



# The Keyway



## ROTARY CLUB OF WAGGA WAGGA SUNRISE Inc. DISTRICT 9700

PO Box 5430 Wagga Wagga 2650 NSW

**Meeting Venue:** Thyme Out Restaurant, The Manor, 38 Morrow Street, Wagga Wagga  
**Meeting Time:** Breakfast 7.00am for 7.15am, completed by 8.30am



Reach Within to Embrace Humanity

## 14 February 2012

### February is World Understanding Month

**GUEST SPEAKER:** Marissa Olsen: 'Top Ten Tips for reading food labels' (see below, thanked by Sue McAlpin)



**ATTENDANCE NO:** 36

**APOLOGIES:** Patrick Ball, Peter Brown and Darren Verus.

**LEAVE:** Dawn Smith, Jan Gray, Anne Pattison.

**VISITING ROTARIANS :** Bruce Spinks (Wollundry Rotary Club)

**BIRTHDAYS:** Bob Martin 20<sup>th</sup> Feb

### COMING EVENTS/FUND RAISERS:

- Rotary Peace Ceremony at Victory Memorial Gardens 19 Feb
- Polio Plus Movie Night *The Best Exotic Marigold Hotel* 23 Feb \$20 Forum Cinema
- District Conference at Young 23<sup>rd</sup> to 25<sup>th</sup> March
- Host GSE team, 5 members 28<sup>th</sup> March to 1<sup>st</sup> April.

### PRESIDENT'S REPORT: by Alan Sharp.

- Peace Ceremony, Sunday 19<sup>th</sup>: club needs volunteers to sell badges on Friday & Sunday and helpers to set-up on Sunday morning



calendar from Pres. Alan Sharp)

- Movie night, Thursday 23<sup>rd</sup> Feb
- Reminder about District Conference
- The position of District Governor for 2013-2014 has been advertised
- On 21<sup>st</sup> March the six Wagga Rotary Clubs are combining to organise a joint cocktail party with invitations extended to interested prospective female members.

(Left: President of the Rotary Club of Hallet Cove SA, Dennis Nichols, receiving Sunrise

**SECRETARY'S REPORT:** Marilyn Walter tabled the following:

- A letter & sympathy card for Margaret Warden has been circulated for members to sign
- A further reminder about the movie night on 23<sup>rd</sup> Feb. to see *The Best Exotic Marigold Hotel*. Marilyn is taking names of those wishing to attend.

**DIRECTORS' etc REPORTS:**

**Youth Director, Peter Gissing:**

- Tuesday 20<sup>th</sup> March, Science and Engineering Challenge
- The website continues to expand with Denise's photos and a link to "facebook" & "twitter".

**Community Service Director, Dave O'Grady:**

- John and Dave to load trailer on Sunday morning prior to the set-up for the Peace Ceremony. They have requested help from members from 9am please.
- The club has been invited by CSU to provide a BBQ following the CSU Academic March on Thursday 29<sup>th</sup> March. The Kapooka Band is to be involved. Discussion re the as yet unknown numbers, logistics and whether this would be worthwhile ensued. A decision to be made later.

**Other Reports:**

- **Denise Flockton** informed us of the upcoming 100 years of Wagga Wagga High School celebrations. As part of this commemorative pavers can be purchased by ex-students (see attachment to email).

**SERGEANT-AT-ARMS: David Gilbey:**

- Fines to those members not having been kissed by David
- As today is Valentine's Day members who had not had any romantic thoughts were fined. As were those who didn't give their partner flowers. Peter Gissing was fined for not being romantic & Dizzy for throwing away Marie's breakfast leftovers, which she had passed over to him.
- Tim for wearing a dull shirt.
- all those attending *The Best Exotic Marigold Hotel* next Thursday (D can't )
- Members who didn't RSVP for today's breakfast.
- Any member not going to the Peace Ceremony.
- Anyone who hadn't been suspended or expelled from Wagga High.
- Members who hadn't been to a Wagga Wagga City Council Meeting during the past 3 months.

- People not having inspected the dredging of the Wollundry Lagoon.

**FINES:** \$82.95

**GUEST SPEAKER:** Past District Governor **Fred Loneragan** introduced **Marissa Olsen**, a member of a long-standing Wagga family and a charter member of Murrumbidgee Rotary Club. Marissa is a nutritionist and dietician, who had been asked to speak to the Club about food labels.

