

ROTARY NOMADS: Dot Points for 22/06/16

Meeting opened by Chairperson Louise Lemon

Welcome: John welcomed everyone to the meeting.

Present: Meg and Greg, Mary and Alan, Louise, Wendy, John, Geoff and Lorelle, Pam, Wayne, Guest Speaker Nicholas Lee, Francis, Colin and Barb, Annette and Robin, Mary Henderson, Dennis, Steve

Apologies: Marlene, Barry and Lee, Phil, Camilla, Gary, John

Guest Speaker

John introduced our guest speaker Nicholas Lee from the Jodie Lee Foundation.

Nick talked about Bowel cancer and why he set up the foundation 6 years ago after his wife Jodie passed away from bowel cancer.

Nick talked about the importance of testing for bowel cancer.

He talked about the processed meats and the well cooked meat and the carcinogens in them. Too much processed food is not good for our digestions as it takes too much energy to process the food.

Not enough people (only 27%) use the test kits that are sent to them.

Colonoscopies are still the most accurate test for bowel cancer.

30 second round up run by Geoff

Joker's Wild.

First out - Lee Tate - 3 diamonds

Second out - Trish Bennett -Joker

The joker has been pulled out 3 weeks in a row. Next week's kitty restarts at \$20

Next week

Chairman: President Greg

Behind the Badge: Wayne

Dot Points: Meg

Thanks Louise for a great job as chairperson.

Meeting closed at 7:55pm