

LAST MEETING 1st October

Members Attending	21 Rotarians, 1 member's guest, 2 club guests [Total 24]
Apologies	Brian Stevens, Meyrick Croker, Bill Orford, Alan Johnston, Ian Kilpatrick, Joan Moloney, Rob Jeffery, Marian Greaves, Des Hoban, Michael Scott
Members Guests	
Club Guests	Peter Quinn and guest speaker Jo-Anne Grey
Partners	Nancy Rogers
Raffle	Meg Scott- \$7
Joker Raffle	Bill Waterfield, 5 of spades
Heads & Tails	Brian Becconsall - took the cake!
Leave of Absence	Ian Cameron, Graham McHugh, Ian Nave, Jenny Horton

GUEST SPEAKER: Dr. Jo-Anne Grey TOPIC: Men's Health

[Kenmore GP and former Rotary Youth Exchange student to USA 1978]

- Men die at greater rates than women from the top ten causes of death & are victims of over 92% of workplace deaths
- In 1920 women survived men by 1 year but now on av. by 6 years
- Women are 100% more likely to visit doctors for annual examinations than men
- Men suffer hearing loss at twice the rate of women
- Testosterone is linked to elevations of LDL the Lousy Cholesterol and declines in HDL – the good Cholesterol
- Men have weaker immune systems and infection fighting cells – by age 100 women outnumber men, eight to one

Recommendations:**1. Eat a healthy diet**

- No more than 1-2 standard alcoholic drinks a day & 2 alcohol free days a week
- Less saturated fat & 5+ servings of fruit and vegies daily

2. Keep a healthy weight

- Know your ideal BMI, BMI = weight in Kg / height in m², Healthy BMI 20-24.9

3. Get moving

- Never too old to start exercising- start slowly- find fun ways to stay in shape

4. Be smoke- free

- Smoking triples risk of dying from heart disease; quit today - no excuses

5. Get routine examinations and screening, appropriate vaccinations

- Know your family history; early detection saves lives; talk to your doctor

6. Get appropriate vaccinations

- Not just for kids; travel vaccination is important; some are work related;

7. Manage Stress**A Rotary Grace**

We break thy bread in brotherhood,
And thank thee Lord for all things good,
May we more blessed than we deserve
Live less for self and more to serve

THE FOUR-WAY TEST

'Of the things we think, say or do'.

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?



The Kenmore Kog



The Bulletin of the Rotary Club of Kenmore Inc.
Chartered 30 April 1969

Week 15 – 08 October P.O. Box 94, Kenmore, QLD, 4069 2008-2009

Tonight: Central Australia Field trip Speaker: Nadja Kunz

Chair: Des Hoban

Duty Officer: Ian Kilpatrick, Bob Rogers

F'Ship/Grace: Joan Moloney

Sergeant: M. Fitzgerald

Date:	15 Oct	22 Oct	29 Oct	5 Nov
Subject:	GSE Team to Africa 2008	Health Lifestyles & Personal Fitness	Hale Street Link Alliance, Rotary Junior Community Awards	Scotland the Brave
Speakers:	Chris Goninon [Team Leader]	Michael Cooper	Beth Burgess	Ian Cameron
Chair:	Paul McLaughlin	Jim Dalton	Colin Melvin	TBA
Duty Officers:	John O'Rourke Carol Koser	Ken Wasley Meyrick Croker	Geoff Haigh, Rob Jeffery	Tony Bracken, Bill Orford
F'Ship/Grace:	Ian Nave	Colin Melvin	Brian Duddington	Graham McHugh
Sergeant:	Ray Giarola	M. Fitzgerald	Ray Giarola	M. Fitzgerald

Date	Event	Co-ordinator
12 Oct	RF Seminar & Projects Fair	Bill Waterfield
12 Oct	Walk for Cure (BBQ)	Tony Bracken

President's Notes

With my 'Attendance Officer' hat on I have sent to all the attendance for the last Rotary quarter and while it fills the whole page up it does not show good news. The overall attendance for this period is 64%. When the required minimum each half year for a member is 50% most scrape in. But that's not the point. Why join an organisation that asks for regular attendance and then not show up and take part? We have a good membership of 41, but weekly we see less than 30. If you can't make it on a Wednesday try a make-up with another Club, you might enjoy it.

On a lighter note, 10 October is Fiji Independence day, time for an International Toast to our sister Club Suva Peninsula.

