




Rotary Gold Coast



May 19 2016 #173 We meet 5:45pm for 6:15pm the 1st & 3rd Thursday of the month at The Southport Golf Club. You're welcome to join us - if possible advise Chawki on m 0410 002 403 e mango@winshop.com.au **APRIL ROSTER.** If you're unable to attend please arrange a replacement before the meeting. Welcome guests: **Jenny Bao** Meeting chair: **Kate Kimmorley** Front desk: **Phil Rosenberg** International toast: **Jill Ellis** Sergeant: **Brian OnlyKIDing**  goldcoastrotary.org.au District 9640 RI #17910



President's report. Firstly, I would like to sincerely apologise for any inconvenience caused as a result of some mistakes made in my last Presidents report regarding the Ernie Hicks Scholarship article. The mistakes will be amended for the yearbook, so please forgive me. Secondly, it is nearing the end of my Presidentship, and I would like to thank all the club members, new and old, for their enthusiasm and support. We are all doing our best to make a difference in the world and together we can achieve, together we can be superheroes. Even though many things have changed in Rotary to keep up with a changing world, I still believe that the things we think, say or do, will remain a testimony of a true Rotarian. In fact, I hold all Rotarians in great esteem, because of the ideals of the four way test:
1. Is it the truth? 2. Is it fair to all concerned? 3. Will it build goodwill and better friendship? 4. Will it be beneficial to all concerned? I dearly love my Rotary family and look forward to many more years with you, my dear friends.

Well, another great meeting with Kate doing a fine job as always as Madam Chair. Thank you to Carol at the desk..., and....another yummy meal, Steak and veggies, thanks to the Golf Club. Welcome to our visitors, Yidan Xi (guest of Ted Fong), Joy Ord and Senior Constable Tony Unicomb. Joy Ord is a Girl Guide and has been a Leader for almost 30 years. She has been excited, challenged and extended by many roles and is currently the Region Manager for the Gold Coast, Qld International Manager and the Leader of a Ranger Guide Group at Tugun. Joy is passionate about her guiding life and for her, it is always filled with interest and Variety. Joy presented an inspiring talk on her Life changing connection with Cambodia, when in 2006, she was selected by Girl Guides as the Development officer. As a GGA volunteer she was posted there for 2 years, managed through a partnership with AusAid. Since then, Joy's enriching passion has continued with fundraising and support of many humanitarian projects within Cambodia and as a result has become her second home. Her latest project is to support a rice/porridge program and a hand washing facility at a little primary school with 146 students on a dusty and then impassable road 30 km from Kampong Thom. *Continued on page 5.....*



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Posh flavoured crisps are the new supermarket battleground

Anyone for gin and tonic or winter berries and prosecco-flavoured crisps?

Forget sea salt, chilli or chives and cheese flavours, retailers have raised their game to tempt shoppers with an unprecedented range of upmarket flavours in the battle of posh festive crisps. Crisps flavoured with pulled pork or with drinks such as prosecco or gin and tonic feature in retailers' snack offerings. Cheese and onion or salt and vinegar have been elbowed aside in favour of camembert and caramelised onion from discount supermarket Aldi, or sea salt and chardonnay wine vinegar, on sale at the Co-op.

Marks & Spencer revealed its Christmas hand early with winter berries and prosecco hand-cooked crisps, made with blackcurrant and raspberry juice and M&S prosecco, scattered with edible gold stars. "There's been a big trend for wacky flavoured crisps over the last few years," said M&S snack developer Katy Patino. "At Christmas everyone loves a

glass of prosecco and a salty snack, so we decided to combine the two."

A cheaper alternative, but with a similar theme, are Tesco Finest's prosecco and elderberry crisps. Aldi's gin and tonic crisps have sold out as part of multipacks that include venison, red wine and thyme.

Another first for crisps this year has popped up in Lidl's Deluxe range. It is selling pulled pork and wildflower honey



crisps alongside its more conventional roast turkey and sage and onion stuffing offering.

