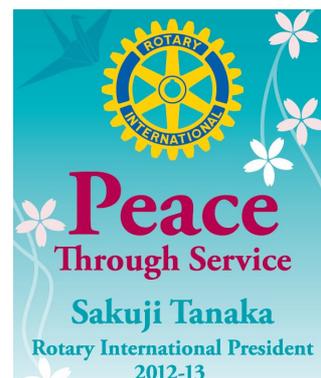
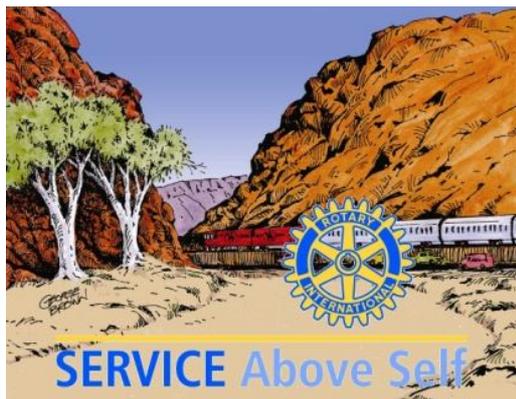


ARUNTA

8 August 2012



Rotary Club of Alice Springs - Meeting #2,545. Alice In The Territory. 18.30 for 19.00 Start

Directors – 2012-13

President: Andrew Lelliott **Vice president:** Neil Ross **Secretary:** Bruce Clough **Treasurer:** Catherine Maughan
President Elect: Mike Smith **Club Administration:** Mike Smith **IPP:** Eli Melky **Membership:** Jill Jansons
International service: Dennis Bielby **Sergeant:** J D Belanger **New generation:** Miranda Daniels **Community services:** Greg Teakle. **Foundation:** Boris Kruzelniski

PRESIDENT'S WORD

Welcome to Meeting Number 2545

Every now and then something special happens - and I think we were treated to one of those special moments at our last meeting. Mike Smith's presentation had to be heard to be believed and the expressions on some of our Rotarians faces (Precy and Debbie) had to be seen to be believed. Mike, a wonderful presentation, delivered in almost the Elliott Goblet style, and which will be heard to beat.

By the time you read this we will have welcomed Barry and Jackie back to Alice Springs and I understand that a number of Rotarians were on hand to welcome them back and we look forward to catching up at some of our meetings in the near future.

We are in the silly season and there are a lot of things coming up, a clean up at the Old Timers Fete, the following week its Henley on Todd and it was great to see such a positive response to the call for assistance at the 'Sing Australia BBQ'.

Lastly, all Rotarians have now been tied to one of our 5 Directorships (one of the 5 avenues of service) and this will give the opportunity for us to look more deeply at the strategies we wish to pursue in each of these areas. In most cases your Director will have contacted you and we will publish the lists in the next bulletin (I am in Darwin and I forgot to bring my lists).

Last week 58%, next week??

YIR

Andrew Lelliott: President 2012/2013

CLUB ROSTER

| Duties | This Week | Next Week | Week After |
|----------------------|-------------------------------------|--|---|
| | 0 August 12 | 08 August 12 | 15 August 12 |
| Corporal | Catherine Maughan | Dennis Bielby | Lindsay Wright |
| Introductions | Eli Melky | Roger Ahawah | Di Sheedy |
| International toast | Coralie Boyd | Neil Bowey | Mary Bielby |
| Chairperson | Mandla Kuhmalo | Roger Sellah | Barry Caire |
| Greeter | Mardi Cotterill | Barbara Neck | Albert Wong |
| Attendance | Steve Treagust | Steve Treagust | Steve Treagust |
| Guest speaker | Jason Reid from Bendigo Bank | Cathie Bennett, Superintendent Police | Virginia Price, Japanese Tsunami tbc |

If you are on the roster and cannot attend, please arrange with another member to fill in for you.
If you want to be on the roster for any duty, please just contact the editor.

If you have any special topic you would like to hear a talk on, or you can assist by arranging an interesting speaker, please contact Dalton Dupuy or Peter Schaeffer or Wilma Gibson.

LAST WEEK'S ACTIVITIES

GUESTS Aug 1, Gabrielle and Jasmine, Roger Ahwah's children and David Lepherby, neighbour of Andrew

ATTENDANCE (meeting 25 July)
28 out of 48

INTERNATIONAL TOAST
Dalton toasted the RC of BAGUIO in the Philippines

LAST WEEK'S RAFFLE
Roger Ahwah, thanks to his kids

LAST WEEK'S HEADS AND TAILS
Jill Jansons

LAST WEEK IN PHOTOS.....

The new editor proved to be an idiot and forgot to put batteries in his camera.

