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



In this issue

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

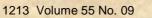
Back Pages

- **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

KOONGGA



27th Aug 2012

www.kuringgairotary.org.au The club meets every Monday 6.30pm at West Pymble Bowling Club

This week

Rotary Awareness Night

A big 'thank-you' from Clarke

and Learn stickers we collected for

them. My thanks to all Club members

who contributed, especially Michael Mid-

lam and his wife Kerry who were espe-

cially diligent! Total on 10 August was

Youth Science Forum, Dillon Lin and Sean Dawson, were both successful

will be attending this prestigious fo-

rum. Great news for the boys and our

through the District interview process and

Last Week

BHCC St Ives Rotary

We received a request from St lves Rota-

ry Club to join BHCC and because we

2013 we decided to invite them to be-

come an observer for this year.

have all the planning in place for 2012-

Fiona Plant. "Spine, Health, and Quality

27090.

Club

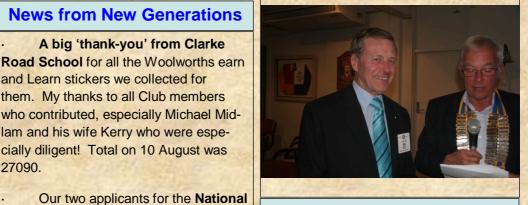
of Life

School for Life Speaker

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

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

Daffodil Day

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 Kuring-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. Ie 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 iceburg

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 you 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	and the second
	27	Rotary Awareness Night. School for Life Speaker
September	3	BM. Speaker. Sandy McGregor
The second and	5.5 P.	Tues 11th. Debate with Turramurra at their meeting. NO MEETING MON-
	10 (11th)	DAY 10TH SEPTEMBER
The Aller Br	17	3 x 10 on me
Section States	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	本 2313年、14、2314年、14年、14年、14年、14年、14年、14年、14年、14年、14年、
	19	Rotary Awareness Night
	26	2015年4月20日の10日1日にある。 本語のない ないない ないない なんしょう
December	3	BM. AGM
	10	
	17	Christmas Party
	24	Christmas Break
	31	Christmas Break
January	7	Christmas Break
	120-12	
	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	
and a stranger	25	
April	1	Easter
	8	BM
	15	
	22	Club Forum Night
	29	> 目前出版:非过程; 是当年出版:非过程; 是目前出版:非
May	6	BM
	13	· 2. "这些是我们的问题,这些"这些是我们的问题,"这个"这些是我
	20	Rotary Awareness Night
	27	
June	3	BM (Trivia Night 1 June)
	10	Queens Birthday public holiday
	10	
	24	Changeover Night