Lidl's crisp buyer, Lukas Schmidlin, said: "In the last year we have noticed a real trend for trying to find the most interesting and unusual crisp flavours. Under the influence of our chef in residence, Kevin Love, we have taken classic British flavours like pulled pork, roast turkey and cheese and onion and transformed them using more unusual ingredients such as wild flower honey, stilton and thyme. - *The Guardian UK*

**The Co-op? Marks and Spencers? Yes, this is what's happening in the UK and no doubt will soon be seen in Australia's Coles and Woolworth's shelves. Yummy!*

MAY	JUNE	JULY
MEETING ROSTER <i>See the top of the front page</i>	MEETING ROSTER <i>Welcome guests - Chawki Gazal</i> <i>Front desk - Nan Baldwin</i> <i>Meeting chair - Greg Bowler</i> <i>International toast - Mark Urquhart</i> <i>Sergeant - Andrew Csabi</i>	MEETING ROSTER <i>Welcome guests - Viv Mallinson</i> <i>Front desk - David Baguley</i> <i>Meeting chair - Eddie Klimowitz</i> <i>International toast - Joe Kertesz</i> <i>Sergeant - Andrew Csabi</i>
5 Club meeting 6-8 District 9640 Conference 15 Phil Rosenberg 19 Club meeting 20 Ras Manickan 23 Geoff & Margaret Prentice 52yrs 24 Kevin Stapleton 27 ROMAC TRIVIA CHALLENGE Gold Coast Arts Centre 29 Steven Ciobo 30 Ted Fong	1 Ian Daw 32 years + Kevin Stapleton 32 years + Jenny Wong 20 years 2 Jan Davies 2 'Chris' Gold Coast Hospital Foundation 4 Catherine Bonifant (and David) 17 years 11 Kevin Campbell 13 John Bird 18 Kate Kimmorley 17 years 13 Steven Ciobo 13 years 16 Club Assembly/Think Tank 18 GIVE ME 5 FOR KIDS CHARITY BALL, Sofitel 30 Margaret Grummitt 19 years 30 Jennifer Rakauskas 16 years	7 Changeover 10 Ian Daw 19 Joan McDermott, Ruay Loo, Yew-Chaye Jul 29 21 Think Tank outcome 24 Jenny Bao
Meetings/events	Birthdays	Wedding Anniversaries
		Member's Club Anniversaries

Pride of Workmanship 2016

Was this our best ever *Pride* event? Two prime event objectives are:

- > to provide employers and customers with an opportunity to recognise employees

who display those qualities which are worthy of an award, and

- > to install a sense of community pride in individual achievement.

We certainly achieved both objectives. As with all the larger events that we organize when everyone pulls together it's successful and well worth the effort. Tons of appreciation for the fruitful efforts of the 10 members who either themselves nominated or asked a diverse selection from small, local business owners to multi-national companies to nominate awardees. Listening to the reasons why each deserving awardee - from such diverse vocations from health to construction, baristas to police and property maintenance to reservation managers - was both inspiring and rewarding not just for the recipients but for their employees and indeed for us. The event was held on Tini Rosenberg's birthday, who was surprised when Lynda asked everyone to join her singing 'Happy Birthday' and Phil walked in with her birthday cake! We had a very good turnout. The golf club's prime venue space added that extra intangible ingredient towards making the awards a cheerful and successful one that promoted the best of both Rotary and, importantly, our club.





It has taken 40 years of research but scientists have finally found an easy way of preventing blisters...and it has been available in the local chemist since the 19th century.

Runners should throw away their expensive blister plasters and lubricants if they want to prevent painful rubbing and switch to cheap surgical tape.

Stanford University has discovered that binding the feet with sticky tape is the most effective way to stop blisters from forming. When tested on endurance runners just 24 per cent developed blisters in the taped areas compared with 63 per cent in areas which had been left untaped.

Dr Grant Lipman, of Stanford University Medical Centre, has worked as an emergency doctor for many ultramarathons and said despite the harsh conditions and extreme exercise, most people complained about blisters.

"What I kept hearing was, 'Doctor, I'd be doing so well, if only for my feet,'" said Dr Lipman, clinical associate professor of emergency medicine. "Their feet were getting decimated.

"People have been doing studies on blister prevention for 30 or 40 years and never found anything easy that works." Previous studies have looked at powders, antiperspirants, lubricants and adhesive pads but none had been shown to be effective.