GUEST SPEAKER-SMITHY

Smithy gave an interesting dissertation on diseases and more particularly how the medical professions react to diseases that impact on female Vs males. It was interesting, provocative and funny. Smithy had every- body enraptured, (ruptured????) and trying to work out what the hell was going on and had they staggered into a bong party in old Eastside. It was a good evening however and President Andrew sums it up when he says Smithy delivered it in an Elliot Goblet style. The Editor wonders if Smithy doesn't perform like Akmel Saleh but may be wrong in this.

COMING EVENTS

| When | What | How |
|-----------------|---|----------------|
| Every week | Send the Sergeant a fine at jdbelanger1@gmail.com or bring a witty cross fine | Think about it |
| Now | Your membership fee of \$240 is due. Please pay either in full by 31st July 2012 or in two instalments of \$120 by 31 July 2012 and 31 December 2012. The EFT details are: Rotary Club of Alice Springs Inc. NAB Alice Springs BSB: 085-995 Account: 855526657 | Do it now |
| Saturday 11 Aug | Help to tidy up after Old Timers fete from 15.00 onwards for about 1 hour. | Just turn up |
| Saturday 18 Aug | Henley on Todd | Keep it free |
| Wed 29 August | No meeting | Do not attend |
| Thur 30 Aug | Combined Rotary Clubs dinner at Desert Lantern. Fundraising for the Alice Springs Student Traineeship Foundation. Cost: \$35.00 per head Dress is Territory Formal. Choice of entrees, mains and desserts. Beer, wine and spirits can be purchased. Please RSVP by 31st July to rbruceclo@bigpond.com | RSVP Bruce |
| September | Membership month | Bring a guest |
| October | Guess who is coming to dinner | Dom Miller |

JOKER'S CORNER – WITH APOLOGIES TO SENSITIVE TYPES



Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two body, your ratio two to one.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q : Will sit-ups help prevent me from getting a little soft around the middle?

A: Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Australians
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Australians.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Australians.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Australians.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Australians.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.

KNOW YOUR MEMBER-THANKS TO BILL McAINSH

| |
|---------------------------------------|
| 1. Name: Jill Jansons |
| 2. Nickname: Yes...but not telling ☺ |
| 3. Occupation: PR & Marketing Manager |

| |
|--|
| 4. How many children: Two gorgeous girls |
| 5. Why do you remain in Rotary: To give back to this wonderful community and because of the friendships developed with other members |
| 6. Person you would most like to meet: My maternal grandmother and Robin Williams |
| 7. If you had to donate \$10,000 to charity, who would you give it to: Salvation Army and Diabetes Australia |
| 8. Place you would most like to visit: Italy (again), Spain and Greece |
| 9. Favourite book/author: Too many to list... |
| 10. Favourite drink: Frangelico on ice and Rum and Coke |
| 11. Favourite meal: My mum's Sunday roast ;-) |
| 12. Favourite movie: Love Actually, First Wives Club, Shawshank Redemption |
| 13. Favourite music: Everything except rap/punk/old style country and western |
| 14. Sports team you support: Carlton/Brisbane Lions/NY Yankees |
| 15. Sell yourself to us in 20 words: One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. <i>John O'Donohue (Irish poet & philosopher)</i> PS Over 20 words I know ;-) |

Contributions to the Bulletin are still needed. Every week that passes means less of my strictly limited passion for this job either gets printed, or evaporates. I think I have talked to every member and I am sure that all of you have the literacy and personal experiences to create a submission to the Arunta that would interest at least 1 other reader. So don't be shy, give it a go.

Email to wrightlindsay@msn.com (by COB Monday if you want it in the current week)

Do we have an aspiring cartoonist in the club? The reason that I ask, is that a caricature or a portrait of the relevant member, would be the perfect accompaniment to the "know your member" details.

Of the things we think, say or do:



*Is it the truth?
Is it fair to all concerned?*

*Will it build goodwill and better friendships?
Will it be beneficial to all concerned*

ROTARY GRACE

For good food, good fellowship and the opportunity to serve through Rotary, we give thanks, O Lord.

APOLOGIES

Please be aware that by not registering an apology you leave the club liable for extra dinner fees. Our attendance officers are required to provide Alice in the Territory with accurate figures of how many will be attending our meeting at 10 am on the morning of our meeting. Please extend your courtesy to our attendance officers by emailing an apology if you will not be in attendance.

Please do it via our website www.alicespringsrotary.org Do this before 9.00 am, the day of the meeting.

Rotary Club of Alice Springs

District 9500 Awards:

| | |
|---|-------------|
| Jack Turner Weekly Bulletin Award | 2001 |
| Colin Brideson History Award | 2003 |
| Bob Perryman RI Foundation Award | 2005 & 2006 |
| ARHRF Perpetual Trophy | 2006 |
| Merv Croxton Award for Best Overall Rotary Club | 2006 & 2007 |
| Roly Day Best Project Award | 2009 |