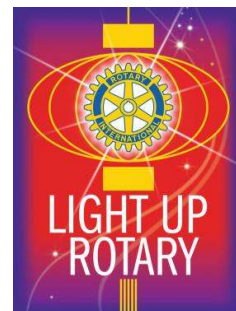




Rotary Gold Coast



Presidents meeting report

This is my second attempt at this report, having lost the other one in the ether somewhere and not able to retrieve it – damn computers! Hope I can remember it all.

We met in the Lakeside room and with a significant number of us away overseas and interstate and others not well with various ailments it was a smallish but always enthusiastic group of us that gathered last Thursday.

Our Guest speaker Sylvia Jones, brought a friend, Honorary member Jan Davies was there and so too was our Ernie Hicks Memorial Scholarship winner Brie, and Rhonda Whitton, a member of the Kardinia club in Victoria – all added to the numbers and made for an enjoyable evening. Rhonda has moved to the Gold Coast and is scouting around for a suitable club to join.

Brie addressed us and gave us an update on what has been happening at UQ where she has been completing her degree in Pure Maths and Theoretical Physics. She proudly informed us that she has been accepted into the Honours program and eventually wishes to gain her PhD in the US and then work in her area of expertise in the UK. She has been a worthy awardee of this scholarship and we wish her well.

Our Guest Speaker, an amateur genealogist, then spoke on her topic "The Forgotten Soldier". It was the story of her husband's grandfather Albert Jones, a WWI veteran who saw action at both Gallipoli and the Western Front. A poignant tale of a bit of a lost soul who finally found some happiness, settled down and became a father of four children. He got a job as a shunter in the Victorian country during the Great Depression and as a result of a horrific accident lost his life whilst still in his 30's.

When Sylvia went to visit his grave there was none there. It seemed that the Government and other authorities of the day did not consider him worthy of a war grave because he had not been seriously injured during the war nor had he received a commendation for bravery. With help from a local historian, the local stone mason's generosity and Rotarians in the district she was able to have a proper memorial erected to this 'forgotten soldier' who will now always be remembered.

It was a heart-warming story and certainly helped to strengthen my faith in humanity – it was made all the more real when we discovered that our visitor Rhonda was in fact Sylvia's cousin and had been at the unveiling of the memorial.

Please let Chawki know about your attendance or otherwise at the Change-over Party, details of which you will surely find in this Bulletin, won't they Phil? Yes, and it's so easy - simply go to the next page and whooooooosh, there it is!

June 11 2015 #156

We meet 5:45pm for 6:15pm the 2nd and 4th Thursday of the month at The Gold Coast Arts Centre + mid month birthday/ anniversary dinner + all members at Board meeting on the 2nd Wednesday. You're welcome to join us - please advise Chawki 0410 002 403, email mango@winshop.com.au if possible.

June meeting roster

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

Welcome guests

- Chawki Gazal

Front desk

- Dean Castell

Meeting chair

- Greg Bowler

International toast

- Peter Laurens

Sergeant

- Andrew Csabi

goldcoastrotary.org.au

District 9640

RI #17910



Club President

Eddie Klimowicz PHF

04018 787 686

ejk@advancedns.com.au



ORDINARY PEOPLE ALONE, TOGETHER SUPER HEROES...

...so please dress as your favourite superhero, join in the fun, sing-along and dance the night away at your club's Changeover Dinner Party. Prizes for the best dressed.

Date: 6:30 for 7:00pm, Friday, 26 June 2015.

Cost: \$60 pp in advance to Chawki or deposit in club's account.

Venue: La Piazza Waterfront Restaurant,
21 Bayview Street, Runaway Bay.



Rotary
Gold Coast



There is evidence that coffee reduces the risk of type 2 diabetes and heart disease. It is the world's most popular drink after water. But do you think you should cut down? That more than a couple of cups isn't good for you? Isn't coffee linked to pancreatic and kidney cancer, and doesn't it make your blood pressure go through the roof? Prepare to be amazed. Somehow coffee has made it on to the healthy list. The [latest US Dietary Guidelines Advisory Committee](#) says there is strong evidence that drinking three to five cups a day (or up to 400mg/d caffeine) does no harm at all and that research consistently shows that coffee reduces the risk of type 2 diabetes and heart disease.

[There's also evidence](#) that coffee protects you from Parkinson's disease. High-caffeine drinks, however, are not the same as coffee and should be avoided by adolescents and drunk sparingly by adults. These drinks have sufficient amounts of caffeine to cause insomnia, jitteriness and palpitations. But coffee doesn't seem, in reasonable amounts, to do any harm at all. So can we all stop worrying and order another cup?