But after interviewing runners and soldiers over many years Dr Lipman realised that tape was anecdotally the most effective solution, so he set out trying to prove it. Surgical tape is cheap and stops blisters, says Stanford. Surgical tape was originally invented in 1845 by surgeon

Horace Day, who added a mixture of India rubber, pine gum, turpentine, yellow lead oxide, turpentine, and cayenne pepper to strips of fabric. It was originally sold as Leukoplast by the German company Beiersdorf AG.

Today's tape is mostly made of sticky microporous paper. Although it is meant to be used for wound treatment it has the benefit of only

being mildly adhesive so even if blisters do occur it does not tear them.

In 2014, Dr Lipman and recruited 128 runners participating in the 155-mile, six-stage RacingThePlanet ultramarathon event that crosses deserts around the globe, including the Gobi Desert in China and expanses in Jordan and Madagascar.

Paper surgical tape was applied to just one of each of the runners' feet. The untaped areas of the same foot served as a control zone. The tape was applied to either the participants' blister-prone areas or, if they had no blister history, to randomly selected locations on the foot.

For 98 of the 128 runners, no blisters formed where the tape had been applied, whereas 81 of the 128 got blisters in untaped areas.

"It's kind of a ridiculously cheap, easy method of blister

prevention," added Dr Lipman. "You can get it anywhere. A little roll costs about (30 pence), and that should last a year or two.

"The best way to make it to the finish line is by taking care of your feet."

- Sarah Knapton, Science Editor, *The Telegraph* (UK)



Scientists stop blisters... with a 19th century remedy you'll find in the chemist

"It's kind of a ridiculously cheap, easy method of blister prevention"
Dr Grant Lipman, Stanford University



President's report continued

Thank you to Joy, for all her work and enthusiasm. Lets help it to continue...

Our Guest speaker, Senior Constable Tony Unicomb has been a Policeman for 20 years and presented to us his "PROJECT BOOYAH, FEEL A.L.I.V.E".

This exciting and worthwhile project is designed to reengage students and create pathways to school, further education or work. It provides a "second chance" for those young people who are

disengaging, or have disengaged, from school. Project Booyah is helping young people develop necessary life skills to make sound decisions and better choices as well as bridging their disconnect with society. As Tony states "Prevention is better than cure". We need to invest in our young people.. the future of our world.

"Booyah" - an expression of joy, excitement and triumph.I love it.

Just a reminder for our Romac Trivia night, Friday May 27th. See ad a few pages on or ask Phil for details, and our "Give me 5 for Kids Gala Ball on Saturday June 18. See Kate or Chawki for tables and auction items.

Looking forward to seeing you all and sharing friendship at our next meeting,



Jill manned the ROMAC booth ... whilst David manned the Ramble one



The First Light District 9640 Conference

The conference commenced on Friday 6 May with registrations starting at 2pm, the Glen Innes Riders arriving at the Civic Centre at 3pm, pre-dinner drinks and savouries and welcome from the Tweed Mayor, Katie Milne,

This was followed by DG Anne Egan extending a warm welcome to the Conference and followed by a pool party and buffet dinner.

The weather was very warm and sunny on Saturday and lunch was served out in the courtyard surrounding the pool.

The standard of speakers at the Conference was excellent with introductions being made by our very much admired District Governor, Anne Egan.

The first speaker was Australian of the Year, Lieutenant General David Morrison OAM (above) and the final presentation on Saturday was made by Young Australians of the Year 2016 Nicholas Marchesi and Lucas Patchett who jointly operate the Orange Sky Laundry (above, set up to assist street dwellers and disadvantaged people with their regular washing). There were many outstanding speakers that kept attendees glued to their seats. Saturday night started with pre-dinner drinks and canapés followed by the "Age of Aquarius" Dinner. So many fantastic costumes to reflect the fashions of the early 60's. DG Anne presented District Awards at five

separate intervals during the Conference – so many people and Clubs were recognized for their outstanding Rotary efforts.

Our DG Elect, Michael Irving, announced to all that the 2016/2017 District Conference will be held at Ballina.

