarchellier, Emyr Evans Michael Midlan and Tony McClelland braved the cold 6am wind for Daffodil Day

Bob Ivey 3 Sapphire Paul Harris Award

Congratulations Bob

Bob is our only member to receive 4 Paul Harris Awards



Greg Newling

Greg thanked members who sent their best wishes for his pacemaker operation which was a success

Michael Tyler Awareness

We sent 70 invitations and we have 11 confirmed attendees, with 4 to be confirmed. 11 said they could not attend but are interested next time
The evening is a partners night
Please arrive early to welcome the guests

Debate Turramurra

The subject is "are the Olympics worth the money" "are the Olympics worth the money". We are debating the positive side

Restaurant Night

Our Restaurant night is scheduled to 24 September.

Bella Blue at Lindfield has been booked

Bob Ivey 3 Sapphire Paul Harris Award

Bob is our only member to receive 4 Paul Harris Awards

Bob joined Rotary 30 years ago because he worked in a quite insular environment (The Australian Army) and he and his wife Gwen wanted to meet people outside that profession.

Rotary tasks undertaken by Bob include:

- Giving occasional talks to club members about aspects of his profession
- Co-ordination for some 15 years of the management team for an annual 3-day seminar titled '**Achievement Workshop**' conducted by our club. 250 companies from all over Australia and New Zealand considered it a high value activity and nominated their young employees with management potential to attend. Bob found it rewarding to hear the feedback from those companies and the 1,250 young people who benefited from the experience - and to see our club distribute annually to needy organisations up to \$40,000 profits from the program.
- Design of websites for the Achievement Workshop, the Ku-ring-gai Garden Festival, the Bobbin Head Cycle Classic events, and the Rotary Club of Ku-ring-gai.
- Co-ordination over a few years the club's 'Pride of Workmanship' award evenings, where outstanding employees are recognised in a way not available to the companies concerned.
- Club president for a 12 month period
- Vocational Service Director for a number of years
- Managed various marketing programs in the local area, including maintenance of lists, design of marketing material etc.
- Managed the club member database for over 15 years.
- Stood in for the editor of the club's weekly newsletter as needed.
- Club photographer for about 12 years.
- As club president, organised the Club's 40th Anniversary dinner.
- Was counsellor for an International Exchange Student, involving various tasks including liaison with the student and a local school prior to arrival.
- Design of various club documents including letterhead, Membership Application/ Proposal form, function attendance list forms, etc.
- Drafted a check-list guide for the aid of members conducting meetings with potential members to discuss rotary.

Fiona Plant Guest Speaker



Thank you for your welcome

Good news and bad news.. Most of us going to live to around 90 however on average we live the last 18years of our lives with disability.

We've all heard people say 'oh, Mary has still got it up here but just her body is failing her

Just take a moment to think of what quality of life is for you? Being able to play with grandkids, play golf and other sports, gardening, come to bingo, drive the car.

Have you noticed that people are living longer but don't have good health.

Does that make sense to you?

What can we do about this?

I often hear clients say... Bad hearts run in our family, so are we completely doomed?

No, attitude of if it ain't broke don't fix it won't work

Fiona Plant Guest Speaker

You need to maintain your body just like you maintain your car so that it can keep up with the wear and tear

So that brings me to Epigenetics... The interpretation of the information inside you is controlled by what's going on on the outside, so what you do and put into your body

Agouti Mice: Obese, yellow mice who were fed a diet of certain foods that switched off the obese, yellow gene. Next generation of mice were normal, small brown mice

You can change the interpretation of the information by altering your environment. If you control your health

What happens if you put diesel into an unleaded petrol car?? Same thing goes for your body... If you don't give it the right stuff you can't expect a great outcome.

So, it's important to note that there are 3 factors to health

We need to create a balance for ourselves in today's stressful enviro.... Work/family/life pressures, 'not enough hours in the day', poor diet, lack of exercise leading to sickness, not feeling as if we can cope, rundown/tired, no energy
Replace this with a supporting enviro listed previously, chiro etc to create good energy levels, being able to focus at work, play with the kids and live life to the fullest.

**We look after the environment around us so why not look after the environment within us
Hands up who knows what controls the body?**

Brain – control unit

Spinal cord – information super highway

Spinal nerves – peripheral cabling

Delicate like over cooked spaghetti

Environmental Pressure Can Overload the Central Nervous System...

- Physical
- Chemical
- Mental

Even falling off your bike when you were 7 years old

Fiona Plant Guest Speaker

Show spine and bend it

Silent like tooth decay... Often don't know have it til it's too late

This affects your digestion, heart beat, breathing, hormones, break down of toxins within body...

