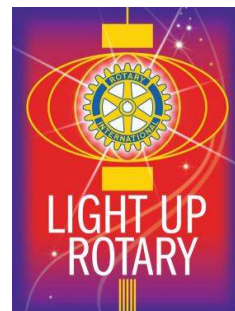




Rotary Gold Coast



27 Nov 2014 #144

We meet 5:45 for 6:15pm the 2nd and 4th Thursday of the month at One50 Public House, 150 Bundall Road.

You're welcome to join us. If possible please advise Club Service Director Chawki that you're coming. Call 0410 002 403, email mango@winshop.com.au

Nov meeting roster

If you're unable to attend please *directly* arrange a replacement before the meeting.

Thank you.

Welcome guests

- Lynda Hynes

Front desk

- Jill Ellis

Meeting chair

- Phil Rosenberg

International toast

- Kate Kimmorley

Sergeant

- Nancy Smith

goldcoastrotary.org.au

District 9640

RI #17910

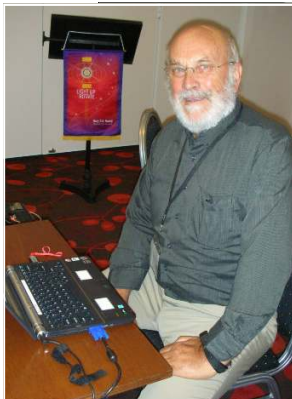


Club President

Eddie Klimowicz PHF

04018 787 686

ejk@advancedns.com.au



Presidents meeting report

Sometimes we have to re-arrange our schedules to take advantage of an opportunity that is not to be missed. And so it was at our meeting on the 13th. Prof. Dr. Friedhelm Göltenboth, a highly qualified Academic with degrees in both Biology and Geography-Geology and an immense working knowledge of tropical agriculture and ecosystem management, was available to speak to us on "Global aspects of reforestation with native trees with special reference to climate change issues". I thank Caroline and our good friend and former club member Dr John Quayle for their help in providing this most interesting and thought provoking speaker. I could spend the rest of this report on what he had to say but time and space will not permit. Suffice to say 'you shoulda been there'. His talk was perfectly aimed at his audience with some comical interludes to make his point (do you remember the washing line of underwear over the ages to indicate global warming? – priceless!) He made those points clearly, backed with solid scientific explanations of the causes and the future effects of continuing on the current path of our stewardship of the planet. He was not dramatic or given to hyperbole but I do know that most of us have heard of this challenge the world faces many times before. But here's the kicker! He had a solution, or at least part of it, and it lies in the reforestation of tropical forests, because there's where we get the biggest bang for our buck. Yes, he was an economist too and his most memorable quote I thought, was that one could not be an environmentalist without being an economist as well. As the temperature soared to over 40 degrees on the Sunday following his talk – the G20 Sunday – I hope you spared a thought for the Police, Special Forces, Emergency Services personnel etc. in their full uniforms, keeping the city and our visitors safe. I also thought of my poor guys taking down kilometres of fencing when the temperature at 11PM was still in the high 30's! And then my mind cast back to the good professor's talk... So at our meeting we will have some in depth reports from our Directors. Vivienne will talk about the homeless coming up to Christmas, Kevin will regale you with his report on his visit to the orphanage we support in Vietnam and we will be further updated on progress on our biggest event of the year, the Charity Ball (with Silent Auction). Last Saturday night, hosts extraordinaire, Chawki and Ann Gazal opened their house once more to a most amazing Christmas Soiree. The house and gardens were decorated to a 'T', the food superb & plentiful (thanks to Martin for the goodies), the libations could only have been chosen by an expert sommelier and our NYSF awardee, Tatum, entertained us beautifully (special mention to our niece Vinzka for joining in on a few numbers). We thank them sincerely for a wonderful night, where the weather was balmy, the stars shone brightly and the company, in my humble opinion, amongst the nicest people in the world. Cheers - **Eddie (Editors note: see page 4)**



Spice up your club changeover!

I've been a member of Rotary since 1989, and I have never heard of or participated in a changing of the guard ceremony like the one held in Missouri.

It had more energy and enthusiasm, participation, and fun than any I've attended!

The district governor for 2014-15, Cassy Venters (full disclosure here: my wife) began thinking two years earlier about how she could make the event different and uphold the Rotary ideal of Service Above Self. She chose to make it a service project with our local food bank, Harvesters – The Community Food Network. As is usually the case, the event doubled as the installation ceremony for the governor's home club, in this case the Kansas City Plaza Rotary Club, led by 2014-15 President Bob Merrigan. Most of these events are long, drawn-out affairs held in a hotel or banquet facility.

Cassy dared to be different.