The solution

It's really black or ordinary white coffee that is linked to health benefits, not, alas, the creamy, sugary versions from coffee shops. [A meta-analysis, including the results of 59 studies](#), suggests that coffee may actually reduce

the risk of many cancers including pancreatic, liver, breast and prostate cancer. This study didn't include randomised controlled trials, so it's impossible to definitely say that coffee was the reason for the reductions in cancer. But the evidence is, nevertheless, stronger than from any individual trials showing a link between coffee and a rise in pancreatic cancer. There are over 1,000

chemicals in coffee, some of which have credible anti-cancer effects – caffeic acid can inhibit cell pathways involved in tumour growth, and cafestol stimulates antioxidants in the cells to defend themselves against cancer development. Another meta-analysis found that four cups or more a day did not increase the risk of stroke but may, in fact, reduce it – although the authors say the studies they included were not of high quality.

However, not everyone should have five or more cups of coffee a

day – pregnant women are advised to stick to two. And no one is yet suggesting that we should drink more coffee to protect us from cancer or Parkinson's disease.

Coffee is a complex collection of chemicals and the health benefits are still unclear. A [study found a reduction in heart disease](#) with three to five cups a day, but no such impact from the decaffeinated variety.

But it is, at least, now reasonable to stop feeling guilty for drinking as much coffee as we want to.

- Luisa Dillner, *The Guardian*



Should I drink more coffee?

For years we have been told that coffee is bad for us, but the US Dietary Guidelines Advisory Committee has unveiled strong evidence that drinking three to five cups a day is harmless and can even counteract some severe illnesses

JUNE

1 Ian Daw (30 yrs), Kevin Stapleton (30 yrs),
2 Jan Davies
7 Richard Mercer
9 Nancy & Hugh Smith (42 years)
10 Richard & Narelle Flanagan (31 years)
10 Andrew Chan + Caroline Mercer
10 Board meeting
11 Club meeting.
11 Kevin Campbell
14 Kathy Hogan
15 Caroline and Richard (43 years)
17 Nan Baldwin + Greg Bowler + Jennifer Rakauskas
18 Kate Kimmorley (15 yrs)
20 David Baguley (16 years)
26 Changeover dinner: *Ordinary people alone ...together super heroes.*
La Piazza Waterfront Restaurant, Runaway Bay

JULY

MEETING ROSTER
Welcome guests - David Baguley
Front desk - Nan Baldwin
Meeting chair - Kate Kimmorley
International toast - Jenny Bao
Sergeant - Brian Kidd

NOTE: Club meets on the 1st and 3rd Thursday of the month 5:45 for 6:15pm at Southport Golf club

2 (1st Thursday) Rotary meeting
8 Board meeting
9 Jenny Wong/Tony Ang (35)
10 Ian Daw
16 (3rd Thursday) Rotary meeting
22 Birthday dinner TBC
21 Greg Bowler (18 years)
24 Jenny Bao
29 Ruay Loo

AUGUST

MEETING ROSTER
Welcome guests - Joe Kertesz
Front desk - TBC
Meeting chair - Mark Urquhart
International toast - Tony Nesci
Sergeant - Peter Laurens

NOTE: Club meets on the 1st and 3rd Thursday of the month 5:45 for 6:15pm at Southport Golf club

6 Club meeting @ Golf Club
8 Ann Gazal
13 Mark Urquhart
15 Bruce & Coralie Roddick (15 years) + David & Rana Baguley (41 years)
20 Club meeting @ Golf Club
22 Genik Saraswati
23 David Baguley & Andy Csabi
27 Sue Foscett
30 Bruce Roddick

Rotary Peace Fellowships



Peace Fellow Applications These are due ASAP. Interviews will then follow to select suitable applicants for this fantastic Rotary program. The Rotary Peace Fellowship provides peace leaders with two options to pursue academic and practical training in peace and conflict resolution. Candidates can apply for either a master's-level degree or a professional development certificate in peace and conflict studies at one of six Rotary Peace Centers.

Option One: Master's Degree Option "Building the leaders of tomorrow". 15-24 months of Rotary-funded graduate study toward a master's degree at one of our five Rotary Centers (University of Queensland, Bradford University, Duke/UNC, ICU and Uppsala University). Funding includes tuition, travel expenses and room and board.

Training in the root causes of conflict, theories of international relations, and effective models of cooperation, conflict resolution, and negotiation including course work and applied field experience. A growing network of committed alumni employed around the world in diplomacy, government, non-governmental organizations and private corporations.

Professional Certificate Option "Strengthening the leaders of today"

Three month professional development certificate program fully funded at Chulalongkorn University in Thailand. Designed specifically for candidates already working in the field of peace and conflict studies to further their understanding of conflict resolution. Theoretical foundational knowledge during eight weeks in the classroom and practical experience during two through three week on site fieldwork.

The master's-level program requires, at minimum, a bachelor's degree in a related field, three years of relevant work experience and proficiency in a 2nd language. The certificate program requires five years of experience and proficiency in English. Up to 100 fellows are selected every year in a globally competitive process based on personal, academic, and professional achievements.

