

## Veronica Necyporuk

- EHGTHS needs your goodies for a trash'n'treasure stall at the Spring Fair.

## Kevin Bouffler – Attendance

- 29 / 36, or 80.55%
- A death notice for former member Clarrie Cavanaugh appeared in the paper last week.
- John Milne is now home after being taken to hospital last week. John's health is of on-going concern.

## MUNA Attendees from EHGTHS

Kate Ashton, Kate Machek, and Keeley Reynolds, from East Hills Girls' Technology High School (EHGTHS), see front cover photo, attended the Model United Nations Assembly (MUNA) for 2006, representing the nation of Rwanda. They had hoped to watch how the other schools did things, and pick up a few clues for their resolutions, but they were the first to present, with all resolutions being debated by lunchtime on Saturday. Sunday was less stressful, as much of the activity didn't have a direct bearing on Rwanda.

The choice of Rwanda was an easy one for the students; they had shortly before written essays on HIV/AIDS in Rwanda, and so had a lot of material and research already to hand. To add to the material, they also watched the movie "Hotel Rwanda".

The vote-trading, the deals, and the atmosphere, all assisted in form a culturally enriching experience for the students and helped them to understand others. They greatly enjoyed the experience and have no hesitation in recommending it to others.

## Lyn McLean – Health for Life

Lyn's presentation was on "Health for Life", and drew on her consultancy work in this area. Lyn has lectured and written extensively on health and life issues. Her web site can be found at <http://www.energyconnections.com.au>.

Lyn started out by defining health as not just the absence of disease, it is a balance of the body, mind, emotions, and spirit. Her 5 steps to good health require that the following be considered: Body, Environment, Emotions, Mind, and Spirit

The reason that diet is important is that the body has 1012 cells, and these are largely replaced every year. If we don't take in the right nutrients, our bodies then can't properly replace themselves. However, the way that foods are grown, handled, stored, and processed, all impact their nutritional value, making the choice of foods even more difficult. And while we may take supplements to augment our intake of nutrients, only 10-20% of nutrients in pills are absorbed into the body. Liquid supplements allow the absorption of 98% or nutrients, and so are much better, but the best of all are isotonics. Lyn sells isotonics.

The environment is also a factor in good health in many ways, for instance:

- Electro-magnetic radiation (EMR) is a major pollutant in our society, with meter boards, clock radios, in fact, any electrical device, creating an EMR field. Mobile phones have also been found to create intense radiation hazards.
- environmental chemicals can be found in carpets, but the worst pollutant in this respect is fragrances which are cocktails of hundreds of chemicals.

The best way to treat your body is to drink lots of water and eat whole foods.

# The FULCRUM

## The Rotary Club of Padstow, Inc.

[www.padstowrotary.org.au](http://www.padstowrotary.org.au)



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### Programme.

- 22-8-2006 Jane Treeloggan Organ Donation
- 28-8-2006 Padstow on Parade meeting 6.30 at club .
- 09-09-2006 Markets
- 09-09-2007 EHGTHS Garden Fair.
- 09-09-2008 12-09-2006 Club Assembly & Committee
- 10-9-2006 BBQ and auction at George Edens Oakdale
- 13-9-2006 Wednesday transferred meeting Beverly Hills GHS Youth Vocational Awards.
- 19-9-06 Club Assembly

### Joan Wells – Public Relations

- Keith Roffey and Joan Wells visited the manager of Bankstown Express.
  - The Club was given, free, room for an ad or an article between now and Christmas.
  - Pictures were taken of the Careflight rally car, with the Club's name on the car and several Rotarians in attendance.
  - The paper will do filler ads for free when there are gaps on a page.
  - For the Club's 50th year, the paper will do a full page spread. They are also happy to help in other ways as well.

### Colin Duff – Chairman

- The Board decided at a meeting last week to donate the \$500 which was set aside for our candidate to the Science Forum to Sean Skelton, Bankstown's candidate.
  - Sean will visit the Club in February for a report.
- Program will now be coordinated through Public Relations for a three week trial period.
- District Conference accommodation through Noah's has been confirmed.
- Klara Vitu, our new Czech exchange student, will be arriving at 3:05pm on Sunday 20th on an Austrian Airlines flight. Anyone wishing to welcome her can get together at Mike Kenny's place before travelling to the airport.

### Kaye Townsend – Secretary

- Quarterly report from *Fred Hollows* received.
- Letter received from Matthew Talbot thanking the Club for the ROKs, blankets, and bedsets. These are especially useful for when people move out of the hostels, and will be used throughout the State.
- Letter received from Rotary Club of Liverpool advertising their *Police Officer of the Year* event, and asking for people to attend.
- Note from Bryce and Raelene thanking the Club for our expression of sympathy.
- Receipt received for the Club's donation to RYDA.
- Letter from Bankstown City Council conditionally approving the road closure for *Padstow on Parade* on October 15.

### Mike Kenny – The Rotary Foundation / International

- An email has been received concerning eradicating polio in India. The end is in sight, with only 66 cases reported in India in 2005. India is 1 of only 4 countries with polio in the wild, so we need a final push to eradicate it.
- Maurie got the necessary documentation signed by the Philippine District Governor, and the National Australia Bank lent support to the project of completing a hospital in memory of Jeigi's father.

### Cliff Dailey – Youth

- Had a meeting with schools to explain programs of Rotary. Unfortunately, only 3 of the 20 schools in the region turned up. Members are encouraged to consider other ways of contacting the youth of the region rather than just going through the schools.

### David Edmunds

- The markets made \$865 and the barbecue \$163.
- Shoeboxes
  - The shoeboxes are rolling in.
  - Unfortunately, a lady who helped us out with a \$50 donation for shoebox contents was injured.
  - The situation in Timor is desperate.

### Keri Sweet

- Last Friday night was a Presidents' Meeting, at which Keri had an opportunity to speak about shoeboxes.
  - About 50 shoeboxes were transferred to PDG Ken Nicholls to send on.
  - The shoeboxes are continuing to come in – thank you everyone.
  - Keri has received many phone calls from around the District about the shoeboxes – there is a lot of interest.
  - PDG Ken Nicholls has hundreds of cake tines that might be used in place of shoeboxes, as they are tough, and the kids may prefer them in which to keep their bits and pieces.
- Need to get a copy of the RYDA DVD to show to Catholic educators for possible wide usage.
- The Rotary Club of Richmond, which looks after the Shelterbox program, has advised that our latest shelterbox was sent to Lebanon.

### Mike Kenny

- Wrote to NSW Rugby Union and got 3 balls to put in shoeboxes.

### Garry Metcalfe

- On Sunday, Garry, Terry Martin, and Ken McMillan went to do the gardening for an elderly lady. (After several weeks of not being able to come because of the rain, Garry jokingly phoned her up to say that he couldn't come because it hadn't rained so he had to stay home to water his lawn.)
- Garry contacted the person who nominated their neighbour to have a handrail installed, to let them know that we will look at probably in September.

### Allan Sweet

- The GSE team leader has been selected after interviews were conducted with 6 applicants. Ivan Fedor of Springwood Club was selected with David Cook as reserve.

### Terry Pedder

- Will be away for 4 weeks, so someone is needed to put up the signs for the markets. (Garry and Ken volunteered.)

### Geoff Hayman

- The *Australian Dental Association* Bulletin has an article on RAWCS in the latest issue. Dentists are volunteering to both provide services and to train residents in third world countries.