

# Rotary Club of SOUTH BUNBURY (INC)

PO BOX 324 BUNBURY WA 6231

[www.rotarysouthbunbury.org](http://www.rotarysouthbunbury.org)



## Dinner Bookings & Makeup's

### **South Bunbury:**

Rose Hotel  
Wednesday  
6.15 for 6.45pm start,  
0413 743 601 before 10 am

### **Bunbury:**

Parade Hotel  
Monday  
6.00 for 6.30pm start  
97212933

### **Bunbury Leschenault:**

Parade Hotel  
Wednesday  
12.00 for 12.30pm start  
97212933

## **APOLOGIES: TO**

[www.rotarysouthbunbury.org](http://www.rotarysouthbunbury.org)

Or Sgt-at-arms Cedric, by  
10am by phone or SMS on  
0419 940 381 / 9795 7498  
(apologies to Rose Hotel  
have been discontinued)

## Send Contributions & Information for the

### Bully to:

[jim@jimstephen.com.au](mailto:jim@jimstephen.com.au)

## THE GRAIN FED BULLY Rare Issue

Print Post Publication No: 631937/0004



**NEXT MEETING: Wed, February 29<sup>th</sup> 2012**

**Melody Birrell**

"Alcohol and Drug issues in work place"

Duties:	February 29 <sup>th</sup>	March umteenth
Host & Grace	Boyd Brown	Don Spriggins
Properties	Peter Hill	Neil Sinclair
Properties	Dawn Naylor	Kim Rudd
Reception	Clive Pearson	Jim Stephen
Reception	Naru Pal	Roger Veen
Introduction	Wally Jones	Jim Wilkinson
Thanks	Rob Prestage	Trevor Wilson
Ticket Sales	Eli ??????	James Hayward
Fines	?????	Ian Robertson
Raffle Spinner	Murray	Murray

## LIFE'S LITTLE CELEBRATIONS

BIRTHDAYS	WEDDDING ANNIVERSARIES	INDUCTION ANNIVERSARIES
	Boyd & Jenny Brown 2 <sup>nd</sup>	Murray Harris 1 <sup>st</sup>
	Roger & Margot Veen 1 <sup>st</sup>	Bruce Lynch 1st

4 Way Test Speech Contest for the area was held on Monday 13<sup>th</sup> at the Bunbury Club. Our representative, Ben McConnell, spoke very well and came in second.

24<sup>th</sup> Feb Sundowner - at Turk's this Friday night.

4<sup>th</sup> March David Flannigan of Atlas Iron speaks at the Lord Forrest for the Bunbury Leschenault Club \$40.

26<sup>th</sup> March Russian Group Study Exchange in bound presentation hosted by Bunbury Club.

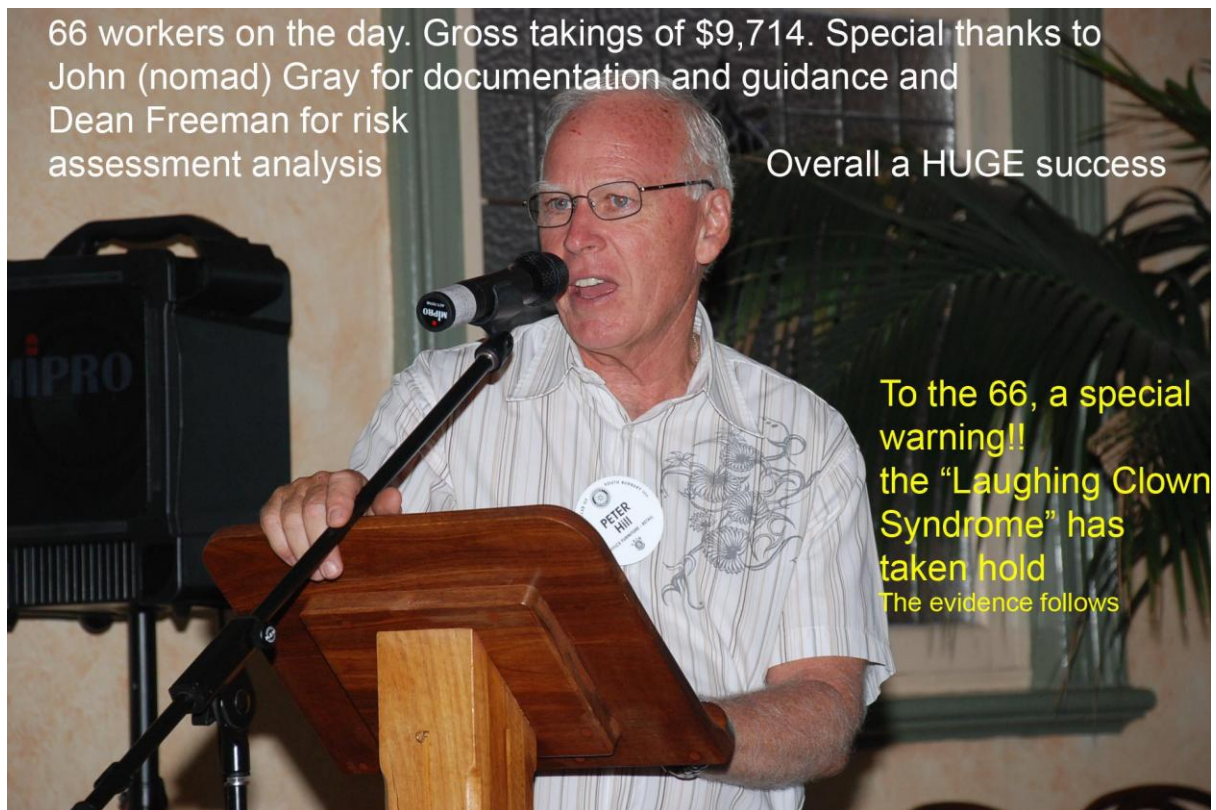
Kalgoorlie Conference is imminent. Speak to Glenys.

