



# K O O N G G A

Bulletin of the Rotary Club Of Ku-ring-gai Inc  
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Rotary serving humanity

Volume 59 No. 14 10 Oct 2016 — Membership and New Club Development Month

## Guest Speaker Taylor Harrison



Many of our members have been travelling recently and the Sergeant has noted an alarming increase in girth of many of the returnees, himself included. But fear not, Taylor Harrison is here to help.

Taylor is the owner of “Active Seniors,” which is a kind of gym for “people like us” located at Gordon and also Dee Why and on Monday night Taylor was our guest speaker.

Taylor started life studying chiropractic at university however after a family friend had a bad fall, broke his hip, suffered complications and died several months later he became interested in fitness for “Seniors.” This was reinforced when his grand-

father of 76 won a gym membership prize and thought he’d try it. Taylor says that is improvement in his health was remarkable.

So what is the secret to senior fitness? Taylor says that it isn’t just one thing but a combination of strength, balance and aerobics. But as he points out the three factors that have been demonstrated to promote a long and healthy life are:

- A sense of purpose
- A strong community involvement
- Regular physical activity.

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## Guest speaker continued

Taylor then demonstrated a series of simple exercises aimed at improving fitness and health for seniors.

He started with the eyes, demonstrating eye exercises that can improve your balance, then showed how moving the neck can increase spinal flexibility and moved on to the feet, giving simple exercises to improve balance and improve and stimulate the leg ligaments.

Perhaps Taylor's most startling challenge is what he called "the chair test." Can you get up and down out of an armchair in quick succession without difficulty? If so, you're probably okay, but the more you sit the lazier your buttocks become, the less able you are to meet the demands of movement.

In the end Taylor had all the members rolling our eyeballs, nodding and shaking our heads, crossing our legs and clenching our buttocks with great enthusiasm.

As he said, in the end you either use it or lose it and his "Active Seniors" program is designed to make sure that you don't lose it.

## Book Club

This House of Grief was chosen for the book of the month. The Story of a Murder Trial by [Helen Garner](#) (Author) as our next book

Because of upcoming holidays we meet sooner than normal, Tuesday 18 October 7pm at Anne Maslen 22 Woodville Road Wahroonga

## Thanks from EaglesRAPS

Good Morning Mike,

I just want to send a very quick email to introduce myself, my name is Jason Taggart and I'm a board member with EaglesRAPS..

## Antarctic Qantas Flight Presentation 10th October

Ross Egan is very pleased to announce that this presentation will be now made by Qantas' Captain Rob Meek. Rob is the newly appointed leader of the pilot group, and has arranged his flight timetable to suit Rotary.

## Email from Neil Tuffley

I must admit my admiration for your Rotary Club. You certainly have stayed together as I know most of the names, in part signifying what a strong team you have. I enjoy reading the Koongga albeit there is no way I would keep up with your arduous programme and of course your brilliance in creating the Bulletin.

Golf, bridge and annual travel plus Opera and music keeps me out of mischief these days – or perhaps keeps me in it. Probus is hardly onerous as you will appreciate but our talks in particular are almost always excellent.

Note from editor—Thanks Neil

## From Clarke Road Newsletter

Extract from report from Clarke Road School Principal, Diane Robertson, in the school's newsletter on 2 September 2016.

I had the pleasure of presenting to the Rotary Club of Ku-ring-gai on the 22nd August following an invitation by Joy Newling. It is always a pleasure to be so welcomed by this organisation. I provided an overview of our school and our current programs and “happenings”. The rotary club has been a long term supporter of Clarke Road School. Not only have they supported us with financial donations, more importantly they have attended school to help out with events such as the bush dance, repairs or education week activities and other special events. The long term friendship of many of the people who make up Rotary has been wonderful. Ensuring we maintain strong connections to our community is a priority in our school plan and I value Rotary's warm welcome and positive words about our school.



**Diane Robertson**

## From EaglesRAPS Newsletter

### **Ku-ring-gai Rotary continue their incredible support**

Few benefactors have supported Eagles for as long, and as loyally as Ku-ring-gai Rotary Club.

Earlier this term their generosity was on show again. Members visited our Doonside education program and put on a BBQ lunch for the students.

Members were keen to hear from the students as they spoke of some of their life experiences, and students were interested to learn about the work of Rotary both locally and around the world.

### **Students Telleah, Kesiah, Blake and Victoria are pretty pleased with the new laptops**

It is so valuable to everyone at Eagles to have these events. We really appreciate these wonderful people taking the time to come out to see the unique Eagles culture first hand and gain a better understanding of what they are supporting

During the visit Rotarians learned that we were short a couple of computers and showed up unannounced a week later with 4 brand new laptops.

The support of the club is greatly appreciated and we thank them for everything over the years

### **. Rotarians cooking up a storm for our students**



## This week

Antarctic Qantas Flight Presentation

## Rotary membership Subscriptions

Your subscription of \$300 is now due, please pay at your early convenience

## Hat Day

We are celebrating Hat Day at our Rotary meeting next Monday night, 10 October. Come along wearing a hat, preferably one you have travelled in so it fits with the travelling theme of the meeting. Do you have a pilot's cap, or fur lined beanie? The choice is yours so come and join in the fun for the payment of \$2 or more. Non hat wearers will be fined at least \$4!

Hat Day is a way to show your support for people affected by depression, anxiety, schizophrenia, anorexia and many other serious conditions. 100% of the money you donate will go directly to mental health research projects through Australian Rotary Health.

See you then,

Joy Newling

## Calendar of events

10-Oct	Antarctic Qantas Flight Presentation	
17-Oct	TBC Pride of Workmanship	
24-Oct	Belinda Howell	Education as an export
31-Oct	Cameron Kerr	100 years of Taronga
07-Nov	Ted Price	What the doctor prescribed.. or thought they did.
14-Nov	TBC: Captain Cameron Hartman	Qantas antarctic flights
21-Nov	International evening	

<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>	