After months of promotion, we had 140 Rotarians, Rotaractors, and family members pack 4,600 lunches in 90 minutes for the children served by Harvesters. Four of our granddaughters, ages 8 to 19, along with our daughter and son-in-law, came to take part in the event.

We had Rotarians from almost a dozen clubs around the district participate, and some brought their children, too.

Nine Rotaractors were there, and I've never seen Rotaractors take part in a district installation ceremony

Everyone contributed \$20 which allowed us to buy \$8,000 worth of food. The day began with a picnic-style lunch in the Harvesters meeting room (cost: \$10 a person),

and after the packing we installed our officers.

Harvesters had everything set up for us. People were laughing, having a great time, and meeting new friends. Rich Linden, a local DJ, kept it lively with music for all ages and a little friendly trash talk between tables. "Table six says it's the best table in the building; the rest of you better get to work."

I've never seen people have such a good time at a changeover ceremony. If you are willing to try something different for your next installation dinner, why not consider a service project that exemplifies Rotary's dedication to serving others. - Jerry Venters, Rotary Club of Kansas City Plaza

NOVEMBER

1 Brian Kidd (14 years), Geoff Prentice (32 years)
 3 Mark & Kerrie Urquhart (24 years)
 5 Board meeting *incl GCR members*
 6 Astra Ciobo
 11 Ted & Anni Fong (17 years)
 13 Prof F Goltenboth, *Reforestation*
 14 Jenny Wong
 16 Nan & Bob Baldwin
 18 Agnes Nesci
 22 Christmas with Friends @ the Gazals
 23 Margaret Grummitt, Noel Grummitt
 27 Club meeting
 28 John Goldstein, Esther Chan
 29 Helen Watter, Carolyn Dower

DECEMBER

MEETING ROSTER
Welcome guests - Kathy Hogan
Front desk - John Lander
Meeting chair - Jill Ellis
International toast - Peter Laurens
Sergeant - Andrew Csabi

1 Joan Baguley (23).Chawki Gazal (19) Joan McDermott (7) Andi von Zeppelin (26)
 3 Board meeting *incl GCR members*
 9 Justin Schaffer (9 years)
 9 Nancy & Hugh Smith (42 years)
 10 Richard & Narelle Flanagan (31 yrs)
 11 DG Wendy Scarlet
 15 'The Good Lie' movie night, 6:30 Arts Centre. Tickets \$20 confirm/pay Phil R
 18 Andrew & Esther Chan (18 ys)
 19? (TBC) Botanical Gardens
 Christmas BBQ Breakfast

JANUARY

MEETING ROSTER
Welcome guests - Viv Mallinson
Front desk - Lyn McArthur
Meeting chair - Greg Bowler
International toast - Sue Foksett
Sergeant - Brian Kidd

1 Joe Kertesz (14 years)
 8 Club meeting
 14 Board meeting *incl GCR members*
 18 Andi von Zeppelin
 19 Brian kidd
 21 Anne Marie Zeppelin
 22 Club meeting
 23 David and Kerry Wood (44 years)
 25 John Watter
 26 Kerrie Urquhart
 29 Club meeting/birthday celebration
 28 Phil & Tini Rosenberg (42), Helen & John Watter (47 years)

Meetings/events Birthdays Wedding Anniversaries Member's Club Anniversaries



Olivia's European Adventures!

I had another great month this month. It started off with a day in Namur (the capital of the French province of Belgium) with all 230 rotary exchange students in Belgium. I had a great day visiting the parliament, taking a boat ride through the canals and hanging out with friends. Then the Wednesday after this I went to the second biggest beer festival in the whole of Europe with two exchangers and their host siblings. It was really fun but I had to leave at 8pm because it took 2 hours to get home by train and I had school the next day. You may not think that 8pm is that early but this university festival was supposed to go for literally 24 hours, starting at 12pm Wednesday and finishing at 12pm the next day, it is even called 'the 24 hours'.

That weekend, I had a dinner at my second host family's house to celebrate not only my 18th birthday (which was 2 days beforehand) but also my second host brother and sister's birthdays which were one week before and one week



after mine. I spent the day with exchange students in Brussels and then I went back to my city with 6 of my friends and they stayed for my dinner at the family's house. It was so kind of them to share my birthday with them and I had a great night. There is a photo of me in front of my cake because my host parents gave me 'trick candles' that keep re-lighting themselves no matter how hard you try to blow them out, and I had a blonde moment and didn't realise this until I did a few blows!

I then got the chance to miss out on a day of school and go to a city in the Flemish side of Belgium with my grade which was a lot of fun. Then came the most exciting part, last week we had one week of holidays



and I had signed up for 2 trips with the Rotary exchange students to Paris and London. Both trips went for 3 days, two nights (but technically only 2 days because of the long travel time) and they were absolutely amazing! Once again I relied on my friends to take photos on their professional cameras and give them to me later and so I don't have many photos yet, but I obviously took the typical tourist shots, like the picture in front of the Mona Lisa in Paris, a flag picture in front of Le Louvre, one at the 9 and 3/4 platform at Kings Cross station in London and a group shot of almost all the exchangers on the trip at the Canterbury Cathedral.

