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President Ann chaired her first meeting of the Rotary Club of Nelson Bay as our club commenced its 60th year of service to the local community, nationally and internationally. At our changeover last week Past President Chris provided an overview of a busy year of activities during which almost \$60,000 in donations was made by our club. Significantly \$20,000 was donated to PCYC and the club and members contributed \$12,100 to our charity the Rotary Foundation. Copies of our Annual Report are available for all members. Our club enters its 60th year with 52 members after welcoming our newest member John Crump and Valerie to our club last week. John was born and educated in Cessnock and is a recently retired Qantas pilot after 31 years of service.

Our guest speaker was Laura Turner and her topic Nutrition and Diabetes.

Laura is an Accredited Practising Dietician passionate about the power of food as medicine and its role in preventing lifestyle disease. Laura works locally at Wavelinks Allied Health Centre.

Diabetes is the fastest growing chronic condition in Australia. Currently 2.2million Australians are diagnosed with type 2 diabetes and 280 people are diagnosed each day. The condition once diagnosed is likely to remain with you for life. Type 2 is the most common form of diabetes, affecting 85-90% of all people with diabetes. While it usually affects older adults, more and more younger people, even children, are getting type 2 diabetes.



In type 2 diabetes, the pancreas makes some insulin but it is not produced in the amount your body needs and it does not work effectively. Type 2 diabetes results from a combination of genetic and environmental factors. Although there is a strong genetic predisposition, the risk is greatly increased when associated with lifestyle factors such as high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist.'

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some of these can be changed and some cannot.

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Lady Luck:

Heads & Tails won after just 2 tosses by Bart and the raffle won by President Ann.

Congratulations: Birthday.

8 July – Agnes Tobbe
9 July – Murray Nichol

Next Week:

Speaker:

Christine Richardson
Rotary Club of Essendon Nth.
Vision Chair D9800.

Door: Bart Richardson,
John deRidder.

Meet & Greet: Chris Bartlett, Gordon Treble.

Toast: Doug Bairstow.

Grace: Warwick Mathieson.

Intro Speaker: Bart Richardson

Thank Speaker: Judi Priestley.

Bulletin: Chris Bartlett.

Photos: Henk Tobbe.

You are at a higher risk of getting type 2 diabetes if you:

- have a family history of diabetes
- are older (over 55 years of age) - the risk increases as we age
- are over 45 years of age and are overweight
- are over 45 years of age and have high blood pressure
- are over 35 years of age and are from an Aboriginal or Torres Strait Islander background
- are over 35 years of age and are from Pacific Island, Indian subcontinent or Chinese cultural background
- are a woman who has given birth to a child over 4.5kg (9lb), or had gestational diabetes when pregnant, or had a condition known as Polycystic Ovarian Syndrome.

In type 2 diabetes, many people have no symptoms at all, while other signs are dismissed as a part of 'getting older'. By the time type 2 diabetes is diagnosed, the complications of diabetes may already be present. Symptoms include: Being excessively thirsty; passing more urine; feeling tired and lethargic; always feeling hungry; having cuts that heal slowly; itching; skin infections; blurred vision; gradually putting on weight; mood swings; headaches; feeling dizzy; leg cramps.

It is estimated that up to 60% of type 2 diabetes can be prevented. People at risk of type 2 diabetes can delay and even prevent this disease by following a healthy lifestyle. This includes: Maintaining a healthy weight; regular physical activity; making healthy food choices; managing blood pressure; managing cholesterol levels; not smoking.

WOMEN IN ROTARY. This is the full version of Club Historian Richard Turner's address. As usual it makes very good listening and reading. Our club is extremely fortunate to hear Richard's weekly presentation of club and Rotary history and we thank him sincerely for the time he takes in preparation.



The first constitution of the Rotary Club of Chicago adopted in January 1906 makes no reference to gender, only "persons" but the concept of women joining Rotary, an all male club, was not acceptable.

