



The Racing Wheel

The Rotary Club of Bathurst East Inc NSW Australia.
Bathurst East: The Friendly Club

Building Better Communities



Week Ending 14th April 2015

RI President: Gary C K Huang

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President: Peter Keith 0427 101 213

Secretary: Lee Rayner 0419 414 970

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Last week @ Rotary 8 April

Editor's Note: Sincere thanks to PP Maree Richards who stepped in for me and took the notes for the meeting – having a bout of the 'flu and not wanting to pass it onto you all, prevented me from attending the meeting.

Visitors

This week we welcomed Alison and Ian Barnett from Brighton, Victoria who are also former Bathurstians.

International Toast



The International Toast was again presented by PHF and Sergeant Bill Dickie. This week's toast was to the Rotary Club of Changi, Singapore, in Rotary district 3310, which has 62 Clubs with 1771 members in Brunei, part of Malaysia and Singapore.

The Rotary Club of Changi Singapore was formed in March 1988 and received charter on 30th June, 1988 with 53 charter members. The Club currently has 28 members who meet on Wednesdays at 7.30pm at Serangoon Gardens Country Club.

The Rotary Club of Changi Singapore has sponsored 3 Rotaract Clubs and 2 Interact Clubs. Over the years community service projects undertaken have included free immunization against hepatitis B, medical camps and providing a small bus for a children's home, in 1988 the Rotary club of Changi Singapore raised enough funds to provide food for 8,000 people after riots in Indonesia.

The Club also provides various scholarships for local schools and universities. As most of you would be aware, Changi has a special place in Australian Military history, it was where thousands of Australian POWS were imprisoned in early 1942, for the duration of WWII. Thanks Bill.

General Business

1. Changeover dinner – confirmed 1 July 2015, Venue – Rydges
2. President Peter has tickets for the Combined Service Clubs Dinner to be held 18th April 2015.
3. Australian Rugby Choir – 19 September 2015, to be held at BMC Tickets \$25 (proposed price)
4. Certificate of Appreciation for inclusion in the RYDA program from Carene School.

5. 2015 Scholarship Mitchell Conservatorium – Bathurst East Rotary winner Jacob George presentation to be made on 2 May 2015.
6. 2016 RYLA to be held in April in Orange at the University Campus. PP Bob Newton will be our representative on the District Committee.
7. Members were encouraged to complete the online Food Handlers Course which can be found via Bathurst Regional Councils web site.
8. Discussion was had to including the Interact members when we next take the van to the Farmers Markets.
9. General discussion re the Rotary Shed at the Visitors Information Centre
10. PP Greg Madden will be going to Temora for the District Training Day, anyone wishing to accompany him is welcome. Editor: *See the Calendar: the Training Day is being held in West Wyalong.*



Guest Speaker – Geoff Fry

Our guest speaker this week was PP Geoff Fry.

Geoff spoke passionately about the Federal Government's Intergenerational Report and Dr Karl Kruszelnicki thoughts and our aging population.

Geoff expressed concern in relation to the Governments solutions and discussion around increasing the age to receive the pension and also about the discussion about changes to the asset test (reduction as to when the part pension would cease).

Geoff believes that we are a welfare society – we look after people, adding if you had \$500K - \$600K earning 6% you may be comfortable in retirement.

Geoff also felt that the Government should reintroduce tax on superannuation income over say \$50K.

Thought of the Week

The thought this week, was presented by PP Stephanie Brown as follows:

“Don't cry because it's over, smile because it happened”.

Thank you Steph.

Next week @ Rotary 15 April

Registrar: **Robin Price**

Greeter/3 Minuter: **Bob Newton**

Guest Speaker: **Luis Hernandez**

Thought for the Week: **Doug Barnes**

And the week after that: 22nd April @ Rotary

Registrar: **Bob Newton**

Greeter/3 Minuter: **Bill Dickie**

Guest Speaker: **Matt Casey**

Thought for the Week: **Geoff Fry**

Van Roster – 10th May

Morning: Bill Dickie, Merran Olson, Chris Olson

Afternoon: John Martin, Robin Price, Merran Sweeney

Question. Did you attend another Rotary meeting or participate in a Rotary project or activity? Please advise **all Rotary make-ups** to **Alan Petersen**.

Fellows please find a replacement if you are unable to fulfil your rostered duty.

International President's message



GARY C.K. HUANG, President 2014-15

April 2015

Today, there are so many more ways to communicate than ever before. In the age of video conferences and instant messages, we can work together from almost anywhere, and always be in touch; we can share our Rotary work on Facebook, on Twitter, and on Rotary.org. But there will always be a tremendously important role for the magazine that you are holding in your hands – or reading on an electronic device – right now.