Bill Waterfield - Acting President:

- Welcomed guest speaker Jo-Anne Grey
- Promoted Projects Fair 12 Oct. - called for more participation
- Letter from M.Johnson MP - \$1000 grant available to purchase equipment— closes 17 Oct - asking for suggestions
- Last Fri. /Sat. DIK loaded a container in someone's front yard—thanked helpers.
- DIK: same again next Friday/Saturday.
- 14 Oct. board meeting Joan Moloney's home
- Presented gift to Michael Fitzgerald for "St Michael's Day"

Spots:

- Jim Dalton – Made up at Maleny - "not Rotary as we know it".
- Geoff Haigh – Read excerpts from Jenny Horton's letter from Ethiopia
- Paul McLaughlin – Promoted Rotary Business Lunch 17 Oct. - trying to make a table from Kenmore - H.O.M.E. report: Clav Viggers in Wesley after fall.
- Bob Rogers – Xmas Cakes & Puds on sale – order on the board circulating.
- Royce Allan – Victoria Pk "Walk for a Cure" - Kenmore Rotary running sausage sizzle - looking for volunteers.

Sergeant: Ray Giarola

- Fines : Rynn, AFL followers, Melvin [Ingham crocs protected], Non-shareholders [the "New Rich"], K. Horsbrugh [acting Sgt. Out of turn], those born NSW, Vic, SA, Tas, WA [getting behind Qld time on Sunday?], Haigh [sporting new Subaru Forrester], Guest speaker [pod beds for overworked doctors?], Waterfield Beconsall Allan [packing hosp. beds for nothing], Kouvaras {daughter's TV appearance}, Beconsall [getting free medical advice at top table], Bracken [setting exam papers on holidays], Cleland [Picnicking at S'bank in huge crowd], Haigh [Back from Cairns], T. Horsbrugh [avoiding work and avoiding punishment], Scott [lucky lady-son computer expert], Fitzgerald [St Michael's Day].

Rotary News: Message from Rotary International president

When I was a child, Korea experienced a terrible war. After it was over, my country received a great deal of help from other governments and humanitarian organizations help that put Korea on a track of health, hope, and economic growth. In the decades since the war, both Korea's economy and its Rotary club membership have grown enormously. I feel there are two reasons for this. One is Koreans' desire to help others as we were once helped ourselves; we all want to pay back some of what was given to us. The other is the natural affinity Koreans have for the values of Rotary: integrity, honor, hard work, and fairness. Many of Rotary's core values are also core values in Korean business. Koreans know very well the lesson taught by Herbert J. Taylor, author of The Four-Way Test: We do not succeed professionally despite our ethical behavior; we succeed because of it. When Korean businesses interview potential employees, they look for what we call *chim shin uro*, or "pure heart." A person with a pure heart is someone who has personal integrity, a person who treats others with honor and respect and can always be counted on to do what's right. It is a highly valued trait in companies, and it is equally important in Rotary. As Rotarians, our integrity is what makes us successful in business, in service, and in life. "Pure heart" is what we in Rotary call Service above Self. Koreans also talk about work as *chip an*. *Chip and* means "inside the house." It is a way to talk about how important our work is to us, how our companies are like our families. Our businesses and the people in them should be treated with respect, honor, and dignity because, Koreans believe, good personal relationships are the basis for good business. We in Rotary also believe that honest, open relationships with customers, co-workers, and employees are important, as are our relationships with all our fellow Rotarians and those we serve through Rotary. True service gives us pure hearts when we bring it "inside the house." This is the reality behind Service above Self. This is the reality of Rotary, the reality that inspires us and challenges us every day.

Member Profile: Bob Cleland

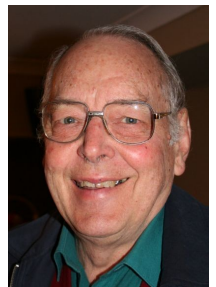
Leisurely retirement? Ha ha! It's a continuation of the busy pace of life – but there's no pay-check now.

Born Perth WA. Educated Perth and Sydney. The best 23 years of my working life was in PNG in District Services and Native Affairs (as it was called then). A jack-of-all-trades vocation being administrator, manager, lawyer, peace maker, peace keeper, road builder, hygiene advisor, mechanic, airstrip builder, magistrate, agricultural advisor, banker, book keeper, gaoler, weather observer, and so on ad infinitum, almost. After PNG Independence and 'coming South', the daily commute was hard to take

to Thiess Bros Mining Administration Manager, then CSR, then a small Software Company, then unsuccessfully selling steel-framed homes.

Joined Rotary in Goroka PNG 1975, then Mitchelton, then Kenmore from 1979. Held just about all positions.

Now, it's home and family (Julie and I have 2 daughters and 5 grandchildren), Rotary, some gardening, and writing a publishable book about my first four years as a PNG Patrol Officer 1953-1956. Life's good.



Winston Churchill Quote of the Week

Continuous effort - not strength or intelligence - is the key to unlocking our potential.
