

NEXT MEETING - WEDNESDAY, 26 JUNE 2002 Time: 6.00 pm for 6.30 pm
VENUE: COOMBAH LOUNGE, EXSERVICES CLUB – PARTNERS NIGHT
SPEAKER/TOPIC: CHANGE OVER – OUT WITH THE OLD IN WITH THE NEW COST \$20

APOLOGIES OR GUESTS: Please advise Darrell G on 6452 3302 by midday **MONDAY 24/6/02.**

Non-apology & non-attendance means you pay for the meal.

Apology, Non-attendance & no make-up means you pay \$2

SERGEANTS FAX-A-FINE: Send to Graham French on 64526102

JUNE ROSTER: *Attendance:* Jim Hatfield & Patrick Kwan *Property:* David Epstein

Be Early. If not at meeting arrange for substitute. At another venue arrange to bring necessary property.

THOUGHT OF THE WEEK BY: Tom Bellgard

Next Week: New Pres. Lou Moore

Talk slow, but let your brain think fast.

LAST WEEKS MEETING:

New Member: Pres. Ash had the pleasure of inducting Sabine Laub, proposed by Dangerous Dave. A former Rylarian, who has set up her own book keeping business, so of course classification is Book Keeping. Sabine has many interests and hobbies, including Rock & Roll dancing. Welcome Sabine, you have reduced the clubs median age.

Our guest speaker was Dr Alex Tahmindjis, who first graduated with a medical degree, practiced as a GP then went back and continued studying for Physiologist, now works 2 days a week at Sharp St Surgery, 2 days at Bombala St Surgery and 1 day at Jindabyne. He gave us an overview of some of the early practices used in treating persons with physiological problems, eg; blood letting, and in the French Revolution locking them in dungeons and hosing them down. The later was discouraged by Dr Philip Penell who said "all people should be free and equal" and was rewarded when attacked by a person against this view and was saved by a well dressed man, who when asked who he was said, one of the persons his views saved. Also the theory of Sigmund Freud, that people don't suffer mental disorder but is caused by something that happened earlier, from infancy, through childhood, even their working life, with stories of Anna O and Swiss girl Lucy and treatments including hypnosis, and some of the things his own patients thought. He also mentioned John Gassian, who setup monasteries in 300 to 400 AD. Then Arron Beck who's view was that people had deep thoughts like "nobody listens to me because I'm boring", but modern treatment is the use of Physco analysis, that gets rid of the past. Cognitive therapy for now and the future. Also Beck established that neuro transmissions reduced things in the brain that caused problems, found that the chemical serotonin is produced, found near nerve joints, nerve genesis which thorough diversion takes 6 weeks to grow new nerves. Dr Alex gave a view of the damage done by recreational drugs to the brain and body. But said they way to stop growing old is to keep growing new nerves to give new ideas, that medicine has had its ups and down but leads a lot of good.

NEWS:



Markets: last week not the best day weatherwise, but not too bad for the Club. 26 stalls, fees were \$338.00 with \$169 each to Project and Market fund. BBQ \$528.80, costs \$324.95, profit \$203.85.



Rotary Mental Health Forum: to be held at Parliament House 27/6/02 from 10 am to 12 noon. DG Paul would like a good attendance of Rotarians for more information contact Noel Trevaskis on 0427 772 2029 or Joy Gillett on 02 9633 4888.



Tuggeranong Changeover: 28/6/02 at Southern Cross Club 7 pm for 7.30 Cost \$55 per person, includes drinks.



Many thanks: to Pres Ashley & better half Allison for the free drinks and nibblies at this meeting. He is now quits on the port.



Vale: our deepest sympathy to Neville Locker and family on the passing of Kate, our thoughts are with you.

ROTARY INFORMATION:

Attendance Last Week: 28 members + 4 makeups = 32 out of 41 = 71% **Visiting Rotarians:**

Guests: Helen (Graham F) Anita (Wolfie) Allison & Sabine L (Dangerous Dave) Marjorie M (Marko) Jam (Les S) Allison (Pres Ashley) Dr Alex (Club) **Apologies:** Alan D; Jim H; Brian J; Julie J; Patrick K; Claire N; Neville L & Ken P **Leave of Absence:** Darrell G; Col A; Robyn C; Phill B **We Also Missed:** Brian L **Make-ups:** Robyn C; Jim H (Markets); Phill (Goulburn); Darrel G (RI Conference)

BULLETIN EDITOR/REPORTER: Des Trute