The Rotarian is one of the oldest continuously published magazines in the world, with an unbroken publication history dating back to its first issue, featuring Paul Harris as a contributor, in 1911. Back then, the magazine was printed in black and white, and was only a few pages. The type was small, the pictures were few, and the advertisements were for piano dealers, haberdashers, and a hotel fully equipped with hot and cold running water!

Now, you can read *The Rotarian* on your phone or tablet, and regional magazines are published in 24 languages. Seventeen Nobel Prize winners and 19 Pulitzer Prize winners have written for the magazine, including Mahatma Gandhi, Desmond Tutu, George Bernard Shaw, and Nicholas Murray Butler. Every month, *The Rotarian* brings us a snapshot of the best of the Rotary world: It engages, entertains, enlightens, and inspires.

In an age of constant communication, with so many ways to find new information, do we still need a Rotary magazine? Absolutely. Because the magazine is now, as it has always been, one of the best ways to spread the word about Rotary. It has allowed me to share the fun and excitement of Rotary Days, it showcases the good work of Rotarians around the world, and it puts a spotlight on important issues affecting us all. The *Rotarian* isn't just enjoyable for Rotarians – it's a great way to boost Rotary's public image, and show the world the work that Rotarians do.

So when you're done reading this issue, pass it along. Ask yourself who might be particularly interested in this month's articles. Give the issue to a friend, a co-worker, or a colleague. Share it with someone you've invited to a Rotary club meeting. Visit www.therotarianmagazine.com to share stories on social media, or send links through email. Use it to *Light Up Rotary* – just as Rotarians have been doing for more than 100 years.

Rotary



**Be a gift
to the world**

Birthdays and Anniversaries

Please join us with best wishes to:

- 03 April** **Bob Newton – Birthday**
- 11 April** **Chris Olson – Birthday**
- 20 April** **Robin Price – Birthday**
- 23 April** **Tony & Jennifer Pollard – Anniversary**
- 29 April** **Brian & Marlene Welch - Anniversary**



Other events and more!

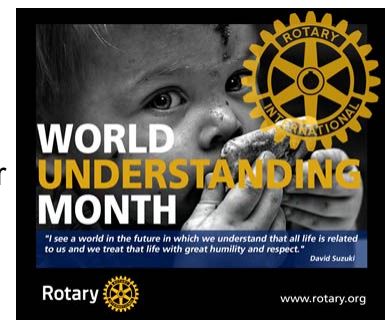
- Sun 12 Apr Rotary Club of Daybreak – B2B Cycling Event
- Fri 17 Apr Royal Bathurst Show commences
- Sat 18 Apr Dinner – Combined Service Clubs of Bathurst
- Sun 03 May Car Rally – Bathurst east Rotary Club
- Sun 03 May District Assembly, High School, West Wyalong
- Thu 07 May Bathurst Bi Centenary – Local Event Day
- Wed 01 July** ***Changeover Dinner – Rydges Mt Panorama***
- Sat 19 Sept Australian Rugby Choir visit



April is Rotary Magazine Month

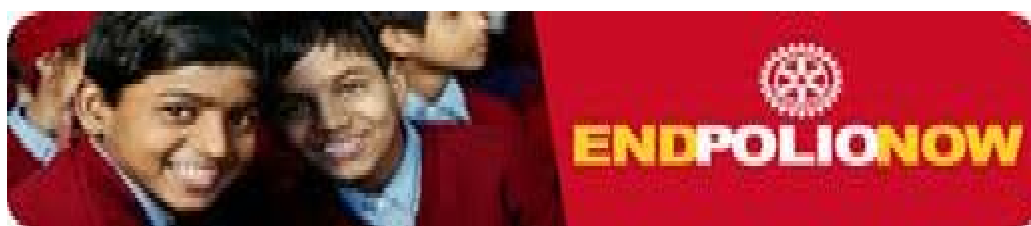
Rotary's focus this month is the Rotary Magazine.

Have you explored the rich world of Rotary Media information? April is magazine month and may be just the time to find and read some of the 27 regional magazines published for Rotarians all around the world including our Rotary Down Under, The Rotarian, Rotary World Press with stories and photographs of the people, the projects and Rotary activities from around the world.

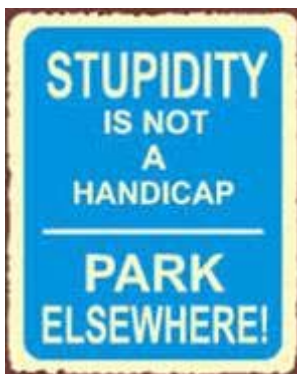


Click here to access our Rotary Down Under Magazine.

