

Rotary Information
NATIONAL YOUTH SCIENCE FORUM
NYSF.

The NYSF is a national program that seeks to inspire and encourage future generations of scientists and engineers, offering them the opportunity to learn what a life in the sciences really means and equipping them with the interpersonal and other non-academic skills that will give them an edge in university and beyond to become tomorrow's leaders.

NYSF is held over two sessions each of 12 days in January . Students come to Canberra from all over Australia and experience life as a university student, whilst being exposed to the options in science and engineering beyond bench research through a series of site visits to laboratories and other facilities in Canberra. The NYSF also looks beyond academic achievement to the personal skills that help students fulfill their potential. There are two formal dinners per session that are attended by over 100 scientists from various disciplines and addressed by high- calibre speakers such as Dr.Fiona Wood , burns specialist and 2005 Australian of the Year.

Exercise for over 40's

A month or so ago I came across this exercise, ostensibly for the over 40's. The health professionals pushing it say it can be accepted as an aid to improving ailing muscle strength in the arms and shoulders. In brief , the article goes onto say that after a *reasonable time* one could detect meaningful results if you stick to the suggested 3 days a week routine throughout the various stages. As for me and to its efficacy *'the jury is still out'*, only for the reason it's a little premature yet to be convinced one way or the other. For what it's worth this is their line.....

- 1.,Begin by standing on a comfortable surface where you have plenty of room at each side . With a 2kg potato bag in each hand extend your arms straight out from your sides and hold them as long as you can. Try to reach a full minute then relax.10 minutes a day are recommended.
- 2.Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks move up to 5kg potato bag and eventually you will be able to lift a 50kg bag for more than a full minute.
- 3.After you gain confidence at that level , put a potato in each of the baas

The FULCRUM

The Rotary Club of
Padstow, Inc.

www.padstowrotary.org.au



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The Special Anniversary Meeting 22nd May
Gala Evening at Revesby Workers 26th May

PROGRAM

24 th April	Shaun Skelton Report on N.Y.S.F (See back page for NYSF details)
1 st May	Vocational Profiles
6 th May	Family of Rotary Picnic
8 th May	Club Assembly
11 th May	Final Presidents Meeting
12 th May	Markets
15 th May	Thank you to Golf Day Sponsors
1 st June	Dinner at "Waterview" Conference Centre for R.I.President Bill Boyd \$85 pp 6.30pm

The Rotary Club of Padstow Inc.

Club notes for 17th April 2007

Police Officer of the Year Awards

The Rotary Club of Padstow was proud to present the Third Annual Police Officer of the Year Awards last Tuesday night.

Vocational director Terry Martin welcomed our distinguished guests

- ❖ DGE Jennifer Scott
- ❖ Commissioner Ken Moroney
- ❖ Assist. Commissioner Frank Menelli
- ❖ Superintendent David Darcy
- ❖ Daryl Melham MP
- ❖ Mrs. Norma Smith President Revesby Workers Club
- ❖ Mr. Dennis Hayward director Revesby Workers Club
- ❖ Winner from 2006 Det. Sergeant Paul Stamoulis

- The Sponsors for the Awards were:
- Bankstown City council.
- Bankstown District Sports Club
- The LSW Group Bankstown
- Panania East Hills RSL Club
- Revesby Workers Club.

Certificates of Appreciation were presented to the sponsors by DGE. Jennifer Scott
The Finalists for 2007

- Constable Andrew Collins
- Ldg. Sen. Constable Tom Lawless

The two finalists were chosen by their peers from Bankstown Local Area Command.

The winner was;
General Duties Officer **Constable Andrew Collins.**

We were entertained by three very talented students from Bankstown Talent Advancement Program

Superintendent David Darcy was presented with the Perpetual Shield which will take pride of place in the station and he commended both officers for their dedication to duty, teamwork and the support given to junior officers.

Commissioner Ken Moroney was presented with a cheque for The Police Legacy Fund . Commissioner Moroney expressed his thanks to the club for their donation to the fund and thanked Padstow Rotary Club for conducting the Awards which are greatly appreciated by all in the Police Service.



Anzac Day

Tomorrow is ANZAC Day and we take time to remember those brave men and women who have fallen in service to Our great country. From the Boer War through two World Wars Malaya, Korea ,Viet Nam ,The Gulf War, Afghanistan, Iraq, and East Timor.

Lest We Forget