Actually, when I was in Paris I was lucky enough to be able to catch up with Lena, the French Rotary exchange student who was on the Gold Coast up until July this year, who actually lived with my family for 4 months! It was so amazing and so weird to see her! And it was an amazing feeling to be able to finally understand that blabber language called French that she would speak when on skype with her family! That was a sign of how much I have learnt over the last 10 months! I am still so grateful to be doing all these amazing things so thank you so much and I will make the most of my last two months.



Taking Aspirin at night may boost heart benefits Millions of adults take an aspirin every morning to ward off heart disease. But a new study suggests that the pills might be most effective if taken right before bed.

Taking a daily aspirin helps thin the blood and prevent platelets from clumping, lowering the likelihood of heart attacks and stroke. Cardiovascular events are about three times more likely to occur in the morning, when blood pressure and platelet activity are typically at their highest levels.

In the new study, researchers looked at 290 heart disease patients who were using aspirin to help prevent future heart attacks or strokes. The patients took 100 milligrams of aspirin once a day. In one phase of the study, they took the aspirin first thing in the morning, for three months. In a second phase, they took the aspirin right before bed. Ultimately the researchers found that morning platelet activity was reduced to a much greater degree when the aspirin was

taken at night. The timing of the aspirin, however, had no impact on morning blood pressure levels.

The lead author of the study, Dr. Tobias Bonten, said it **may make more sense for daily aspirin users to take the medication before turning in each night, rather than first thing in the morning.** Dr. Bonten pointed out that some other cardiovascular medications are also taken in the evening. Certain statins are taken at night, for example, to counteract cholesterol production that occurs during sleep. Scheduling aspirin at night might be similarly useful. "I think in most Western countries, people take aspirin in the morning," he said. "It's already one of our most effective medications. But maybe we can improve it a little bit more by switching the time." - *Anahad O'Connor, New York Times*



RI President and the Board of Directors Statement on Ebola

Rotary International President Gary C.K. Huang and the Board of Directors express their deepest concern and empathy for those countries and individuals impacted by the Ebola outbreak.

We recognize that public health professionals and community health workers working on polio eradication, particularly in West Africa, will be called upon to help respond to the Ebola crisis. Nevertheless, despite this redeployment of resources, polio eradication efforts to boost the immunity of children in the area continue, and

synchronized polio immunization campaigns were held in September across 18 west and central African countries during which 94 million children were immunized against polio.

Rotary continues to closely monitor the latest developments, and work with the World Health Organization, UNICEF, the U.S. Centres for Disease Control and Prevention, and other partners to respond to both polio and Ebola. Fighting disease is a priority of our members, who have organized countless projects around the world aimed at educating and mobilizing communities to prevent the spread of major diseases such as polio, HIV/AIDS, and malaria.

While our response to Ebola continues to evolve, much has already been accomplished:

- **Through our investments** in the polio eradication infrastructure in Nigeria, the government was able to help stop the outbreak of Ebola. The polio surveillance network – used to monitor cases for polio – is being employed to identify and track suspected Ebola cases and has contributed to Nigeria's successful response. It is important to remember that Nigeria is still one of three polio endemic countries and we must continue our efforts on eradicating polio to prevent new outbreaks.

- **Rotary leadership continues** to reach out to Rotarians in affected regions to determine how we can strengthen our response. Additionally, Rotary has created a working group to review the results of our findings, and help guide our outreach efforts.

- **In addition to** our global organizational plans, Rotary members are being mobilized on the ground to help prevent the spread of Ebola and other major diseases.

