



ROTARY CLUB OF

A170709H
Club No 18227
Chartered 14/5/1975

Our next meeting will be held

At the Clifton Springs Golf Club on Monday, 16th August
6.00pm for 6.30pm; COST \$22.00

GUEST SPEAKER: Michaela Holroyd, Bellarine Landcare Group re
vegetation on the Bellarine Rail Trail.

Apologies to Ivan Stasinowsky by noon Sunday--5259 3367
Email: Ivan on itsers@bigpond.com

DUTY ROSTER	16th August	23th August	30th August
Chairman	J. Marks	B. Knights	C. Harding
Room Duties	G. Ross C. Bartlett	G. Ross N. Schofield	B. Gray P. Downes
Attendance & Heads & Tails	S. Baker	J. Groom	A. McKenzie
Welcome	H. MacLeod	R. Medson	S. Baker
Guest Liaison	J. Brumley	C. Allison	B. Filbay

Leave of Absence

Roger Lavingdale 30/9; Jeff Richardson 25/10. Lindsay Noss is on leave from 16/08 to 15/11 (Keith Winter is taking board minutes, collecting and distributing mail. Colin Harding is checking emails). Brian Knights is in Queensland 11/08 to 21/08.

Sympathy

Sympathy is extended to former Rotarian Richard Trigg and family on the passing of his mother.

Colin Harding says: Check out our great website (see link top right)

THE FOUR WAY TEST

of the the things we think, say or do

IS IT THE TRUTH?

IS IT FAIR TO ALL CONCERNED?

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

WILL IT BE BENEFICIAL TO ALL CONCERNED?

POSTAL ADDRESS

PO BOX 123
DRYSDALE VIC. 3222
www.DrysdaleRotary.org.au

PRESIDENT

Keith Stasinowsky
Ph. 5250 2804
staspark@bigpond.com

SECRETARY

Lindsay Noss
Ph. 5259 2412
Fax 5259 2412
linsbev@ozemail.com.au

TREASURER

Brian Knights
Ph. 5251 5381
Fax 5251 5381
M.0412 762 355
beej19@tpg.com.au

R I PRESIDENT

Ray Klinginsmith

DISTRICT GOVERNOR

District 9780
Jessie Harman

ASSISTANT GOVERNOR

Maggie Isom

Train Roster for August

Sunday, August 15: Signals, J. Groom; driver, Stefan Mayr; driver, Graham Seers; driver, Geoffrey Ross; barbecue, Brian Gray; station, Geoffrey Isaac.

Membership Thought for The Week

Retirees can be wonderful Rotarians...they bring a wealth of experience and knowledge to the club and often have extensive networks developed over a life time of work. Even better - through their networks they may bring more prospective members!

Abbey gives us food for thought

Nutritionist Abbey Harding gave us a lesson on healthy foods and lifestyle -- and now it is up to us to put this knowledge into practice.



Feel like pizza for dinner? Will half of one slice will satisfy your hunger? Not likely! Yet this is the limit allowed under the 'extra foods' outlined by guest speaker Abbey Harding at our August 9 meeting.

Abbey, daughter of Rotarian Colin and Anne Harding, enlightened us all on the basics of nutrition.

Abbey lives in Brisbane and is employed with Nutrition Australia as a nutritionist and health promotion officer. She explained her work as a nutritionist differs from a dietician in that her focus is more on general health, while a dietician is more one-on-one and is often involved in treating diseases.

Abbey's work involves travel across Queensland, often in schools, providing hands-on instruction in healthy eating and cooking workshops.

She often works with refugees and explains food safety -- for example, what belongs in the fridge and what belongs in the pantry cupboard -- and leads supermarket tours to help the newcomers to our country familiarise themselves with our foods.

The most distant location Abbey has travelled to within Queensland is Doomadgee, a tiny spot in the northern-most part of the state, where she helped the workshop participants make pasta -- great strands of it, to which she conceded she did not feel inclined to apply the taste test. As for the food we eat, Abbey said it's best to listen to our bodies. When we feel hungry, we should eat, and when we feel full, we should stop.

If only eating was that simple. It is what we eat that really counts.

To assist in making our selection, Abbey showed us the 'plate chart', which has replaced the 'food pyramid', displaying the five different food groups.

