



# KOONGGA

Bulletin of the Rotary Club Of Ku-ring-gai Inc  
- Chartered 6th February 1959

Rotary serving humanity

Volume 59 No. 29 13 Feb 2017 — Disease Prevention and Treatment Month

## AGM Audit presentation and committee reports

President Michael



Auditor David



Treasurer Chris



Community Roger



International Georgina



Youth Linda



Reports are WIP

# Malcolm and Margaret in Tasmania

Greetings all

We are having a great trip through Tasmania with our friends the Coopers from Killara. As caravaners it has been easy to move around the State and enjoy the sights and places. We started in the north at Devonport and then have visited Burnie, Wynard, Stanley, Strahan, Queenstown, Hobart and many other places in between. Tomorrow we leave Hobart and travel to Coles Bay on the east side and making are way back to Devonport in 9 days time. Still lots to see.

When in Wynard we spent Australia Day at a fiesta run by the Rotary Club of Somerset. It was a great day and the Club worked very hard to promote the event with many attractions. Here are a few photos...including the local Senator Jackie Lambie who was selling chocolate wheel tickets for the Rotary Club. A great Sandwich Board promoting what the Club supports in the local area.

Jackie Lambie



## Polio Plus

Thank you for supporting The Rotary Foundation's polio eradication efforts. Your generous contribution protects children around the world against a paralyzing disease.

We've made monumental strides since Rotary set out to end polio. Although we are close to reaching a polio-free world, we still have important work to do, and your continued financial support is essential.

As we celebrate The Rotary Foundation's centennial, please take pride in what your generosity is accomplishing.

Thanks to your contribution, the Foundation embarks on its second century of service even stronger and more able to help communities all over the world.

Sincerely,  
South Pacific & Philippines Office P.O. Box 1415 Parramatta NSW 2124

# Youth and Science Awards

As discussed on Monday, we are going to launch the "Youth Science & Innovation Awards" (YSIA) next week during our weekly meeting. Please refer to attached flyer for further detail.

Here is the program for our Monday meeting on 13/2:

YSF Report (National Youth Science Forum) - Belinda Zhang

PLC Science Program - Mrs. Amanda Paterson

YSIA Launch (Youth Science & Innovation Awards) - Linda, Rob & Matt

**YOUTH SCIENCE & INNOVATION AWARDS**  
(YSIA)

*Fun*  
*Creative*  
*Rewarding*  
*Curious*  
*Innovative*

*Be Inspired, Challenge Yourself...*  
Join us in the **Rocket Café** for more information about this  
exciting **Science Competition (YSIA)**...

**ROCKET CAFÉ**  
Date: 25 Feb 2017 (Saturday)  
Time: 3:30 to 4:30 pm  
Venue: Meeting Room 2, Gordon Library,  
799 Pacific Hwy, Gordon

**RSVP:**  
Contact Rotary Club of Ku-ring-gai to reserve your seat  
via [www.kuringgairotary.org.au](http://www.kuringgairotary.org.au) or [go.gi@51FCrG](mailto:go.gi@51FCrG)

**Info:**  
0408 469 137 (Linda)  
[info@kuringkairotary.org.au](mailto:info@kuringkairotary.org.au)

*Chance to win amazing awards & prizes*

**ROCKET**  
ROTARY CLUB OF KURING-GAI EDUCATIONAL TRUST

**STEM**  
SCIENCE TECHNOLOGY ENGINEERING MATHS

**Rotary**  
Club of Ku-ring-gai

# ABC Health & Wellbeing

[Cassie White](#) for [Life Matters](#)



(iStockPhoto: NAN104)

## **What's more terrifying than being financially audited by the tax office? Having your fitness regimen audited by a personal trainer.**

The goal of an audit is to objectively and systematically determine whether you meet fitness requirements.

It means it's the time to drop a truth bomb on your exercise habits.

And since we're auditing, let me throw a few numbers at you.

Let's start with Australia's [physical activity guidelines](#). These are evidence-based recommendations about how much physical activity you should get every week.

They make three broad suggestions:

**Move more** — adults are encouraged to accumulate 2.5 to 5 hours of moderate intensity exercise, or 1.25 - 2.5 hours of vigorous intensity exercise per week, or a combination of both;

**Sit less** — we're told to break up extended periods of sitting;

**Get strong** — do muscle strengthening activities (e.g. go to the gym, or do body weight exercises) at least two days per week.