More than half of Rotarians worldwide receive a regional magazine instead of The Rotarian. These publications are produced independently by Rotarians, distributed in more than 130 countries and published in 24 languages. They have a combined circulation of 872,000..



Interesting signs department.....





Health Tips for Healthy Living department ...

HEART ATTACK FACTS

Heart disease and heart attacks are often perceived as being an older man's disease, however heart disease is the number one killer of Australian women. Over 4,800 women died of a heart attack in Australia in 2010 – women comprise 49% of all heart attack deaths in Australia.

Don't become a statistic

The good news is that you can do something to reduce your risk of having a heart attack.

Risk factors you can change:

- Smoking – both active smoking and being exposed to second-hand smoke
- High blood cholesterol
- High blood pressure
- Diabetes
- Being physically inactive
- Being overweight
- Depression, social isolation and lack of quality support.

Don't let a heart attack be the first symptom of heart disease.

Learn the Warning Signs

It is important to understand that warning signs can vary from person to person and they may not always be sudden or severe.

Although chest pain or discomfort is the most common symptom of a heart attack, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination. The one thing all heart attacks have in common is that the sooner you receive treatment, the less damage will be done.

Learn the Warning Signs which may include:

Jaw

Discomfort or pain in your jaw. You may feel an ache or tightness in and around the lower jaw on either one or both sides. This discomfort can spread from your chest to your jaw.

Neck

Discomfort or pain in your neck. People who have had a heart attack describe a general discomfort in their neck, or a choking or burning feeling in their throat. This discomfort may spread from your chest or shoulders to your shoulders.

Shoulder(s)

Discomfort or pain in and around one or both of your shoulders. People who have had a heart attack describe feeling a general ache, heaviness or pressure which spreads from their chest to their shoulder(s).

Chest

Discomfort or pain in the centre of your chest. You may feel heaviness, tightness, pressure or a crushing sensation in the centre of the chest. The discomfort may be mild and make you feel generally unwell.

Note: Chest pain that is a sharp and stabbing sensation is generally less associated with having a heart attack.

Back

Discomfort or pain in your back. People who have had a heart attack describe feeling a dull ache in between their shoulder blades. This discomfort can spread from your chest to your back.

Arm(s)

Discomfort, pain, heaviness or uselessness in one or both arms. People who have had a heart attack describe feelings of discomfort, numbness or tingling in their arm(s). This discomfort may spread from your chest to your arm(s).

You may also feel:

- **Nausea** - You may feel nauseous or generally unwell while experiencing other heart attack symptoms.
- **Dizziness** - You may feel dizzy or light-headed while experiencing other heart attack symptoms.
- **Cold Sweat** - You may break out in a cold sweat while experiencing other heart attack symptoms.
- **Shortness of breath** - You may feel short of breath or have difficulty breathing. People who have had a heart attack describe finding it difficult to breathe or take a deep breath due to a tight or constricted feeling in their chest.

If you experience the warning signs of heart attack for 10 minutes, if they are severe or get progressively worse, call Triple Zero (000) immediately and ask for an ambulance.

This information is for educational purposes only. It is not a substitute for individual health advice provided by your doctor or cardiologist. Article supplied by the Heart Foundation.



TIME TO LAUGH, CRY, OR BE DISGUSTED

Another contribution from our ever green PP, Terry Mahoney:

An engineer could not find a job, so he opens a clinic, and puts a sign outside that says get treatment for \$50, if not cured get back \$100.

A doctor thinks this is a good opportunity to show up the engineer and earn a quick \$100. And so he visits the clinic.

Doctor: I have lost my sense of taste.

Engineer: Nurse, bring the medicine from box no 22 and place 3 drops in the patient's mouth.

Patient (doctor): spits out the medicine and says "this is not medicine, it's gasoline".

Engineer: Congrats.. You have your taste back ..that will be \$50

Doctor gets annoyed, and returns after several days to recover his money.

Doctor: I have lost my memory and can't remember a thing.

Engineer: Nurse, bring medicine from box no 22 and put 3 drops in patient's mouth.

Doctor: "This medicine is for the sense of taste" protests the doctor.

Engineer: Congrats. Your memory is back.. ..that will be \$50

Doctor leaves, but after several days angrily returns for one last try.

Doctor: My eyesight has become weak.

Engineer: Well I don't have any medicine for that. Take this \$100

Doctor: But this is \$50 note

Engineer: Congratulations, your eyesight has gotten better. ..that will be \$50

Now a very interesting lesson, again from Terry:



This is a lesson in why the next time you hear about an eye witness you can't trust them or even your own eyes.

Everyone sees the girl sitting and the boy hugging her neck.

Then Look carefully again. It is actually the reverse!

It is our perception that influences our vision & thinking.

Yes, it is true...look at the guy's neck, he is actually the one sitting on the couch with the girl hugging over him.

Can you see both versions now? Fooled me too.

Thanks Terry.

Good Diagnosis

A brunette goes into a doctor's office and says that her body hurts wherever she touches it. "Impossible," says the doctor. "Show me." She takes her finger, presses on her elbow, and screams in agony. She pushes her knee and screams, pushes her ankle and screams, and so it goes on; everywhere she touches makes her scream with pain. The doctor says, "You're not really a brunette are you?" She says, "No, I dyed my hair. I'm naturally blonde." "I thought so," he says. "Your finger is broken."

Thanks Doc

A lady goes to the doctor and complains that her husband is losing interest in sex. The doctor gives her a pill, but warns her that it's still experimental. He tells her to slip it into his mashed potatoes at dinner, so that night, she does just that. About a week later, she's back at the doctor, where she says, "Doc, the pill worked great! I put it in the potatoes like you said! It wasn't five minutes later that he jumped up, raked all the food and dishes onto the floor, grabbed me, and well, you can imagine what we did right there on the table!" The doctor says, "I'm sorry, we didn't realize the pill was that strong! The foundation will be glad to pay for any damages." "Nah," she says, "that's okay. We're never going back to that restaurant anyway."

Good Accounting

Two accountants go to their credit union on their lunch break, when armed robbers burst in.

While several of the robbers take the money from the tellers, others line the customers, including the

accountants, up against a wall, and proceed to take their wallets, watches, and other valuables.

While this is going on accountant number one jams something in accountant number two's hand.

Without looking down, accountant number two whispers, "What is this?" to which accountant number one replies, "it's that \$50 I owe you."

Good Advice

A sickly patient went her doctor's office where she underwent a complete physical exam.

The doctor said, "I have some very grave news for you. You only have six months to live."

The patient asked, "Oh doctor, what should I do?"

The doctor replied, "Marry an accountant."

"Will that make me live longer?" asked the patient.

"No," said the doctor, "but it will SEEM longer."

Hotel Manager

A man and his wife check into a hotel. The husband wants to have a drink at the bar, but his wife is extremely tired so she decides to go on up to their room to rest.

She lies down on the bed... just then, and elevated train passes by very close to the window and shakes the room so hard she's thrown out of the bed.

Thinking this must be a freak occurrence, she lies down once more. Again a train shakes the room so violently, she's pitched to the floor.

Exasperated, she calls the front desk, asks for the manager. The manager says he'll be right up.

The manager is sceptical but the wife insists the story is true. "Look... lie here on the bed -- you'll be thrown right to the floor!" So he lies down next to the wife.

Just then the husband walks in. "What," he says, "are you doing here!?"

The manager calmly replies, "Would you believe I'm waiting for a train?"



Cartoon corner





"I can get by on just 2 hours of sleep every day, as long as I nap for 14 hours."



THE FINER POINTS OF SPIDERMANN WERE LOST ON JACQUES.



THE FOUR-WAY TEST

of the things we think, say or do

1. Is It the **TRUTH**?
2. Is It **FAIR** to all concerned?
3. Will It build **GOOD WILL** and **BETTER FRIENDSHIPS**?
4. Will It be **BENEFICIAL** to all concerned?

OBJECT OF ROTARY

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster;

First: The development of acquaintance as an opportunity for service;

Second: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve the society;

Third: The application of the ideal of service in each Rotarian's personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THAT'S IT FOR NOW, SEE YOU ALL NEXT WEDNESDAY



Tony Pollard – Editor

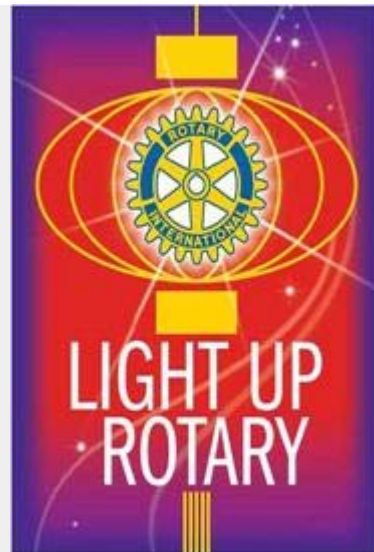
What is Rotary?

Rotary is ordinary people around the world sharing their professional skills and working together in a social environment to build better communities.

We operate as a Club with weekly meetings developed around a guest speaker or special event where business, community and service issues are discussed in an interactive and relaxed atmosphere.

Come and join us:

Wednesday evenings 6.00 for 6.30pm at Bathurst RSL Club
Rankin Street, Bathurst, NSW 2795 Australia



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