These food groups comprise:

1. Bread, cereal, rice and pasta.
2. Vegetables and legumes.
3. Fruit.
4. Dairy.
5. Meat and meat alternatives.

The pizza mentioned above falls into the 'extra foods' category, which is nowhere to be seen on the plate. This is because this category of foods doesn't contain any nutrients that we actually need to be healthy. Half a slice of pizza equals the healthy quota for a day. Other examples are one-third of a meat pie, or 12 hot chips. No room for a pig-out there! But, says Abbey consolingly, we can eat these extra foods in moderation.

Abbey wisely emphasised that there is no such thing as a BAD food. It is the quantity of the food we eat that counts.

Forget the calories or kilojoules, Abbey suggests we focus on the five food groups and consume the recommended amounts in three meals and two snacks a day.

In response to questions we learnt that almonds and walnuts are good for us and alcohol is 'okay' -- one small standard glass 'for the ladies' daily, and 'two or three for the men'.

Some moans were heard as Abbey added: "And at least one alcohol-free day each week."

For more about healthy eating and lifestyle tips, go to: <http://www.nutritionaustralia.org/>

NEXT BULLETIN: Email information to June by noon Thursday at: june@junealexander.com

I was born in Geelong to parents living in Clarendon Road Drysdale. The Filbay family came to Australia in 1864 and settled in Clarendon Road which was part of the original Clarendon Estate that I believe was the called the town of Clarendon, separate from Drysdale and North Drysdale in the very early days.

Although I have lived in Drysdale all my life I moved to Clarendon Road some 34 Years ago to continue the tradition.

As a youngster I helped on my father and uncles asparagus farm, cutting asparagus by hand from behind a sledge drawn by a draught horse.

After attending Drysdale Primary School I obtained my Leaving Certificate at Geelong High. I then joined the CBC Bank in Geelong and later the Queen Street Branch in Melbourne. I resigned after 12 months and took up a position at the Shell Refinery and commenced night school at the Gordon studying for an accounting qualification.

After several jobs I joined the Gordon as the tertiary accountant in 1968 which led to becoming finance accountant at Deakin University when it commenced in 1977 and from where I retired in 1993.

As a volunteer I joined the Committee of the Bush Nursing in 1961 and continued through to recent times which included 10 years on the Board of Bellarine Community Health. I have spent a number of years on the Committee of the Drysdale/ Clifton Springs Community Association and other associated bodies.

My wife Wendy and I had three children (one deceased) and have eight grand children and they are a great enjoyment to us. My favourite belonging is probably a 1977 Holden Statesman Caprice which is now a classic.

My job at the Gordon brought me into contact with a number of Rotarians and when contacted by Bob Holloway I was happy to join the new club at Drysdale. I enjoy the fellowship and making friends which is enhanced in Rotary with the many projects, working bees and meetings.



Bernie, our hero:

'One of the major influences on my life was becoming a volunteer with the CFA at the Drysdale Fire Brigade in 1954. We attended Competitions, Training, and Fire Fighting not only locally but throughout Victoria. When attending a Competition at Werribee, two of us rescued a young girl from the flooded Werribee River for which we each received the CFA Valour Medal. I was Captain of Drysdale for 14 years and four years was a member of the Victorian Urban Fire Brigades Association.



-- Bernie Filbay

About Our Meals - Be Organised

Mention was made at our 9th August meeting by President Keith that some Rotarians are not complying with the attendance requirements, as per the front of our Bulletin. Some members continue to notify Ivan after the closing time, and also notify late and request particular types of meals. While sometimes this is unavoidable, can members please comply with the attendance requirements, because failure to do so causes frustration and embarrassment, and makes us appear disorganised, which in turn damages the reputation of our club.

Letter from Roger and Merryn

We thought the club might like an insight in what has happened during our travels so far.

Began with a couple of icy days in Echuca, on to Hay which was - 4 overnight and bone-chilling during the day. Quickly on to Dubbo to catch up with some friends at Trangie - temperature overnight - 6.

Decided to give Bourke and Lightning Ridge a miss and speed up the move northwards. Moree (hot springs) still cold - accelerate! Now to Roma - days a little better - on to Emerald. Oh no, now it is raining - but Lake Maraboon where we stayed was still a lovely spot - we will come back some time.

On to Yeppoon to catch up with friends, warmer (11 degrees at night and 25C. daytime). Next stop was out of Macky at Finch Hatton to visit the wonderful Eungella NP. Gorgeous few days, hiking in the tropical rainforest and up the gorges. Warm but not swimming weather yet!

