

**ROTARY CLUB of LISMORE WEST Inc**  
**WESTWARD HO BULLETIN - Thurs 14 JUNE 2018**  
**Volume: 57    No. 44    Dinner No. 2904**

**President Barry Mason** opened our Club Meeting at 6.00 pm followed by Rotary Grace.

**ATTENDANCE:** 18 + Guest Speaker, Josh Saxon, Physiologist

**PRESIDENT'S REPORT:** President Barry welcomed Guest Speaker, Josh. He advised that In-coming President, Trevor Hopf had approached Fred Rudwick to act as the Club's 2018 – 2019 Vice President. Fred agreed and this appointment has been approved by the Club's Board. During the 2018 – 19 Rotary year, Fred will conduct both our Club's Meeting and Board Meetings if President Trevor is absent. Our Club now needs to find a President for our Club for the 2019 – 2020 Rotary year by the time of our Annual General Meeting on Thurs 6 December this year.

**WELFARE REPORT:** Eric Hocking – NIL

**SECRETARY'S REPORT:** Assistant Secretary, Gary Frith

**\*Thurs 28 June – Club's 57<sup>th</sup> Changeover Ladies' Night - 6.00 pm for Dinner at 6.30 pm** at East Lismore Bowling Club. Dress is smart Casual. The **Sergeants** for the Changeover will be: Bob Barnes, Cec Denny and John Egglestone.

\*District Changeover lunch is on Sat 30 June in Casino. DGE Terry Brown would appreciate it if some of us attended. My email gave details and payment instructions.

\*Summerland Sunrise Changeover Sat 30 June at G'Bah Workers Sports Club 6-6.30pm \$35p/h – RSVP [mail@josephinesaunders.com](mailto:mail@josephinesaunders.com) or 0435990919

\*I sent to all a notice re a project to abolish polio in conjunction with the RC Taj Mahal, India in Jan next. You will recall Kaylene Hopf went in Jan this year with a group of Rotarians. If you are interested to go, please talk to Kaylene.

**DIRECTOR'S REPORTS:**

**CLUB SERVICE:** "Doc" Dorahy – NIL

**VOCATIONAL SERVICE:** Rod Fayle – NIL

**COMMUNITY SERVICE:** Ian Mulligan – NIL

**INTERNATIONAL SERVICE:** John Egglestone – NIL

**YOUTH SERVICE:** Doug Ridley – NIL

**Comments from Norm Robinson.** I attended the Meeting of the Rotary Club of Summerland Sunrise on Fri 8 June. The Guest Speaker was DGE Terry Brown who advised that **District Grant** applications close on **15 July 2018**. Rtn Ken Arnett advised that our Club should become involved with running a BBQ at Dan Murphy's. Ken said their Club recently made a clear profit of \$500. I won the wine ! As Club Historian, I sent a Sympathy card to Wendy Stapleton & Family on behalf of President Barry and Club members. Rod Fayle attended Andy's Funeral Service on Fri 15 June.

**BIRTHDAYS THIS WEEK:** NIL

**ANNIVERSARIES THIS WEEK:** NIL

**INDUCTIONS THIS WEEK:** NIL

**MEMBERS on LEAVE:** Merv Bryant – indefinitely; Graham Shanley to 8 July.

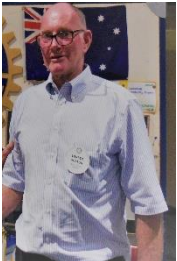
**WHAT'S IT:** Ticket No: 99 – Doug Ridley

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**SERGEANT:** “Doc” Dorahy: Norm – wine win; Mulli – at PRIMEX; Hugh – badge x 2; Cec – 40 years as a Club member; Ray – inducted Cec; Lester – being perfect; Glenn –organ player at a funeral; Doug – duck taken by fox; Tony – USA Visa.

**3 MINUTER: Lester Huston.** Lester spoke about the dairy farm he & Bev bought in 1985 near Dalby, Qld and which they converted into a Beef Cattle Feed Lot for their 200 beef cattle. They grew their own grain and hay. They needed a feed mixer, so they bought a second hand one from the Biloela area that looked as though it came out of the ark. Anyhow, they got it going. They found their Feed Lot to be successful and profitable. However, after a few years the local Shire Council caught up with them, advising they needed a permit for a Feed Lot. After the usual hassles they obtained their permit from the Council.



