

LAST MEETING 22nd October

Members Attending	19 Rotarians, 1 Partners, 1 Guest speaker & [Total 21]
Apologies	Marian Greaves, Brian Becconsall, Geoff Haigh, Allan Johnston, David Locke, Taso Kouvaras, Kerri & Ted Horsbrugh, Margaret Scott, Tony Bracken
Members Guests	Nancy Rogers [Bob Rogers]
Club Guests	Michael Cooper - Guest Speaker – Fitness Training
Make Ups	Geoff Haigh - BCC BBQ; John Smith - BCC BBQ; Ken Wasley - Toowong
Joker Raffle	(prize pool \$410) – Colin Melvin – drew 4 of diamonds
Raffle	Bob Rogers \$1
Heads & Tails	Michael Fitzgerald – bottle of wine
Leave of Absence	Ian Cameron, Graham McHugh

Guest Speaker: Michael Cooper

Has now been a part of the health and fitness industry for over 12 years. His interests started at school age with involvement in various sports. He performed well in his mid teens where he was competing at state level gymnastics competitions which then lead onto the sport Olympic weight lifting where in the space of 3 years he had won 13 state championships and 3 national championships as well as holding Australian records in his weight division. He was selected for the development squad for the year 2000 Olympics in Sydney but was forced to retire from the sport due to injury.



After graduating from Brisbane Boys College in 1995 he went on to compete in State and National bodybuilding competitions where he won two state championships and placed at the national level.

Through these experiences Michael has gained valuable first hand knowledge of the benefits of strength training and as well as general fitness training for all populations.

He is a qualified fitness instructor who has trained over 200 people in his career. He has managed commercial gymnasiums and more recently has established a successful personal fitness facility in “Regener8 Personal Fitness” located at Indooroopilly.

Michael addressed the meeting on some of the major benefits of fitness training and in particular the benefits of weight training for seniors.

President Bill presented Michael with the Club object and thanked him for the presentation and closed the meeting by reminding members of the DG visit and encouraged partners to attend.

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 18 – 29 October P.O. Box 94, Kenmore, QLD, 4069 2008-2009

Tonight: Hale Street Link Alliance, Rotary Junior Community Awards

Speaker: Beth Burgess

Chair: Colin Melvin

Duty Officers: Geoff Haigh, Paul McLaughlin

F'Ship/Grace: Brian Duddington

Sergeant: Ray Giarola

Date:	5 Nov	12 Nov	19 Nov	26 Nov
Subject:	Scotland the Brave	District Governor's Visit	Field Trip-TBA Venue Closed	Wine Making in Tasmania
Speakers:	Ian Cameron	DG Wayne Morris	TBA	Lance Weller
Chair:	Carol Koser	Pres. Ian Cameron	TBA	Jim Dalton
Duty Officers:	Tony Bracken, Bill Orford	Brian Stevens, Bob Cleland	TBA	Ian Nave, John O'Rourke
F'Ship/Grace:	Graham McHugh	Marian Greaves	TBA	Carol Koser
Sergeant:	M. Fitzgerald	Ray Giarola	TBA	Ray Giarola

If you can't do this duty, please arrange a replacement and advise Paul McLaughlin 3876 3667

Theme for October: Vocational Service

Date	Event	Co-ordinator
12 November	Partner's night, Penny Morris will be	with the DG
17 December	Xmas party at the Boulevard	
29 April 2009	RC Kenmore 40 th Birthday	

President's Notes

.As noted last week the District needs a 2/3 majority of Clubs to support the proposal 'To allow clubs to apply to vary the frequency of their regular meetings'. A ballot paper with the RC Kenmore decision must reach the District on Wednesday 5 November. There will be little time to discuss this matter at length at this evening's meeting and there will be many guests attending, however, it must be discussed and a Club decision will be determined at this meeting. The District Resolutions Committee believes this flexibility will be of assistance in retaining and developing Club membership. I see a benefit for the smaller remote Clubs in PNG and SI but a disaster when you turn up on the wrong night for a make up.

Acting President Bill Waterfield: Notes from last week's meeting

Brisbane City Council Green Up Sausage Sizzle was very successful. Possible Xmas trailer beneficiaries include Zoe's Place, Montroseaccess, Australian Rotary Health, Literacy Packs. Donations In Kind is organising another container shipment before Xmas. – Club needs to consider a District proposal to the Council on Legislation-"To allow Clubs to vary the frequency of their meetings". Paul Harris Chocolate Tree award to Meyrick Croker in using his influence on members to support the successful defeat of the proposed North Bank development. and to Ray Giarola for 25 years this month in RC Kenmore, Club needs to consider nomination for President 2009-10. Brigidine have received cheque from District Simplified Grant. Reminder of District Governor's Visit 12 November and to bring your partners.

