

# Rotary

## Rowville Lysterfield



### This Week's speaker—Kate Kidd; 'Fantastical Food: Myths and Legends

With a love of Chemistry and a background in food technology, Kate has great credentials to unpack some of the myths around our food supply, which she did under the following themes.

#### Myth 1: Fresh is best: fruit and veggies

Frozen food is harvested at the peak of ripeness and snap frozen within hours. There is little nutrient loss, vitamins are preserved and there is no heat damage. With fresh fruit and veggies, there can be a length of time before the food ends up on your plate, with loss of nutrients along the way.

#### Myth 2: Organic is more nutritious

Organically grown food has the same nutrient value as non-organic food as organic farming is about how the food is farmed/grown.

Organic food is grown without synthetic chemicals or genetically modified components. It is not necessarily chemical free but the pesticide residues will be definitely lower than food produced with synthetic chemicals. Organic farming is better for the environment and more sustainable.

#### Myth 3: They are trying to confuse us on the labels

Laws governing what must be put on labels is controlled by the Food Standards Code Australia and New Zealand. Much of the information is provided due to other demands, such as recycling information. Marketing claims are overseen by ACCC.

Statements such as 'Made in Australia from 97% Australian ingredients' are political as it is to encourage buyers to purchase local products. Some of these statements are vague as the amount of Australian ingredient can vary with the season, such as in a berry jam.

### Meeting Details

#### Where:

Tosaria's Café  
60 Henderson Rd  
Rowville

#### When:

Tuesday, 6.30 pm  
for 7.00 pm start

Meetings are  
hybrid unless  
indicated otherwise

Visitors are  
warmly welcomed

#### For information contact:

Kevin Harrison  
0419 919 011

Murray Wilson  
0402 088 999

Zoom link [here](#)



Home Club of  
PDG Daryl Moran



Kate Kidd

The nutritional panel provides a lot of useful information, if care is taken to note the serving size.

SERVINGS PER TUB: 6.3		SERVING SIZE: 160g	
	AVE. QTY. PER SERVE	% DI* PER SERVE	AVE. QTY. PER 100g
ENERGY	571 kJ (136 Cal)	7%	357 kJ (85 Cal)
PROTEIN	7.0 g	14%	4.4 g
- GLUTEN	0 mg		0 mg
FAT, TOTAL	3.0 g	4%	1.9 g
- SATURATED	1.9 g	8%	1.2 g
CARBOHYDRATE	20.0 g	6%	12.5 g
- SUGARS, TOTAL	19.4 g	22%	12.2 g
- NATURAL SUGARS*	8.5 g		5.4 g
- ADDED SUGAR	10.9 g		6.8 g
DIETARY FIBRE	0.2 g	1%	0.1 g
SODIUM	90 mg	4%	56 mg
CALCIUM	227 mg	28% RDI*	142 mg
VITAMIN B2	0.34 mg	20% RDI*	0.21 mg
VITAMIN B5	0.51 mg	10% RDI*	0.32 mg
VITAMIN B12	0.00 mg	0% RDI*	0.01 mg

The ingredient list is in order from the greatest amount to the least, with allergens in bold. It is not always understood that allergens are only an issue for people with an allergy to that specific ingredient.

<b>YOGHURT WITH FRUIT</b>
<b>INGREDIENTS:</b> MILK, SKIM MILK, MILK SOLIDS, STRAWBERRY (7%), SUGAR, THICKENERS (MODIFIED STARCH, GELATINE, CARRAGEENAN), NATURAL FLAVOURS, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), CARROT CONCENTRATES, CALCIUM CHLORIDE, LIVE YOGHURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS.
<b>CONTAINS MILK.</b>

Care has to be taken with interpreting claims such as 'no added sugar' as the sugar may be in another form such as fruit puree providing fruit sugar (fructose).

### Best before vs Use by dates

Best before dates are an indication of when the flavour, texture and quality of the food will start to diminish, not when the food is likely to make you ill. Using your sense of smell and taste will help judge if food is still edible. Use by dates give an indication of when food could become a risk to health.

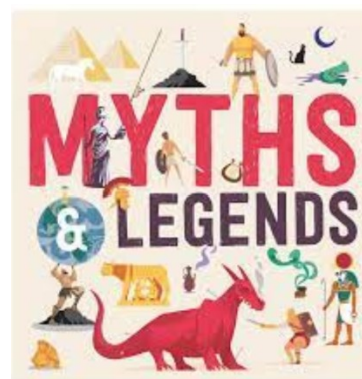
### Myth 4: Let's create consumer hysteria

Newspaper headlines often create a scary picture of what goes into food ('they are loading our food with sugar' or 'they use roadkill for petfood') which does not stand up to scrutiny. Commercially produced food has generally started off as a chef's or kitchen recipe with amendments made to ensure that it is safe to consume after a period of time and that it can be prepared commercially. It is a pet peeve of Kate's that there is a clear lack of effort to inform the community accurately when there are issues of food contamination.

### Myth 5: The Freddo Frog Factor

A common complaint these days is that the size of food/confectionery items or the number of items in a pack has decreased noticeably, leading to the conclusion that the consumer is being 'ripped off'.

There have undoubtedly been large increases in production costs due to energy, labour and raw materials in recent years. Allied to this is a pressure to maintain the price below a certain level, the perceived price that purchasers will still accept. Thus to remain viable, manufacturers have to explore options such as decreasing pack sizes, changing the formulation (which often leads to less flavour) or changing the process, such as adding more air in ice cream.



*Our thanks to Kate for a very interesting and informative presentation.*



**IMAGINE  
ROTARY**

### Rotary theme for each month

**July**— New leadership

**August**— Membership and  
New Club Development

**September**— Basic  
Education and Literacy

**October**— Economic and  
Community Development

**November**— Rotary  
Foundation

**December**— Disease  
Prevention and treatment

**January**— Vocational  
Services

**February**— Peace building  
and Conflict resolution

**March**— Water, Sanitation  
and Hygiene

**April**— Maternal & Child  
Health

**May**— Youth Service

**June**— Rotary Fellowships



The 'Christmas in July' lunch at Hophaus last Sunday was fun-filled, with lots of laughter and camaraderie. It was also a superb day, with sun streaming into the balcony area and a fabulous view over the Yarra River. A lovely day!

### Further Update on Kiriwina Island tragedy

Alan reported on his continuing communication with people on Kiriwina Island regarding the tragic death of two young men who were struck by lightning after a fishing trip. One of them, Thomas, worked on the Rotary funded project to install toilets. Alan is hoping to provide a supply of rice, via his project manager Emanuel, to assist the two families impacted by these untimely deaths. The supply of rice will not only supplement their diet of yams but will enable them to trade some of the rice for items such as fish. A total of \$1000 should be sufficient to supply rice for 12 months, and \$500 has been donated so far.

Go to the website <https://donations.rawcs.com.au/24-2015-16> to make a tax deductible donation.

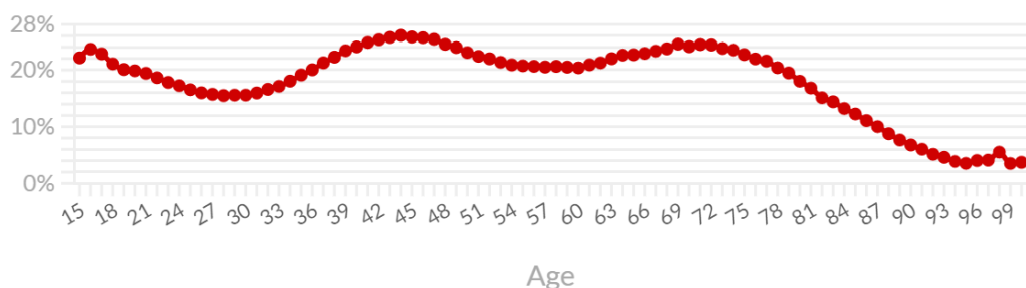
A recent article in 'The New Daily' used statistical data from recent census figures to support a hypothesis that the 2020s could be the golden decade for volunteering.

As a starting point, the author Simon Kuestenmacher, demonstrates that there are three peaks in volunteering, one at around age 16, one in the mid-40s and the third peak in the late 60s to early 70s, when many people are retired but still healthy enough to be engaged in community activities.

## The three peaks of volunteering: teens, parents, retirees

Likelihood of the Australian population to volunteer by single year of age

(Tap or hover to view data)



Source: ABS Census 2016

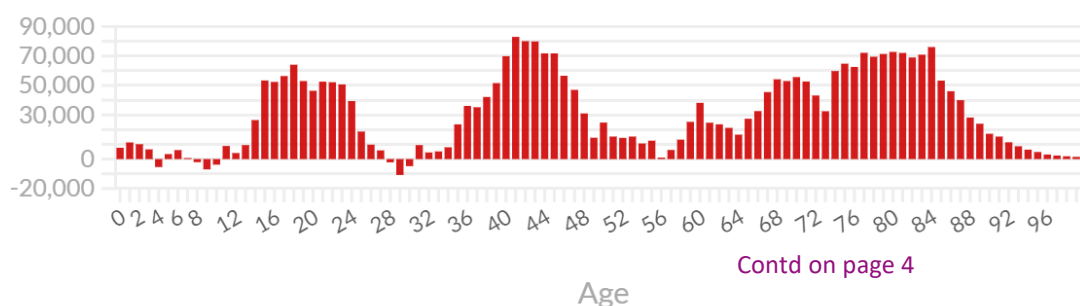
THE NEWDAILY

Census predictions are that in the decade from 2020-2030, 3.1 million people will be added to the population in Australia. The population-growth profile by age almost exactly mirrors the volunteering cycle, as shown below.

## Population growth in the 2020 peaks when volunteering peaks

Projected population change by age from 2020 to 2030 in Australia

(Tap or hover to view data)



Contd on page 4



**Sweet treats— Upwey Baptist Church between 9-11 am**

July 21st	Corinne, Heather, Pam, Olivia and Tahlia
August 4th	Marg, Anita, Fiona, Michelle V
August 18th	Heather, Pam, Olivia and Tahlia, <b>Volunteer needed</b>
September 1st	Marg, Anita, Fiona, Michelle V



**IMAGINE  
ROTARY**

**Soup—FTG Guide Hall between 2—4 pm**

July 27th	Marg, Fiona, Kate
August 24th	Marg, Fiona, Kate

**STOP PRESS**

Bunnings has agreed to raise the price of BBQed sausages to \$3.50, effective July 23rd.

**BUNNINGS BBQ DETAILS****July 15th**

9—12.30: Alan, Robyn, John, Peter  
12.30—4.00 : Jeff, Marg, Ian, Ayanthi  
Reserves: Corinne, Les

**August 19th****The Golden Age of Volunteering—contd**

So simple demographics provides a great opportunity for community organisations to increase their membership numbers.

**H**owever, the article goes on to discuss some of the challenges for volunteer organisations.

**The diversity factor**— Australia is becoming increasingly diverse, so the messaging needs to be more targeted when advertising for more volunteers. As a rule of thumb, the organisation should roughly reflect the community it is servicing.

**Changing values**— As Baby Boomers increasingly retire and leave leadership positions in business, government and community organisations to younger people, their values will leave the organisation too. More than anything this means that hierarchical structures will need to be flattened to attract millennials, who increasingly spend their 9-5 in flattened structures.

**So, the 2020s should be the golden decade for any community organisation that flattens its hierarchy and manages to appeal to a diverse Australia.**

Environment Chair Gary provided a report on various activities:

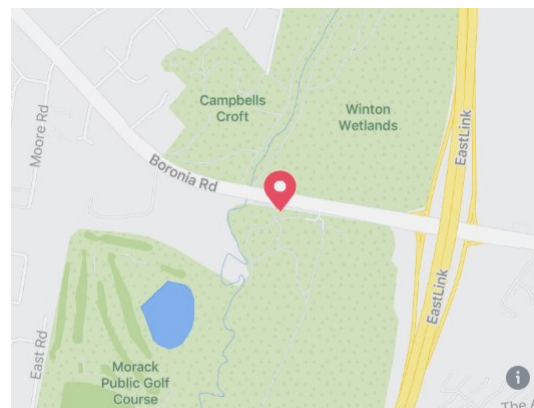
1. Gary is attending the quarterly meetings being held with the various Friends Groups within the Knox City Council area and is finding this useful to establish networks and to gain information about the activities that are being planned.

2. The Club has received an invitation to attend a working bee with the First Friends of Dandenong Creek on

**Saturday July 16th, from 10—12 pm**  
at Koomba Park, as shown in this map.

This working bee is to install a temporary fence, prior to the arrival of some goats which are being used in a trial of weed containment by goat grazing.

Let Gary know if you are intending to come along on  
[dons10@bigpond.net.au](mailto:dons10@bigpond.net.au)



Koomba Park, Northern carpark off Boronia Rd, Wantirna

Bring sturdy shoes, gardening gloves, water bottle and a hat.

3. A Corporate National Tree Day, coordinated by Knox City Council will be held on  
**Friday July 22nd at 10 am—12 pm.**

This is a day when businesses come together and network whilst making a positive difference in the community.

The tree planting will take place at Ferny Creek Trail, west of Henderson Road, Rowville. The planting event can be accessed from Ferny Creek trail Shared Path where it intersects with the Henderson Road Bridge, about 300 m from the bridge.

Let's just make  
each other happy  
without a reason.

good morning!!



**Rotary**



4. There will be tree planting along the Corhanwarrbul Creek on Sunday 11 September as part of the Government Planting Trees for the Queen's Jubilee Program . More details to come.