**GUEST SPEAKER: Josh Saxon – Physiologist**

Josh grew up in Byron Bay and is currently working as an Accredited Exercise Physiologist in Byron Bay, after completing a Bachelor of Exercise and Sports Science (Clinical Physiology) at the University of New England, Armidale. Accredited Exercise Physiologists (AEPs) are not Personal Trainers but are allied-health professionals with Medicare Provider numbers and are trained members of the health and medical sector. Fitness professionals (e.g. personal trainers) are members of the sport and recreation sector. Accredited Exercise Physiologists (AEPs) specialise in graded exercise therapy and lifestyle interventions for persons at risk of developing, or with existing chronic and complex medical conditions and injuries. Accredited Exercise Physiologists can provide services for Community health (outpatient programs, public health initiatives); Community fitness (prevention of chronic conditions, skilled based fitness programs); Corporate health



(health checks, education, occupational rehabilitation); Chronic conditions (management of lifestyle changes, rehabilitation); Aged Care (maintaining mobility and activities of daily living); Athletes (sport and high performance). Josh’s work includes the management of cardio metabolic disease such as heart disease, diabetes and hypertension; musculo skeletal conditions such as osteoarthritis, osteoporosis, and sports injuries; neurological disorders such as Parkinson’s Disease, Multiple Sclerosis and Stroke Rehabilitation. Josh recommends “move well – move often”. He also recommends that we should all do at least 150 minutes of exercise per week.

**ROSTER:**                    **Thurs 21 June**  
**Normal Meeting**

**Thurs 28 June**  
**Club’s 57<sup>th</sup> Changeover**  
**6.00 pm for 6.30 pm**

**WELCOMER:** Eric Hocking

**INTRODUCER:** Eric Hocking

**THANKER:** Eric Hocking

**GEAR OUT & IN:** Elio & John K.

**3 MINUTER:** Cec Denny

**SERGEANT:** Bob Barnes

**Bob Barnes, Cec Denny, John Egglestone.**

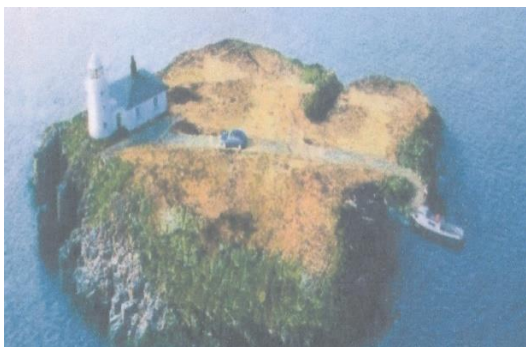
**GUEST SPEAKER:** Mark Robert - **Simpson Desert Bike Challenge**

**THOUGHT:** Lester Huston

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**THOUGHT: “Doc” Dorahy** *A person’s attitude is contagious. Make sure yours is worthy of catching.*

**Smile !** *A man and his dog went into his local pub to watch the Collingwood v North Melbourne AFL Match on the Television. Both were wearing Collingwood colours. When Collingwood scored the dog sat up and yapped excitedly. The barman intrigued by this display as Collingwood ran to an early lead, commented on the dog’s intelligence and asked: “What does the dog do if the other team scores?” “Somersaults,” came the curt reply. “Oh,” continued the barman, “how many?” “Depends on how hard I kick him,” replied the drinker.*



**Car For Sale:** This photo and text is an actual advertisement in an Irish newspaper. “Car for Sale – 1985 blue Volkswagen. Only 50 miles on the odometer. Only first and reverse gears ever used .Never driven hard. Original tyres. Original brakes. Original fuel and oil. Only one driver. Owner wishing to sell due to employment lay – off.”

**Smile !**

*The date for the wedding was set, the invitations had been sent out and the planning was going well. Just before the due date, the bride-to-be was far from being radiant about it all. Indeed as the wedding day drew nearer, her depression deepened. Eventually she confided in her worried mother, “I don’t thing I can marry Joe” she sobbed, “he’s an atheist – he doesn’t believe in hell”. “There, there,” consoled her mother, “you go ahead and marry him and between the two of us we’ll soon convenience him he’s wrong”.*

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*A little boy asked, “Daddy, why can’t a man have more than one wife?” “Because, my boy, laws are made to protect those who are incapable of protecting themselves.”*

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*Harry and his mate were having a beer in the pub when Harry said, “for 20 long and wonderful years, my wife and I were deliriously happy.” “Then, what happened ?” asked his mate. “We met” said Harry.*

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**EXPERIENCED HUSBAND:** *A man who thinks twice before saying nothing !*

**Norm Robinson**  
**Bulletin Editor & Club Historian**

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