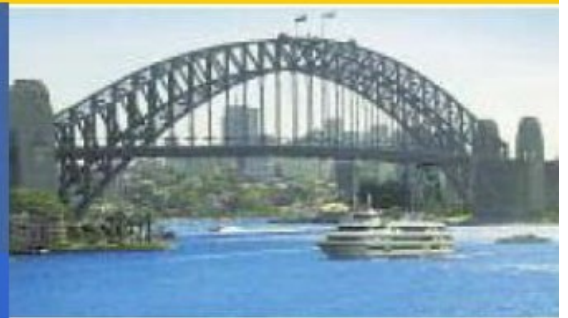


Official Journal of the Rotary Club of North Sydney

PO Box 674 Nth Sydney NSW 2059



Chartered 16th August 1928. Club No 18035, District 9685.



Meeting Thursdays 12.30 for 12.50pm at North Leagues Club, Abbot St Cammeray. ISSUE NO 3910 Thursday 20th April 2017

From our President....Jeremy Brennan



NATIONAL YOUTH SCIENCE FORUM 2017 EXPERIENCE

This Thursday we will hear from Alana Huang and Harriet Easterbrook who were nominated by The North Sydney Rotary Club to attend the National Youth Science Forum at the Australian National University in Canberra, 16 – 28 January, 2017.

See you on Thursday.

President Jeremy

Right

Visitor and banner swap:

President-elect Carl Heath
from Rotary Club of Chats-
wood International .



Last Weeks Speaker

Dr Adrienne Leahy spoke to us on the subject of posture and the relationship between good health and good posture. Poor posture, indicated by round shoulders, a sloppy stomach and a bent neck results in a lack of energy, poor balance, sleep loss and even memory problems. This helps to bring on arthritis, sciatica and other causes of back and leg pains.

In this modern age of computers, posture faults are exacerbated by sitting for long periods putting the wrong strains on the body. A common fault is Techs Neck; where the computer operator slumps over his machine. The correct way is to have your knees below your hips, your elbows at ninety degrees and your eyes level with the top of the screen. Standing up every twenty minutes or so and just moving round the room for a few minutes will help the situation.

Adrienne explained that a chiropractor is trained to remedy underlying and long-standing problems in the body; as opposed to a physiotherapist who solves local issues in the muscles rather than the bones. The lecture brought on a bevy of questions which provided us with many useful answers – balance is very important, a firm pillow is useful and don't spend too much time lounging in front of the television. It is easy to see the modern youth needing lots of chiropractic assistance in the future.

Adrienne's local practice in Crows Nest should see a burst of new, or should I say old customers staggering through her door shortly.

Right Guest Speaker
Dr Adrienne Leahy



Introducing our speaker for Thursday, 20th April, 2017

NATIONAL YOUTH SCIENCE FORUM 2017 EXPERIENCE

We will hear from Alana Huang and Harriet Easterbrook who were nominated by The North Sydney Rotary Club to attend the National Youth Science Forum at the Australian National University in Canberra, 16 – 28 January, 2017.

Both applicants successfully passed a selection process last year to attend the NYSF.

The National Youth Science Forum is a 12 day residential programme for students entering year 12 who are passionate about Science, Technology, Engineering and Maths.

The NYSF programme aims to show participants the wide variety and career options in their interested subject.

Alana Huang attends North Sydney Girls High School and lives in St Leonards. Harriet Easterbrook lives at Balgowlah attends Fort Street High School at Petersham.

We are looking forward to hearing from Alana and Harriet as to their experiences and what it has meant to them for their future careers.

Calendar

20th April Alana Huang & Harriet Easterbrook

27th April TBA

4th May Club Activities Update

28 May Salvation Army Red Shield Appeal; 2017

For Past Events Click <http://www.northsydneyrotary.org>

Office Bearers 2016-2017

President	Jeremy Brennan	International Service	Samantha Lee
Secretary	Tammy Chu	Director Youth	Silvio Gmur
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Administration	Ross Waugh	Bulletin Editor	Malcolm Sharpe
Membership	Jenny Thomas	District Conference Chair	Denis Booth
PR Director	Jenny Thomas	Rotary Foundation	John Taylor
Director Community	Jenny Thomas		

Front Desk & Room Set Up Attendance Required from 12:00pm

April 20 Ken Pratt and Tammy Chu

April 27 Philip Brook and John Taylor

The Navy Wine Taster

At a wine merchant's warehouse the regular taster died, and the director started looking for a new one to hire.

A retired Chief Petty Officer, drunk and with a ragged dirty look, came to apply for the position.

The director wondered how to send him away.

They gave him a glass of wine to taste.

The old Chief tried it and said, "It's a Muscat three years old, grown on a north slope, matured in steel containers. Low grade but acceptable."

"That's correct," said the boss. "Another glass, please."

"It's a cabernet, eight years old, south-western slope, oak barrels, matured at eight degrees. Requires three more years for finest results."

"Absolutely correct. Now a third glass."

"It's a pinot blanc champagne, high grade and exclusive," calmly said the drunk.

The director was astonished and winked at his secretary to suggest something

She left the room and came back in with a glass of urine.

The old Navy Chief tried it.

"It's a blonde, 26 years old, three months pregnant, and if I don't get the job, I'll name the father."



"His obedience schooling paid off!"

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Birthdays

14th April Tony d'Arbon
21st April Geoff Pritchard
28th April Philip Brook

Anniversaries

6th April Denis & Jan Booth
6th April Jiji Lee & Darjee Khangsar
27th April Wilfred and Lilly Chee

Rotary Attendance 13th April 2017

Visitors & Guests:

Carl Heath - Chatswood International PE

Apologies

Denis Booth
Jeremy Brennan
David Field
Robert Lau
Lily Lee
Geoff Pritchard

Leave of Absence:

George Bauer