

ROTARY CLUB OF NAROOMA INC

BEACON

VOLUME - 55

EDITION - 33

DATE
21 MARCH 2013

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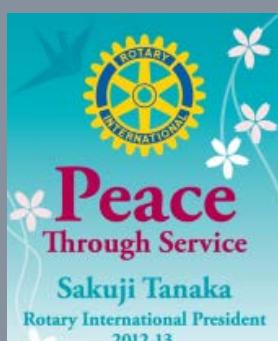
TREASURER
JACK WIGHTMAN

APOLOGIES AND ADDITIONAL
GUESTS TO
JOHN RUNGEN THE TUESDAY
BEFORE THE MEETING ON
4476 5932 OR BY
EMAIL
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OR YOU WILL BE CHARGED
FOR YOUR MEAL.

ROTARY CLUB OF NAROOMA

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Tappings from Terry

Last Thursday was an interesting night, firstly because we welcomed a new member to our club:

PP Michael (Mike) Young, PHF, who transferred from the Rotary Club of Broome with the classification of Business Management. Mike was formerly a member of the Port Macquarie and Tatura Rotary Clubs and is a Past President of RC Port Macquarie and RC Broome. He resides at Dalmeny. His wife is Sharlie, we hope they will enjoy a long and happy association with us. He has accepted the role of Risk Management Officer for the club and will assist with Vocational Service, at least for the remainder of this Rotary Year.

Then as Oscar Wilde said: "to expect the unexpected shows a thoroughly modern intellect." We were able to show we collectively have a thoroughly modern intellect, by having Russell Burke do a *show and tell*. As we now know he is the Engineer responsible for the new roundabout and associated works on the flat at Narooma. He was able to explain why the 14 trees had been removed, and assure us that the viability of our markets on NATA Oval is one of his prime considerations. We were able to empathise with him on the difficulty in communicating future actions to an audience, in this case the population of Narooma. At least now the Rotarians present have a good idea of what is to happen.

Prior to Russell's attendance, we had planned to have a board meeting, but by the time his presentation had concluded, we all, particularly I, decided it was better to postpone the meeting rather than deal with matters in indecent haste, or worse still to go further into the night.

As mentioned at the meeting, this week will be a combined meeting with the Bega club at the Bermagui Country Club, 6.30 pm for 7. Guest Speaker is Justin Roberts, of the National Youth Science Forum. It is a partners night, our club has the advantage of a shorter drive than the Bega Members, so let's have a good attendance – the weather forecast is for a mostly sunny day with only 70% chance of rain, and a sunset 11 minutes after the start of the meeting.

The Week that Was



It was a busy night with the induction of Mike Young into the Club, an interesting and informative talk by Russell Bourke from Eurobodalla Shire about the upgrade of the Princes Hwy and surrounding areas. The upgrade will have a significant impact on local traffic and our markets for at least the next 6 months – let's hope we survive! I am sure it will be worth it in the end. For more information about all the works click [here](#).

Chris O'Brien's three minute talk was about micro loans and credits and how these small loans can help out in developing countries. Chris

mentioned the organization Kiva – a not for profit organisation that connects borrowers and partner institutions from around the world. It is amazing what \$25.00 can do. Want to know more, click [here](#).

Mike Young our newest member won the bread, our guest speaker, Russell managed to get the port and George was fortunate enough to win the wine for his lovely wife, Anne.

Don't forget this Thursday it is the Bermagui Country Club to catch up with the Bega Club. Apologies to John Rungen by Tuesday.

District Assembly 6-7th April

Please see DGE Maureen's invitation to attend the District Assembly elsewhere in the bulletin, and note that all members of the club are included, not just incoming Board members. Also be sure to register via the District website before 30th March.

On Saturday the 6th check in from midday to 12.30 pm. After DGE Maureen's welcome address there will be separate sessions for the Presidents-elect, the Secretaries and Treasurers, and all other attendees. In the afternoon sessions will be conducted for each Avenue of Service – Club Service, Vocational Service, Community Service, International Service, New Generations and The Rotary Foundation.

Wrap-up sessions on the Avenues of Service will be held Sunday morning, followed by a session on Membership which all are encouraged to attend. After the morning break there will be presentations on Leadership, Public Relations, Rotary Week Celebrations, and Rotaract/Interact.

Please make an effort to attend. The venue is not far away and car-pooling can be arranged.

Times past



Peter Bull has passed on this photograph from 1998, how many people can you identify?

District Assembly

I would like to invite all clubs to the District Assembly on 6 & 7 April. This is a great opportunity to ensure the incoming Boards for 2013-14 expand their Rotary knowledge as well as provide, hopefully, some guidance and learning. There are a lot of changes happening at the moment within Rotary.

- **Where:** Batemans Bay High School, Beach Road Batemans Bay
- **When:** Saturday April 6 and Sunday April 7
- **Dinner:** Dinner is organised for Saturday night 6 April and will be held at the Soldiers Club, Beach Road Batemans Bay – cost \$35 p.p.

Assembly is not only for incoming Board members, it is for all Rotarians, especially our new members. Everyone will gain something from attending Assembly.

Registration is now available.

Assembly is also an opportunity to mix with other Rotarians from around the District and exchange ideas or just meet new friends or in fact to catch up with old ones.

I look forward to catching up with as many of you as I can at District Assembly on 6 & 7 April 2013 in beautiful Batemans Bay. Click [here](#) to register. Registrations close 30 March.

Thank you

DGE Maureen

RYDA - Can you Help?

The organisers of RYDA need your help. Required are:

- Two Rotarians for Tuesday 9th April to accompany the student groups around the various sessions.
- Up to 6 Rotarians to assist with such things as traffic control & road closure for both Tuesday 9 & Wednesday 10 April. (Hopefully these spots will be shared with all 3 clubs)

If you can assist, could you please contact Derek Anderson as soon as possible so that the daily rosters can be drawn up. Derek can be contacted via email dereka48@bigpond.com

Some Humour

The Guide to Good Nutrition

Here is the real guide to good nutrition.

Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it.. don't waste them on exercise.

Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables; so a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain ... Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

Duty	21 March	28 March	4 April	11 April	18 April
Chair/Rotary History	John Runge	Angie Ulrichsen	Chris O'Brien	Cheese	No
Cashier/Wheel	Angie Ulrichsen	John Messner	Mike Young	tasting	Meeting
Invocation	Mike Young	Chris O'Brien	Angie Ulrichsen	@	
3 Minute Talk	Charmaine White	George Barker	Laurelle Pacey	Central Tilba	
Fines		Ian Thomlinson			

If you cannot do your allocated duty please arrange a replacement then advise the editor

Date	Event
21 March	Joint meeting with RC Bega at Bermagui.
24 March	Narooma Rotary Markets – NATA Oval
28 March	Board Meeting
4 April	TBC
6 & 7 April	District Assembly at Batemans Bay
11 April	Meet at ABC cheese factory Central Tilba <u>@6.30pm</u> for talk by Erica Dibden. Cheese tasting, BYO wine . PARTNER'S night
17 April	Cinders trophy w/ RC Moruya @ Bodalla Bowling Club. PARTNER'S night
18 April	No Meeting
25 April	ANZAC Day – Board Meeting