Spots:

Paul McLaughlin: Next week the club will host 17 children from Chapel Hill State School who will receive their awards and members will be asked to sit with students and look after them on the night. The club could have over 50 people attend on the night and will present opportunities for new members. 19th November will be a bus excursion to visit Gateway 2 visitor's centre. Partners are welcome and the bus will leave Kenmore at 5.30 pm for arrival between 6.00 pm and 6.15 pm for wine and nibbles. 7.00 pm a presentation will be made by Leightons and then proceed to the Colmslie Hotel for a relaxed dinner.

Bill Orford: Bill led a discussion on options the club could consider to assist treating inner ear infection in deaf children. Michael Fitzgerald spoke in support of the concept and it was agreed by the club to arrange for specialist to visit the club and discuss further options where the club could be involved.

Colin Melvin: Joan and Colin attended Kenmore SHS award night where two club sponsored awards were presented. Caleb Hill received the Community Services Award and (sin -te -kay) De Kock received the Dave Dekker award.

Royce Allan: BCC Greenup Day BBQ was a great success and a special thanks to all concerned. Bob and Nancy Rogers were great on the drink sales and we made a profit of \$114 on the drinks, raffle profit was \$150 and the BBQ returned \$500 for a total profit of \$790. Royce reminded members that the BBQ is being stored at Joan's place and asked that the BBQ be very well cleaned after use. We have 100 cans of soft drink left over for the next function. John Smith moved a vote of thanks to Royce for a marvellous effort and a very enjoyable club outing.

Sergeant Ray Giarola:

Des Hoban for interrupting, Brian Duddington loves the Gold Coast so much he has purchased a unit, Bob Rogers asked Nancy how she was bowling like a good cricketer, Ken Wasley welcome back and an interesting number plate, Old Gold presented to Meyrick for stopping the North Bank project, Royce Allan Australian Day Citizenship back on club scene, Bill Waterfield for not remembering things even when he attends all meetings, Joan Maloney proposing to walk up Mt Warning to see the sunrise, Doug Wyeth brilliant cook, Brian Stevens daughter in-law becoming an Australian citizen, Ken Wasley organising an inspection of mines in the Hunter Valley, Michael Fitzgerald for holding up a skirt and top at the Kenmore shops, white wine drinkers, it is almost as good for you as red wine, Colin Melvin for rowing with son but having difficulty because of short legs, Bill Orford for paid advertisements each week, Royce Allan taking his nine year old grandson on Sunday drives and teaching him bad language.

Rotary News: E-mail scams targeting Rotarians

Rotary International continues to receive notice of e-mail phishing scams targeting Rotarians. One such scam claims the recipient has been selected for a cash prize. Another scam still circulating claims that a deceased Rotarian has left money to the e-mail recipient to be donated to philanthropic efforts. The sender, who claims to be the executor of the will, then asks for the recipient's personal information, including a copy of the individual's passport and driver's license, in order to claim the inheritance.

Here is an example of one scam that is circulating:

Last and Final Notification of Bequest

Congratulations

On behalf of the Trustees and executor of the estate of late Rotarian Mark Andreoni, I wish to notify you that my late client made you a beneficiary to the bequest sum of The Million US Dollars in the codicil of his will and last testament.

My client decided to bequest his estate to a fellow member of Rotary Club with a good track record. Rotarian Mark Andreoni (late) has no child or wife to bequeath his estate. In view of that, Rotarian Mark Andreoni (late) made you beneficiary of his will.he was a dedicated Christian and a philanthropist.

Please if you receive this email as expected, you should endeavor to get back to me as soon as possible to enable me conclude my legal duty, you should forward along your current telephone and fax numbers, your current occupation, age and mailing address. Also to be sent to me is the biodata page of your international passport or drivers license as a proper identification.

Once again, I congratulate you for this is a significant honor indeed

~~Member Profile: Ken Wasley: PB (Parsons Brinckerhoff Australia)~~

PB is one of Australia's largest Consultants with about 600 people in Brisbane office. I am Team Manager – Infrastructure and a Principal Civil Engineer. We provide Engineering, Project Management & other Consulting Services to major projects around Aus. Typical Projects that I have input into include:

- Developing new and expanding existing Coal Mines in Qld and Hunter Valley.
- Coal Rail Network expansions for QR incl Port Feed Yards & Missing Links
- Macarthur Wind Farm in Victoria
- Olympic Dam copper & uranium mine expansion in SA
- Iluka mineral sands mine establishment in SA
- New coal powered power station in Botswana
- We are also engineering designers for Airport Link and Ipswich Motorway.

I am married to Barbara (a Mathematics teacher) and we have three children. Ben and Rebecca are at Uni doing Statistical Mathematics and Early Childhood Teaching respectively and Sarah is in year 11 at high school. We are avid followers of real football being Foundation Members of Qld Roar. My main other interest is cars and motorsport. I own about a dozen new & classic cars including 5 Racing Cars.



Winston Churchill Quote of the Week

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
