

Rotary Club of St Peters



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Weekly Meetings - The Rotary Club of St Peters meets on Tuesdays at 6:00 PM
at the Kensington Hotel, 23 Regent St., Kensington, S.A. 5068. Visitors are welcome.

Next Club Meeting is on Tuesday 27 August at the Kensington Hotel
Program – Club Assembly

Future Events

<u>Meeting #</u>	<u>Date</u>	<u>Venue</u>	<u>Speaker/Program</u>	<u>Information</u>
3333	27/08/24	Kensington Hotel	Club Assembly	No Guest Speaker
3334	3/9/24	Kensington Hotel	Rachel Elliot	House Valuation
3335	11/9/24	Kensington Hotel	DG Elect Rajeev Kamineni	Wednesday Joint Meeting with RC Burnside

Report of Meeting 3332 held at the Kensington Hotel

Sergeant Keith Shaw called the meeting to order and **Milton Jones** gave the Invocation and Toast.

Milton introduced **President Wendy**.

Wendy was delighted to welcome tonight's **Guest Speaker Professor Leonie Heilbronn** along with partner Simon and daughters Alannah and Evie.

Wendy welcomed Rotarians Judy and Rob Cornish from the RC of Peterborough. Also John George after leave.

Partners present were Julie Reynolds, Betty Oowler, Barbie Birkedale, Jen Carey and Marg Hewitt.

It was lovely to have such a great attendance.



President's Announcements

- **Rotary Leadership Institute** – everything you ever wanted to know about Rotary. Look to this month's issue of the Classifieds for more info or see me. Short and long courses on offer via ZOOM.
- **Board meeting tonight**
- **Club Assembly. Next week.**
- **Rick Day – Use of Hydrogen** – this topic will now be explored on 15th October.
- **Multi District seminar – (Conference – Districts 9510 and 9800) Save the Date**
Due to conflict with the gather round has been moved to the weekend **16-18 May 2025**.
More info to come through District Classifieds.

New price for meals paid by EFTPOS

Members please note the Board of the Rotary Club of St Peters has approved the following....

Meals at the Kensington Hotel will cost

- **\$20 for cash**
- **\$21 if a card is used.**

This will help offset the bank charge of EFTPOS fees for each transaction.



Guest Speaker – Professor Leonie Heilbronn

Chairman Greg Rogers introduced Leonie.

PROFESSOR LEONIE HEILBRONN is a clinical research scientist within the Adelaide Medical School at the University of Adelaide and leads the Obesity and Metabolism lab which is located within the Lifelong Health Theme at SAHMRI.

The goal of her lab is to develop dietary and behavioural strategies that optimise circadian and metabolic health to prevent chronic diseases and promote healthy ageing in humans.

Her current research is focused on three broad areas:

- (i) **understanding the impact of meal timing** on circadian regulation of metabolism
- (ii) **deciphering inter-individual variability in nutritional** interventions and
- (iii) **prevention and treatment of metabolic disease in “at risk” population groups.**



Prof Heilbronn has published more than 150 original research articles with more than 15K citations.

She is the current President of the Australian New Zealand Obesity Society and is an Associate Editor for two international journals *Obesity* and the *European Journal of Endocrinology*.

Obesity, weight management and when to eat?

Leonie presented some concerning facts on obesity.

e.g. 4 in 5 folk 65-74 are obese.
1 in 4 children aged 5 – 17 are obese.

Obesity impacts – Type 2 Diabetes
 Cancer
 Infertility
 Liver disease
 Depression and Anxiety
 Etc

Research suggests it is less likely to be treated seriously.

Leonie reminded us of the importance of a balanced diet.... Especially fruit and vegetables, nuts and seeds. the notion of eating less!



What are 7 nutritional best bets for health:

Also

- Avoid highly processed foods
- Eat mostly plants
- Eat whole grains instead of refined carbohydrates
- Limit red meat, avoid processed meats.
- Drink only water

The impact of meal timing

This concept was new to many of us. Leonie said:

“Circadian (daily) rhythms influence virtually all aspects of physiological architecture... Endocrine system, melatonin peaks at night to induce sleepiness and cortisol in the morning.

We know that BP peaks at dinnertime, but you are most likely to have a heart attack in the morning... to restore a non-dipping BP profile you should take an anti-hypertensive at night... “

And did you know – **“When you eat matters.”**

“Immune system peaks prior to waking, and the most effective time to be vaccinated is in the morning. The immune system is also recently shown to be circadian and for those getting their next covid vaccination..... You should do that in the morning to optimise the response.”

Leonie said to try to eliminate late night food intake. Eat within an 8 hour daily period. Leonie also discussed weight loss, medications and procedures.

