

Rotary Club of Narooma Inc. weekly  
bulletin

# The Beacon



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## *Laurelle's Musings*

Last week we welcomed Joy Gillette, the CEO of the Australian Rotary Health Research Fund. It was interesting to hear both Joy's story and that of ARHRF from its start researching cot death in 1986 right through to today. The ARHRF will spend about \$4.2 million in 1986, half of that on mental health. Joy clarified that all the research must be done in Australia by Australian citizens. It is interesting to note our club has given over \$3,000 to ARHRF in the last two years.

It was also good to have Amelia Baxter with us. Amelia is our nominee this year for NYSF and she will join us again as part of her preparation for Canberra.

It is great to have Erin Fahey back with us tonight as part of her preparation for the Youth Exchange Program.

Tonight PE Ted will take us through what he is thinking for his year as President.

Enjoy your evening.  
Laurelle

### *International Toast*

Let's venture outside a Rotary district and look for a Rotary club. Here's one with their President in Buenos Aires and their Secretary in a cold climate.

The Rotary Club of Base Antarctica Esperanza with 11 members in 2006-07 was chartered in 2005. We send them our warmest regards and best wishes.

**JUNE IS ROTARY FELLOWSHIP MONTH**

## *Program*

**Tonight: President Elect Ted has the floor!**

<b>TASK</b>	<b>5 June</b>	<b>12 June</b>	<b>19 June</b>
<b>Greet /welcome/wheel</b>	Chris O'Brien	John Messner	Bill Hardie
<b>Cashier</b>	John Messner	Bill Hardie	Marilyn Gibson
<b>Toast / thanks</b>	Bill Hardie	Marilyn Gibson	Kris Elphick
<b>4-way test</b>	Marilyn Gibson	Kris Elphick	No talk
<b>3-minute talk</b>	Kris Elphick	No talk	No fines
<b>FINES</b>	Neville Gough	No fines	Laurelle Pacey
<b>Introduction</b>	Bob Aston	Laurelle Pacey	Lin Morley

*If you can't make it to the next Rotary meeting, please ring our attendance officer Ted Bladwell the day before on 4476 4676 or you will be charged for your meal. (R) signifies a Rotary talk, if you can.*

### **COMING EVENTS: Next Week Cinders Night – Partner's Night**

15 June (Sunday)	<b>10am Ringlands Walk with Norm Lenehan – meet at Ringlands Point</b>
19 June	<b>Board Meeting</b>
22 June	<b>Narooma Rotary Market at NATA Oval</b>
26 June	<b>Changeover</b>

## *From the Foundation Chairman*

Money collected from members up to 15th May with dinner fees amounted to \$701 - As mentioned last week, contributions under \$20 (total \$42) will be kept back, the members concerned having the option of carrying them forward (to count next year) or transferring them to the Club.

Unless instructed otherwise I shall be sending members' contributions to TRF tomorrow. Certain members have donated nearly enough to become Centurion Members of the scheme (donating at least \$100 each year), and I am hoping that they will make up the shortfall before I send their contributions on.

With the exchange rate as it is (US\$1.00 = AU\$1.07), I challenge those members to put in an extra \$7 and become Sustaining Members donating US\$100 each year. Go for it!

Now is the time to commit to making a small donation whenever you pay for your meal here at the Whale. \$3 will get you over the Centurion line and on to Sustaining Membership if you attend three meetings out of four. That's not much to ask - what can you buy for \$100? or \$107? Such an amount can give sight to four people or furnish a classroom in a country like India or Africa.

Make a difference!

## *Making fitness a daily habit*

By Barbara E. Walters  
Rotary International News - 29 May 2008

An emergency room nurse, Diane Froelich was on the road to a possible medical emergency herself: By her own description, she was out of shape and overweight. What's more, she was convinced she didn't have time to exercise.

"My [resting] heartbeat was 117, and I got winded just climbing one flight of stairs," says Froelich, 57.

So she signed up for Fit 2007, a six-month fitness challenge sponsored by District 6360 (Michigan, USA) and local community groups and government agencies. The program, aimed at helping participants develop lifelong exercise habits, not only improved Froelich's health but also helped her realize that she wasn't too busy to take regular walks.

"Now my heart rate is in the mid-60s, and I can climb stairs without getting out of breath," Froelich said during a group walk in Kalamazoo in October, cheerfully keeping up a brisk pace despite a steady rain and puddles on the sidewalk. She lost 20 pounds during the challenge but noted, "I'm more excited about the fact that I'm fit."

Starting in April, Froelich and about 1,800 others in southwest Michigan committed themselves to physical activities such as walking, mowing the lawn, and biking for at least 30 minutes a day, five days a week.

