



ROTARY CLUB OF KYNETON INC.
P.O Box 18, KYNETON, 3444
DISTRICT: 9800. ABN: 86394 8 16 869.

Bulletin

www.kynetonrotary.org.au

Guest Speaker Karryn Aumont (& daughter) from Kyneton Sports & Aquatic Centre)

Pres Bob Eadie Sunday 29th of May at 9:30am the Cluster Presidents and DG David Bourke, DG Elect Graeme Batrouney & Presidents Elect will meet at the Malmsbury Hotel. Planning for the next 12 months.

The President of Woodend has a blanket drive project which was initially started by the Melbourne South club to gather blankets for DIK. They need 1 volunteer to be a point of contact to collect the items. Shirley Porter put her hand up for items to be collected at the shop. Request to have Directors reports by next Monday for Presidents annual report.

Bob pointed out that the World Rugby Finals results were that Scotland beat South Africa 27-26

Reports

Sec John condliffe Jackets @ \$35 – there is 1 left.

The Our Lady of the Holy Rosary Catholic School has put a notice in their bulletin about the Mothers Day lunch which had 100 people there and want us to do it again.

The Primary School Prep Group Friday has started with \$1,000 from the RC Kyneton to put into it. We need 3 volunteers to help – no more.

PE Shirley Porter Changeovers are coming up. Castlemaine on Saturday 18th of June, Woodend 25th of June, District Governor changeover at the RACV Club.

Kyneton is on Sunday 3rd of July. Contact Shirley if interested in going to any of these events, especially Shirley's changeover.

Graeme Batrouney Guess Who's Coming to Dinner lists are going out. Have a great night.

Gus Walta On behalf of Brett Lefebvre Gus reported that 2 students are going to MUNA.

Marge Kelly Friday 17th of June at 6pm in the Cat House Players are performing "Trap for a Lonely man".

If wanting to go we will gather for dinner at 6.30pm at Pizza and Wine Club and then the show at 8pm.

Guest Speaker Karryn Aumont

Karryn in 1996 became an Aerobics Instructor. She is a Part-time Fitness Instructor, Facility Coordinator @ MRSC, Fitness Team Leader, has 3 different employers at the same facility, 12 years with Macedon Ranges Shire Council.

Currently 33% of the population is overweight & 25% obese – figures that have doubled in the last 30 years.

DATE 23RD OF MAY 2016



Be a gift to the world

MEETING

EVERY MONDAY

(EXCEPT PUBLIC HOLIDAYS)

MALMSBURY HOTEL

85 MOLLISON ST,
MALMSBURY, VIC, 3446

CALENDAR

Date	Speaker
6 th June	Marg Kelly
13 th June	No Meeting
20 th June	Wade – Pilates
27 th June	Club Forum
3 rd July	Presidents





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The impact of obesity and associated health problems such as cardiovascular disease, type 2 diabetes and sleep apnoea.

Ways to tell if you are overweight or obese;

The charts below for BMI and

The total cost of obesity in Australia in 2011-12 are estimated at \$8.6 billion of which \$4.8 billion in indirect costs (eg. Absenteeism, presentism, government subsidies) and \$3.8 billion in direct costs (eg. GP, allied health, specialist services, hospital care, pharmaceuticals and weight loss intervention)

In Australia obesity rates have increased rapidly in the past 20 years. Based on the Australian National Health Survey results:

27.5% of Australian adults were Obese in 2011-12 – an increase of 47% since 1995

Not only prevalence has increase but severity with a two fold increase of people with a BMI of 35 and above (Class II & III)

Moving more and sitting less will...

- Reduce your risk of, or help manage, cardiovascular disease (CVD)
- Reduce your risk of, or help manage, type 2 diabetes
- Maintain and/or improve your blood pressure, cholesterol and blood sugar levels
- Reduce your risk of, and assist with rehabilitation from, some cancers
- Help prevent unhealthy weight gain and assist with weight loss
- Build strong muscles and bones
- Create opportunities for socialising and meeting new people
- Help you to prevent and manage mental health problems

A note from President Bob Eadie

To help ease the burden on Bulletin writers and note-takers could guest speakers (and 'members behind the badge') provide a biographical note or edited cv, which the Chair for the evening should pass to the note-taker, and the latter in turn should forward to the Bulletin editor along with their notes on the evening's presentation. In addition, where a talk seems likely to be complicated or highly technical, can the speaker, where practicable, provide a brief summary of the main issues – again for the benefit of the note-taker and Bulletin editor.

