

Notes

Paul Harris Fellows

Jack Clayton 1980
Hugo Ehrke 1983
Bert Holds 1983
Jim Milne 1985
Jack Walker 1986
Bill Cruickshank 1990
Murray Norton PDG 1990
Glen Eden PDG 1992
Syd Harvie 1996
Ron Heading 1998
John Holds 2000
Brian Moodie 2002
Vin Higgins 2002
John Lewis 2002
Keith Sichler 2003
Peter Reid 2004
Rowley Fenwick 2005
Keith Wilson 2008
Perry Eden 2008
Rob Walton 2008
Tim Clements 2009
Alistair Stevenson 2010

Invocation

For good food, good fellowship,
and every opportunity of service,
we give you thanks O Lord. Amen

Four Way Test

of the things we think, say or do.

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Attendance and Apologies

If you are unable to attend a club meeting or function, your apology can be made to Sergeant Peter Nichols by calling 0419 216 110 prior to 12 noon on the day of the meeting. Your make up of attendance is important to our Club and may be submitted 14 days before, after, or on the same day as the Club meeting.

Pavilion Hire

Hire of the Pavilion can only be made by contacting President Jack Odgers. Ph 8645 8476 or 0411 273 159

District 9500

Rotary Club of Whyalla

Chartered 1955



**BUILDING COMMUNITIES
BRIDGING CONTINENTS**

Our Meetings

Tuesdays, 6 pm for 6:30 pm
EYRE HOTEL, Playford Avenue,
WHYALLA 5600

Postal Address

PO Box 269, WHYALLA 5600

Email (Secretary)

timandsue@internode.on.net

Website

www.whyalla.rotaryaust.org

CLUB PRESIDENT
Jack Odgers

CLUB SECRETARY
Tim Clements

DISTRICT GOVERNOR
Ed King

WORLD PRESIDENT
Ray Klingensmith

Board 2010 - 11

PRESIDENT - Jack Odgers.

IMMED. PAST PRESIDENT - Michele Hart. SECRETARY - Tim Clements.

TREASURER - Keith Sichler. CLUB SERVICE - Soto Stuppos.
PUBLIC RELATIONS - Kerry Wishart.



The Rotary Club of Whyalla

An association of business & professional people committed to the enjoyment of each others company in the undertaking of Humanitarian Projects.

Other Rotary Club Meetings

WHYALLA NORRIE Monday 7.00 pm, Alexander Motel
PORT LINCOLN Tuesday 6:30 pm, Ravensdale Sports Complex
PORT AUGUSTA Wednesday 6:30 pm, Hotel Flinders
PORT PIRIE Thursday 6:15 pm, Golf Club
ROXBY DISTRICT 1st & 3rd Monday 6:30 pm. Call 0447 485 116 for location

Committees & Club Officers

CLUB SERVICE

Soto Stuppos (Director)
Tim Clements
Glen Eden
John Holds
Keith Sichler

PUBLIC RELATIONS

Kerry Wishart (Director)
Fai Chivell
John Cagney
Vin Higgins
Jari Peltonen

SERGEANT

Peter Nicholls

SERVICE PROJECTS

Jane Owens (Director)
Lyn Braid
John Davis
David Dunn
Clint Garrett
Michele Hart
Brian Moodie
Peter Nichols
Soto Stuppos

HISTORY

Vin Higgins

BULLETIN

Brian Moodie

LOCAL CONTACT

DIRECTORY

Perry Eden

PROGRAM

John Cagney

PAVILION

Jack Odgers

ATTENDANCE

Lyn Braid

YOUTH/YOUTH

PROTECTION

Clint Garrett

VAN

Brian Moodie

Soto Stuppos

Membership

Lyn Braid (Heavy Haulage Admin) John Cagney (Pharmacy)
Fai Chivell (Literature Education) Tim Clements (Access Equip. Hire)
John Davis (Disability Services) David Dunn (Corporate Services)
Glen Eden (Insurance) Perry Eden (Metallurgy)
Clint Garrett (Secondary Education) Michele Hart (Banking Retail)
Vin Higgins (Dry Cleaning) John Holds (Pharmacy)
Brian Moodie (Electrical) Peter Nichols (Laundry Services)
Jack Odgers (Bicycle Retail) Jane Owens (Disability Services)
Jari Peltonen (Metallurgy) Keith Sichler (Banking Retail)
Soto Stuppos (Accountancy) Kerry Wishart (Health & Beauty)

