



The Rotary Club of Brisbane Inc.

MAKE DREAMS REAL

22 September 2008

President's Message

Dear Fellow Rotarians,

RCOB Treasury reports that membership is responding well to the accounts recently forwarded to membership, thanks for you prompt attention to the remittance of fees. This of course helps as to continue to function as a club and support club and Rotary International Projects. Also please update your contacts for the club via the form and return stamped and addressed envelope. If you wish to include any feedback, bouquets or criticisms for the benefit of our club also include them.

Within the club I need members to put up their hand to help with the delivery of the Christmas Party.

Coming up the inner city Rotary clubs presidents are meeting next week and we have been offered some more BBQ-ing around the Brisbane area. I would really appreciate members giving me some feedback on the BBQ activity. It is not our intention to do them every week but every couple of months seems to be a worthwhile activity for the club.

I have received some correspondence on behalf of the club from The Rotary Foundation and I direct your further interest to the Rotary website www.rotary.org. The foundation is also looking for Rotary related stories to publish world wide they are accepting e-mail contributions via erey@roatary.org.

Have a good week and I leave you with a quote from Walt Disney as quoted by International President D K Lee, "If you can dream it, you can do it." (Walt Disney)

Make dreams real

President Michael

New Links

David Gillespie - Sweet poison
<http://catalogue.nla.gov.au/Record/4390195>

Club Wine Offer
<http://www.brisbanerotary.org.au/News.html>

President Michael needs your help.

Each week we will identify a number of Membership classifications for you to suggest possible Club members.

Education

- a. Administrators
- b. Teachers
- c. Support Staff
- d. Training & Development Specialists

All your ideas to Michael Stephens, Don O'Donoghue or Wal Bishop.

GUEST SPEAKERS

Monday 22 September 2008

Kate Jenian
Canine Helpers

Monday September 29 2008

Dr Harry Zaphir
Executive-in-Residence, Faculty of Business, QUT
The Boss's Guide to Bright Young Things



The Rotary Club of Brisbane Inc.

PO Box 687
Kenmore Qld 4069

Meets 4th Floor
(Edinburgh Room)
of the Brisbane Club
Post Office Square
241 Adelaide Street
Brisbane

MONDAYS

12.15 pm – 1.45 pm

OFFICERS

President	Michael Kelly
President Elect	Mike Mauger
Imm Past President	Mel Evans
Secretary	Brian Carss
Treasurer	Cameron Bishop

District 9600
Club Number 17787
Founded 29 May 1923

District Governor
Wayne Morris

Rotary International President
Dong Kurn Lee



Meeting Review
15th September 2008

This week its back to the Edinburgh Room, we had a gathering of 29 members and one Club Guest.

Chairman Max Wnders welcomed those attending and asked all to say grace and proposed the loyal toast and the toast to Rotary International. He then welcomed President Michael Kelly to the rostrum.

Pres Michael again welcomed all to the meeting and chided members on comments about his availability for meetings! As would be expected, Rugby rated a mention, short one for Union and a longer one for League! He mentioned the Family Christmas Party at Marjorie's where Canine Helpers would be in attendance and give a demonstration of the dogs' skills and asked for two volunteers to undertake its organisation. He said that we had received good publicity from the Riverfestival BBQ to the extent that he had received requests from far and wide for our assistance!

Chairman Max then called for spots.

- Warren Hampton drew members' attention to the September edition of Rotary Down Under, page 29 "Thanks from Innisfail where mention was made to our Club for the assistance in providing bursaries of 41.000 to 78 year 12 students from Innisfail High School towards education costs.
- Phil Little said that a recent speaker Deborah Tabart had recently visited the Prince of Wales Trust in the UK and met with Prince Charles and had invited him to Australia to look at sustainability projects. Apart from the protocol requirements, Phil felt that Rotary could be involved in this visit.
- Michael Stephens again reminded members to continue their efforts in recruiting new members.

After time for lunch and fellowship, Chairman Max introduced our Guest Speaker, David Gillespie, son of PP Allan Gillespie to talk on his new book 'Sweet poison – why sugar makes us fat'.

He told us that he had reached the age of 40, had four children and twins on the way and weighed 120 kg and had tried a good number of the diets to no avail.

He pointed out that there was a difference between carbohydrate reduction and fat reduction. He started to read up on carbohydrates and found out about fructose.

Fructose is a common carbohydrate but is metabolised differently. US experiments on rats showed that fructose made them fat and caused them to get Type 2 Diabetes. He explained where fructose comes from and why is different from other sweeteners. He covered the expansion in the use of sugar from zero in 1850 to 60 kg per person in 2000 and its effect on obesity and Type 2 Diabetes, which covers some 1.2m Australians. The outcome for David that he lost 40 kg doing very little apart from avoiding sugar! His book is published by Penguin (details on our Links site) and in answer to questions said that wine is not too bad as the sugars have already been converted to alcohol by fermentation. Honey is not bad for you; it took him 18 months to loose 40 kg; and yes there are some challenges with artificial sweeteners shown by research in Europe and the USA.

Chairman Max thanked David for his interesting and thought provoking talk and presented him with a Certificate of Appreciation.

Chairman Max introduced Sergeant-at-Arms Tony Love who again thanked David and said that he had a couple of jokes on the subject of death which might not be appropriate after that talk. He noted the absence of Bob Aldred even though the Sea Eagles had won last weekend! He then told a couple of other jokes and extracted appropriate fines for misdemeanours and transgressions. The ticket for the 'Find the Joker' raffle was drawn and this week's winner was the writer, who won a RCoB Polo Shirt and drew the Nine of Clubs. The jackpot for next Monday stands at \$152.60 plus Monday's raffle share.

Good luck!

CALENDAR

Family Christmas Party

When:
 Sunday 14th December 2008

Where:
 Marjorie's Place

Details to follow

ROSTER

Monday 22nd September 2008

President	M Kelly
Chairperson	J Puttick
Set Up	B Bland
Put Away	H Milne
Raffle	R Tamaschke
Visitor Register	P Anderson
Fellowship	W Hampton
Attendance	B Esler G Whitmore

ROTARY GRACE

O Lord and giver of all good
We thank You for our daily food
May Rotary friends and Rotary ways
Help us to serve You all our days.

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 GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

DATECLAIMER

Please forward any dates or articles of interest that you would like to see included in future Bulletins to the Club Secretary at

secretary@brisbanerotary.org.au