The spectre of Len Andel hovered over the meeting



66 workers on the day. Gross takings of \$9,714. Special thanks to John (nomad) Gray for documentation and guidance and Dean Freeman for risk assessment analysis

Overall a HUGE success



To the 66, a special warning!! the "Laughing Clown Syndrome" has taken hold  
The evidence follows







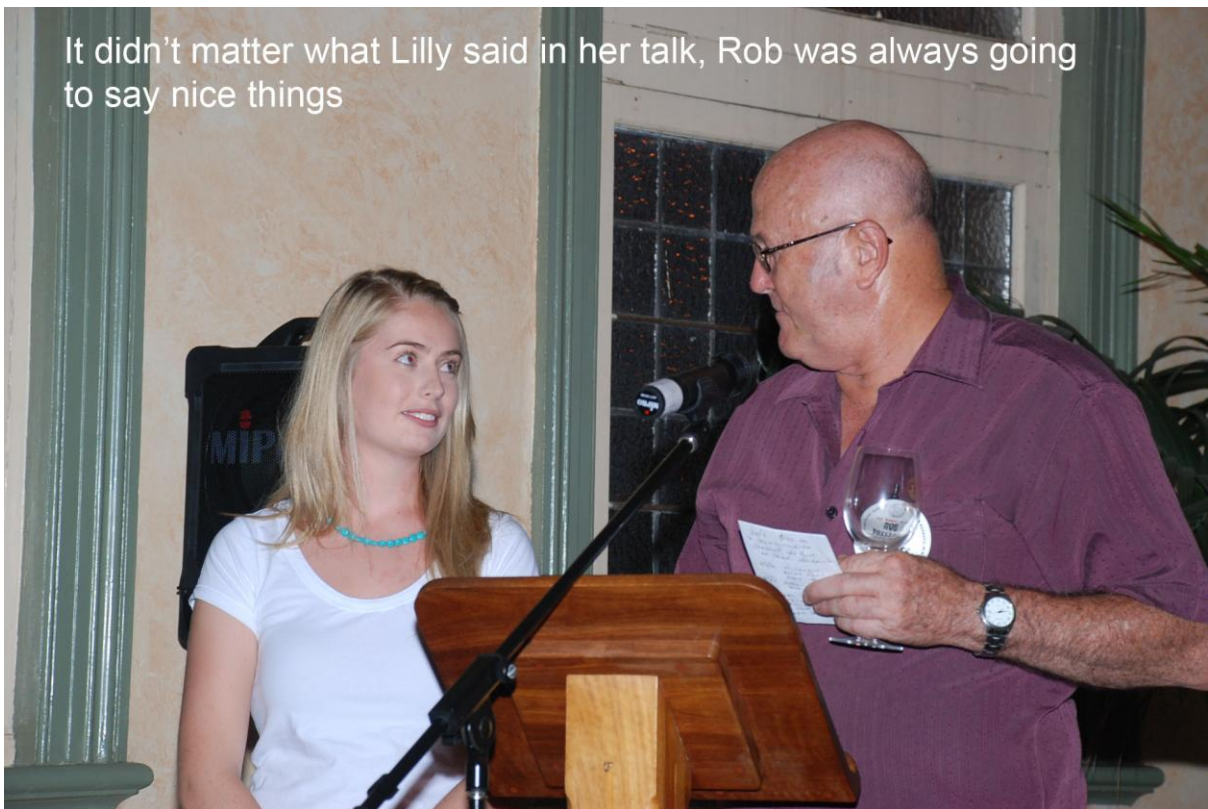


Lilly Kensell (what happens at RYLA stays at RYLA) gave a very engaging presentation of her experiences at RYLA.



RYLA is held every February. Do you have a friend or relative who would benefit from participation?  
Ed.

