

Rotary Opens Opportunities

# The Rotary Club of Brisbane Centenary

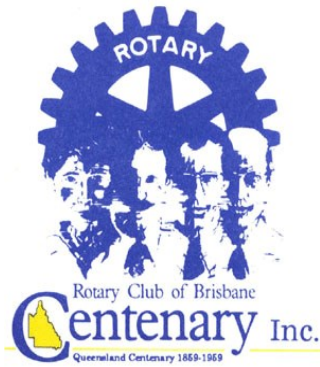
Vol 33 Edition 24

19<sup>th</sup> May 2021

The Rotary Club of Brisbane Centenary Inc. meets on Wednesday at 6:30am for 6:45am at:

23 Hasp Street  
Seventeen Miles Rocks

P O Box 214 Mt  
Ommaney Q 4074



## The Carson Commentary

A welcome to our new Honorary member Councillor Sarah Hutton recognising Sarah's dedication to our local community and being supporter of Rotary.

Sarah is working with Carole Park State school to provide a Friday breakfast to the students as well as encouraging the parents with community resources such as Queensland Police. This is in the planning stage and would involve participation by the local Rotary Clubs. Good to be able to deliver projects into the local community.

Great work by Glen & John in coordinating materials for the first container of school equipment as well as general supplies for Timor Leste there is a huge demand for these items in Timor Leste because of the recent extensive flooding from a cyclone.

Next combined Rotary club event could be the Brisbane Festival hosting one of the Street performances.

*Craig*



Craig Carson



### The Board for 2020-21

President	Craig Carson	Effective Services	Di Scotte
Treasurer	Gerry Gebert	Membership	Graham Osterfield
Secretary	Di Scotte	Foundation	John Woodward
International	Glen Palmer	Club Administration	Neville Blomeley
		Bulletin Editor	Nick Curry

### *This meeting*

Jeremy Bishop

SEQ Water

### *26th May*

Club Social week

### *2nd June*

Jitendra Prasad

Membership

### *9th June*

Board Meeting

### *16th June*

TBA

# That was the week that was or TW3

**Rotary Talk:** John Woodward updated us on Donation in Kind (DIK). DIK comes within the auspices of RAWCS. About 18 months ago, there was a changing of the guard as RACWS sought to have more control of the administration and finances which resulted in Col Lawrence departing. However, John Paskin tells us that DIK is now running smoothly and that the overall structure was now fully integrated. Also mentioned was that donations to DIK (or any other RACWS project) incur a 2.5% surcharge for admin purposes which John thought was good value.

Last year, despite the pandemic issues, DIK sent 54 containers overseas including 25 from the Northern Region.. John Woodward also noted that there is a team of volunteers that manage stock and work every Thursday whilst there is a general call to arms on the first Saturday of each month to pack containers.

We have a container scheduled for Timor Leste and, already, half of the contents has already been allocated.

**Secretary:** Di has now updated all our club data for RI and the transition to District 9620.

**Youth:** Rotakids: Next meeting will be next week.

Di will be encouraging schools to be part of our project to Timor Leste and contributions of appropriate goods.

Following the R100 celebrations, we will have to work out how to get the multitude of peace cranes to the St George schools.

Di and Sue from Jindalee attended the ANZAC celebrations at Middle Park State School

**Treasurer:** Foundation donations up to the end of March are around \$24/\$28 per member . Gerry will be emailing us all to invite contributions to top up to \$100/member.

**Fiji:** Is in lockdown so they have not yet been able to get the digger in to clear the mud slip behind the Kindergarten.

**Timor Leste:** More desks being collected from Middle Park

## Good Calories and Bad Calories - Neville Blomeley

According to Dr Gary Tauber, the more than 40-year old edict about low fat, high carb diets has never really stood up scientifically. Gary, himself a moderately obese person, decided to look at what the real facts were and his research challenges the standard paradigm.

For instance, the incidence of obesity, and with it, type 2 diabetes, has been rising in the last forty years as have a number of other chronic disorders. By contrast, during world war two when most sugar was heavily rationed, the incidence of diabetes dropped sharply. So Gary concluded that it was not high fat diets that were the issue but the consumption of sugar. In fact, bacon and eggs might be the best meal for you! Gary, managed to loose 12 kgs in fairly quick time simply by cutting out sugar and sugar related foods.



