



The Racing Wheel

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

Building Better Communities



Week Ending 31st March 2015

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Last week @ Rotary:

Visitors

This week we welcomed to our meeting, our guest speaker Cassandra Talbot along with her mother, Samantha Talbot, her exchange sister Kate Wren as well as one of her former teachers from Kelso High School, Selina Ash. Welcome all.

International Toast



The International Toast, presented as usual by our Sergeant at Arms and PHF, Bill Dickie, was to the Rotary Club of Penrose, New Zealand.

Penrose is in Rotary District 9920 which covers an area that includes part of New Zealand, American Samoa, Cook Islands, Fiji and French Polynesia, has 53 clubs and 1637 members. Penrose received its charter in 1963, has 29 members who meet each Tuesday at 7:15am at the One Tree Hill College (picture right).

For further details, please refer to Bill's notes as attached. Thank you Bill.

General Business

1. President Peter stated RYDA went very well thanks to the efforts of all involved. PP Brian Burke added his thanks stating a record number of students (597) participated with even more predicted for 2016.
2. Change over dinner to be held on Wednesday, 1st July at Rydges, Mt Panorama. Cost \$45.00 per head.
3. Wally Cooper of the "Australian Rugby Choir", consisting of 45 singers, would like to put on a free concert in July and can be used by us for fund raising purposes. President Peter and PE Tony to meet with Wally at "The Hub" on Saturday morning to discuss.



Three Minuter



The “Three Minuter” was presented this week by PP Maree Richards, with Maree giving details on a subject very close to us, especially our female folk – chocolate Easter Eggs and their history. The presentation was made even better by Maree with the passing around of sample Camarillo eggs.

Maree covered the history of Easter eggs beginning with their pagan roots through to now which in fact, is an intermingling of pagan, Christian and Jewish beliefs and practices which has left its legacy in many traditions we take for granted now.

Whatever their beginnings, just keep the eggs coming thanks Maree!!



Guest Speaker



Cassandra Talbot

Our guest speaker this week, introduced to the meeting by Rtn Graeme Bright, was Cassandra Talbot, Bathurst’s 2014 “Young Citizen of the Year”, with Cassie visiting us again following her recent “trek” to Nepal and India.

Cassie after arriving in Nepal on 1 December 2014, spent five and a half weeks in Nepal and three weeks in India, showing some of the souvenirs picked up on her travels, including a singing bowl and a Tibetan prayer wheel. In addition, Cassie had a good deal of Nepalese and Indian currency, but with an exchange rate of about 50 Indian Rupees to A\$1, and 80 Nepalese Rupees to A\$1, it wasn’t enough to retire on.



Some of the places visited were Pokhara, the second largest city in Nepal, then Daunne where the real trip started involving 300 steps to be climbed in the mountains in order to reach the monastery where she stayed, taking on various duties including teaching English.

Conditions were scant (washing, bathing, cleaning in a creek) and a straw mattress and pillow on a wooden bed. What did she miss the most? Her toilet!! Understandable when you think about it.

Other places visited in Nepal were Lumbini (birthplace of the Buddha) and Chitwan which has the largest national park in Asia as well as the largest elephant sanctuary.

After Nepal, Cassie was off to India to attend the World Centre of the World Association of Girl Guides and Girl Scouts. Her trip was finished off with a week visiting Delhi and Jaipur.

At the conclusion of her talk, Cassie was kind enough to present each of our members with a bookmark from Nepal. In turn, President Peter thanked Cassie for her attendance and very interest talk, presenting her with another of our Buddha blessed, creek washed, singing coffee mugs.

Thought of the Week

The thought this week, was presented by President Peter, being very short but succinct:

“No matter where you find yourself, there you are”.

Okay, – thanks Peter.

Next meeting 1st April @ Rotary



Our meeting on the 1st April will be a social mixed bowls night at the Bathurst Bowling Club.