Hands up who knows someone who when turned 60 it was one thing after another... Knee replacement, root canal, cholesterol and blood pressure medication

It's not too late to do something about it!!!

FALLS!!!!

Haavik-Taylor: Chiropractic Ax has been shown using EEG that it changes the way that the brain functions by changing it's brain patterns.

An Ax has strong links with the centres of the brain responsible for your immune system, organs, speech, reading.

Homeostasis – remember the balance between the supporting and stressful environment.

Repair – does everyone know that the body has an inbuilt ability to heal itself? You cut your finger, it heals. You get a cold, you get better. Nerve interference causes a breakdown in this

Would everyone agree that the body has an inbuilt ability to heal itself?

Relief care – initial phase which is just the tip of the iceberg

Muscles and ligaments take a lot longer to heal and return to their correct supportive state

Wellness care – is preventative care ie it enables your body to keep up with the wear and tear. **Just like cleaning your teeth and servicing your car.**

How do the two fit together? If you are having a heart attack please don't come and see me... Go to the emergency room, that is not my domain! That is sickness care. Chiropractic is about health care... Keeping you healthy so that you don't get sick and can have a **full quality of life.**

Gary: blood pressure

DVA Gold Card

2012-2013 Kuring-Gai Rotary Calendar

<u>2012/13</u>	Calendar	
	27	Rotary Awareness Night. School for Life Speaker
September	3	BM. Speaker. Sandy McGregor
	10 (11th)	Tues 11th. Debate with Turramurra at their meeting. NO MEETING MONDAY 10TH SEPTEMBER
	17	3 x 10 on me
	24	Restaurant evening
October	1	Labour Day public holiday
No meeting Monday	8 (10TH)	Wed 10th October. District Governor Zone Meeting. Hornsby RSL. 6.30 for 7pm.
	15	BM. BM. Speaker Diane Robertson. Clarke Road School
	22	Speaker. Murray Stone. Kids Research Centre . Westmead Childrens Hospital
	29	Carers Night
November	5	BM Speaker Bob Ivey
	12	
	19	Rotary Awareness Night
	26	
December	3	BM. AGM
	10	
	17	Christmas Party
	24	Christmas Break
	31	Christmas Break
January	7	Christmas Break
	14	BM. Bowling Night
	21	Club Forum Night
	28	Theatre Night
February	4	BM
	11	Pride of Workmanship (vocational)
	18	
	25	
March	4	BM
	11	Rotary Awareness Night
	18	
	25	
April	1	Easter
	8	BM
	15	
	22	Club Forum Night
	29	
May	6	BM
	13	
	20	Rotary Awareness Night
	27	
June	3	BM (Trivia Night 1 June)
	10	Queens Birthday public holiday
	17	
	24	Changeover Night

Members welfare

Guests

Fiona Plant Laurel Jackson and Eunice Price

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.

NOTE: The door team is responsible for welcoming visitors and guests, recording payments and issuing copies of the record to the President, Secretary and Bulletin Editor. Please arrange your own replacement

Door Team 2012 2013

2012	
August	Geoff Hungerford
	Lou Coenen
September	Michael Midlam
	Graham Timms
October	Emyr Evans
	Michael Tyler
November	Judy Houghton
	Malcolm Braid
December	Peter Kipps
	Ross Egan
2013	
January	Chris Hoch
	Ross Lambert
February	Peter Tang
	Michael Tyler
March	Irene Kennedy
	Joy Newling
April	John Aitken
	David Forsythe
May	Bala Krishnan
	Geoff Hungerford
June	Bob Ivey
	Linda Lam Rohlfs

Market Roster

MARKET ROSTER	9 September	14 October
BANNERS	Frank White	Frank White
SIGNS	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford
MORNING SET UP	Frank White	Frank White
PR		
1ST SHIFT 8.00 to 10.30	Jackson, Tom	Forbes, Wally
2ND SHIFT 10.30 to 1.00	Hoch, Chris Lam-Rohlf, Linda	Coenen, Lou Tyler, Michael
3RD SHIFT 1.00 to 3.30	Egan, Ross Tang, Peter	Houghton, Judy Krishnan, Bala

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

NOTE: The door team is responsible for welcoming visitors and guests, recording payments and issuing copies of the record to the President, Secretary and Bulletin Editor. Please arrange your own replacement.

Happy Days Aug 2012

Birthdays		
Greg	Newling	23-Aug
Ross	Goodman	17-Aug

Anniversaries

Bank Details

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

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