It didn't matter what Lilly said in her talk, Rob was always going to say nice things







# "I gave shiftwork the flick and shifted my gut"

## THE GAIN

Andrew was in shift-worker's shape. For seven years he worked as a security guard, spending 12 hours a night on his backside, driving around industrial estates. Over the course of his shift he'd down about two litres of Coke, then go home at 5am and eat a large plate of pasta. His appetite was fuelled by discontent.

"You eat because you're depressed, then you get more depressed and eat more," he says.

Andrew's lifestyle wasn't helping his chances with the ladies, either. "My weight was directly contributing to my long-term bachelorhood, which I wanted to change."



NAME: Ben Andrew  
HOME: Bunbury, WA  
JOB: Funeral Director  
AGE: 27  
HEIGHT: 175cm  
WEIGHT BEFORE: 156KG  
WEIGHT AFTER: 83KG

But it wasn't all smooth sailing. A bout of "woman troubles" saw him lose his way and he stacked 8kg back on in three months. It could have been the body blow that sidelined yet another weight-loss attempt, but this time Andrew managed to arrest the slide. "I just woke up one day and told myself to get over it," he says. "Once I got the ball rolling, I was on my way again."

## THE CHANGE

In 2009, one of Andrew's close friends died of swine flu. "It hit me pretty hard," he says. "I wanted to change, and for the first time in ages I had the desire and the need to do it."

He decided to sign up for a Rotary Club weight-loss initiative. He visited a doctor before starting and watched in astonishment as the electronic scales reached 135kg, before "zeroing out". (His weight was later measured at 156kg.)

Andrew's first step was to overhaul his diet. He cut out alcohol, soft drinks, deep-fried snacks and "white food", such as bread and pasta, which he replaced with wholemeal varieties. He let himself have one free day a fortnight, where he could eat whatever he wanted. "You've got to have those days or you'll go batty," he says.

Next, he started walking for 40 minutes every morning after he finished his shift. He also started cycling about eight kilometres a day and did three cardio sessions a week, before slowly adding weights to the mix.

## THE RESULT

Two-and-a-half years later, Andrew has lost 73kg. From a waist circumference of 132 centimetres, he now struts around in size 34 jeans. He's also a lot happier and more confident socially, recently joining a Latin dance class in hopes of finding a partner. Plus, he has a bit more steel in his step. "I've got a stronger will to say no to the bad things in life." Completing his metamorphosis, he packed in the shiftwork and is now an undertaker. "It was the thing that was holding me back."

## THE ADVICE

Get to know how your body works. "Learn about the kilojoules in foods and understand that if your body can't burn what goes in, it stores it."

Hit the weights. "It keeps your metabolism fired up for longer."

Start today. "As I say when asked how I did it, 'Start by putting down your fork.'"



Last the lord? Tell us how by logging onto yahoo7.com.au/menshealth and clicking on "Gutless Wonders". Next month's winner will receive a pair of Asics GT 2150 running shoes valued at \$210.

Reading this makes me **very proud** to call this gutsy gutless wonder my friend

3 Extra special notes follow - the last is the MOST important

Hi Rod & Glenys

You may be aware of this event (I hope), but Bunbury Leschenault will be holding a lunch meeting on April 4 with keynote speaker, David Flannagan, Managing Director of Atlas Iron.

David is a Bunbury boy, who has been very successful in business and in philanthropy.

This lunch is aimed to run along the lines of those held in previous years, eg John Poynton last year, whereby a high value speaker is a magnet to attract Rotarians and guests, and we have a platform to promote Rotary in the community, and hopefully attract new members.

Details: April 4

Time: 12pm for a 12.30pm start

Venue: Lord Forrest

Price: \$40 per head

We welcome participation from all Bunbury Rotarians.

Thanks and best wishes,

Matt Granger  
Bunbury-Leschenault Rotary  
0407 448 648

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Invitation to:

South Bunbury Rotary Club  
Bunbury-Leschenault Rotary Club

**Russian Rotary Group Study Exchange Team Presentation Monday 26 March 2012**

Rotary Club members, partners and other interested persons are invited to attend the Russian Group Study Exchange Presentation on Monday 26 March 2012.

The presentation will take place at the Rotary Club of Bunbury's meeting at the Parade Hotel – 6.00 pm for 6.30 pm

To take up this exciting invitation please contact:

JEFF REPACHOLI AT  
gamesworldbunbury@westnet.com.au  
or 9721 8487

Mobile. 0439 953 688

PLEASE ADVISE ALL

APOLOGIES AND

ALL GUESTS (including  
partners)

BEFORE NOON MONDAY 26 MARCH

## Ella Presidenta's BBQ

Hi guys, I have set the date for the President's BBQ for Wednesday 21 March at Murray Harris home. I will be working with him re the food.

Cedric you will need to cancel Rose that night. Naru we will not need a guest speaker that night.

Jim can you put an invite in the Bully for partners as well. Jim did you get all the upcoming dates I mentioned on Wed night for the bully info?

Sandro it would be great if we could do the bus thing so members did not have to drive, can we chat about what is required or can you book, 1 perhaps 2 buses when we know numbers.

Regards Glenys