State School this week. In addition, Glenn visited Everton Park where a group is making kits for Days for Girls and they have promised around 130 kits which Glenn will pick up this week. This was serendipity as the kits were originally intended for elsewhere but that container got cancelled.. In addition, Nim Jitendra may have some surplus toilets pack which were originally bound for Kenya but, again, no container. Glenn is close contact with Sr. Domingas.

**Admin:** Neville is working on a changeover date with Craig and Andrew. Guest speakers have been organized for the next two general meetings. Noted that Andrew and Kerry are away in June so that meetings will have to be moved.

**BeefBank:** Andrew is attending Beef Week and reports strong interest. He has been really busy and has had good response from Agforce *et al*. You may even have heard him on ABC radio!

## From the Desk if the President:

Craig inducted Sarah Hutton into our club as an honorary member.

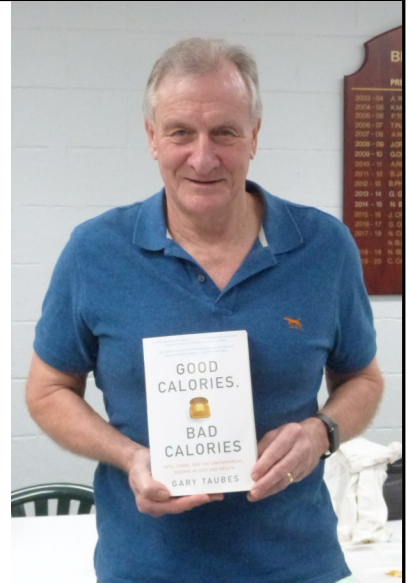
Craig also noted the Taylor Bridge Trivia night on 22 May and we also have a Bunnings BBQ on 19 June.

Breakfast Club—Carole Park State School: Sarah is trying to organize a breakfast club for this school, every Friday with several Rotary Clubs taking a turn ion roster. Also present will be 'Adopt a cop.'



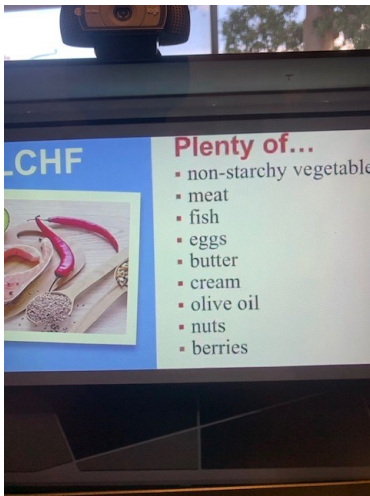
He asked why 70% of males, 30% of women and more than a quarter of children were obese. He questioned the sheer numbers of dental issues and the number of diabetes cases and concluded that the high amounts of sugar we were all consuming was leading to inflammation in the gut, liver problems and insulin resistance as the body ceased being able to cope.

In fact, it was more than likely that high sugar intake was responsible for some instances of depression,



and several chronic problems as the gut's biome became hopelessly overwhelmed.

Neville quoted some examples of products containing very much more sugar than one might have realised. For instance, a standard bottle of Coca Cola contains 16



teaspoons of sugar, a can of red bull has 13. The average person is consuming between 200 and 300grams of sugar per day when they ought to be consuming between 100 and 150 grams. In fact some dieticians are looking at 30—50 grams of sugar per day.

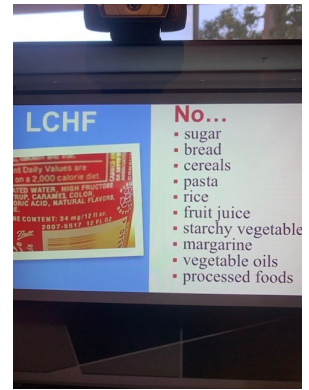
Cut out quantities of bread, moderate alcohol consumption and avoid a sedentary existence may be the way of the future.

In particular, we were warned against all processed foods, margarine and starches. Supermarket sauces also contained unbelievable high levels of sugar.

Instead, most vegetables, meat, fish, butter cheese, nuts and berries are acceptable although some fruit such as pineapples contained high sugar levels and should be avoided. Apples, however, whilst also high in sugar, also contained good pro-biotics.

It turns out that olive oil contains high levels of oleic acid which is the only substance proven to reduce bad cholesterol and raise good cholesterol and that much fat, for instance on steak or bacon, turns into oleic acid.

So the recommendation is to get stuck into a good porterhouse steak and don't worry about trimming.



## Days for Girls



Everton Park team of Days for Girls (DFG) have been sewing these sanitary kits for the past few years and are now packing them to send to Timor Leste.