**Worth a chuckle...**

Q. What did the grape do when it  
go stepped on?

A. It let out a little wine.

- The Knox Art Show committee has reported that the final profit for the 2021 Show was just under \$8500. This amount is to be shared between the participating Clubs and is a very pleasing result, given that the Art Show was on-line due to COVID. James Wilson will be on the organising committee for the 2022 Art Show.
- A thank you morning tea will be held at Peppertree Hill Retirement Village on August 9th from 10 am—12 pm, to which we are invited. Heather is attending and would like some other members to accompany her—let her know if you can attend.



**IMAGINE  
ROTARY**

## Rowville Roundup

- A warm welcome to our newest member, **Peter Batterham**, who has transferred to our Club from the Rotary Club of Berwick. Wonderful to welcome such an experienced Rotarian and great to see that he is on the Bunnings BBQ roster already, for this Friday.
- We look forward to inducting another new member, **Kate Kidd**, at the Changeover Dinner next week. We know that she will make a valuable contribution to our Club.
- Welcome also to **Nathan Wehlauer** who has visited us several times now.
- Our next travellers are **Neil** and **Michelle**, off to Africa in early August, for a long awaited trip. **Corinne** and **Les** are off to Qld and NSW for most of August. **Jenny** and **Daryl** will also be away in August in their caravan, to less exotic destinations, touring South Australia.
- The ladies at **Peppertree Hill Retirement Village** are proud to have also received a certificate of Appreciation from B4VK. Their most recent efforts have resulted in 32 beautiful hand-crafted quilts that have been delivered to the B4VK premises. They have also made a large collection for the Rose St Op Shop. Wonderful effort, Beryl and friends.
- **James** reported that the knitters at Waterford Valley have been busy producing scarves and beanies for Foothills and are now working on lap rugs to go to Wheel-Chairs for Kids.
- **James** also reports that his recent cataract surgery has been very successful and he is looking forward to attending Changeover Night next week.



Let's support our members in their business endeavours.

**SEE ME FOR EVERYTHING**  
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**Knox Chiropractic & Wellness**

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Date	Registration	Chair	Setup and production	Program
<b>JULY—New Leadership</b>				
<b>19 in-person</b>	Robyn and Heather	Steve	Alan John Neil M (sound only)	 <b>Changeover Night</b>
<b>26 in-person/ hybrid</b>	Jenny	Marg	John Daryl Neil M	<b>Eliza Vesey</b> 'Major Event Management'
<b>AUGUST— Membership and New Club Development</b>				
<b>2 in-person/ hybrid</b>	Marg	Jeff	Ian Bob Carol	<b>Phil Wright</b> Habitat for Humanity
<b>9 In-person/ hybrid</b>	Gary	Max	Carol Stephen Alan	<b>Peter Dalwood</b> Navigating ClubRunner, My Rotary and other resources
<b>16 in-person/ hybrid</b>	Ian	Rajeev	Alan John Neil M	<b>PDG Daryl Moran (by zoom)</b> 'Seeking Your Rotary Moment'

*'Girls Night Out' Planning meeting: Wednesday July 13th at 7 pm  
in person, at the home of Heather Morris*

Website: [www.rowvillerotary.com.au](http://www.rowvillerotary.com.au)

District 9810

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

Website: <http://www.9810rotary.org.au>

## 2021-22 BOARD MEMBERS

<b>President</b>	Murray Wilson
<b>Vice-President</b>	Kevin Harrison
<b>Secretary</b>	Heather Eddy
<b>Treasurer</b>	Neil White
<b>President Elect</b>	Kevin Harrison
<b>President Nominee</b>	Carol Constantine
<b>Immediate Past President</b>	Marg Vesey
<b>Director</b>	Steve Macdonald

## 2021-22 COMMITTEE CHAIRS

<b>Community</b>	Marg Vesey
<b>Youth Service</b>	Max Williams
<b>Environment</b>	Gary Forrest
<b>Foundation</b>	Neil White
<b>International</b>	Alan Lunghusen
<b>Vocational</b>	John Williams and Neil Marshall
<b>Membership/Facebook</b>	Kevin Harrison

## OTHER ROLES

<b>Membership committee</b>	Kevin Harrison Gary Forrest Ayanthi Gunatilake
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## OTHER ROLES

<b>Rowville Secondary College Council Rep</b>	Rajeev Wadhwa
<b>Newsletter</b>	Jenny Moran
<b>Website</b>	Alan Lunghusen
<b>Club Protection Officer</b>	Corinne Baillie
<b>Program Committee</b>	Marg Vesey Jenny Moran Kaye Sharman Heather Eddy
<b>On-to-Conference Fundraising committee</b>	Carol Constantine Kevin Harrison Julienne Hyams Adrian Klep Bob Morris Stephen Palamara Arshad Samsudeen Kaye Sharman

