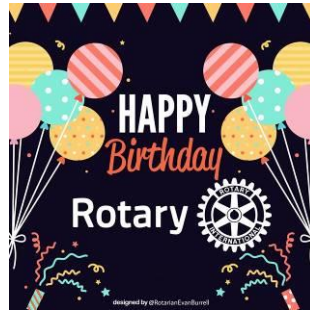




President Elect's Message



WE'RE HAVING A BIRTHDAY – IT'S ROTARY'S BIRTHDAY" 23rd FEBRUARY.



We had another very busy meeting last week. Once again we had the pleasure of Honorary Member Jenny, The Greenway Clan, Jan Steinbeck and Mary Ford, and Ian Pettit together with friends of our guest speaker. We also welcomed back after a very long absence Martin Schotte and Ross Pearse. Other friends who arrived in time to hear our guest speaker were Isabel Deeble, and two wonderful ladies, Yvonne Crestani and Noleen Ryden volunteers from "Scholarships in Radiotherapy" raising funds for the Central Coast Cancer Centre. I believe Yvonne will be a guest speaker at our Club later in the year.

John Greenway introduced our Guest Speaker, Professor Charles Mackay.



Charles pictured here with Paula and Steve Brookes

Charles is an eminent immunologist and spoke of an exciting new concept that nutrition and the gut microbiome have profound influences on our immune system. He explained that even though this was a great breakthrough every new development in itself provides even more questions to be answered. I think the thing most of us would have taken away from the evening was that the Mediterranean diet is the most beneficial for us to follow to promote good health and longevity.

Many of you, like me were surprised when Jill read out the thank you letter

ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Darkinjung and Guringai people who are the traditional custodians of this land and pay our respects to Elders both past and present.

THE FOUR-WAY TEST

Of the things we think, say or do ...
Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and BETTER FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

from Ronald MacDonald House thanking us for the donation of blankets.

After some investigation I discovered that our Di was responsible for this act of kindness. Two of Di's regulars at her Café, Cecily and Glynis who are both vision impaired, knitted 8 blankets and a number of jumpers and beanies then gave them to Di for her to pass on to a deserving charity. Di chose Ronald MacDonald House. Some of these items had been taken to Cambodia in the past.

Our appreciation also goes to the wonderful work both Sue O'Neill, Joan Redmond and Di do in Africa – the amazing smiles on the photographs Sue passed round were incredible.

Lastly, it's Rotary's birthday on 23rd February. We will be 113 years young. It has been suggested that we all wear our Rotary Shirts/Hats on the 23rd to mark the occasion, and of course to promote our own Club.

Last week most of you witnessed that Annette, Peter and Don were scrabbling round for extra seating. Please let Sue know if you will not be attending next week's meeting so she can cater for the correct number. Otherwise you will be expected to attend. Thank you.

Have a great week,

Jayne

Jayne Mote | President Elect
2017-18

MISSION

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

CALENDAR

Today – RYPEN participants

FEBRUARY 2018

Mon 26 Board Meeting
Tue 27 Jackie Pearson - Journalist

MARCH 2018

Tue 6 NO MEETING
Wed 7 CC Rotary Dinner-Breakers - PRI Pres John Germ
Tue 13 Joan Patrick - Local Historian
Mon 19 Board Meeting
Tue 20 Dinner Girl Guides Hall – DGE Susan Wakefield
Sat 24 Opera in the Arboretum
Tue 27 Vocational Service and Pride of Workmanship Awards evening

APRIL 2018

Tue 3 Jenny Wilder – GUST – Grow Urban Shade Trees
Sat 7 PETS (President Elect Training Session)
Tue 10 Jill Colwell – Western Access Program – Delivering Distant Education
Mon 16 Board Meeting
Tue 17 NO MEETING
Wed 18 Soup Night - Pearl Beach - Paul Harris Birthday
Tue 24 Legacy Representative (TBC)
Wed 25 ANZAC DAY
Sun 29 District Assembly

SERGEANTS

Tues	20th Feb	Sue O'Neill
Tues	27th Feb	Trevor Walker
Wed	7th Mar	no sergeant
Tues	13th Mar	TBA
Tues	20th Mar	Sue Tee
Tues	27th Mar	no sergeant

JOIN US

We meet on Tuesday 6.00 for 6.30pm at Everglades Country Club, Dunban Road, Woy Woy.

MEMBERSHIP

Enquiries to Peter Mote | M: 0400 001 205

ATTENDANCE

MEMBERS - Advise Sue Tee of non-attendance
VISITORS - If you would like to attend a meeting, please contact Sue Tee by 10am Monday

T: 0428 438 535 / 4369 7496
E: suedon6@bigpond.com

FACEBOOK

<https://web.facebook.com/Rotary-Club-of-Woy-Woy-378382585634923/>

WEBSITE

<http://www.woywoyrotary.org.au>



THIS 'N' THAT NEWS

Here is just the thing for all the cyclists in our club. How about we field a team? I am not a serious cyclist but would be happy to lead a group of beginners over the shortest distance. If you are interested, please give me (Vic) a call on 0412 367 048.

Proudly supported by East Gosford, Ettalong, Kincumber, Lisarow and Woyong Community Bank® branches

Bendigo Bank

29th April 2018
Mount Penang Parklands

Have fun, enjoy some exercise and fresh air whilst supporting Coast Shelter and other local charities.

Take the challenge and register online as an individual or team!

Cycling challenges for...

- Children
- Beginners (20k)
- Intermediate (50k)
- Elite riders (100k)

Rotary
Club of Erina
Club of Gosford North

SEA 101.3 107.7 2GO BIKEWORX Champion Chiropractic Centre priceline Pharmacy
eastcoast Doyle PRESTIGE Kwik-Fit e|c CENTRAL COAST CYCLES

www.centurychallenge.com.au

You are invited to the 2018 RAWCS Tribute Address to be given by Artist and Author Dr Leonard J T Smith on Monday the 19th March, 6:30 for 7pm at the Burwood RSL, 96 Shaftsbury Road, Burwood. \$40
For bookings contact Walter Bock
wboc@optusnet.com.au - 02 9630 7440

The Pinion is sponsored by Peninsular Office Supplies
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