

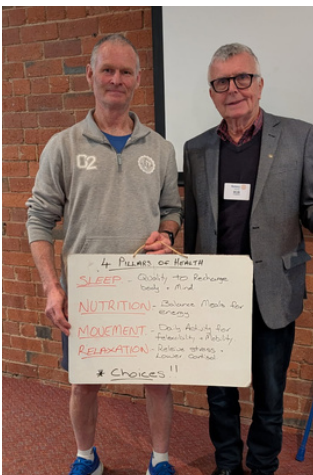
PRESIDENT'S MESSAGE

Welcome to our guest speaker , Rohan Garfoot, together with his wife Jacinta and again Katrina Rainsford and also to Bryney & Scott, guests of Marg 2) Noel Howard reported on Drought Relief Brian updated us on the planning for the Art Show after a meeting of the committee was held Tuesday night. Notes from the Board meeting held last week are on the last page of this bulletin.

The meeting next week, will be at this venue. There will no speaker, the plan is to finalise sheepvention arrangements including a review of the risk assessment.

Simon Wilson - Sheepvention.

The P&A Society are offering discounted tickets@ \$20 each for each for exhibitors. They can only be purchased on-line by the exhibitor For 2 days. This includes partners. Working Volunteering @the Lamb bar. Simon is going to purchase one who a ticker for who has put their name down on the sheepvention Roster. If you do not want a \$20 ticket - Please let Simon know. Rotary It is expected that will be reimbursed for the cost for the tickets by Rotarians + partners Peter Irvin - Please return any DV t/shirts at the next meeting.



GUEST SPEAKER ROHAN GARFOOT

Rohan spoke of his Wellness coaching business. He started off as a shearer then entered into the industry at around 40 years of age . His coaching style changed from that of fitness to wellness. His business philosophy is based on the ④ Pillars of Health. Sleep -quality sleep is needed to recharge body + mind Movement - daily activity for flexibility and mobility WHO recommends 40 minutes of walking daily for good health. Relaxation - Relieve stress and lower cortisol levels. Nutrition - Balanced meals for energy. The Quality of the last 10 years of your life is your choice! Rohan is the son of Rotarian David Garfoot

UPCOMING EVENTS

30 July Sheepvention Preparations

6 August No meeting

13 August. Geoffrey Sanderson Landscape Architect

20 August TBA

27 August Sue Brumby Farmer

Health

Weekly social events

Bike Riding Thursday 09:00 at the Ansett Museum, finishing for coffee at Tosca Browns, around 09:35

Friday Coffee: meet each Friday Morning, 10:30 at the Roxburgh, all welcome

SHEEPVENTION BBQ

SUNDAY 3 AUGUST

MONDAY 4 AUGUST

Roster on Shared Drive



WDHS Run for Dementia at the lake

21 September

MEMBER ANNUAL SUBSCRIPTIONS ARE NOW DUE, FOR THOSE WHO HAVE NOT YET PAID

- \$270 FOR THE FULL YEAR (OR \$135 FOR 6 MONTHS)
- PAY TO BANK ACCOUNT BSB 633 000 ACCOUNT 149 567 752
- PLEASE USE A NAME REFERENCE SO WE KNOW WHO IS PAYING, THANKS
- OR IF YOU WISH, TREASURER GEETHA WILL BE HAPPY TO PROCESS A TRANSACTION CARD FOR YOU



Celebrations
Birthdays Sally Warburton 27 July
 Bruce Wheeler 28 July
Happy Anniversary None
Induction Anniversary None

Please note
 Apologies must be submitted by 12 noon on the Tuesday before each Wednesday meeting. Please note that the number of meals ordered by that time must be paid for.

Rotary International's monthly theme for July is **Maternal and Child Health**
 Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, Rotary provides immunizations and antibiotics to babies, improves access to essential medical services, and supports trained health care providers for mothers and their children. Rotary's projects ensure sustainability by empowering the local community to take ownership of health care training programs.



One final thing to leave you with, Rotary is not just this club, we are part of a global service organization & every 2 months each one of you receives the RDU (Rotary Down Under magazine which I encourage you all to make part of your regular reading. President Bob

President
 Bob Cadden
President Elect
 Meg Watson
Vice President/Membership
 Brian Jenkins
Secretary
 Lyn Christie
Treasurer
 Geetha Yoga
Immediate Past President
 Noel Howard

Community
 James Dishon
Environment
 Marg Moffatt/Gerri Griffin
Vocational
 James Dunn
International
 Glenn Howell
Youth
 Leo Cummins
Rotary Foundation/IT Support
 Simon Wilson

Catering
 Bruce Warburton
Public Image/Social Media
Bulletin Editor
 Lorraine Wilson
District Governor
 Christine Dufty (Nhill)
Club Contact
 sec@rotaryhamilton..org.au
 PO Box 182 Hamilton

Other Key positions for 2025-26
Risk Assessment Bruce Wheeler **Programs** John Main **Club History** Ian Black
Art Show Brian Jenkins **Sheepvention Catering** Simon Wilson
Domestic Violence Project Kevin Safe **Youth Protection** Heather Ward

Links to Club
[Facebook](#) [Website](#)

Editor
 bulletin@rotaryhamilton.org.au
 Created in CANVA

Meetings held
 The Speckled Frog 6pm
 Wednesdays

Thanks to all the Rotarians and partners who helped on Saturday at the Domestic Violence Awareness Round at Melville Oval. Despite the very chilly day we were able to spread the message. We handed out many wristbands and the Selfie Frame proved to be a great way of involving the crowd.



Facebook

Reports:

a. Summary of the Board meeting held last week, thanks to Secretary Lyn:

i. 8 board members attended the meeting held on Zoom, Thursday of last week.

ii. Treasurer Geetha reported that approx. 50% of members have paid annual subscriptions which are due this month. No other significant transaction since the start of the year

iii. Youth director Leo advised that

1. We are awaiting information on what financial contribution we might make to support an incoming exchange student.

2. The Rotary scholarship for Tori Ball has been extended for a further year.

3. The science & engineering challenge in Warrnambool is to go ahead. Volunteers are welcome to assist & observe but need to book in.

4. Meg Watson is hosting a work experience student & will report to the club.

iv. International director Glen Howell & his team are planning a group to travel to Fiji next year to work on the Rota Home project. Ideally this will include a local building apprentice whose travel we would pay for, estimated cost around \$1,500.

v. Vocation director James Dunn reported that his team will be meeting to plan for vocation related activities.

vi. Community director James Dishon reported that the CADV team & helpers will be promoting the cause at the Melville oval.

b. A copy of the minutes is available for members on the shared drive.