Jim Pollock (Honorary) Rosemary Hepworth (Honorary)
Valerie Chivell (Honorary)

Coming Up

	Next Week 5/4/11	Following Week 12/4/11
Chairman	Clinton Garrett	Michele Hart
GUEST SPEAKER	Ted Kittel	Liz Bennet Graham Parish
TOPIC	The Dust Solution	The Mental Health Team
Vote of Thanks	Fai Chivell	Glen Eden
Stewards	Jari & Jane	Keith & Soto

Rotary Information

Meeting 2841

This was the annual Bowls Challenge match , for the Erke/Gladigou Trophy, between the combined Rotary and Lions Clubs

As usual, this was won by Lions with the score being, Lions 140 Rotary 66, but one Rotary team had a magnificent win, modesty stops me from saying which team it was.

There were 28 players for each of the teams and the Members of all four Clubs had a very enjoyable evening and will do it again.

A colourful Soto in action.

Is this man a natural Sportsman?



TONIGHTS PROGRAM

Meeting No. 2842
Tuesday 29 Mar 2011

Chairman

Jock Odgers

GUEST SPEAKER

TOPIC

Club Assembly

Vote of Thanks

Stewards

Everyone

Meeting 2840

Chairman

Jane Owens

Attendance

65%

Apologies

Keith Sichler, John Cagney & Jari Peltonin

Raffle

Raised \$56, there were two prizes, won by (Soto) Michele & Clint

Guests

Thought for the Week

Happiness is not a state to arrive at, but a means of travel

Presidents Remarks - Jack Odgers

Pres. Jack welcomed everyone to the Meeting.

Highlights

Michele had a quick trip to Perth, to see her new grandniece. John H. told of his mother's 99th birthday celebration. Tim, on his and Sue's attendance at the Dinner with the World President.

Birthdays & Anniversaries

Bev Eden reaches a significant birthday on Sunday and Pres. Jack's birthday is on the Monday.

REPORTS**Secretary** - Tim Clements

The Club has received some copies of the Pt. Pirie Club's book of the ABC of Rotary, these can be purchased from Tim.

Tim, in his position as AG, spoke about the World's President talk at his Adelaide meeting. It was stated that he considers Rotary to be a bottom up organisation and that Clubs can be effective and achieve amazing results.

Service Projects - Jane Owens

After a discussion with her committee Members, the next committee meeting has been moved to Wednesday the 23rd.

The roster for the Kick Boxing was circulated.

John Holds spoke regarding literature from Rotary regarding the Hat Day proposed for May and he asked how we can make any money just from wearing hats. This led to a general discussion, with a plan to be finalised.

Sergeant - Peter Nichols

Soto was fined, for appearing as a Greek God in the picture in the Bulletin, which Soto agreed that it was probably true.

Vin was fined for claiming that his tomatoes are still growing towards the sky.

GUEST SPEAKER

Jo Melville-Smith

Diabetes

Jo works at both the Whyalla Hospital and Monarch Pharmacies as a Diabetes Educator.

She told us how diabetes, is now the fastest growing chronic disease in the world and in Australia it is the 6th most common cause of death and the number of sufferers in the world is staggering.

She explained the cause of this is glucose building up in the blood and that insulin lowers it, but the pancreas can fail to make enough insulin to combat this.

She explained that there are several different types of this illness and the different types of treatment

The most common type is type 2, which is usually called Adult Onset, though Jo assured us that it can affect people of any age.

This condition can lead to heart attacks, strokes, kidney failure and Eye problems.

She listed the 4 F's factors regarding diabetes, they are Forty, Family, Fat and Fitness.

All through her talk, Jo stressed that the best cure for diabetes is for to take care of one's health and not develop the disease.

Vote of Thanks—Lyn Braid

Lyn thanked Jo for her talk, saying that it was very informative.



Guest Speaker Jo Melville-Smith