

~ CROW ABOUT ~



BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. - CHARTERED 1930

Web: - www.waggarotary.org

Facebook: - <https://www.facebook.com/waggawaggarotary>

Postal Address: - PO Box 246, Wagga Wagga, 2650

<p>RI President: Shekhar Mehta</p> <p>Dist. Gov 9705: Leo Farrelly</p> <p>Area Three Gov: Elaine Almond</p> <p>Club President: Alan Lean</p> <p>Club Secretary: Ellen Brasier</p>	 <p>SERVE TO CHANGE LIVES</p>	<p>THE FOUR WAY TEST: Of the things we think, say or do: -</p> <ul style="list-style-type: none"> • Is it the truth? • Is it fair to all concerned? • Will it build goodwill & better friendships? • Will it be beneficial to all concerned?
--	---	---

BULLETIN NO: 16.

Thursday 14th October 2021.

OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH.

Club meets at the WAGGA WAGGA COUNTRY CLUB, **6:00 PM for 6.30 PM** (unless stated below).

Duty Roster Please arrange for a replacement if you cannot fulfil your rostered duty & inform our Bulletin Reporter. :-

Date:	Thursday 21 st Oct.	Thursday 28 th Oct.	Thursday 4 th Nov.
PROGRAMME:	SOCIAL NIGHT at Book Storage Depot	TIM HARVEY Agribusiness	HAT NIGHT for Mental Health (Partners Night)
ATTENDANCE:	Karel Bijker	Karel Bijker Peter Olson	Vicky Donoghue Marion Moran
SHORT & SWEET:	N/R	Elaine Almond	Gordon Sagers
FINES-MASTER:	N/R	David Friedlieb	David Wynne
INTRODUCE SPEAKER:	N/R	Paul Galloway	Tony Hutchinson
VOTE OF THANKS:	N/R	David Kennedy	Margaret Everett
BULLETIN REPORTER:	Gerry Page	John Heazlewood	Vida Smart
MEETINGS:			

Invocation: *For good food, good fellowship and the opportunity to serve through Rotary, we give thanks.*

Don't forget!

If you can't attend a meeting, please lodge your apology with THE COUNTRY CLUB OFFICE on 6922 6444 by 2.30 pm Wednesday (or pre-record it in the apology book provided at the meeting attendance table – IN BLOCK LETTERS).

Also, for catering purposes, please advise if bringing a guest to a meeting.

THIS WEEK'S MEETING Thursday 21st October will be a **Social Night** at the Book Sorting Depot with catering by our own catering crew, given the current confusing situation with functions at clubs.

MEETING REPORT: - Thursday 14th October



Attendance:

President Alan with assistance from Sally welcomed 26 members present via Zoom, most of them above. A number of members were wearing unusual headgear in honour of the now deferred Hat Night

Club Business

- **President Alan led a discussion regarding the catering for our dinner meetings.** The caterer has signalled the need for him to increase the charge for our meal. After some discussion in our zoom meeting it was agreed to proceed with our current two course format, served at the table, at an increased cost to members of \$6 to \$31. The style of meal served for that cost will be set in discussion with the caterer. We will trial that format for the remaining meetings of 2021 at the Country Club and then review.
- He also advised that the scheduled **“Hat Night”** has been deferred to **Thursday 4 November**. Given the current confusing situation with functions at clubs.it was decided that our next meeting **Thursday 21st October** will be a **Social Night** at the Book Sorting Depot with catering by our own Barbeque crew.



- **Jessikah McCarthy, an Entrant in the Miss Wagga Wagga Quest 2022**, invites our club members to the **Miss Wagga Wagga Quest Mad Hatter's High Tea**. This event will be held on Saturday the 23rd of October 2021, at the Wagga RSL Club. Doors will open at 1:30pm for a 2pm start. There will be a silent auction, guest speakers and lucky door prizes throughout the afternoon. Come dressed for afternoon tea with a mad hat - prizes for the best hat!

