

Rotary

Christchurch South



POO + ALL THINGS GUT HEALTH - FIONA KENDAL

Wind, gas, flatulence, fiatis, farting, butt belch - you call it. Such function, 8 to 10 times a day, is quite normal. World human population is 8 billion!! and cattle are held to account for their gaseous contributions to global warming?!

Above then, is an example of the content and lateral thinking engendered during tonight's topic - 'Gut Health' ↔ 'Poo + All Things' - presented by Fiona Kendall, NZ registered dietitian. Fiona is NZ born and bred and studied for 5 years at Otago Uni. She is currently contracted to all Cant'y GP services.

Gut microbes are, in the main, trillions of bacteria having various specific functions towards our health and wellbeing:

- Train our immune systems
- Make essentials – vitamins, hormones
- Make our gut barrier strong
- Balance sugar levels
- Communicate with our brain

A healthy bowel would register Type 4 on the Bristol Stool Chart, passing around 30 cm of stool/day. In considering the various 7 types: Type 1 - separate hard lumps, like nuts. Hard to pass and maybe floaters ; to Type 7 - watery, no solid pieces, entirely liquid, the overriding 'rule' is 'if you need to go, GO!



Four F's identify with gut health:

- Fibre – provides bulk
- Fluids – 2 litres (6 – 8 cups)/day. Urine, pale.
- Fitness – gut moves when we move
- Frequency – time on toilet

Sitting ain't necessarily the best way to address the throne. Squatting, so essentially leaning forward, is healthier.

What you eat is what you get at the outfall. e.g. Sulphites in wine give smelly poo; Sugar free foods, chewing gum and mints produce excess wind.

In all of this, good habits and common sense must prevail – chew food 10 - 20 times; eat dense, grainy bread (fibre); wash raw food; drink water; ...

And the odd philosophy:

- Bowels tell us about our health
- Eat real whole food as close to as natural as possible.

Question time was well supported and Lew finished things off admirably with reminding us all of the use of newspaper squares in lieu (excuse pun) of scarce toilet paper during the war: Written on the toilet door: Use the "Star", 'The Truth' hurts.

Huge thanks to our Speaker Reporter Mel Opie

CONGRATULATIONS KIM MOSS



Kim Moss has demonstrated the Rotary Motto of *Service Above Self* and in recognition of this, the Rotary Club of Christchurch South was pleased to present her with a Paul Harris Fellowship Award at our Wednesday meeting.

Kim was a founding member of the Young Adult Group and has been part of The Southern Environmental Trust for seven years. In August 2015 Kim was part of the Young Adult trip to Samoa and was acknowledged by the Rotary Club of Samoa for her volunteer work with the Joint Literacy Project which gave library books to all primary schools in Samoa. Over the last 3 years Kim has spent countless hours digitalising our Club records. This has involved sorting through many boxes containing, printed material, photographs, CDs, video and cassette tapes.

RAMBLING WETLAND WALK



What - Rambling wetland native walk (Walk Leader – Andrew Kim)

Where - Meet at Longhurst Shopping Centre Carpark, Hamill Road, Halswell

Date - Thursday 17 February 2022

Time - 10.30am

Lunch will be at Qubed Café, Longhurst Shopping Centre. If you are unable to join the walk, then come and have lunch with us. RSVP to David B on 027 2900 946 or by email david.buist@xtra.co.nz by Tues 16th February

JOHN TAYLOR WALKWAY PROJECT

What - John Taylor walkway clean-up and BBQ

Where - Halswell Quarry

Date - Saturday 19th February

Time - 10am - 1pm (Including BBQ Lunch)

All volunteers will need to be vaccinated. Please only put your name down if you are happy to show evidence of your vaccination status. An invitation has been emailed to the Rotary Club of Cashmere for any members wishing to participate in this project. If you are not attending the next two Wednesday meetings but you are wanting to participate, please contact Sara Mackenzie to include your name. Park Ranger Nigel Morritt, suggests we bring hedge clippers for releasing and secateurs. He has a few spares (and gloves) if you don't have any of your own.



PRELIMINARY NOTICE - POLIO MOVIE EVENT – THE DUKE



Starring Jim Broadbent, Helen Mirren

[THE DUKE](#) is “a ridiculously charming British comedy” and “stranger-than-fiction true story” of a 60-year old taxi driver who held the government to ransom by stealing Goya’s priceless portrait of the Duke of Wellington from the National Gallery.

Public release of THE DUKE is set for 31 March. Rotary’s pre-release arrangement allows [for clubs’ to] schedule events from 23rd February onward.

We will negotiate to run our event in March, likely as a Club night. Details to be finalized.

[#TheDukeFilm](#) (Ctrl+click to follow link) - The Duke - Official Trailer

Upcoming Meetings

9th Feb – Lew Brown (Lymphedema)

16th Feb – Issy Whitticase (Education Co-ordinator for Trade Aid)

	Duties		Leave		
	9 th February	16 th February	Who	From	To
Cash Desk	A Kim	M Bruce	M Whitehead	09/09/2015	TBA
Cash Desk	D Peterson	D Conroy	J Wylie		TBA
Reception	V Ellis	M Opie	S Haye	11/08/2020	TBA
Speaker Host	D Buist	G Dockrill	K Moss	04/07/2019	30/06/2022
Grace	D Buist	G Dockrill	R McKinney	03/11/2021	31/03/2022
International Toast	V Ellis	M Opie			
Thanks to Speaker	D Peterson	M Bruce			
Quote	A Kim	D Conroy			
Speaker Reporter	S Harris	V Ellis			
Sergeant	P Mears	S McLean			

Reminders

Record your apology by:

- Notifying the Reception Desk
- Email alan.barbara.mckinnon@gmail.com before 11am on that Wednesday
- Emergency apologies to Liz Bermingham on 021 2456875
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing