



The Racing Wheel

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

Building Better Communities



Week ending 18th November 2014

RI President: Gary C K Huang

District Governor: David Kennedy

President: Peter Keith 0427 101 213

Secretary: Lee Rayner 0419 414 970

Treasurer: Brian Burke 0438 159 323

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Web Link: www.bathursteastrotary.net

Last week @ Rotary: International Toast



Tonight's international toast, presented by PHF and Sergeant, Bill Dickie, is to the Rotary Club of Nilgiris, West Tamil Nadu, India, in Rotary district 3202 which has 99 clubs and 3936 members.

The Club received its Charter in 1941 and currently has 30 members who meet at 6:30pm each Monday in the Fortune Hotel (pictured).

For further details, please refer to Bill's presentation as attached (especially the bit on attending meetings). Thank you Bill.

General Business

1. Club's Annual General Meeting has been set down for Wednesday, December 10 next. Club positions will be opened for everyone to rush and fill.
2. Christmas Dinner on December 17th at "The Hub" confirmed.
3. Centenary of the First Australian Motor Cycle GP: all events well supported and it was an overall very successful few days. Bob Newton and Geoff Fry thanked our members for our support. In turn, both were thanked by the Club for the sterling efforts the two put in adding to the success of the event.
4. Interact Club: Stephanie Brown and Graeme Bright were very pleased to report that ten members will be inducted into the new Club on Wednesday, November 26 commencing 6:00pm at the Kelso High School. A BBQ will be provided and Steph asked if as many members of our Club could be there on the night to support the new "Interactors". For assistance with the catering arrangements, please let either Steph or Graeme if you can attend on the night.
5. Tucker Van – Brian Burke and Tony Pollard advised the freezers are in storage and that St Vincent de Paul are still investigating the viability of their taking over the service. A decision on what they will do will not be made before next February.
6. Stephanie Brown raised the idea of holding a "Walk Around the Mount" function in order to raise money for cold water fountains to be purchased and installed in schools and other areas. To possibly be held next March when it's a bit cooler. Agreement in principle given with a committee of three elected to look further into this matter. Committee members: Stephanie Brown, Graeme Bright and

Tony Pollard.

7. Letter received from Legacy acknowledging receipt of and thanking us for our donation of \$ 500.00.
8. Sergeant Bill also advised he had received a letter from the Rotary Club of Taradale, New Zealand, thanking us for the toast to their Club made at our November 4th meeting.
9. RYDA will be held from March 16 to March 20 next year. A representative from our Club required for the organizing committee. Thanks extended to Geoff Fry for taking on this task.

Treasurer's Report

Bathurst East Rotary Club Inc.

Treasurers Report 30th October, 2014

Service Account; No. 234072

Opening Balance	\$3,320.99
Income	\$3,097.30
Expenditure	\$700.00
Closing Balance	\$5,718.29

General Account; No. 234195

Opening Balance	\$3,429.94
Income	\$2,930.20
Expenditure	\$4,558.32
Closing Balance	\$1,801.82

Food Van Account; No. 313352

Opening Balance	\$3,095.03
Income	\$1,679.54
Expenditure	\$2,772.09
Closing Balance	\$2,002.48

OTHER; Community Cash Reserve a/c \$4,576.71 (Van Maintenance)
Community Investment a/c \$5,220.00 (Service account reserve)
RYDA Working Account \$363.73

Brian Burke. Hon Treasurer



Three Minuter

Due to time limits, there was no "Three Minuter" this week.



Guest Speaker

Our guest speaker this evening was Jeff McSpedden, a fifth generation farmer from The Lagoon, with Jeff also being Chairman of the "Bathurst 200 Celebrations" Committee, sitting on many other local committees and is a well-known Bathurst identity.

Jeff's farm was settled by his great grandfather back in 1840 when his great grandfather purchased 5 acres. Subsequent purchases by Jeff and other family members has seen the acreage increase to 340 acres now, with the main crop grown being sweet corn.

Other crops had in the past been cultivated, however these became uneconomic due to high wages having to be paid and very strong competition from cheap crops grown overseas.

Jeff spoke passionately about the difficulties the farming industries are now facing and stated that farmers must now use as much automation as possible or go out of business. This being one reason why small farms can no longer survive.

The future of our food industry too, isn't looking altogether that bright due to Australia have a very high international reputation for growing high nutritional, disease free food crops – our best food is now exported



and we are left to consume the cheap, inferior varieties grown overseas. Even with fish things are on the downward slope. Not so long ago if you wanted Omega 3, you ate fish. Today most fish come from fish farms where the fish are fed wheat pellets – this greatly reduces the levels of Omega 3 obtainable from such animals. The situation isn't helped by the fact the markets are really controlled by the two big players, Woolworths and Coles who collectively purchase 75% of the crops. Aldi currently has 10% but is expected to increase their percentage to 20% in the future. Jeff spoke at length on other matters such as food safety audits, his relationship with Simplot, bio chemical terrorism and GM foods just to name a few. On a lighter note, he also spoke about next year's Bathurst 200 celebrations stating there will be a two day festival in March having three aims: to celebrate the 200 years of Bathurst, to create a memory and to have fun. After answering a "barrage" of questions, Jeff was thanked for his presentation and attendance with Rtn Graeme Bright doing the honours and presenting Jeff with another of our DDT and terrorist free, green approved coffee mugs.

Thought of the Week

While time constraints, made us thoughtless this week, perhaps we should consider the following:

"If Rotary ceases to be a responsibility and becomes a mere relaxation or pastime, its usefulness will cease".

Spoken by Paul Harris to the 1914 Convention at Houston.

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

Next week 19th November @ Rotary

Registrar: Matt Casey

Greeter/3 Minuter: Chris Olson

Guest Speaker: Brian Burke

Thought for the Week: Graeme Bright

And the Following Week 26th November

Registrar: Greg Madden

Greeter/3 Minuter: Merran Olson

Guest Speaker: John Martin

Thought for the Week: Bill Dickie

John's guest speaker for the evening will be Phil Murray, one of Bathurst's leading photographers who would be well known to most, if not all, our members. An interesting talk will be given by Phil and we look forward to as many of our members who can be there on the 26th, to come along.

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

In order to let our members know in advance the subject your guest speaker will be presenting, kindly provide the Bulletin Editor with relevant details at least a week in advance (two weeks preferably) so particulars can be published ahead of time.

Anniversaries and Birthdays

Please join us with best wishes to:

- 9th November Brian Burke
- 11th November Merran Olson
- 28th November Matt Casey
- 30th November Peter Keith



Other events and more!

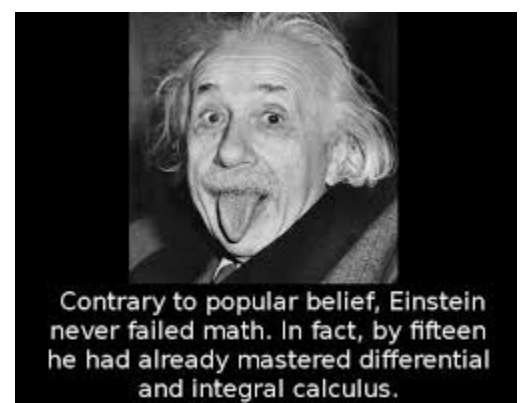
- Sat 06 Dec Masquerade Ball, Filipino Community. Further details: Luis Hernandez
- Wed 10 Dec Annual General Meeting
- Wed 17 Dec Christmas Function at "The Hub"
- Mon 16 Mar RYDA commences, finishes Fri 20 March
- Sat 21 Mar District Conference, Cowra
- Thu 07 May Bathurst Bi Centenary Celebrations - Local Event Day



November is Rotary Foundation Month

November is the time to celebrate the wonderful work of The Rotary Foundation. Why not explore the activities of our charity, The Foundation, and consider how you and our club can help. Challenge all of our members to be a EREY member

Incredible facts department.....



Believe It or Not!



Rental property deductions on ATO radar

The ATO says it is increasing its focus on rental property deductions. It says common errors made by rental property owners include:

- Claiming rental deductions for properties not genuinely available for rent;
- Incorrectly claiming deductions for properties only available for rent part of the year such as a holiday home;
- Incorrectly claiming structural improvement costs as repairs when they are capital works deductions, such as re-modelling a bathroom or building a pergola; and
- Overstating deduction claims for the interest on loans taken out to purchase, renovate or maintain a rental property.



The ATO has also released a [series of short videos](#) which explain the tax implications of buying, owning and selling a rental property.

The bottom line: take care, if you aren't sure, go see your accountant.

Consumer Corner: Medical

Can Coffee Quiet Tinnitus?

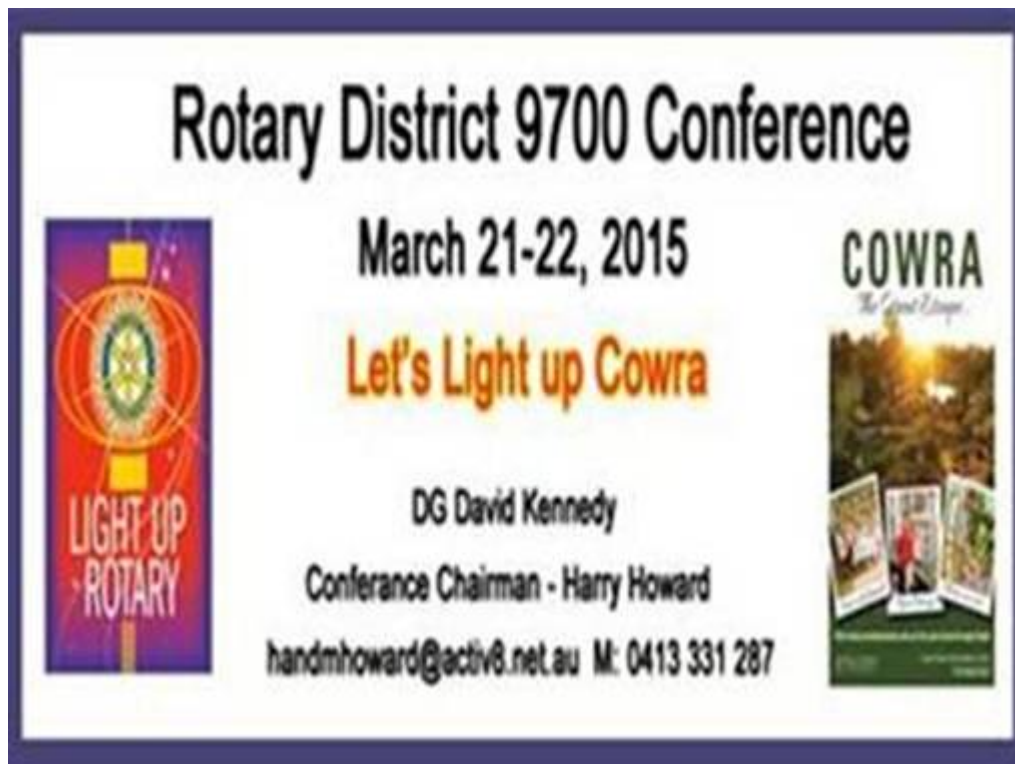
By Michael Roizen, MD, and Mehmet Oz, MD



Sufferers of tinnitus (ringing in the ears) often use white noise machines to cancel out the internal din and help them get to sleep, but there may be another solution that helps nullify internal humming caused by nerve activation in the inner ear and brain.

Tinnitus can result from damage to sound-transmitting hairs in your inner ear. Or it may be from muscular or nerve problems associated with a neck injury, TMJ, circulatory problems, medications, or age-related hearing loss. Tinnitus affects about 14% of people 60-69.

Treatments usually focus on trying to stop the racket or if that doesn't work, calming your reaction to it. But the latest good news? A caffeine study found that drinking 3-4 eight-ounce cups of coffee daily (450 to 600mg of caffeine) reduced the incidence of tinnitus by 15%. (Seems caffeine does more than decrease your risk for nine cancers and help you dodge age-related cognitive problems!) It's possible that caffeine stimulates your central nervous system and alters the nerves that are jangling in your inner ear and brain. Just be aware of other sources of caffeine in your diet and have your last dose at least four hours before turning in.

A promotional poster for the Rotary District 9700 Conference. The poster has a white background with a dark blue border. At the top, it reads "Rotary District 9700 Conference" in large black font. Below that, the dates "March 21-22, 2015" are displayed. A central slogan "Let's Light up Cowra" is written in orange and yellow. To the left is a vertical banner for "LIGHT UP ROTARY" featuring a rotary emblem. To the right is a vertical banner for "COWRA The Great Escape" showing a scenic landscape with a sunburst and several framed photos. At the bottom, the text identifies "DG David Kennedy" as the "Conference Chairman - Harry Howard" and provides the contact information "handmhoward@activ8.net.au M: 0413 331 287".

Rotary District 9700 Conference

March 21-22, 2015

Let's Light up Cowra

DG David Kennedy
Conference Chairman - Harry Howard

handmhoward@activ8.net.au M: 0413 331 287



TIME TO LAUGH, CRY, OR BE DISGUSTED



Terry Mahony asks that you ponder the following

PONDERISMS

I used to eat a lot of natural foods until I learned that most people die of natural causes.

Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

Never take life seriously. Nobody gets out alive anyway.

There are two kinds of pedestrians: the quick and the dead.

Health is merely the slowest possible rate at which one can die.

The only difference between a rut and a grave is the depth.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.

Have you noticed since everyone has a 'phone camera these days no one talks about seeing UFOs like they used to?

Whenever I feel blue, I start breathing again.

All of us could take a lesson from the weather. It pays no attention to criticism.

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

How is it one careless match can start a bush fire, but it takes a whole box to start a campfire?

Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here, and drink whatever comes out?"

Who was the first person to say, "See that chicken there? I'm gonna eat the next thing that comes out of its bum.

Why is there a light in the fridge and not in the freezer?

If quizzes are quizzical, what are tests?

Do illiterate people get the full effect of Alphabet Soup?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

Why doesn't glue stick to the inside of the bottle?

Thanks Terry

Now for some genuine, honest Aussie humour



An American decided to write a book about famous churches around the world. So he bought a plane ticket and took a trip to Orlando, thinking that he would start by working his way across the USA from South to North.

On his first day he was inside a church taking photographs when he noticed golden telephone mounted on the wall with a sign that read "\$10,000 per call". The American, being intrigued, asked priest who was strolling by what the telephone was used for.

The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God. The American thanked the priest and went along his way.

Next stop was in Atlanta. There, at a very large cathedral, he saw the same golden telephone with the same sign under it. He wondered if this was the same kind of telephone he saw in Orlando and he asked a nearby nun what its purpose was. She told him that it was a direct line to heaven and that for \$10,000 he could talk to God. O.K., thank you," said the American. He then travelled to Indianapolis, Washington DC, Philadelphia, Boston, and New York. In every church he saw the same golden telephone with the same "\$10,000 per call" sign under it.

The American, upon leaving Vermont decided to travel to AUSTRALIA to see if Australians had the same phone. He arrived in Australia, and again, in the first church he entered, there was the same golden telephone, but this time the sign under it read "40 cents per call." The American was surprised so he asked the priest about the sign.

Father, I've travelled all over America and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in the US the price was \$10,000 per call. Why is it so cheap here?"

The priest smiled and answered, "You're in Australia now, mate - it's a local call".

A drunken man walks into a biker bar, sits down at the bar and orders a drink. Looking around, he sees three men sitting at a corner table. He gets up, staggers to the table, leans over, looks the biggest, meanest, biker in the face and says: "I went by your grandma's house today and I saw her in the hallway buck naked. Man, she is one fine looking woman!"

The biker looks at him and doesn't say a word. His buddies are confused, because he is one bad biker and would fight at the drop of a hat.

