



Wollundry Rotary Weekly eBulletin



RI Pres: Ron Burton
DG: Geoff Tancred
Club Pres: Phil McIntosh

Wed Sep 18, 2013

[Home](#)

Meeting 24th September

Guest Speaker: **Phil Jackson**,
Ex-Rugby International

Fellowship: Darren Wallace
Reception: David Benn
Furniture: David Byfield
Bulletin Editor: Paul Murray
Sergeant: Laurie Blowes
Saturday Farmers Markets:

Sunday Markets: 22/09/2013
OIC: Dick Smith. Team: Pat Ingram, Nick Leywood, Chris Nash, Rick Priest, Bruce Spinks.

Club Events

[Wollundry Board Meeting](#)
Sep 19, 2013

[Hat Day](#)
Oct 08, 2013

[Sydney Sailing weekend](#)
Oct 11, 2013 - Oct 13, 2013

[Poets Day](#)
Nov 19, 2013

Speakers

Sep 24, 2013
[PP Doug Conkey Chair](#)

Sep 24, 2013
[Mr Phil Jackson](#)
Phil is an ex Rugby International player (an English player)

Oct 01, 2013
[PP Andy Chair](#)

Oct 08, 2013
["Hat Day" Mental Health Research](#)

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Weekly Bulletins

[2013-14 Bulletins](#)

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[2012-13 Bulletins](#)

Tuesday's Wollundry Meeting

Guest Speaker

Posted by Paul J Murray on Sep 17, 2013



Dennis Shean introduced Gillian O'Brien who is from Monash University in Albury and is working on an Aspirin Project. Called ASPREE, which stands for Aspirin in Reducing Events in the Elderly. It is being funded by the Australian and American Federal Governments.

It is a large study involving nineteen thousand people.

It is a double blind study controlled trial of 100 mgs of Aspirin and a placebo over a period of 5 years. It is restricted to people over the age of 70. As the life expectancy has increased so much, it is in everyone's interest to help maintain the health of the elderly.

This will be the first study to verify whether it is beneficial for older people to take low-dose daily aspirin.

For people who have had heart attack or a stroke, it is a given that they should take daily aspirin. But, should it be used as a broad spectrum preventative? ASPREE hopefully, will help answer this question. Gillian proceeded to give a history of Aspirin. It is available in over 80 countries and is regarded as the most successful non-prescription medication of all time. Aspirin acts as a blood thinner. Aspirin also acts an anti-inflammatory which may help with dementia. It also may help with some cancers.

Photo Album

Sept 3, 2013 Meeting
Dream Cricket July 31
July 28 Sunday Markets
Wollundry Change Over 2013
June 11 Meeting and Benn's Bonfire
June 4 Meeting
Talbingo weekend
May 28 Meeting
Leeton Dist Conference
Shed Opening
Food & Wine Festival
March 19 Meeting
March 12 Meeting
Dec 11 Meeting (Ambassador Bleich)
Nov 27 Meeting
Dream Cricket
Nov 13 Meeting
Nov 11 Sunday Markets
Nov 6 Meeting
Cawkers Well Cricket Weekend
Gettysburg Presentation
Aug 28 meeting
Aug 21 meeting
2012 Club Changeover
June 5 Meeting

Download

Farmers Market Application Form
Local Rotary Clubs Meeting times
Wollundry 2012 Committees
Youth Program Contacts
Rotary Friendship Exchange September 2013 Newsletter
Tracy Monica flyer
RYPEN 2012 Program
Peace in Action book Orderform
Report of 2012 GSE to Kansas
RYLA 2014
ARH May Newsletter
Nepal Friendship Project Newsletter #3 (June 2013)
RYPEN 2012 Nomination forms
Paul Murrays Presidents Forum slides

Studies have been done on the effects of Aspirin with middle aged people, but this is the first study dealing with the elderly and the benefit of taking low-dosage aspirin. There are sub-studies dealing with sleep apnoea and macular degeneration.

The dose used as a blood thinner is lower than what is used for pain relief.

For any more information please contact 1800 728 745 or visit www.aspree.org

The cost of the study is 50 Million U.S. dollars.

John Smith gave the Vote of Thanks. John said that since Gillian deals with the elderly, everyone in Wollundry qualifies except for Nelson and himself.

Wollundry Rotary celebrates more than 300 years of service to the Wagga Community

Posted by Michael Knight on Sep 17, 2013



Standing L/R: John Egan, Peter Crozier, John Gray, David Benn, Michael Knight, John Ireland, Rick Priest, Pat Ingram
Seated L/R: Ken Cook, Graham Burmeister, David Byfield.

Wollundry Rotarians who had been in Rotary for more than 25 years gathered for a great meal and reminiscing at the Riverine Club last Thursday night.

Since it was chartered 33 years ago, Wollundry Rotary has contributed nearly \$3million to local charitable causes and to many worthwhile overseas projects. The purpose of the night was to celebrate these achievements among old friends.