What is fitness?

Your overall fitness level can be broken up into three components:

**Cardiovascular fitness** — your body's ability to transport and utilise oxygen. This includes activities like walking, running, cycling, swimming and aerobics.

**Balance and flexibility** improve the full range of motion of your muscles

## ABC Health & Wellbeing

and joints. Yoga, tai chi and pilates can all help you achieve this.

**Musculoskeletal fitness** helps strengthen muscles, improve bone density, maintain a strong core and help you maintain a healthy weight. All three of forms of exercise are necessary for a strong, durable and healthy body.

All up, that's a requirement of five hours of physical activity per week. In case you were wondering, there are 168 hours in a week.

So where are we as a nation right now?

According to the most recent Australian Health Survey, [about 70 per cent of Australians don't move nearly enough.](#)

Less than one in five adults take 10,000 steps per day, which is the minimum amount we need just to function — not to be fit.

But enough numbers. It's time to find out where you stand, and put a system in place to have you meeting the criteria.

Performing your fitness audit

First: what are you already doing?

It might be confronting to find out you're not moving enough. But you might be moving more than you think.

Start with the big ticket items. So the group fitness classes, brisk walks, weekend runs with friends, laps at the pool or gym sessions.

Next, think about your incidental exercise, which is often unplanned. Don't include walking up a single flight of stairs. But do count other activities you might not consider exercise — your bike ride to work, walking the kids to school, playing in the park on the weekend and even vigorous gardening (just be careful not to swing the mattock too hard!).

Next: keep tabs on how much your moving throughout the day, every day.

[Bad gym habits you need to break](#)

[When it comes to being a good \(and safe\) gym citizen, it pays to have good etiquette.](#)

Most smart phones come with apps that will help you track your physical activity, so try using one for a week to get a better idea of what you're really doing. Another option is to buy a cheap pedometer to track your steps.

Or go old school, and write everything down. If you walk to the shop for ten minutes to get the paper, add that in. Playing soccer in the park for 15 minutes when you get home from work — that also counts. And don't forget, if you're really huffing and puffing after you exercise, then you're likely doing vigorous exercise and that counts for double. So a 10-minute run equals a 20-minute walk.

Then: tally up your minutes to find out what's really going on.

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If you're nowhere near the mark, don't panic. Now's the time to get moving. Like most things in fitness, I recommend gradually building up your exercise time, rather than trying to go from zero to 100 in one hit. Otherwise, you'll likely feel overwhelmed and throw in the towel.

Chances are, once you get started and begin to experience the benefits of exercise, you'll prioritise finding more time in your life for it.

Sometimes the process of doing an audit is enough to help us shift our thinking around activity, and suddenly we start to look for opportunities to move more.

Where is your spare time?

[The Exercise Room](#)



[Listen to Life Matter's Amanda Smith and Cassie White talk through the best way to approach a fitness audit.](#)

If you work out that you really need to do more, the next step is figuring out how. This will mean overcoming the classic barrier for not exercising — not having enough time.

The truth is, many of us have more time than we realise. So, again, this is going to require you to be honest with yourself.

Where in your day do you have time to do something active?

Most common excuses not to exercise:

### **"I can't afford it"**

It's true, not everyone can afford a trainer. But gym memberships are about \$20 a week for a huge variety of classes and equipment. You probably spend more on coffee or beer. Also, walking and jogging are free.

### **"I'm tired"**

Yep, we all are. Turn off the telly, put away your phone and go to bed



## ABC Health & Wellbeing

earlier.

### **"I'm busy"**

I have corporate clients who work long hours every day, carry massive amounts of responsibility, then go home to young families. They make time to exercise.

### **"I don't like exercise"**

Chances are you've never really tried it. This is a great way of not taking responsibility for yourself.

A simple way I help people find extra time in their day is to break their day into 30 minute blocks. You then look at what you are doing in each block. Often people are surprised to find they have more time than they realised. There's often at least one period of 30 minutes in their day where they're not doing anything. I tell them to fill that time with something active.

Next, think carefully about all the time during your day when you're 'busy'. How many of those minutes are you actually just wasting time? Be totally honest here — remember, you're being audited.

What you're looking for are any times you might be able to fit in some exercise. All these sessions of 30 minutes add up, so over the course of the week, you're getting close to what's recommended in the guidelines.

