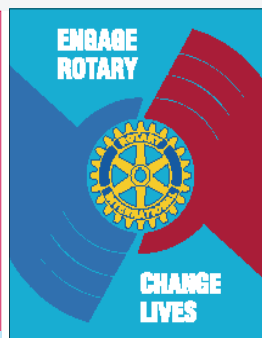


# THE ROTARY CLUB of WOOLGOOLGA Inc.

## Woopi Whisper

VOLUME 26 Issue 6 — 26 August 2013

Club President  
**Karen Sedgwick**  
District Governor  
**Rob Anderson**  
RI President  
**Ron Burton**



REMEMBER THE NEW MEETING ARRANGEMENTS (see box at right)

### MEETING 26 Aug: 7 PUBLIC SPEAKING CONTESTANTS!

A revival in interest in public speaking among our high school students has drawn an astounding 7 contestants for tonight's meeting and **Public Speaking** Club round— also a partners night. Those of us who have been around a bit longer and needed to speak in public in our adult lives realise just how valuable a skill this is to nurture, so it is particularly satisfying to see interest in our annual contest rekindled. On past experience, the students will have some surprises in store for us. [NB: Club Assembly postponed to later date]

In related news, for younger students, the **Great Debate** for local primary schools is thriving, and Mary Bryant attended it at Mullaway School on Wed 14 Aug and presented the trophy (funded by our club). A \$100 donation was also given to Mullaway School to cover debate costs. Thanks also to Thea Eves for organising the Public Speaking with WHS.

### RECENT MEETING — SUE DENGATE ON FOOD ADDITIVES

Sue set up the Food Intolerance Network (now 9,000 members) after responses to her "Fed Up" publications on food additives and the damage they do to the susceptible— particularly in terms of learning difficulties in children which affect their entire lives. The additives (preservatives, colouring and flavourings) are increasingly hidden with simple

#### Nasty additives to avoid

**COLOURS**  
**Artificial**

102 tartrazine	128 red 2G
104 quinoline yellow	129 allura red
107 yellow 2G	132 indigotine, indigo carmine
110 sunset yellow	133 brilliant blue
122 azorubine, carmoisine	142 greenS, food green, acid brilliant green
123 amarant	151 brilliant black
124 poncaou, brilliant scarlet	155 brown, chocolate brown
127 erythrosine	

**Natural**

120 eosinines (allergies, not intolerances)  
160b annatto, bixin, norbixin

**PRESERVATIVES**

200-203 sorbic acid, potassium & calcium sorbates  
210-219 benzoic acid, benzoates, hydroxybenzoates, parabens  
220-228 sulphur dioxide, sulphites, sulphites  
249-252 nitrites & nitrates  
280-283 propionic acid, sodium, potassium & calcium propionates  
natural preservatives eg cultured dextrose, cultured whey

**SYNTHETIC ANTIOXIDANTS**

310-312 gallates  
319-321 TBHQ, BHA butylated hydroxyanisole, BHT butylated hydroxytoluene  
natural antioxidants eg rosemary extract, herb extract

**FLAVOUR ENHANCERS**

620-625 glutamic acid and glutamates (MSG monosodium glutamate is 621)  
627 disodium guanylate  
631 disodium inosinate  
635 ribonucleotides  
yeast extract, hydrolysed vegetable protein HVP HPP

**FLAVOURS**

There are no numbers because flavours are trade secrets

#### Fed Up with Children's Behaviour

(17 minutes with subtitles in 6 languages)

**Sue Dengate**  
Copyright 2006  
Produced by AAA Video Productions Coles Coast

**Bonus Material (no subtitles)**  
Advanced Workshop (10 minutes)  
Behaviour Management (6 minutes)  
Interviews with parents (42 minutes)

such as common bread preservative 282 (calcium propionate).

Sue explained the difference between an **allergy** which has an immediate response, and an **intolerance** which has a delayed or cumulative response & so the source is harder to determine. She espouses the elimination diet & gradual reintroduction of potentially problematic foods to determine each individual's reactions.

Until now, the obvious increase in learning disabilities and asthma among kids has been baffling. Our guests noted it was one of the most interesting talks they had ever heard at a Rotary meeting and were glad they came along. We all went home & read labels, and yours truly's freezer had gluten-free bread full of nasties, and spelt bread free of them!!