There were two foundation members of the club present, Graham Burmeister and Ken Cook. Both have been members for 33yrs. David Byfield closely follows as a member for 32 yrs. Graham feels that the best part of Rotary is the fun and great companionship being a member generates. Ken added the wonderful feeling of self worth that members get from giving back, and David spoke of his pride in the achievements of the club. All those present echoed these ideas.

"Rotary has made a huge difference to my life, and allowed me to meet a very broad cross section of people." said John Egan, a member for 28

[Photo of PDGs at Orange](#)

[RYPEN 2012 Medical Consent Form](#)

[Vocational Excellence Awards Guidelines 2013-14](#)

[2011-12 District Awards](#)

Club Links

[Rotary District 9700](#)

[Rotary International](#)

Directors

President

[Phil McIntosh](#)

Secretary

[Paul Milde](#)

Treasurer

[Peter Mackinnon](#)

President Elect

[John Ferguson](#)

Club Service

[Timothy Macgillycuddy](#)

Public Relations

[John Ferguson](#)

Membership

[Gerry Gerlach](#)

Rotary Foundation

[Wal Paton](#)

Youth Services

[Darren Wallace](#)

Administration

[David Foster](#)

Immed PP

[Andrew Irvine](#)

Executive Secretary

[Paul J Murray](#)

Club Events

[Wollundry Board Meeting](#)
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[Poets Day](#)
Nov 19, 2013

Bulletin Editor

Editor [Paul Murray](#)

If you have any comments or questions, please contact the editor.

years. Rotary is a world wide organisation made up of like minded persons who get together to do good in the World.

Presidents Report

Posted by Paul J Murray on Sep 17, 2013

President Phil called the meeting together and welcomed our guest speaker, Gillian O'Brien.



He then called upon our exchange Nelson to update the members. Nelson reported that he had a very nice time at Falls Creek with Peter Clucas and he feels that he is becoming a good skier. During school holidays he will be going to Sydney, Brisbane and Broken Hill. Phil told him to have a good time, travel safely and behave himself.

Phil thanked Andy for stepping in last week and as of next week, Phil will be gone for the next two weeks and Andy again will take the chair.

President Phil explained about Fusion 13. They will be renting our tents from us for the Festival on October 19th. They will be compensating the club for the rental of the tents to the amount of \$2,000.

Submerged Shiraz

Posted by Paul J Murray on Sep 17, 2013

John Flynn came to the Rostrum and told the members about a bottle of wine called Ten Men from Yara Glen Winery where his daughter Amanda works.

It is a unique bottle of Shiraz in that it was stored and aged for 14 months under water. Apparently, this technique was discovered after the recovery of champagne that had been under water in a shipwreck for one hundred years. The champagne was in perfect condition and the process is now being used to store and age wine.



Yes We Are On Facebook

Posted by Paul J Murray on Sep 17, 2013

Just to remind all members, yes we are on Facebook and Twitter and have been for quite some time. Actually we have a Facebook site for

both the Sunday Markets and the Farmers Markets. We also have a Twitter site for the Sunday Markets.

The pages are shown below and they are hyperlinks, so just click on them and it will take you to the sites.



Sunday Markets Facebook Page



Sunday Markets Twitter Page



Farmers Markets Facebook Page

Secretary's Report

Posted by Paul Milde on Sep 18, 2013

ROSTERS for meeting 24th September:

Paul Milde, in his role as Secretary, announced upcoming commitments and Rosters.



Fellowship: **Darren Wallace**
 Reception: **David Benn**
 Furniture: **David Byfield**

Bulletin Editor: **Paul Murray**
 Sergeant: **Laurie Blowes**

Guest Speaker: **Phil Jackson, Ex-Rugby International.**

Birthdays: **Nil.**

Partners Birthdays: **Carolyn Murray - 23/09.**

Wedding Anniversary: **Helen & Frank Fuller - 21/09.**

Club Anniversary: **Geoff Hamilton - 20/09/2005 - 8 Years.**

Saturday Farmers Market:

Sunday Markets: **22/09/2013 OIC: Dick Smith. Team: Pat Ingram, Nick Leywood, Chris Nash, Rick Priest, Bruce Spinks.**

Special Dates: Board Meeting 19th September 2013. Annual Subs for Rotary 2013/14 are now due. "Hat Day" is 8th October 2013. "Poets Day" is 19th November 2013.

Meeting Roster Duties:

Fellowship: Greet & hand badges to members. Introduce Guest Speaker,

Reception: Assist the Treasurer,

Furniture: Put out & return furniture. Thank Guest Speaker.

Rotary Information

Posted by Paul J Murray on Sep 17, 2013

Peter Crozier presented this session on the second object of Rotary.



Rotary Clubs, like some people, can slip into middle age before their time. As with people, it's a matter of attitude. But this should not and need not happen. As Sir Winston Churchill put it, "*For me, middle age has always been and always will be ten years away.*"

A Club's best insurance against growing old is to admit a steady stream of younger members. When someone suggests that a Club needs to grow in membership, a common frequently heard in response is, "*our Club's about the right size now. Why make it bigger?*"

But the quality of a Club's membership is not sacrificed by membership growth. Often the reverse is true, especially when new young members with fresh ideas, enthusiasm and energy give their time to the Club. It is you, the members, who should give people the opportunity to join such a worthwhile organisation. After all, someone in Rotary gave you that opportunity.