The 2014-15 academic term deadline is 1 July 2013. More information about the fellowship is available at www.rotary.org/rotarycenters. Application information will be available in January 2013.

All Rotary Peace Fellowship applications need the endorsement of your local Rotary district. You can find your nearest local Rotary Club by using the Club Locator tool on the Rotary International web site at www.rotary.org/clublocator. Please email niki.fritz@rotary.org with questions,



Surfers Paradise Anglican Crisis Care

Last week I visited the Anglican Crisis Care where I presented a cheque for \$2,500 to Jon Brook (Manager) on behalf of the club.

They were very grateful for our contribution as they told me they are seeing more and more homeless people as a number of other organisations have closed due to withdrawal of their funding.

They provide a hot meal at lunchtime to approximately 40 people per day. Those accessing their services come from various backgrounds; they have ex University Lecturers, Law Students, Business people and many, many more.

Homelessness can happen to anyone and there is not a particular stereotype.

I asked them what their current need is and as I have previously advised you, it is toiletries: toothpaste, toothbrush, deodorant, razors, etc, preferably in small sizes as the recipients being homeless have to carry everything with them. These products are easy for us to provide, just buy extra quantities when you are doing your weekly shop, or call in at the \$/Reject shop where all these products can be bought quite cheaply.

If you let me have your donations I will take them to the centre.

Can I ask that you do not give me 'out of date' products, just because someone is homeless it doesn't mean that we can disregard product dates. The whole concept of Crisis Care is to not only feed their visitors but to treat them with dignity and respect and help them transition through their problems. - Vivien



Blood Donor Appeal

Between 1 April and 30 June 2015, 21 Australian Rotary Districts are supporting a blood drive to see which district can save the most lives.

1 in 3 Australians will need blood during their lifetime, yet only 1 in 30 of us donate.

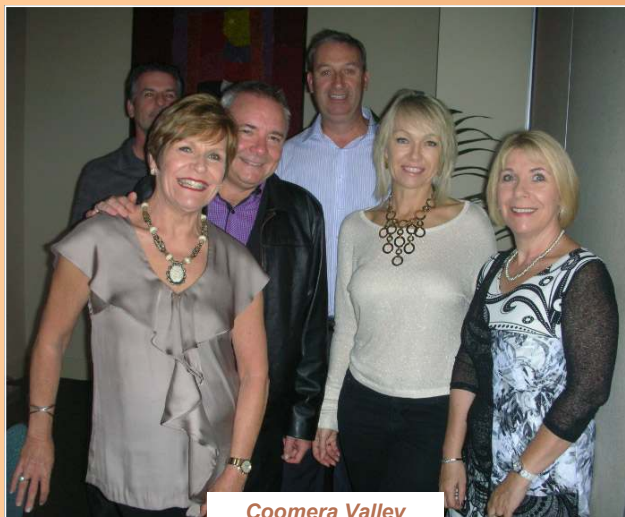
Every donation has the power to save 3 lives, so imagine the lives Rotarians could save if half the membership donated during the drive.

Please encourage Rotarians, partners and friends to donate as this is the time Red Cross needs your donation of blood.

To find out more, please visit the website donateblood.com.au/rotary or call 13 14 95.



Front desk greeters & collectors!



Coomera Valley



Ros, Pam and Jim



ROMAC TRIVIA CHALLENGE

Phil put on his 11th very creative trivia night at the Arts Centre. He has been on the ROMAC Board for three years as Marketing Director and is now acting as their Marketing Consultant.

We thank all the Clubs who were represented – Gold Coast, Broadbeach, Coomera Valley, Palm Beach, Hope Island and three times winners Surfers Paradise.

We also had a special team from Club President Eddie Klimowicz's Advanced National Services, as he and Genik were not free to attend on the night.

An enthusiastic attendance and lots of competitive tables, fantastic and very amusing visuals (thanks to Phil), excellent MC Brian Kidd, great food and camaraderie, and a fun time had by all.

The competition was keen and along with Palm Beach we were joint winners thanks to Kevin and Marie Stapleton's table which also included Peter Laurens.

It was great to give a warm welcome to our District Governor Wendy Scarlett and her partner Charles and former DG Sandra Doumany and hubby Sam.

As ROMAC District 9640 Chair I was very thankful to be presented with a cheque for the sum of \$500 by President Christine Straw of the Rotary Club of Coomera Valley, and to see the enthusiastic attendees at another very successful and enjoyable Trivia Night.

We give our sincere thanks to all the Rotarians who came along to support ROMAC on the night.

Jill Ellis, ROMAC District 9640 Chair



Three time winners Surfers Paradise



Catherine & David



Hope Island



Happy Birthday Tony!



Caroline's table



Absent President Eddie's team



Coomera Valley's Chris donates



Broadbeach & Coomera Valley



Joint Gold Coast and Palm Beach winning team + Phil, Jill & DG Wendy