On to Airlie Beach and our first swim in their wonderful seawater lagoon, then to Rollingsstone and our first really fresh local pineapple (the plantation is beside the park).

Next stop Port Douglas - ah, really warm at last! A visit to Mossman Gorge was truly memorable. It is a beautiful spot and was slightly drizzly when we set out on the approx. 6 km circular track. Not far in, drizzle turned into a true tropical downpour.

We were drenched, dripping into our hiking boots and the paths were little running streams before we finished. We then moved up to the Atherton Tablelands for a few days and have now returned to Port Douglas to a park within walking distance of the beach. Here we are enjoying swimming and walking on the beach each day.

Next stop is Cairns for a couple of days and then to Horseshoe Bay in Bowen for more beach and probably a little snorkelling on the reef from there. After that - who knows - but we will keep you posted. Regards to all.

CLUB GUESTS ON AUGUST 9TH

Guests included Abbey Harding who addressed the meeting about nutrition; her parents (member) Colin and his wife Anne Harding; their son Simon and his friend Carlie. Tim Bell.

Pat Peel and her friend Valda; Lois Woolnough.

Helen Downes (wife of new member Peter Downes.)

Ladies of Rotary decided to attend the evening instead of having their meeting last week, as many wished to hear Abbeys address to the club on nutrition. Ladies present were: Rose Allison, Anne Harding, Judy Knights, Pat Marks, Dorothy McKenzie, Bev Noss, Sue Stasinowsky, Erica Stasinowsky, Lorayne Winter and Yvonne Baker.

UPCOMING EVENTS

BOARD MEETING: Thursday, 19th August, at Keith Winter's home.

DISCUSSION NEXT MEETING, 16TH AUGUST:

Club discussion our our Bulletin

Points for discussion:

1. Colour printing as opposed to black and white.... also cost of doing this;
2. Number of hard copies needed;
3. Who gets copies of the bulletin (hard copy or electronically);
4. How are we will finance it.

President Keith believes the Bulletin is the life blood of the club, as it keeps us in touch with all things Rotary as well as some humour along the way, and the up and coming events that we have planned.

President Keith says:

June is doing a great job and we all look forward to reading our Bulletin each week; member input is invited on anything you think may be appropriate for the Bulletin. It is somewhat daunting having to produce a Bulletin each week, so let's support June in her mission to give us a good read.

NEXT BULLETIN: Email information to June by noon Thursday at: june@junealexander.com

DATES TO NOTE:

UPCOMING SPEAKERS

23RD AUGUST

DR JACK AYRBEE (VET.)

Crusader for a new cancer treatment in animals

30th AUGUST

Past President Russell Dale and Past President Joy Dale -- Participation in international fellowship.

6th SEPTEMBER

Stuart Baker is organising a program on Youth.

13th SEPTEMBER

Tim Bell -- teaching in Arnhem Land.

20th SEPTEMBER

Dick Clay guest speaker -- Grand Final Football night Partners' Night.

27th SEPTEMBER

Mercedes chairperson -- David Ashley guest speaker. David is Associate Professor at The Andrew Love Cancer Centre; cheque to be presented.

'Rotary has taught me how an ordinary citizen from a small town can be a world citizen.'

-- Raj Ghuman, Indian Rotarian

SPECIAL MOMENTS

BIRTHDAYS: NONE THIS WEEK

ANNIVERSARIES: NONE THIS WEEK

ROTARY ANNIVERSARIES: NONE THIS WEEK



PETER DOWNES

A BIG WELCOME TO PETER DOWNES WHO HAS MOVED TO ST LEONARDS WITH HIS WIFE HELEN, AND HAS JOINED OUR CLUB, HAVING PREVIOUSLY BEEN A MEMBER AT BENDIGO-SANDHURST.



LINDSAY NOSS

PRESIDENT KEITH GAVE THIS WEEK'S HONORABLE MENTION TO LINDSAY, WHOSE EFFORTS AS SECRETARY OVER THE PAST THREE YEARS HAS BEEN OF HUGE BENEFIT TO THE CLUB.

WE ALL WISH LINDSAY AND BEV A HAPPY OVERSEAS HOLIDAY AND LOOK FORWARD TO EMAILS!



JOHN BRUMLEY

THE BULLETIN EDITOR JUNE WAS VERY IMPRESSED WITH JOHN'S DAPPER LOOK, ESPECIALLY THAT SPUNKY TIE. YOU SET A FINE EXAMPLE FOR OTHERS TO FOLLOW, JOHN!