Meeting Photos





Visitors

Posted by Paul J Murray on Sep 17, 2013

Guests: Nelson Alverado

Visitors: Jamie Sayer



- Make ups**
- Hugh Campbell FM 4/9/13
 - Peter MacKinnon FM 14/9/13
 - Dennis Sheann FM 14/9/13
 - Oat Parnell FM 14/9/13
 - Pat Ingram FM 14/9/13
 - Chris Nash FM 14/9/13

Paul Milde	FM 14/9/13
Alan Eldridge	FM 14/9/13
Craig Bromley	FM 14/9/13
Doug Conkey	FM 14/9/13
Kerry Pascoe	SM 15/9/13
Kevin Roben	SM 15/9/13

Apologies

Richard Braid, Ken Cook, Geoff Breust, Michael Eldridge, Alan Eldridge, Hugh Campbell, Craig Bromley, Doug Conkey, Colin Duff, Chris Metcalf, Kevin Moffat, Malcolm Robertson, Frank Fuller, Gerry Gerlach, David Hodge, John Ireland, Greg O'Hare, Evan Robertson, Ken Taylor, George Thomas

Sunday Markets

Posted by Paul J Murray on Sep 17, 2013

OIC: **James Hamilton**

Team: **Steve McCoy, Malcolm Robinson, Kerry Pascoe, Mark Sayer, Kevin Roben**

Comments:

Cool sunny calm Sunday Morning
 No problems, need more vendors
 Eggman sold out by 9:30 am
 Early birds were Steve Malcolm and Kerry
 Kerry and Marks partner did the coffee run
 Promoted the spring fair
 Need a Facebook page (see article this newsletter)
 Couple of banners need refurbishing

The Financials :

Gate \$665.10
 Advance \$108.00
 Stalls \$360.00
 Trestles \$ 42.00
 Power \$ 10.00
Total \$1185.10



Club Rosters

Posted by Paul Milde on Sep 18, 2013

Fellowship , Reception , Furniture

24 Sept Darren Wallace, David Benn, David Byfield

01 Oct Geof Breust, Craig Bromley, Laurie Blowes

08 Oct Hugh Campbell, Peter Clucas, Doug Conkey

Bulletin Editors Roster

Sept 24	Paul Murray
Oct 1, 8, 15	Doug Sutton
Oct 22, 29, Nov 5	John Egan

Sergeant's Roster

Sept 24,	Laurie Blowes
Oct 01,	Tim Barter
Oct 08,	Richard Braid



Markets Roster

Posted by David Byfield on Sep 05, 2013

SATURDAY & SUNDAY MARKET ROSTERS

Saturday Markets setup for everyone at 6.30am
Sunday Markets OIC arrives at 6.30am. Team members 7.00am
(Please arrange a swap if you are not able to carry out your duties)

SUNDAY 8th September 2013 **OIC Andrew Irvine**, Michael Georgiou, Geoff Hamilton, Tim MacGillycuddy, Kerry Pascoe, Robert Pearson.

*SATURDAY 14th September 2013 **OIC Mark Fleming**, Paul Gianniotis, Craig Bromley, Hugh Campbell, Doug Conkey, Alan Eldridge, Colin Mercer, Kevin Moffatt, Pat Parnell, Dennis Shean, Bob Willis.*

SUNDAY 15th September 2013 **OIC James Hamilton**, Steven McCoy, Greg O'Hare, Malcolm Robertson, Mark Sayer, John Smith.

SUNDAY 22nd September 2013 **OIC Dick Smith**, Pat Ingram, Nick Leywood, Chris Nash, Rick Priest, Bruce Spinks.

SUNDAY 29th September 2013 **OIC Doug Sutton**, Tim Barter, David Benn, Geoff Breust, Graham Burmeister, Ken Taylor.

SUNDAY 6th October 2013 **OIC Gerry Gerlach**, John Hawkins, Mark Hillis, John Ireland, Michael Knight, Paul Milde.

*SATURDAY 12th October 2013 **OIC Doug Conkey**, Graham Barrow, Peter Crozier, Colin Duff, Michael Eldridge, Jim Gibson, John Gray, David Hodge, Wayne Jenkins, Neil Pinto, Brian Roberts.*

SUNDAY 13th October 2013 **OIC Rob Pearson**, Greg Conkey, John Mason, Michael Merrylees, Chris Metcalfe, Kerry Pascoe.

SUNDAY 20th October 2013 **OIC Wal Paton**, Richard Braid, Peter Clucas, Ken Cook, Darren Wallace, Kevin Watts.

SUNDAY 27th October 2013 **OIC Kevin Roben**, Laurie Blowes, John Flynn, Rob Fuller, Paul Murray, Evan Robertson.

SUNDAY 3rd November 2013 **OIC Tim MacGillycuddy**, David Byfield, Michael Georgiou, Geoff Hamilton, David Pyke, James Ross.

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