Participants recorded the number of minutes they exercised each day on the [Fit 2007 Web site](#), which also featured tips for increasing activity levels and inspirational stories from exercisers. About 1,000 of the people who signed up recorded more than 4.7 million minutes for an estimated 236,500 miles, according to the program's Webmaster, Bob Brown, who divided the minutes by 20 to calculate the approximate mileage. In a survey conducted after the program ended, about a third of the participants reported improved fitness habits, said Brown, a member of the Rotary Club of Kalamazoo.

Past District Governor Karl Sandelin launched the program in 2006 as a 90-day project. During Fit 2007, Sandelin, 79, logged 750 miles as a member of a team at a retirement center that included a 100-year-old participant.

## *Funny Side*

### **What is fate**

A priest asked the Master, "What is fate?"

The Master answered:

It is that which gives a beast of burden its reason for existence.

It is that which men in former times had to bear upon their backs.

It is that which has caused nations to build byways from City to City upon which carts and coaches pass, and alongside which inns have come to be built to stave off Hunger, Thirst and Weariness.

"And that is fate?" said the priest.

"Fate... I thought you said Freight", responded the Master.

"That's all right" said the priest, "I wanted to know about Freight too."

### **Kid Science**

The beguiling ideas about science quoted here were gleaned from essays, exams, and class room discussions. Most were from 5th and 6th graders. They illustrate Mark Twain's contention that the 'most interesting information comes from children, for they tell all they know and then stop.'

- Question: What is one horsepower? Answer: One horsepower is the amount of energy it takes to drag a horse 500 feet in one second.
- You can listen to thunder after lightening and tell how close you came to getting hit. If you don't hear it you got hit, so never mind.
- Talc is found on rocks and on babies.
- The law of gravity says no fair jumping up without coming back down.
- When they broke open molecules, they found they were only stuffed with atoms.
- But when they broke open atoms, they found them stuffed with explosions.
- When people run around and around in circles we say they are crazy. When planets do it we say they are orbiting.
- Rainbows are just to look at, not to really understand.
- While the earth seems to be knowingly keeping its distance from the sun, it is really only centrifuging.
- Someday we may discover how to make magnets that can point in any direction.

- South America has cold summers and hot winters, but somehow they still manage.
- Most books now say our sun is a star. But it still knows how to change back into a sun in the daytime.
- Water freezes at 32 degrees and boils at 212 degrees. There are 180 degrees between freezing and boiling because there are 180 degrees between north and south.
- A vibration is a motion that cannot make up its mind which way it wants to go.
- There are 26 vitamins in all, but some of the letters are yet to be discovered. Finding them all means living forever.
- There is a tremendous weight pushing down on the center of the Earth because of so much population stomping around up there these days.
- Lime is a green-tasting rock.
- Many dead animals in the past changed to fossils while others preferred to be oil.
- Genetics explain why you look like your father and if you don't why you should.
- Vacuums are nothings. We only mention them to let them know we know they're there.
- Some oxygen molecules help fires burn while others help make water, so sometimes it's brother against brother.
- Some people can tell what time it is by looking at the sun. But I have never been able to make out the numbers.
- We say the cause of perfume disappearing is evaporation. Evaporation gets blamed for a lot of things people forget to put the top on.
- To most people solutions mean finding the answers. But to chemists solutions are things that are still all mixed up.
- In looking at a drop of water under a microscope, we find there are twice as many H's as O's.
- Clouds are high flying fogs.
- I am not sure how clouds get formed. But the clouds know how to do it, and that is the important thing.
- Clouds just keep circling the earth around and around. And around. There is not much else to do.
- Water vapor gets together in a cloud. When it is big enough to be called a drop, it does.
- Humidity is the experience of looking for air and finding water.
- We keep track of the humidity in the air so we won't drown when we breathe.
- Rain is often known as soft water, oppositely known as hail.
- Rain is saved up in cloud banks.

### *Batemans Bay considers its own Rotary Youth Driver Awareness Program (RYDA)*

Batemans Bay Rotarian Roger Pearson provided his club with an update last week on their ongoing investigations towards establishing a RYDA program in Batemans Bay.

Discussions have been held with Eurobodalla Shire Council's Road Safety Officer (Karen Sydenham) and NSW Police towards the possible introduction of the program. Evaluation tests were also carried out at Moruya Racecourse to identify a suitable venue. Roger also attended a meeting of Moruya Jockey Club to identify the facilities available to conduct an annual program.

They will approach Braidwood, Moruya and Batemans Bay High Schools to identify student numbers and a final report will be presented to the Board by the Community Services Director to determine the Club's future involvement with the program.