Starting time 5:30pm outside for an hour of bowls followed by dinner in the Club.

Dinner cost is \$20.00 per head. Numbers to be confirmed for catering purposes to Brian Burke.

And the Following week 8th April @ Rotary

Registrar: Lee Rayner

Guest Speaker: Geoff Fry

Greeter/3 Minuter: Tony Pollard

Thought for the Week: Stephanie Brown

And the week after that: 15th April @ Rotary

Registrar: Robin Price

Guest Speaker: Luis Hernandez

Greeter/3 Minuter: Bob Newton

Thought for the Week: Doug Barnes

Van Roster – 12th April

Morning: Doug Barnes, Stephanie Brown, Brian Burke

Afternoon: Alan Petersen, Heather Crawford, Lee Rayner

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 fulfill your rostered duty.



- 2015 DISTRICT CONFERENCE -

The District Conference was held last weekend in Young with over 250 Rotarians from throughout the district in attendance. Many of the speakers gave inspirational addresses on the many projects undertaken by our Clubs both here in the District as well as internationally.

Perhaps the highlight was the awarding to Mary Brell of the Rotary Club of Orange Daybreak of a “Service Above Self”, the highest award that can be given by Rotary International. Mary received the award in recognition for her work in Nepal. Only 150 of these awards are given yearly by R. I. although over 400 submissions worldwide for the award were received by R.I. last year. Well done Mary.



Orange Day Break did well at the Conference with Murray Paterson winning the District “Outstanding Rotarian of the Year” for his contribution to R.I. for “Dream Cricket”, something we’ll be hearing more of in the near future.

Bathurst East recognized for its efforts in having a: “New Interact Club formed in Bathurst with 7 members from Kelso High headed by President Ms. Emily Hayes – congratulations”.



With DG David Kennedy

Brian, don't “hog” the ‘photo!!

Well done Graham & our “Interactors”

Bathurst East also had one member appointed to a District Committee – as Treasurer of the Rotary Youth Exchange Australia (RYEA), a committee headed by George Weston and having Debbie Schache from Bathurst Daybreak Club as Secretary. Any guesses who?

Birthdays and Anniversaries

Please join us with best wishes to:

- 21 Mar Luis & Marie Hernandez - Anniversary**
- 24 Mar Peter & Denise Keith - Anniversary**



Other events and more!

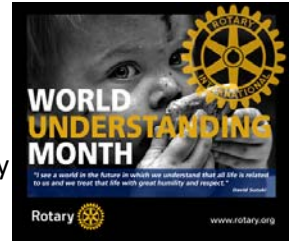
- Fri 03 Apr Bathurst Motor Festival – Mt Panorama
- Sun 12 Apr Rotary Club of Daybreak – B2B Cycling Event
- Fri 17 Apr Royal Bathurst Show commences
- Sat 18 Apr Dinner – Combined Service Clubs of Bathurst
- Sun 03 May Car Rally – Bathurst east Rotary Club
- Thu 07 May Bathurst Bi Centenary – Local Event Day



March is Rotary Literacy Month

Rotary's focus this month is Literacy.

Combating illiteracy has been a focus of Rotary International since 1986 - and for good reason. UNESCO estimates there are 862 million illiterate adults in the world and about two thirds of them are women. Millions more are functionally illiterate, without the reading and writing skills necessary for everyday life. The United Nations has identified illiteracy as a major obstacle to economic, political, and social development. How can you be involved? Be a part of the solution for this world wide problem.



Interesting signs department.....





Health Tips for Healthy Living *department* ...

Healthy living facts

This article is designed to give tips to readers about how they can improve or augment actions in their life to have a healthy lifestyle; it is not meant to be all inclusive but will include major components that are considered to be parts of a lifestyle that lead to good health. In addition to the tips about what people should do for healthy living, the article will mention some of the tips about avoiding actions (the don'ts) that lead to unhealthy living.

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental "healthy living."