Phil Smith gave the vote of thanks and reflected upon the very important topic of quality nutrition.



Paul Harris Fellow Presentation – Alannah



Paul Harris Fellow honourees are individuals who meet high professional and personal standards set forth by Paul Harris, the founder of Rotary International. Honourees may have contributed more than US \$1000 to The Rotary Foundation or may be recognized with this award by their club for extraordinary service above self.

Alannah has been volunteering at the Shed on Saturday mornings over the past two years.

She has worked cheerfully in a variety of roles including sorting, washing, dusting and delivering goods being processed for sale. Alannah enjoys helping with sales.

Alannah has a sunny disposition ready smile for workers and patrons.

Workers in the clothing department have particularly enjoyed her participation.

Her grandparents PP David and Rhonda have been heavily involved in our Club for many years.

It was with great pleasure President Wendy Gaborit presented Alannah with a Paul Harris certificate and lapel pin. We are delighted Alannah's parents Leonie and Simon and sister Evie could be present.



The D9510 Australian Rotary Health committee has organised a movie fundraiser for Sunday 8th September at The Regal cinema on Kensington Road, Marryatville, commencing at 2.00pm. Come and join us and help raise some funds for mental health research.

Click on the link or use the QR code to book the ticket.

For any further information please contact me on the number/email below.

We look forward to seeing you there.



Barbara Wheatcroft
Mob: 0413 511 243

MOVIE FUNDRAISER

for

Australian Rotary Health mental health research

Take my Hand



As a vibrant young Australian woman, Laura forges a successful banking career in London and seemingly has the perfect marriage. Her world is turned upside down when she is diagnosed with multiple sclerosis and her husband starts to show his true colours. When a tragic accident leaves Laura a widowed mother with three sons, she returns home to Australia, and is reunited with Michael, a high school friend and a divorcee with one daughter, who has loved Laura since they were teenagers. In each other with their newly merged family in the small country town they grew up in – the couple's lifelong search for happiness, peace and mutual love is finally realised.

on Sunday 8th September, 2024

The Regal Cinema

275 Kensington Rd
KENSINGTON PARK

at 2pm for bubbles/orange juice and snacks
for a 3pm movie

Tickets \$25 person

click on the link below or QR code to purchase your tickets

<https://www.trybooking.com/CTIQP>



Raffle tickets for sale

Wellbeing Report – All well

Apologies: Romaine Dawson, Chris Dawson, Paul Holton, Sonia Schepetiuk, Keith Payne

Meeting Roster

Date	Tue 27-Aug	Tue 3-Sep	Tue 10-Sep
Meeting Number	3333	3334	3335
Venue	Kensington Hotel	Kensington Hotel	Joint Meeting with Burnside
Program	Club Assembly	House Valuation	Wed 11
Guest Speaker(s)	No Guest Speaker	Rachel Elliot	
Vote of Thanks		Keith Shaw	
Special			
Chairperson	Wendy Gaborit	Phil Smith	
Sergeant	Phil Smith	TBA	Milton Jones
Invocation	David Birkedale	Chris Dawson	
Board Meetings			
Steward	David Heilbronn	Greg Rogers	
Reception	Julia Verran	Romaine Dawson	
Cashier 1	Jim Owler	David Heilbronn	
Cashier 2			
Bulletin	Pam Vaughton	Pam Vaughton	Pam Vaughton

Shed Roster

PLEASE NOTE START TIME IS 8.30am and CLOSE DOORS AT 12.30 pm

DAY	Saturday	Saturday	Saturday
DATE	24-Aug-24	31-Aug-24	07-Sep-24
			PANCAKE SAT
TEAM LEADER	Phil Smith	John Reynolds	Milton Jones
FRONT COUNTER			
Counter Sales 1	Pam Vaughton	Margaret Hewitt	Milton Jones
Counter Sales 2	Rhonda Heilbronn	Julie Reynolds Joan Shaw	Barbara Joy (Mid Day) Rhonda Heilbronn
GENERAL HELP	Phil Smith	Peter Hewitt John Reynolds	Wendy Gaborit
CAFÉ			
BBQ	David Heilbronn	Tony Camporeale	Rod Carey
COFFEE	Barbara Joy (Mid Day)	Angela Williams	Jen Carey
ASSISTANT			Adrian Esterman
GOODS IN Counter When Needed	Phil Smith	Peter Hewitt John Reynolds	Wendy Gaborit
SMALL HOUSEHOLD	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw	Keith Shaw Angela Williams
EMERGENCIES	Wendy Gaborit	Phil Smith or Wendy Gaborit	Phil Smith
PICK UP CREW 1	Pauline Yates	Pauline Yates	Pauline Yates