



SPOKES



Rotary Pennant Hills



Rotary
District 9685



CLUB CONTACT INFORMATION

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TO NOTIFY MEETING APOLOGIES & GUESTS:

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on Monday

REPORTER

JOHN ELLIS.

CHAIRPERSON

IDA SHI



Our guest speaker 21st September is PDG 2006-07 Pam Pritchard OAM Rotary Club of Turrumurra.

Turrumurra Club's current project to address problems for disadvantaged students, many of them Aboriginal, in the Moree area.

To support indigenous literacy.

North Ryde Club,s Christmas pudding sales supported by Turrumurra, Chatswood/Roseville, North Ryde, Wahroongah and West Pennant Hills Rotary Clubs raised over \$3,000.

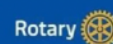


SISTER CLUBS:

Rotary Club of Newcastle Enterprise
District 9670
Rotary Club of Delhi Ridge
District 3011

“ Through Rotary, I have discovered what is possible when a group of like-minded individuals get together to make a difference.

Tory Paxson



MEETING REPORT 7TH SEPTEMBER

Here's the thing I'm noticing with these boutique sized meetings of ours without drinkies to loosen tongues ... not enough scuttlebutt! How is a bloke meant to enliven the minutes, let alone raise some dosh as the Sergeant, if there's no scuttlebutt?

President Pro Tem David Firth kicked off proceedings at 7:05 and welcomed our members present and our guest speaker of the evening – Geoff Brennan of the Rotary Club of Ryde.



Pat Parker (the member you have when you're not having a member), fresh from his receipt of the John Young Service Above Self award, has completed the bookings of sites for our Annual Trailer Raffle fundraising project. So the timetable is now set and includes a new location at the North Rocks Markets. A volunteer Sellers roster will be sent out in the near future – please volunteer as many sessions as you can.

President David is on the wag for the next 3 weeks – 2 weeks defrosting in Port Douglas, then a week in Tassie. It seems to me that the locations are being enjoyed the wrong way around.

Theo gave us a Timor update – more specifically around the Aged Care Training Program.

Pam Hudson passed along the news that Barry Seach (who gave us the Welcome To Country at our delayed Australia Day event in March) is presently in a care facility due to a brain cancer that he was diagnosed with in May. All members passed along our best wishes to him and to his family.



Which then brought us to our Guest Speaker for the evening. Pam, as Chairwoman, introduced long-time friend of our club Geoff Brennan to give us a presentation on Australian Rotary Health (ARH).



Quick factlet - did you know that Pennant Hills Rotary tops the list of donations to ARH from Rotary Clubs in our District? Apparently we have donated over \$350,000 to date.

Current ARH programs cover Mental Health research, Indigenous Health Scholarships and Rural Medical & Nursing Scholarships.

The inaugural project for ARH was the not un-noticed SIDS research project – this was initiated by the Rotary Club of Mornington. As a result of this work, SIDS (also known as Cot Death) has been reduced by 80%.

Other notable projects include Mental Health First Aid (the results of this are now used in 22 countries!), Motor Neurone Disease where a urine test has been developed to detect and monitor the disease and Lung Transport Program where patients are now achieving a 95% survival rate after 2 years.

All up, ARH has raised \$51million to date to fund medical research in Australia, with \$1.9m of that in FY21. As they call out on their presentation – Your Donations Make a Difference.

And with that, our meeting was brought to a close.

Next week we are up for a Fellowship evening, with Pres Phil Stanton in charge of the rabble.

Goodnight to all. ADRIAN BELL

MOON FESTIVAL OR THE MOONCAKE FESTIVAL

Ids introduced members to Mid-Autumn Festival the second-most important festival in China after the Chinese New Year. It's also known as the Moon Festival or the Mooncake Festival. Green tea and mooncakes were tasted. Daisy celebrated her birthday on the Wednesday so candles were in order and a rough singalong of happy birthday



High-Fat Dairy Intake Associated with Lower Chance of Depression

Consuming more dairy products that are high in fat may be associated with a lower chance of depression in mid to late adulthood, according to a new paper by an Australian Rotary Health PhD Scholar.

[Meghan Hockey](#) from the Food and Mood Centre at Deakin University received an Australian Rotary Health Ian Scott PhD Scholarship between 2019 and 2021 to investigate the association between dairy consumption and mood and cognition.

In a recent paper, [published in the European Journal of Nutrition](#), Ms Hockey and her team examined the associations between total dairy, high-fat dairy, and low-fat dairy intake and the prevalence of depressive symptoms in a sample of 1,600 adults from Finland.

Participants recorded their food intake over 4 days, which revealed that higher intake of high-fat dairy foods were associated with reduced odds for having elevated depressive symptoms.

Higher high-fat non-fermented dairy intake
lower chance of having elevated

was also associated with a
depressive symptoms.

“To our knowledge, this study is the first to examine the association between dairy products that differed in fat content and fermentation status with depressive symptoms, in a population with a known high level of dairy intake,” Ms Hockey said.

Contrary to previous evidence, the study found no significant inverse associations between low-fat dairy intake and the prevalence of elevated symptoms of depression.

“Although numerous dietary guidelines recommend the consumption of low-fat dairy products, these findings suggest that high-fat dairy products may confer benefits for depressive symptoms,” she said.

“Further, this research provides preliminary data suggesting that the fat content and fermentation status of dairy products may be important in influencing the association between dairy intake and depression.”

Date	Program	Speaker	Chair	Reporter
Sept 14	Fellowship Night	Meet pre-dinner front Health Centre 6.30pm dinner	Phil Stanton	
Sept 21	Literacy talk	PDG Pam Pritchard	Ida Shi	John Ellis
Sept 26	Board Meeting	on Zoom	at 7.30pm	
Sept 28	Fellowship Night	Meet pre-dinner front Health Centre 6.30pm dinner	Phil Stanton	
Oct 5	Science & Engineering Challenge	Gavin Ralston	David Firth	Jason Terry
Oct 12	Fellowship Night	Meet pre-dinner front Health Centre 6.30pm dinner	David Firth	

DIRECTORS MEETING ZOOM ADDRESS

MONDAY 26th September 2022

<https://us02web.zoom.us/j/83540935341?pwd=YWFkVzdNdkNJaGUwSWpxbXdEaUdldz09>

GUESTS

Corrine Hayes

BIRTHDAYS

1 Sept. Anoop Sud
7 Sept. Huang, Daisy
13 Sept Wendy Bell
18 Sept. Mamooda Ameen

INDUCTION ANNIVERSARIES

8 Sept 1989 Anoop Sud
13 Sept 1994 Pamela Hudson

ATTENDANCE

62%

APOLOGIES

**J Fraser,
Jason Terry**

LEAVE OF ABSENCE: A Ameen, A Sud