Tickets are \$35 each and can be purchased from Eventbrite via this link -

<https://www.eventbrite.com/e/miss-wagga-wagga-quest-mad-hatter-high-tea-tickets-186495642487>

Finesmaster

Peter Olson started with fines for those with Birthdays and Anniversaries; before moving to all Rotarians who have been politicians, councillors, etc... or associated with the management of Clubs or other associations, who ought to pay for the stuff-up of the current mob in Macquarie Street; who left a lot of businesses high and dry in Wagga this week, with their "freedom" edict.



For reasons he was not prepared to divulge; he fined all left handed Rotarians, and anyone who has bet on or owned a racehorse. Rotarians not wearing a hat at the Zoom meeting which was originally billed as a Hat Night, also copped it.

As an offset he gave us information on Hats:

1. What do you call a sad hat? A Somber-ero.
2. Almost all garden gnomes have red hats. It's a little gnome fact!
3. Why do they call that hat you wear in the jungle a Pith Helmet? Because of all the Monkeeth up in the Treeth!
4. Do you know that in Turkey they have a social network dedicated to red hats? It's called FezBook!
5. Yesterday, I saw a man playing tennis with a hat on his head! I think he was Roger Fedora!

Any members feeling inclined, or impressed with the Ol'son Fine Session, can bring their hard earned to next week's meeting in Copland Street!!

Short & Sweet:

Don Pembleton selected Alzheimer's Disease for a Short & Sweet, because on this very day, fifteen years ago (2006), a group of American scientists published a report detailing their findings on the eating habits of about two & a half thousand participants; they discovered a significant link between diet and longevity – Alzheimer's Disease was a major component of that study.



Don detailed the ten “Warning Signs” of the disease as follows:-

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace step
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality.

He told us that, in 2011 the CSIRO released a document titled:- “*Dietary Patterns & Delay in Onset of Alzheimer’s Disease*”. It’s a comprehensive summary of the disease and it poses some very interesting topics for consideration. It’s available on the CSIRO website. It makes for compulsive reading and Don commends it, as follows:-

<https://publications.csiro.au/rpr/download?pid=csiro:EP142823&dsid=DS1>

There is an extensive section on diet – including the Mediterranean Diet., a dietary pattern usually consumed among the populations bordering the Mediterranean Sea which has been widely reported as a model of healthy eating for its contribution to a favourable health status and quality of life.

Here's a few general guidelines:-

*Eat more vegetables, fruit, nuts, seeds, legumes, potatoes, whole grain bread, herbs, spices, fish, seafood and extra virgin olive oil.

*Eat less red meat, poultry, eggs, cheese, and yoghurt.

*Alcohol (especially red wine) is fine – but in moderation.

*Don’t eat sugar-sweetened beverages, processed meat refined grains, refined oils and other highly processed foods.

Avoid these unhealthy foods and ingredients:-

*Added sugar – soft drinks, lollies, ice cream and table sugar.

*Refined grains such as white bread & pasta made with refined wheat.

*Refined oils such as margarine, canola oil, soybean oil, cottonseed oil

*Processed meat – processed sausages, salamis etc

The meeting concluded with President Alan reminding us about next week’s meeting at The Book Storage Shed.

PLEASE BLOCK-OUT THE FOLLOWING DATES IN YOUR DIARY: -

- 24 March 2022 Wagga Rotary Shine Recognition Function
- 21 & 22 May 2022 Wagga Rotary BOOK FAIR



BIRTHDAYS & ANNIVERSARIES: -

(18th Oct. to 24th October)

Birthdays Nil

Rotary Anniversaries: Peter Smart (16/10/2014), Vida Smart (16/10/2014),
Alf Barzen (18/10/2018), Mike Murray (24/10/91)



Wedding Anniversaries: Nil



**ZOOM
SNAPS.....
Wot are they all
lookin' at?**



≈ *KOOKABURRA* ≈



Gun with a Tale to Tell

Book sorters are always on the alert for things hidden in donated books – hopefully bank notes? This find would have caused a stir though!

During a weapons amnesty a man dropped into a Queensland Police Station and handed police a semi-automatic 6.35mm pistol hidden within an old book. He advised that the weapon belonged to his deceased brother who returned to Australia with the weapon after the Second World War.