What systems can you put in place to free up more time?

Do Sunday meal preparation so you can exercise after work, instead of going home to cook dinner;

Organise with the boss to take a slightly longer lunch break 2-3 times a week and either stay back later/start earlier, so you can exercise during the day;

Record your favourite shows during the week and binge-watch them on the weekend;

Wake up 30 minutes earlier every morning.

### Finding your exercise

Once you've carved out your exercise minutes, it's time to choose what to do. That'll depend on your budget, location and schedule.

Also try and find things you enjoy. It doesn't have to be running, it might be a dance class or Tai Chi.

Whatever your circumstance, there are plenty of options and going for variety can help stop boredom. The other advantage of doing a few different things is that you're likely to be working different parts of your body and de-



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veloping different types of fitness.

I also recommend going with the most convenient option. Give yourself as little wiggle room to make excuses as possible.

Sure, if you've got hours to kill, get in the car and drive to the gym. But if it's early in the morning and you've only got 30 minutes, roll out of bed and go for a fast walk. If you allow your brain to get involved, all sorts of bad can happen.

Also let your time determine the form of exercise you do. For example, if you've only got 20-30 minutes, do something vigorous that really gets your heart rate up. Make your session short and sharp.

[Body weight exercises you can do at home](#)



[Bodyweight exercises are free, require no fancy equipment - and you can do them anywhere.](#)

Do what you want, but always do these things

Walk. It's a fantastic form of low-impact exercise. If you're someone with a lot of injuries — especially hips and ankles — walking is a great way to get your heart rate up and get moving.

You also need to include two muscle-building activities each week. If you aren't at a gym, bodyweight exercises are fantastic: squats, lunges, push-ups, planks and hip extensions.

Finally, lying on the couch is very important. Especially if you're someone who's quite into fitness, you need to give yourself a chance to recover.

***Cassie White is a Sydney-based personal trainer, yoga coach and health journalist.***

# Rotary Club of North Sydney



Rotary Club of North Sydney

District 9685

PP Jenny Thomas OAM

Community & Membership Director 2016-2017



18<sup>th</sup> January 2017

President Michael Midlam & Members  
Rotary Club of Ku-rng-gai  
PO Box 117  
Gordon, NSW 2072



## DO COME AND HEAR GEMMA SISIA ADDRESS US ON 16<sup>TH</sup> MARCH 2017

Gemma is the Founder and driving force behind St Jude's and set up the school in 2002. She loves her family her husband, Richard Sisia, and their four children Nathaniel, Jakob, Isabella and Louisa. Gemma was the only daughter of Sue and Basil Rice and was raised alongside seven brothers on a fine wool sheep station outside of Armidale in the New England Tablelands.

At 22 years of age, Gemma set off to Africa to teach maths, science and sewing to girls in Kalangu, a rural village in the middle of Uganda. While in East Africa, she saw how children, families and communities were crippled by a lack of education. Later, her father-in-law, gave her land on which to build her school in Arusha, Tanzania. The school started in 2002 with three students, and today has grown to provide an education to over 1,800 of the poorest children from the local region.

Gemma and St Jude's supporters have tirelessly fundraised so the school can provide a quality education to the poorest of the poor. Gemma's mottos are to fight poverty through education and that education is a right not a privilege.

Our Club is honored to have her visit us and we warmly invite you to join us, The luncheon will start at 12 noon at North Sydney Leagues Club, Abbott St. Cammeray and will finish at 2.15 pm giving you time to talk to Gemma. Do feel free to invite your friends to come and hear this inspiring lady.

The cost of the lunch is \$35 for visitors and \$30 for Rotarians. Bookings are essential by 9<sup>th</sup> March. Please RSVP as soon as possible.

*Jenny Thomas*  
Jenny Thomas OAM  
Community Services Director



Please post to: Rotary Club of North Sydney Inc PO Box 674, North Sydney 2059

Name \_\_\_\_\_ Address \_\_\_\_\_

Postcode \_\_\_\_\_ P.O. # \_\_\_\_\_

I would like to book for \_\_\_\_\_ Guests, \_\_\_\_\_ Rotarians, whose names appear on the back of this slip.