The drunk leans on the table again and says: "I got it on with your grandma and she is good, the best I ever had!"

The biker's buddies are starting to get really mad but the biker still says nothing.

The drunk leans on the table one more time and says, "I'll tell you something else, boy, your grandma liked it!"

At this point the biker stands up, takes the drunk by the shoulders looks him square in the eyes and says,

"Grandpa,..... Go home, you're drunk.

A story about mateship. Sheila didn't come home one night. When Bruce asked her where she'd been she said she spent the night at a girl friend's house. Bruce was a bit suspicious she'd been unfaithful so rang he her ten closest friends, but none of them had seen her.

Next week Bruce didn't come home one night. Sheila asks him where the hell he'd been. Bruce says he got a bit drunk at a mate's place and thought it was safer not to drive and crash out there. Sheila thinks he's been unfaithful so rings his ten best mates. Eight of them say he spent the night there and two claim he's still there.

Sheila walked into the kitchen to find Bruce stalking around with a fly swatter.

"What are you doing?" She asked.

"Hunting Flies" He responded.

"Oh. Killing any?" She asked.

"Yep, 3 males, 2 Females," he replied.

Intrigued, she asked. "How can you tell them apart?"
He responded, "3 were on a beer can, 2 were on the phone."

A man and his wife are dining at a table in a plush restaurant, and the husband keeps staring at a drunken lady swigging her drink as she sits alone at a nearby table.

The wife asks, "Do you know her?"

"Yes," sighs the husband, "She's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife, "Who would think a person could go on celebrating that long?"

An Ukrainian migrant to Australia wanted to become a cabbie so he had to go for an eye test for his driver's licence. He was shown a card with the text CWNSCZYZOCTAZS. He looked at it with wide open eyes, looking very surprised. The examiner said impatiently: "Well?" and the Ukrainian answered: "I know that bloke..."

Bruce was dying. Sheila sat at the bedside. He looked up and said weakly: "I have something I must confess before I die."

"There's no need to," she replied. "No," he insisted, "I want to die in peace. I must tell you. I've been unfaithful. I've had an affair with your sister, your best mate, her best mate, and your mother!"

"I know," she replied, "now just rest and let the poison do its work."

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His wife got up, unplugged the TV and threw out all of his beer.

And finally.....

A woman was shopping at her local supermarket where she selected:

A half-gallon of 2% milk, a carton of eggs, a quart of orange juice, a head of romaine lettuce, a 2 lb. can of coffee, and a 1 lb. package of bacon.

As she was unloading her items on the conveyor belt to check out, a drunk standing behind her watched as she placed the items in front of the cashier.

While the cashier was ringing up her purchases, the drunk calmly stated, "You must be single."

The woman was a bit startled by this proclamation, but she was intrigued by the derelict's intuition, since she was indeed single.

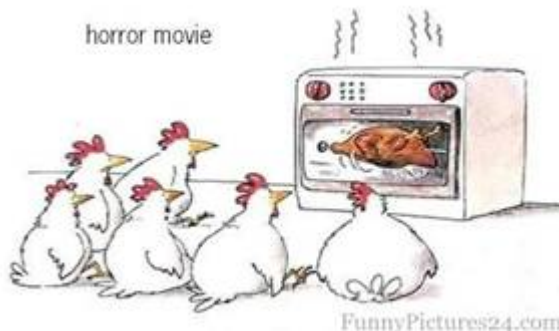
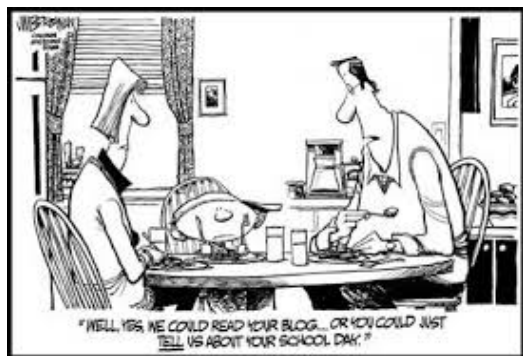
She looked at her six items on the belt and saw nothing particularly unusual about her selections that could have tipped off the drunk to her marital status.

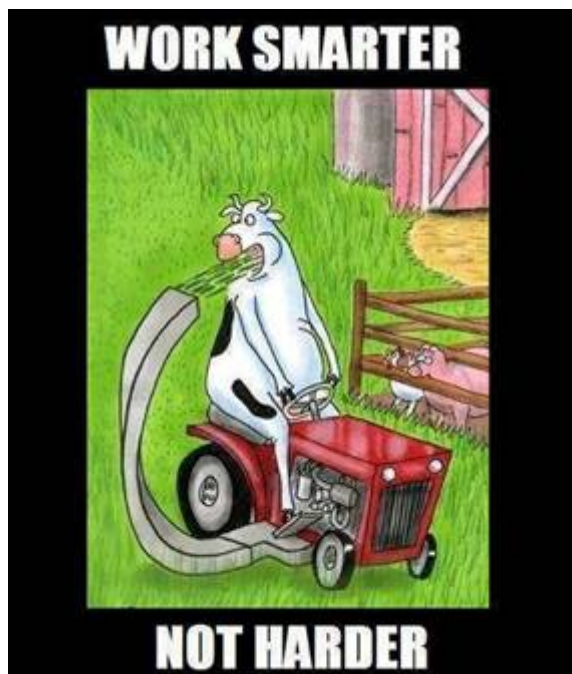
Curiosity getting the better of her, she said "Well, you know what, you're absolutely correct. But how on earth did you know that?"

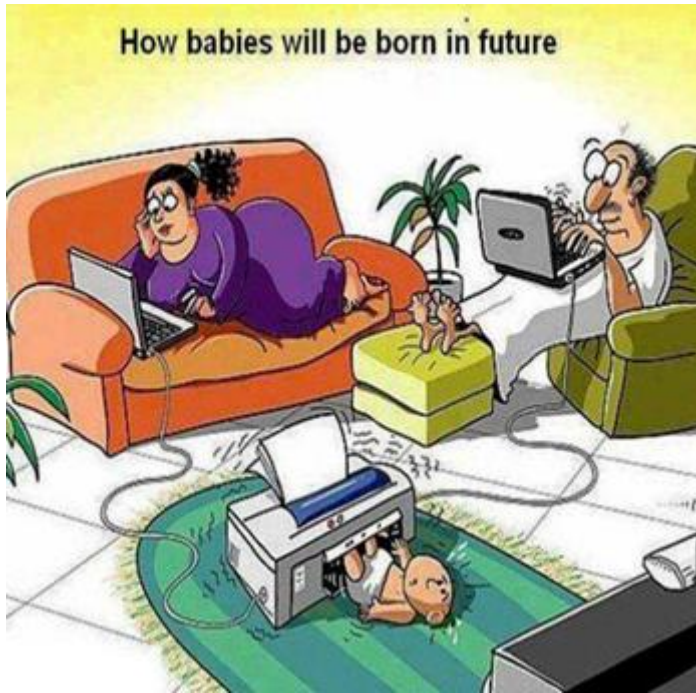
The drunk replied, "'Cause you're ugly"

Ahhh, love the Australian sense of humour!!!

Cartoon corner







OK, UNTIL NEXT WEEK, TAKE CARE



Tony Pollard – Editor

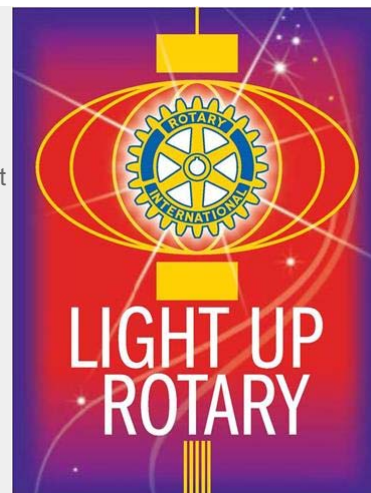
What is Rotary?

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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