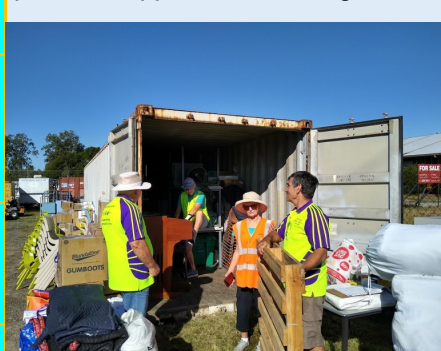
More than 150 kits are ready to be loaded into a container for Timor Leste. They will be delivered to remote villages where someone will show the women and girls



	Today (a while ago)!
1499	Catherine of Aragon is married by proxy to Arthur, Prince of Wales. Catherine is 13 and Arthur is 12.
1536	Anne Boleyn, the second wife of Henry VIII of England, is beheaded for adultery, treason, and incest.
1649	An Act of Parliament declaring England a Commonwealth is passed by the Long Parliament. England would be a republic for the next eleven years.
1848	Mexican–American War: Mexico ratifies the Treaty of Guadalupe Hidalgo thus ending the war and ceding California, Nevada, Utah and parts of four other modern-day U.S. states to the United States for US\$15 million.
1959	The North Vietnamese Army establishes Group 559, whose responsibility is to determine how to maintain supply lines to South Vietnam; the resulting route is the Ho Chi Minh trail.
1962	A birthday salute to U.S. President John F. Kennedy takes place at Madison Square Garden, New York City. The highlight is Marilyn Monroe's rendition of "Happy Birthday".
2018	The wedding of Prince Harry and Meghan Markle is held at St George's Chapel, Windsor, with an estimated global audience of 1.9 billion.

how to use and care for them. They should last for 2-3 years.

The kits were packed in cartons and plastic wrapped to secure against water damage. They



were then taken with other items for Timor Leste to Rotary's DIK depot in Kingston, where they were loaded into a container.

Some of the

usual suspects with desks, chairs and other items to be loaded into the container. There was even an organ donated; this is going to Sr Domingas in Ermera.





"WHY DOES SUPERMAN NEED A FORTRESS OF SOLITUDE? HE'S NOT EVEN MARRIED!"



**HOW DO YOU DECIDE WHOM TO MARRY? (written by kids)**

1. You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. -- Alan, age 10

-No person really decides before they grow up who they're going to marry. God decides it all the way before, and you get to find out later who you're stuck with. -- Kristen, age 10

**2. WHAT IS THE RIGHT AGE TO GET MARRIED?**

Twenty-three is the best age because you know the person FOREVER by then.. -- Camille, age 10

**3. HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?**

You might have to guess, based on whether they seem to be yelling at the same kids. -- Derrick, age 8

**4. WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?**

Both don't want any more kids. -- Lori, age 8

**5. WHAT DO MOST PEOPLE DO ON A DATE?**

-Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. -- Lynnette, age 8 (isn't she a treasure?)

- On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. -- Martin, age 10

**6. WHEN IS IT OKAY TO KISS SOMEONE?**

-When they're rich. -- Pam, age 7 (Love her)

-The law says you have to be eighteen, so I wouldn't want to mess with that. -- Curt, age 7

-The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. Howard, age 8

**7. IS IT BETTER TO BE SINGLE OR MARRIED**

It's better for girls to be single but not for boys. Boys need someone to clean up after them. -- Anita, age 9 (bless you child)

**8. HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?**

There sure would be a lot of kids to explain, wouldn't there? -- Kelvin, age 8

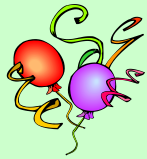
And the #1 Favourite is.....

**9. HOW WOULD YOU MAKE A MARRIAGE WORK?**

Tell your wife that she looks pretty, even if she looks like a dump truck. -- Ricky, age 9

**Happy Birthday to:**

Tanya Filer      30 May  
Kirsten Tucker    3 June



**The Club welcomed:**

Andrew Rodgers    28 May 1998  
Dianne Scotte      14 May 2014

**The 4-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?

Duty	19/05/2021	2/06/2021
Chair	Nick Curry	Gerry Gebert
Duty Officer	Dianne Scotte	John Woodward
Fellowship Officer	Bruce Wilson	Ada Filer
Rotary talk	Craig Carson	Nev Blomeley