Eating (diet)

All humans have to eat food for growth and maintenance of a healthy body, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults, and seniors. For example, infants may require feeding every four hours until they gradually age and begin to take in more solid foods. Eventually they develop into the more normal pattern of eating three times per day as young kids. However, as most parents know, kids, teenagers, and young adults often snack between meals. Snacking is often not limited to these age groups because adults and seniors often do the same.

Tips:

- Eat three meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
- The bulk of food consumption should consist of fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Choose lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts).
- Choose foods that are low in saturated fats, trans fats, [cholesterol](#), salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients.
- Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive [weight gain](#).
- Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make some people hungrier and increase food consumption.
- Avoid eating a large meal before sleeping to decrease gastroesophageal reflux and weight gain.
- If a person is angry or depressed, eating will not solve these situations and may make the underlying problems worse.
- Avoid rewarding children with sugary snacks; such a pattern may become a lifelong habit for people.
- Avoid heavy meals in the summer months, especially during hot days.
- A vegetarian lifestyle has been promoted for a healthy lifestyle and [weight loss](#); vegetarians should check with their physicians to be sure they are getting enough vitamins, minerals, and iron in their food.
- Cooking foods (above 165 F) destroys most harmful bacteria and other pathogens; if you choose to eat uncooked foods like fruits or vegetables, they should be thoroughly washed with [running](#) treated (safe to drink) tap water right before eating.
- Avoid eating raw or undercooked meats of any type.

Tips for special situations:

- People with [diabetes](#) should use the above tips and monitor their [glucose](#) levels as directed; try to keep the daily blood glucose levels as close to normal as possible.

- People with unusual work schedules (night shifts, college students, military) should try to adhere to a breakfast, lunch, and dinner routine with minimal snacking.
- People who prepare food should avoid using grease or frying foods in grease.
- People trying to lose weight (body fat) should avoid all fatty and sugary foods and eat mainly vegetables, fruits, and nuts and markedly reduce his/her intake of meat and dairy products.

Seek medical advice early if you cannot control your weight, food intake, or if you have diabetes and cannot control your blood glucose levels.



TIME TO LAUGH, CRY, OR BE DISGUSTED

Love the salary

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the University of Technology, Sydney: "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks' vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Lesson change

A bank robber pulls out gun points it at the teller, and says, "Give me all the money or you're geography!" The puzzled teller replies, "Did you mean to say 'or you're history?'" The robber says, "Don't change the subject!"

Cop This

A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. The man eventually realizes he can't escape and finally pulls over. The cop approaches the car and says, "It's been a long day and my shift is almost over, so if you can give me a good excuse for your behaviour, I'll let you go." The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"

Bless her

Maria, a devout Catholic, got married and had 15 children. After her first husband died, she remarried and had 15 more children. A few weeks after her second husband died, Maria also passed away. At Maria's funeral, the priest looked skyward and said, "At last, they're finally together." Her sister sitting in the front row said, "Excuse me, Father, but do you mean she and her first husband, or she and her second husband?" The priest replied, "I mean her legs."

It's in the numbers

Three contractors are bidding to fix a broken fence at the Lodge. One is from Melbourne, another is from Sydney, and the third is from Canberra. All three go with a Lodge official to examine the fence. The Melbourne contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$900. \$400 for materials, \$400 for my crew, and \$100 profit for me." The Sydney contractor also does some measuring and figuring, then says, "I can do this job for \$700. \$300 for materials, \$300 for my crew, and \$100 profit for me." The Canberra contractor doesn't measure or figure, but leans over to the Lodge official and whispers, "\$2,700." The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?" The Canberra contractor whispers back, "\$1000 for me, \$1000 for you, and we hire the guy from Sydney to fix the fence." "Done!" replies the government official. And that, my friends, is how the new stimulus plan will work.