Records show that in 1911 an all women's club existed in Minneapolis USA between 1911 & 1917 and in 1917 an all women's Rotary Club existed alongside the men's club in Duluth Minnesota. Records show between 1906 and 1987 the concept of women becoming members of Rotary Clubs, then male only clubs, was continually and controversially discussed around the world by clubs and at all levels within Rotary including International Conferences and Legislative Assemblies. Without exception each time the concept of Women in Rotary or variations of the concept were introduced they were all dismissed as being undesirable. During this period at the 1921 International Convention held in Edinburgh Scotland produced the Standard Club Constitution which stated "A Rotary Club shall be comprised of Men".

The issue all came to a head on 1 June 1977 when the Duarte club in USA admitted two women at the club's twenty fifth Anniversary

dinner. The result was predictable.

On 27 March 1978 the Duarte's charter was terminated. Interestingly Duarte renamed itself the "Ex Rotary Club of Duarte" and 1978 filed a suit against the ruling in the California Superior Court. This was not heard until 1983 when it was ruled against. The case bounced back and forth through the court system within the United States during which time and in support of the Duarte case the formation of the Rotary Club of Seattle International Districts was proposed. In its proposed Charter information they deleted reference's to male or men.

The Charter application was rejected by RI along with two later appeals. In January 1987 the Seattle ID club filed an amicus brief with the United States Supreme Court in support of the Duarte application to allow women to join Rotary. On 30 March 1987 the US Supreme Court arbitrated the previous findings and on 4 May 1987 handed down a seven to nil unanimous decision in favor of allowing women into Rotary.

On 23 June 1987 some seven weeks after the Supreme court decision the Rotary Club of Duarte inducted Dr. Sylvia Whitlock as the first woman club President in the history of Rotary. In January 1987 the Rotary Council of Legislation voted to change the constitution to allow women admission into Rotary. It was eight years later on 1 July 1995 when Mimi Altman of Deerfield Illinois became the first woman District Governor.

Here in Nelson Bay the first woman member elected to the Rotary Club of Nelson Bay was Lou Fagan on 2 April 1998 the second was Gwendolyn Rolls on 24 September 1998 and the third was Helen Ryan on 22 October 1998.

Unlike men with women being able to change their mind about things the membership of women in the club has fluctuated over the years however at the moment we have nine women members in our club of fifty two active members. Women therefore at the moment represent 17% of membership in the Rotary Club of Nelson Bay.

The first of three women Presidents of our club was Helen Ryan who served two terms as President first in 2003/4 and then 2008/9 then Ella Clarke in 2010/11 and now Ann Evans in 2015/16 and of course Judy Mitchell is to follow Ann as fourth woman President.

Our district has had two Women District governors the first being Cheryl Bentley-Howard in 2003/4 and Janette Jackson in 2011/12. Janette was the first female member of my old club Cessnock. Helen Ryan of course is DG Nominee for 2017/18 Rotary year.

I conclude by advising that whilst women in Rotary became law in the United States this did not automatically make it law in the other two hundred and twenty countries in which Rotary is currently located and this includes Australia. Neither Rotary International rules nor American law can override the laws of other countries. There is no law in Australia governing either sex membership of service clubs such as Rotary. Rotary International does in many ways strongly encourage women as members of Rotary through standard club constitutions and recommended by laws. Talking to a district officer a few weeks ago it is understood there are still a couple of clubs within the district who have no women members either by choice or by circumstance.

Richard Turner. (2 July 2015)

NEW GENERATIONS SERVICE EXCHANGE.

New Generations Service Exchange Is one of Rotary's newer programs for young people. The program involves a young professional working, studying and developing work skills in another country. The student visits and works in the host country for three months. During that time he/she undertakes work experience and is hosted by members of the local Rotary Club.

The Rotary Club of Nelson Bay is participating for the first time this year and Doug and Jenny Craike are hosting our visiting participant. Her name is Charlotte Wheatley, (Charlie). Charlie is a marine biologist who comes to us from Cholsey, Oxfordshire England via the Rotary New Generations Service Exchange she will be in the bay until her departure in early September.

Charlie has commenced a project at the Department of Fisheries - Taylor's Beach and as the project develops she would like to give short updates at our meetings.

Charlie has indicated a desire to experience snorkelling, diving, fishing, sailing and social tennis whilst she is here. Hopefully fellow Rotarians will be able assist with these experiences.



**Apologies/Extras To Ros Cribb by noon on Wednesday.
Phone or text: 0401 450 239**