The conference provided an ideal opportunity to make Rotarians aware of the Gold Coast Ramble. This included a 1-minute power point presentation played between speakers on Day 1 of conference and a booth advertising the pre-Ramble and the Rotary Ramble Challenge on 28 August 2016. Clubs were made aware of opportunities to participate in various roles, and expressions of interest were collected from individuals and clubs. Note the orange pop up counter which can be used to promote the event at any location.

Jill Ellis manned the ROMAC booth. She was there early and got to pick the booth she wanted. Her hubby Harry did a fantastic job of putting up all the posters and we were off and running overlooking the very attractive Council Swimming Pool.

Jill was very pleased with the ROMAC booth and enjoyed catching up with many Rotary friends and supporters. She attending the presentations on Sunday morning, whilst Harry had the job of pulling down the ROMAC booth. Thanks so much for your efforts Harry!!

- Jill Ellis

April birthday celebration at Beechmont

All who attended Joyce and Joe's lovely home at Beechmont on Saturday 30 April to celebrate the April birthdays had a memorable night.

The drive up the meandering road to Beechmont was very scenic and a joy to drive to an inspiring and impressive custom-built home on their 150 acres with not only cows - and one very lucky bull! - but also the occasional kangaroo hopping by and the two cute white doggy guests!

On arrival we sipped our welcome drinks whilst admiring the relaxed views of the lights of the Gold Coast in-between the mist. The very hospitable Joyce and Joe had prepared a tasty selection of snacks to welcome everyone, Joe sizzled the prawns and Chawki with Lynda's partner Bruno sizzled the BBQ. Bruno even provided the extra plates and cutlery.

The dinner was divine, starting with the afore-mentioned prawns, followed by delicious steak, a scrumptious selection of salads and, thanks to Jenny's partner Martin, a delectable selection of cakes to finish off a super meal.

Towards the end of the evening Lynda brought out her guitar and sang many of our favourites from 'way back when' which, despite the excellent food and ample supply of alcoholic drinks (or maybe because of them!!) many of us could not resist dancing and singing along when we could remember the words!

The camaraderie was wonderful, the large, outdoor fire was perfect for toasting our marshmallows whilst the clouds rolled by giving us a real mountain atmosphere. Four lucky couples - who shall remain anonymous - stayed over in the guest house. Sincere thanks to Joyce and Joe for a truly memorable event.





You don't have to be famous to enjoy a fun night out! And it's now cheaper!

ROMAC Trivia Challenge

The tickets are cheaper, a tasty selection of optional food is available and the fun gets better every year. Enjoy the humorous photos that accompany the questions, the camaraderie and, of course, that you're helping to save and change deserving children's lives.

Show everyone that your team is the smartest and accept this lighthearted challenge.

Bring your partners, friends and potential new members (before someone else invites them!) to the friendliest, most fun night out you've had ever since... well, you'll know the answer to that one too!

Date: 6:15 for 7:30pm, Friday 27th May 2016.

Venue: Paradise Showroom, Arts Centre Gold Coast.

Cost: \$35 p/p. Bistro food available. Payment in advance your club's coordinator please.

Dinner: An excellent selection of moderately-priced dishes are available to order from the counter. Ensure you arrive early to relax and enjoy with friends.

RSVP: To your club's on-to-trivia coordinator, or contact Phil Rosenberg on 0412 374 363 or philfini@hotmail.com

A request: Please consider helping Rotarian volunteers continue saving children's lives with your club donation: \$500, \$1,000, \$1,500, \$2,500, \$5,000 or whatever you can. If possible please bring your cheque, payable to ROMAC.

On behalf of the children whose lives you'll save, thank you.

Rotary
Gold Coast



GIVE ME 5 FOR
KIDS

Gala Ball

Saturday, 18th June, 2016

✦ ——— START TIME ——— ✦

PLEASE ARRIVE BEFORE 6:30PM
FOR A 7PM SIT DOWN



SOFITEL BROADBEACH
COST \$150



SILENT AUCTION • LIVE AUCTION
WITH MUSIC BY GROOVE DOCTOR

ALL PROCEEDS GO TO CHARITY

SUPPORTED BY

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92.5GOLDFM

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