Cheque enclosed for \$ \_\_\_\_\_ OR Please charge my  Visa  Mastercard

Card Number:

Expiry Date \_\_\_\_\_ / \_\_\_\_\_ Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Post Office Box 674, North Sydney 2059 or 4 Ottway Close, St Ives 2075

Mobile: 0417 694 450 • Email: jmcxrc@bigpond.net.au

## Coming Guest Speakers

### Permanent committee to manage Gordon Markets

Turrumurra and Ku ring gai Rotary clubs have a joint venture with Gordon Markets

A permanent committee has been established to oversee the markets with a view to increase income. Tis Shea is manager.

A new book and pay program will be introduced which will remove the hassle of collecting money on the day

Our club needs two volunteers for the committee

### Door Team

Jan	Feb	March	April	May	June
Roger	Elsworth	Forsythe	Hungerford	Kenyon	Manning
Egan	Forrest	Hall	Hoch	Ivey	Lewis

<b>President</b>	Michael Midlam
<b>Vice President</b>	John Aitken
<b>Immediate Past President</b>	Graham Timms
<b>President Elect</b>	Malcolm Braid
<b>Secretary</b>	Lindsay Forrest
<b>Treasurer</b>	Chris Lewis
<b>Director</b>	Greg Newling
<b>Director</b>	Linda Lam Rolfs
<b>Service committee chairpersons and committees</b>	
<b>Administration (Club Service)</b>	Gary Keating
<b>Vocational Service</b>	Lou Coenen
<b>Community Service</b>	Roger Desmarchelier
<b>International Service</b>	Georgina Manning
<b>Youth Service</b>	Linda Lam-Rohlfs
<b>Social events</b>	Joy Newling
<b>Bobbin Head Cycle Classic</b>	Tony McClelland
<b>Sergeant-at-Arms</b>	Graham Timms
<b>Club committees</b>	
<p><b>Administration:</b> Gary Keating, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Tony McClelland (Koongga)</p> <p><b>Bobbin Head Cycle Classic:</b> Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Michael Midlam, Gary Keating</p> <p><b>Club History:</b> Malcolm Braid, Tom Jackson</p> <p><b>Community:</b> Roger Desmarchelier, Gary Dawson Rob Hall Geoff Hungerford (Gordon Markets) Gary Keating Ross Egan (Daffodil Day) Chris Hoch (Red Shield) Anil Fulwaria Nick Kenyon Ted Price Cathy Jackson</p> <p><b>International:</b> Georgina Manning, Rob Hall, Graham Timms, Graham Maslen, Greg Newling, Anil Fulwaria, Emyr Evans</p> <p><b>Membership:</b> Tony McClelland,</p> <p><b>Public Relations:</b> Emyr Evans, Georgina Manning,</p> <p><b>Rotary Foundation:</b> Chris Hoch, Peter Tang, Lindsay Forrest, , Greg Newling</p> <p><b>Social Events:</b> Joy Newling, Ross Egan, Georgina Manning,</p> <p><b>Vocational:</b> LOU Coenen, David Forsythe, Peter Kipps, M Tyler</p> <p><b>Youth:</b> Linda Lam-Rohlfs, , Cathy Jackson, Gary Keating, Chris Lewis, Matt Mahjoub, Andrew Marselos, Joy Newling, Don Riddell</p>	

## Market Roster

	12-Feb	12 Mar	9 April	
<b>Banners</b>	White	White	White	
<b>Signs</b>	Timms	Timms	Timms	
	Geoff H	Geoff H	Geoff H	
<b>AM</b>	White	White	White	
<b>8 to 10.30</b>	Fulwaria	Aitken	Forbes	
<b>10.30 to 1</b>	Manning	Coenen	Mahjoub	
	Kenyon	LRohlf	Evans	
<b>1 to 3.30</b>	Keating	Forsyth	Egan	
	Elsworth	Lewis	Dawson	

## Birthdays February

5	Pam Forbes (Wally)
14	Catherine Jackson
19	Eunice Price (Ted)
27	Nicky Dawson (Gary)
27	Louise Tyler (Michael)

## Anniversaries

27	Don & Laura Riddell
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## Ku ring gai club Bank details

Ku-ring-gai Rotary **General** A/C  
 BSB: 032 089 A/c 253 341

Ku-ring-gai Rotary **Project** A/C  
 BSB: 032 089 A/c 253 333

**Please include your name in the details of all deposits to the club**

**Expense reimbursement claims** must be presented with a completed remittance advice which you can download from the club website. Please include your BSB and account number.