

- POW: 4 awards
- SOOTY: 70 members and guests (including high-ranking officers).

Youth Service/ New Generations Report: Gaille

- Congratulations and best wishes to Frank and Kath, Charlie and Kevin.
- ROYA: attended by Gaille and Kath
- RYPEN: 1 attendee, Frank's nephew
- RYLA: 1 special needs attendee who gained much from it
- Honeywell Engineering: 1 attendee for later in the year
- RYDA: thanks to Kevin, Joan, John E and Maureen for helping
- Literacy kits were sent to Alice Springs
- Principal and Captains' nights- both Primary and High schools.
- Thanks to committee and for the fun lawn and ten pin social bowling events.

GENERAL BUSINESS

Keri

- Brenton thanks the club for the great job on the garden fence.

Barry McC

- Read an email from Peppi, a Mexican exchange student from 30 years ago; requests leave from 12th July to 16th August.

Frank K

- Fernando wants to increase meal fees to \$20; Board to discuss.

John M

- Read email of thanks and update on sewing machine project in Uganda; they also need a motorcycle.

Joan

- Trevor is having further tests but hopes to attend next week. He is in RPA.

Glenda

- Has an applicant for NYSF.

Gaille

- Knit up / sew up at the Katalinic's at 2pm on 10th July.

Garry

- ROK kits tomorrow night; have given out 82,000 blankets, 41,000 kits and 3 tons of cutlery. Received: \$1,000 from Bankstown Trotting Club and \$2,000 from Bankstown Sports Club.

Attendance: Kevin

- 33/35= 94.29%
- Kevin thanked the club for his celebratory dinner on Sunday.

Next Week

- Club Changeover at Bankstown Sports Club, level 2, at 6.30 for 7pm.
- District Changeover: 2nd July at 6.30 for 7pm and Penrith Paceway.



Celebration at Cliff's place for Kevin's 50 years in Rotary

TONIGHT'S PROGRAMME

Changeover

CLUB NOTES FOR 21 JUNE 2011

President Frank

- Welcome to guest speakers Dr Michael Talbot and Dr Georgia Rigas
- Welcome to "Assistant President" for tonight, Kevin Bouffler, who is celebrating 50 years as a Padstow Rotarian.
- Welcome home to the Sweets.
- Condolences to the Spanos family on passing of Dena's mum.
- Trevor Withnall is in RPA undergoing tests for lymphoma; Jan Walliss has had skin cancer surgery on her nose.
- Australian Invention: Anti flu vaccination; University of Melbourne and CSIRO

Guest Speakers' Address: Upper GI Surgery

- Obesity is a growing lifestyle problem affecting 60% of Australian population; costly to individuals and society. 17,000 die each year from diseases related to obesity. BMI- should be under 29; 30+ is obese; 40+ is morbidly obese. Weight loss will improve diabetes, sleep apnoea, blood pressure, cholesterol, fertility, need for hip replacements etc.
- Weight loss can be handled by diet (usually 2-6 kg), exercise (3-8kg), drugs (up to 7kg) and surgery 20+kg).
- Surgery is more effective, but you need a good surgeon, good headspace, portion control of healthy foods, and follow-up by doctors, psychologists etc.
- Assessment by GP is followed by surgeon and post op care.
- Surgery is good for people who can take the anaesthetic, have other related problems and are motivated to change.
- There are different types of surgery including: Lapband, Laparoscopic Sleeve Gastrectomy, and Laparoscopic Gastric Bypass.
- Depending on surgery chosen, time off work is 2 days to 4 weeks.
- Operations are mostly done in private hospitals at the moment.
- Cancer risk of all types can be reduced by 50-60% with weight loss.

President's Report:

- Frank thanked his Board and members for their support this year, Julie as Past President, Mark and Jared as fill-in Sergeants, Kevin for attendance, Barry T for updating our constitution and bylaws, Allan for Golf Day work, Peter and Trevor for the website and Bulletin, and wife Kathy for her support. Frank wished Charlie all the best for his coming year.
- He called on each Director to give an overview of their year's achievements.
- Frank is the 54th President and saw it as a privilege and honour.
- \$5,000 will be given to each of: Save Our Sons; Humpty Dumpty Foundation and Interplast with Kevin Bouffler having \$1,000 for a charity of his choice.
- Huge thanks to Cliff and Lorraine for their hospitality on Sunday for the celebration of Kevin's 50 years in Rotary.

Treasurer's Report: John

- Fees increased from \$220 to \$300 but dinner fees down by \$2.
- \$4000 grant from Bankstown Council

- New major donor: Aussie Farmers' direct: donations to date: \$1,963
- Advancement Program: \$2,700 interest; has \$4817 in account + 2 term deposits of \$27,000 and \$20,000
- Profits: POP: \$15,055, Markets: \$16,054, Golf Day: \$13,496, Christmas trees: \$8,997
- \$10,000 given to Bankstown Hospital from Bunnings BBQs and Australia Day
- Account balances: Club \$15,311; POP \$9,865; Service: \$28,306.
- Thanks to Ken for filling in when John was not available.

Club Administration Report: Charlie

- The club is heading in a good direction; looking forward to the challenging year ahead with good people surrounding him.

Public Relations Report: Keri

- Thanks to Joan, Trevor and Peter Townsend for help with photos and Bulletins; to Peter T for the website; Robyn Monk (and later self and Julie) for guest speakers; all club members for Rotary promotion at events where club banners were displayed and flyers distributed.
- Relationship made with Radio Station 2NBC gave us free advertising; articles in The Express and The Torch newspapers; Tree promotion on ABC talkback radio.
- Displays at District Conference and Bunnings Spring Fair Community Service Expo; Golf Day; markets; Padstow on Parade etc
- Flyers with Books for Babies at Bankstown Hospital; literacy kits to Alice Springs; ROK kits etc.
- Relationship with other entities involved with Panania School garden fence and Bunnings.
- Thanks to Frank for his trust and support and best wishes to Charlie.
- Happy to be passing on the role to Gisella who will do a great job!

Community Service Report: Lorraine

- 6 workers at last BBQ with a profit of \$2000. It was a busy year-lots of BBQs at Bunnings, markets, Australia Day, Bridge opening, POP. Thanks to everyone for pitching in and helping.

Secretary's Report:

- Jan is having an operation but Frank thanked her for her helpful and professional work.

The Rotary Foundation/ International Report: Frank P

- Club's average TRF contribution is \$131 which is excellent.
- Trivia Night was a success; thanks to helpers, including Brenton; \$1000 profit was sent to TRF and \$580 to Blind Foundation in the Philippines.
- Enjoyed his year as director.

Membership/ Vocational Service Report: Lauren

- Lost 4 members to other clubs; gained 2 with Mark and Jared.
- RYVA: 18 schools; 51 students; 9 vocations. Thanks to EHGTHS staff.