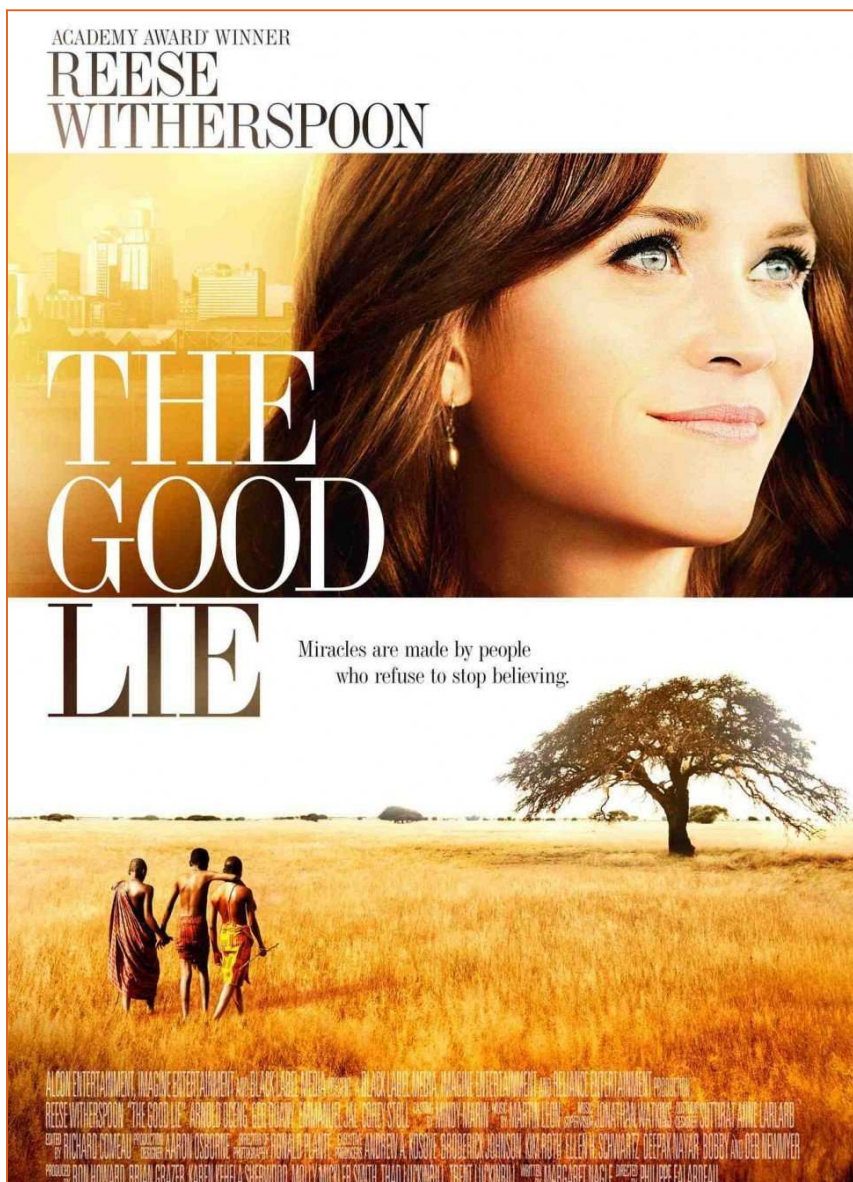
The Rotary Club of Monrovia, for example is working directly with the Ministry of Health and Social Welfare in Liberia to enhance local support for Ebola patients, health workers, and support personnel. Rotarians are soliciting funds to buy locally available items, providing much needed transportation, tracking potential Ebola cases, and supporting the reintegration of those who have recovered from the virus. Funding for the Monrovia project will also be used for local vehicle repair, fuel, medicine, mattresses, buckets, and other supplies. The Monrovia club has asked for donations of gowns, gloves, face masks, shoe covers, plastic boots, and, sadly, body bags.

Rotarians and friends of Rotary can also support our broader efforts to address public health concerns by contributing to the Rotary Foundation's disease prevention and treatment fund. Contributions can be made securely online at www.rotary.org/give by selecting the Annual Fund option. They can be made in a variety of currencies, and are eligible for Paul Harris Fellow recognition. While these gifts may not contribute directly to current Ebola relief efforts, they will be put to effective use to support Rotary's ongoing commitment to prevent disease and improve access to health care around the world.



So why is this photo sideways?

It's because Eddie wanted you to notice that not only is it a different, newer photo but also if you look closely you'll see he has expanded his Movember moustache. Support Eddie, even better support the Movember cause and donate a few shekwels, more if you can, on their website go to <http://mobro.co/ejklmowicz>



"It's refreshing to see a movie that knows where its heart lies and remain so faithful to that premise."

"The Good Lie ... Is a compelling, well-acted, feel good and deeply moving drama."

Celebrate Christmas with a great movie and help save a child's life... Exclusive Gold Coast premiere.

Three children escape the torching of their village and the brutal murder of their families.

After walking hundreds of miles from southern Sudan to Kenya — suffering unimaginable danger, loss and hardship along the way — they finally end up in a camp outside Nairobi where, over 13 years, they grow into strong, resourceful young men and, finally, a new home in America.

This true story of children orphaned by war never loses sight of the simple idea that mercy and grace are meant for those who need it. Proceeds donated to ROMAC to enable this

Rotary volunteer charity to continue saving children's lives. On behalf of the children and their grateful families, *thank you.*



6:30pm Monday 15 December, Gold Coast Arts Centre. \$20 pp.

Please confirm your attendance with (and pay)

Phil Rosenberg 0412 374 363 philtini@hotmail.com