This was an extremely interesting and informative talk about the real meanings of the information for consumers which is printed on food packaging. This was summarised well into Marissa's 10 tips, as follows:

- Read the nutrition information panel and the ingredient list.
- Compare and contrast different brands.
- Allergens must be declared.
- Sugar includes all carbohydrates and depends on the type of sugar, eg. fruit sugar and milk sugar is good.
- Claims – 'light' and 'lo-fat', should be studied carefully to determine the actual type of fat
- Laws governing substances added to packaged food
- Cholesterol
- Toasted or oven-baked – can be coated with oil or juice
- Diet products are reasonable, but fat content needs to be checked
- more natural foods are best and use processed foods sparingly.

**Sue McAlpin** thanked Marissa by saying that she is a great example of a young person who was educated locally and returned to the community, following further studies, a motivated professional. As Sunrise Rotary has focused on diabetes, nutrition is a pertinent topic.

Your bulletin reporter notes further benefits of eating fresh foods, following our recent visit to Kurrajong-Recycling: how much less rubbish would be generated should we consume less processed, and therefore packaged, foods.

**BARRELL DRAW:** Bernie Benson won the wine.

**MEETING CLOSED:** 8.30 am

*Roster for February*

Date	21 <sup>st</sup> February	28 <sup>th</sup> February
Venue	<i>Thyme Out</i>	<i>Thyme Out</i>
Meet & Greet	Jo Wilson	Helen Berger
Meeting setup	Alan Sharp	Alan Sharp
Meeting pack up	Dawn Smith	Vicki Richards
Attendance Desk	Noelene Hogan	Dominic Ferlito
	Andrea Bradley	John Wood
Sergeant-at-Arms	Tim Stait	Patrick Ball
Bulletin Reporter	Helen Allen	Helen Allen
Program	<b>David Gilbey:</b> Germany & Vienna: glimpses	<b>Arupam Raman</b> National Youth Science Forum
Introduce Speaker	Yvonne Braid	Peter Gissing
Thank Speaker	Ndungu Mundai	Sue McAlpin

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**\*\*Reminder:** If you are rostered on for a job but can't make the meeting, please make arrangements for someone to replace you .

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**Board Member\$ 2011/2012:**

<b>President:</b>	Alan Sharp	<b>Secretary:</b>	Marilyn Walter
<b>Treasurer:</b>	Sandra Rootes	<b>President Elect:</b>	Val Samuelson
<b>Club Administration:</b>	Val Samuelson	<b>Rotary Foundation:</b>	Noelene Hogan
<b>Membership/Vocational:</b>	Jo Wilson	<b>Public Relations:</b>	Yvonne Braid
<b>Service Projects:</b>	Dave O'Grady	<b>Youth:</b>	Peter Gissing
<b>Immediate Past President:</b>	Denise Flockton		

**New Member\$ Inducted 2011:**

Len Wade, Helen Allen, Dominic Ferlito, Ndungi Mungai, Tessa Bremner, Ian MacDonald.

**District Governor:** Ian Simpson & Jean [Rotary Club of Orange North]

**Assistant Governor:** Gary Roberts [Rotary Club of Wagga Wagga Murrumbidgee]

**Club Member\$ involved at District Level:**

**Director, District Foundation:** Fred Loneragan (Rotary Foundation)

**Director, District Rotary Service Projects:** Noelene Hogan

**District Chairperson:** Fred Loneragan (Rotarians Fighting for Aids, Peace Communities)

**District Committees:** Noelene Hogan (Director, District Rotary Service Projects)  
Marilyn Walter (Rotarians Fighting For Aids)  
Denise Flockton (Vocational Services & Awards)

**International Peace Communities Conference:** Fred Loneragan (Chairman), David Gilbey

***THE FOUR WAY TEST:***

***Is it the TRUTH?***

***Is it FAIR to all concerned?***

***Will it build GOODWILL and BETTER FRIENDSHIPS?***

***Will it be BENEFICIAL to all concerned?***

**final drollery:** some Valentine's Day jokes:

A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it-- only to find a book entitled "The meaning of dreams".

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A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, "I'm sending out one thousand Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.

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A smart, handsome and sexy young man dressed in the most sophisticated manner walked into the bar. He noticed a woman staring at him without blinking her eyes with an open mouth. Flattered, he approached the woman and said in his sexiest deep voice - "I'll do anything you wish, beautiful lady, for just \$20 but on one condition." The woman was trapped in a moment and asked as if in a trance - "What's your condition?" The young man replied, "Tell me your wish in just three words." After a long pause, woman opened her purse, counted the money and handed it to the man along with her address. She then looked deeply into his eyes and whispered, "Clean my house."

**Bulletin Reporter:** Jennifer Weale

**Keyway Editor:** David Gilbey