

The Brunswick Rotary Club Inc.
PO Box 152 Brunswick VIC 3056
Charter No. 906 District 9800
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SERVICE Above Self

FELLOWSHIP DINNERS

Now is the time to tell your wife that you are inviting a mob of strangers, either uncommunicative or terribly loud mouthed, to share a meal that she must prepare and for which they have to pay a donation to Rotary. (At least, that was my experience of our first Fellowship Dinner). The first guests arrived one hour early and, always wishing to be the perfect gentlemen, I placed a towel around my waist after getting out of the bath dripping wet to answer the door.

WELCOME BACK BARRY

After a couple of months gallivanting around England, Barry Cross has returned home and felt the need to travel to Torquay for a weekend getaway and rest. The poor bugger seems to be having a rotten life.

BRUNSWICK FESTIVAL

The Sydney Road Festival went extremely well and the contribution by those able to support us is greatly appreciated. We had a great day.

The President, President Elect and President Elect Nominee were there all day from 10 a.m. to 7 p.m.

The outstanding contribution was by Dean who took nine hours and was up until 3 a.m. putting together the magnificently professional display board, ably supported by Mel.

We thank Terry for providing the refreshments, Max and Judy for supplying the nuts and buying many of us lunch.

The attendance by those other long time Rotarians who have done so much over the years (Lauri, Jammo and Eric), who were physically unable to do much but took the trouble to come along and give moral support was greatly appreciated by all. Nice to see Karin and Margaret as well

David was there for the middle shift; Alice and Michael for the final shift. Amit called over from his office and there were those fantastic continual contributors Mal, Terry and Kevin who deserve our thanks too.

We only got four names of possible new members, didn't get a great deal for the "Pencils for East Timor, but did very well selling raffle tickets, putting ourselves before the Brunswick community and the fellowship was enormous.

Banking

| | |
|--------------------------------|-----------|
| 300 raffle tickets sold | \$600 |
| 3 x History of Brunswick books | 60 |
| Pencils for East Timor | 21.50 |
| Nuts, club caps and misc. | <u>79</u> |

Banked \$760.50

PLASMA TV RAFFLE

Doug is pulling out all stops trying to sell tickets and he is seeking to negotiate a sales desk at the shopping centres in Moonee Ponds and Brunswick. He is trying to get a member to volunteer to coordinate the conduct of the raffle and would be pleased to receive your enthusiastic call.

MEETING VENUE

We are stilling considering the move to Curley Joe's and we will be transferring our meeting of March 23rd so that we can have a test drive. Come along and form an opinion.

BOARD MEETING

Tuesday March 14th at Brunswick Industries.

GUEST SPEAKER

Chris Simons spoke to us on "GOOD HEALTH AND WELLNESS", Chris said that the most important component of good health is diet and that Australia has the world's second highest rate of obesity and diabetes. Guess who was number 1!

He said that good health is the tip of the iceberg and that we don't know what is going on underneath. We should take an interest in trying to make sure that good things are going on underneath.

Chris believes that the modern world is full of dangers to our health including the toxins in our household carpet (perhaps we should keep the dog outside), processing of food and the spraying of food. He insists that foods such as lettuce and strawberries should be thoroughly washed before consumption.

He said that we spend more on medical care in the last two years of our life than in all of our previous lifetime. In particular, Chris recommended that we seek to allay our thirst through the drinking of water, not rubbish from Coca-Cola and the sports drinks manufacturers. Fortunately, he does recognize the health giving benefits of red wine.

Another important point that Chris made is that breast feeding, where possible, is an important contributor to the health of our immune systems.

We are all aware that fish is supposed to be very good for us but Chris does not advocate fish from the toxic Mekong Delta.

The frightening comment that he made is that we should leave the dinner table feeling a little hungry. That seems to be no problem for Mal Dubock. He said that he has spent the last 45 years on a permanent diet aimed at keeping himself slim and attractive. Pity about that Mal. It hasn't worked.

Chris Simons invites enquiries on 9755 2584.

FORTHCOMING GUEST SPEAKERS

MARCH 9TH

Liz Mazeva – "New Procedures of Testing"

APRIL 6TH

Steve Nicholls – "Seeing Eye Dogs"



BRUNSWICK ROTARY **FELLOWSHIP DINNERS**

**WEEKENDS OF APRIL 8TH AND APRIL 15TH
OR ANY OTHER NEAREST TIME CONVENIENT FOR
HOSTS AND GUESTS.**

Hosts should ring to invite guests to a breakfast, lunch or evening meal.

Guests should bring some appropriate libations plus a \$60 per couple donation to Rotary.

Thank you to those couples (especially the female halves) who have volunteered to host a dinner.

If you are unable to attend or officiate, please call Terry O'Meara on 0411 141 994.

FELLOWSHIP DINNERS GUEST LIST

Hosts:

Leahy

Sewell
Walsh
Hardwick

Paoli

Little
O'Meara
Dubock
Stavros

De Simone

Jamieson
Cross
Le Page

Stavros

Nichol
Ramage
Paoli

Henry

Mel & Dean
Leahy
De Simone

Mel & Dean

David Kennedy
Henry
Amit Bharduaj
Dale

Hardwick

Penttila
Fremder
Geary
Landry

Penttila

Landolina
Johnstone
Gowers