So sad

It's game 7 of the NBA finals and a man makes his way to his seat at centre court. He sits down and notices that the seat next to him is empty. He leans over and asks his neighbour if someone is sitting there. He responds, "No, the seat's empty." The first man exclaims, "What?!? Who in their right mind would have a seat like this for the NBA finals and not use it?" The neighbour responds, "Well the seat is mine, but my wife passed away and this is the first NBA finals we haven't been together." The first man responds, "I'm sorry to hear that. Wasn't there anyone else, a friend or relative, that could've taken that seat?" The neighbour responds, "No, they're all at the funeral."

Barbie

Ralph is driving home one evening, when he suddenly realizes that it's his daughter's birthday and he hasn't bought her a present. He drives to the mall, runs to the toy store, and says to the shop assistant, "How much is that Barbie in the window?" In a condescending manner, she says, "Which Barbie?" She continues, "We have Barbie Goes to the Gym for \$19.95, Barbie Goes to the Ball for \$19.95, Barbie Goes Shopping for \$19.95, Barbie Goes to the Beach for \$19.95, Barbie Goes Nightclubbing for \$19.95, and Divorced Barbie for \$265.00." Ralph asks, "Why is the Divorced Barbie \$265.00 when all the others are only \$19.95?" "That's obvious," the saleslady says. "Divorced Barbie comes with Ken's house, Ken's car, Ken's boat, Ken's furniture..."

Law & disorder

A lawyer runs a stop sign and gets pulled over by a sheriff. He thinks he's smarter being a big shot lawyer from Sydney and has a better education than a lowly officer from Bathurst. The officer asks for license and registration. The lawyer asks, "What for?" The officer responds, "You didn't come to a complete stop at the stop sign." The lawyer says, "I slowed down and no one was coming." "You still didn't come to a complete stop. License and registration please," say the cop impatiently. The lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you can give me the ticket. If not, you let me go and don't give me the ticket." The cop says, "That sounds fair, please exit your vehicle." The lawyer steps out and the officer takes out his nightstick and starts beating the lawyer with it. The officer then asks: "Do you want me to stop or just slow down?"

Uplifting

Jay, Tom and Paul were at a convention together sharing a large suite at the top of a 75-story hotel. After a long day of meetings, they were shocked to hear that the elevators in their hotel were broken, and they would have to climb 75 flights of stairs to get to their room.

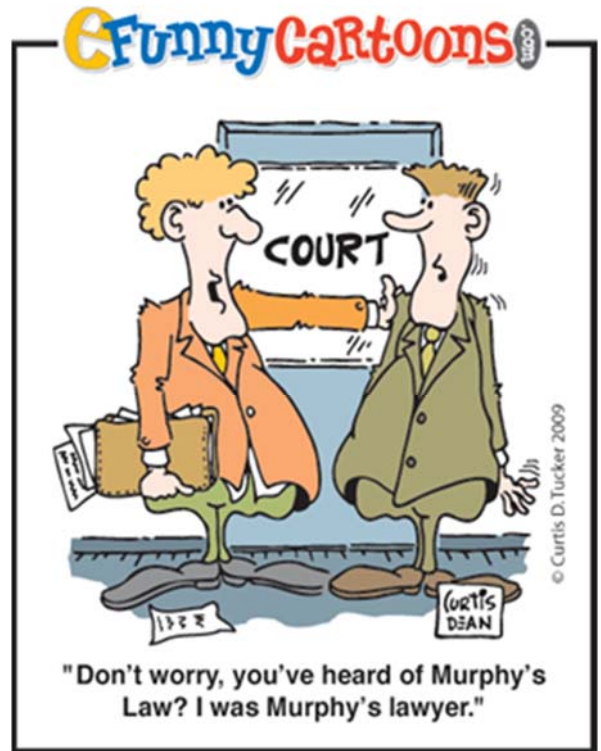
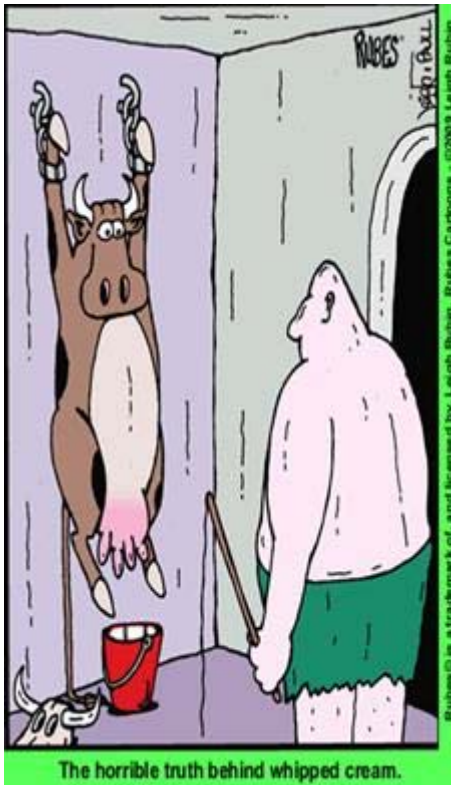
Jay said to Tom and Paul, "Let's break the monotony of this unpleasant task by concentrating on something interesting. I'll tell jokes for 25 flights, Tom can sing songs for the next 25 flights and Paul will tell sad stories for the rest of the way."