Meeting Places  
1st Saturday of the month at **the Rotary Shed** 8.30-2.30  
2nd & 4th Mondays in the month  
**Woolgoolga C.ex (Bowling Club)** 6-8pm  
3rd Mondays **Board mtgs (venue varies)**  
Apologies to **6654 8890** by **9am Monday**



### STATS AT A GLANCE

**Visiting Rotarians:** Peter Gibbs (Bomaderry Club)  
Judy Gibbs (Engadine Club)  
**Visitors:** Sue and Howard Dengate, Bronwyn  
**Apologies:** David E, Norm, John, Garry, George, Dick, Karen, Gareth, Peter, Rob, Terry, Greg, Kirpal  
**Attendance:** (12th) 10 (41.7%); RYDA 10 (41.7%) plus 2 honorary members Ila and Sel and partners Marie, Allan, Bronwyn, Marlies  
**Raffle winner:** Pam  
**Birthdays:** Rob W 24 Aug, David E 28 Aug, David F 30 Aug, Peter L 31 Aug, Edith W 4 Sep.  
**Anniversaries:** Peter & Sally 9 Sep David & Susan 10 Sep

## COMING EVENTS

**Club team for Dragon Boat regatta**, Sunday 15 Sep races; start 9am at Mylestom (on Bellinger River south of Sawtell). President Karen is organising a **club team** for the Sports and Community Dragon Boat Regatta and needs 16-20 people, including 2-10 males. Spend part of your Sunday draggin an oar for our team! Entry per person: \$20 (adults); \$10 (juniors, must be 12 or over).

The next **Plant and produce Stall** will be at the September auction on 7 Sep, if you wish to plan ahead and make chutneys, jams or other produce, or pot some seedlings or cuttings for sale. Garden books, furniture, implements, manure, worm juice etc are also welcome. Anything you can creatively include!

**Helicopter Golf Ball Drop:** date Sun 20 October; see Karen if you can help source prizes for the day (club fundraising event). Ambrose golf, BBQ, and the golf ball drop slated for about 2pm. Big & attractive prizes are in the wind!

## RYDA (Rotary Youth Driver Awareness day) - 15 August

79 students from Years 11 and 10 have better odds now of surviving our roads, having attended our 5th annual RYDA. The



buses were late, causing a 20-min slippage throughout the day, but otherwise, it went well.

## OTHER CLUB NEWS

The club has agreed to make a **\$1500 donation** to help cover the debt resulting from the rain-afflicted **Curryfest**, as the flagship festival in our community must survive and prosper.

**\$1250** was donated towards **Getting Out There Day** (30 Aug) for Year 12 Woolgoolga High students. The program is evolving with our changing world. The focus this year is on the practical, with new modules on nutritious but cheap cooking, responsible service of alcohol (etc) and your “digital footprint” —eg how a bad facebook page can destroy your career prospects for the indefinite future.

The coffers have been helped though by a couple of good **auctions**. The club thanks community member **Daryl Jarvis** for going above and beyond with metal recycling. **Yeates book** profits banked total \$2841 so far.

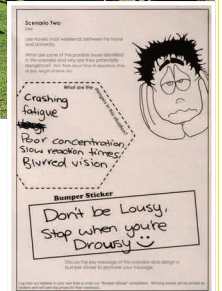
In light of meal cost increases by C.ex, we have had to **increase the cost of meals by \$2**, to \$22 for members and \$17 for guests. Also, due to lack of resources, especially for billeting, there will be **no YEP dive course** in 2013.

### CLUB NOTICES

26 Aug Public Speaking night (Partners night)  
30 Aug Getting Out There Day (Rotary invited)  
7 Sep September auction (Northern Beaches Care) including Plant & produce stall

### DISTRICT NOTICES

27 Aug Woolgoolga High School Concert of Excellence (Rotary invited)  
7 Sept NYSF orientation day  
12-13 Oct Coffs Garden Expo  
27 Oct Rotary BIG Golf Day (Coffs City Rot.)



MEETING DUTY ROSTER Please swap nights if you cannot attend				
Date	26 Aug Partners	2 Sep No meeting	9 Sep Meeting	16 Sep
Attendance	Thea Eves		Pam Fayle	
Welcome/Fellowship	Karen Sedgwick	AUCTION Sat 7 Sep	Keith Minhinnett	BOARD MEETING
Introduce Guest Speaker	Pam Fayle		Greg Williams	ONLY
Vote of Thanks	Dick Matthews		Echah Wright	
Guest Speakers or Event	Public Speaking Competition		Allan Burrows, optometrist—Eye health & prevention of eye disease	

**Your Rotary Club Needs YOU**  
Want to be on the **BOARD?** - (see Karen)  
Can you help with **AUCTION PICK-UPS** or auctioneering? (See Dick)  
**WISH TO PROPOSE A NEW MEMBER?** (See David F)  
**KNOW A FAMILY INTERESTED IN HOSTING a YEP STUDENT?** (See Patty)