Potential Bulletin writers and note takers, please note that all that is required is a brief summary of the speaker's talk (including relevant biographical details), which may be set out in 'point' form. You are not expected to write a detailed account of the talk.

<u>Date</u>	<u>Speaker</u>	<u>Chair</u>	<u>Cashier</u>	<u>Bulletin notes</u>
6 th June	Marg Kelly	Alan Potter	Dennis Perry	Pip
13 th June	No Meeting			
20 th June	Wade – Pilates Cottage	Pip	Richard Fooks	Paul
27 th June	Club Forum			Pip
3 rd July (Sunday)	Presidents Changeover			
4 th July	No meeting			
11 th July				Ridge

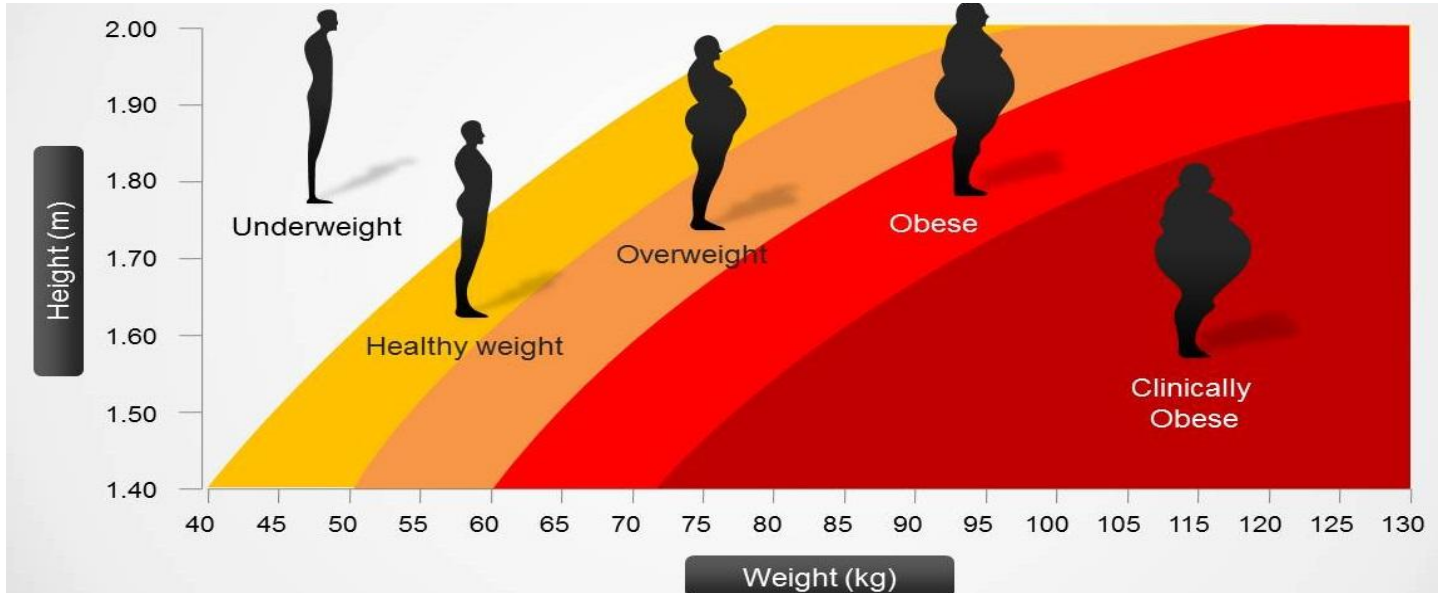


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Another way of seeing it;



BODY MASS INDEX (BMI)	
CLASIFICATION	BMI SCORE (kg/m ²)
Underweight	< 18.5
Normal	18.5 - 24.9
Overweight	25.0 – 29.0
Obese	30.0 – 40.0
Extreme Obese	> 40.0

WAIST CIRCUMSTANCE		
Overweight		Increased risk of disease due to higher levels of fat deposits around internal organs
Men	> 94cm	
Women	> 80cm	
Obese		
Men	> 102cm	
Women	> 88	