At the 26th floor, Jay stopped telling jokes and Jim began to sing. At the 51st floor, Tom stopped singing and Paul began to tell sad stories.

"I will tell my saddest story first," he said. "I left the room key in the car."



Cartoon corner

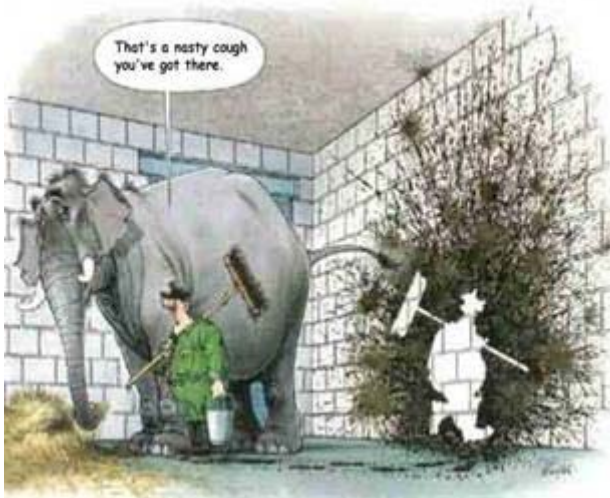




"The last thing I remember is being thrown into the dryer."



"Just how long has it been since you've had him groomed?"





"Ah, an echo from your romantic past."



I met someone wonderful in a chat room... then I found out she's a cat.



More pics on www.imfunny.net



More pics on www.cafepix.net




"If it has the word 'ectomy' after it, I've already had it."



"I'd leave if I were you. Some of these cats haven't been de-clawed."

CutePicturesOfCats.com

 **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 ?

THAT'S IT FOR NOW, SEE YOU ON THE GREENS NEXT WEDNESDAY



Tony Pollard – Editor

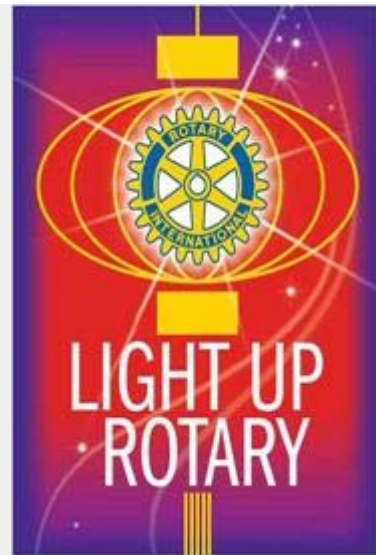
What is Rotary?

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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