

## Breaking News!

Highlands Golf Club have new caterers.

Dean McRae and his team from Fire Drum.

Next Meetings	Tuesday 4 <sup>th</sup> Sept 2018 5:30 for 6:30 pm	Tuesday 11 <sup>th</sup> Sept 2018 5:30 for 6:30 pm
Location	Highland Golf Club	Highland Golf Club
Program	RYPEN	Member talks
Speaker	Don Graham & BHS students	2 -3 members
Intro / Vote of Thanks	Don Graham	Stand in President
Dinner Fee Duty	Michael Lendrum	Jacinta Sheridan
Journalist	Trevor Fair	Trevor Fair
Regalia Duty	David Rees	Les Vickerman
If you are unable to do duty, please find a replacement and advise Trevor Fair by email: <a href="mailto:trevorf@oxleypartners.com.au">trevorf@oxleypartners.com.au</a>		



## Welcome

**President Lynton** welcomed guest speaker **Natalie Traynor** from Audio Clinic, Mittagong; **Zac Hulm** who was **Brian Ritson's** guest; Rotarian **Sandra Adams** from RC of Port Macquarie and Honorary Member **Ian Cropper**.

## Happy Hour

**President Lynton** thanked **Rosemary Kelly** for organising the nibbles. We are planning to meet at 5.30pm for a social get-together prior to Meetings. We are hoping the Golf Club will have a "Happy Hour" from 5.30pm – 6.00pm.

**Invocation** – Brian Elliott

## International Toast – Ray Williams

*The Principality of Moldova existed as a vassal state of the Ottoman Empire from the 14th Century until 1812 when it was given to the Russian Empire and called Bessarabia. It is located west of the Black Sea but surrounded by Ukraine to the north and Romania to the south.*

*It became part of the USSR from 1917 until its independence in 1991 as the Soviet Union collapsed.*

***Yesterday, 27th August was the Independence Day of the Republic of Moldova.***

*It is a country of 2.6 million people and 33 800 square kilometres and is the poorest country in Europe. Its capital, Chisinau has a population of about 660 000 and*

is home to the **Rotary Club of Chisinau Cosmopolitan**.

District 2241 covers Moldova and Romania and has grown from 107 to 127 Clubs since we last toasted their national day in 2012.

**NB Our Club received a gracious response from President Kyriakos, included below.**

## Announcements

4<sup>th</sup> September

- RYPEN Presentation – the students from the May intake will be making their presentation and outlining the benefits they gained by attending this worthwhile program

11<sup>th</sup> & 18<sup>th</sup> September

- As President Lynton will be AWOL (again) members will be asked to talk on a topic of their choice. Allows others to learn a little bit more about the person sitting next to them at dinner!!

Watch out for a polite request.

## Youth Director Don Graham:

4 Way-Test Speaking Competition on Wednesday at Bowral Bowling Club. 3 Students from Bowral High School will be competing.

Don's also looking for a driver to take students to Bateman's Bay for RYPEN or to look after his disabled dog for 3 or 4 days while he does the job

Also: District Conference is in Cooma between 5-7 October

**Rosemary** and **Jacinta** have put together a press release about the Fiji trip for the Southern Highlands News.

**Mary** needs just a few more slots filled for TT and the bike event; rosters circulated

**Sergeant Robert** did the crowd over until the **Lance-**

The Club has 27 Members led by **President Nicholas**

**Corporal David** couldn't carry the tray any more.

## Guest Speaker – Natalie Traynor

Natalie gave an interesting presentation on the physical and neurological aspects of hearing. One in six Australians have a hearing loss but after the age of 60, the number is one in two. (*Ed: that explains a lot!*) Hearing loss can lead to social isolation. People with hearing loss experience real frustration.

Strategies for optimum communication with a hearing-impaired person include:

- Face the person when speaking with them
- Speak clearly; no need to shout or over-emphasize
- Avoid talking too quickly
- Say the person's name first "to tune them in"
- Don't talk from another room
- Take turns speaking
- If the person is tired or unwell, their hearing is probably even further reduced

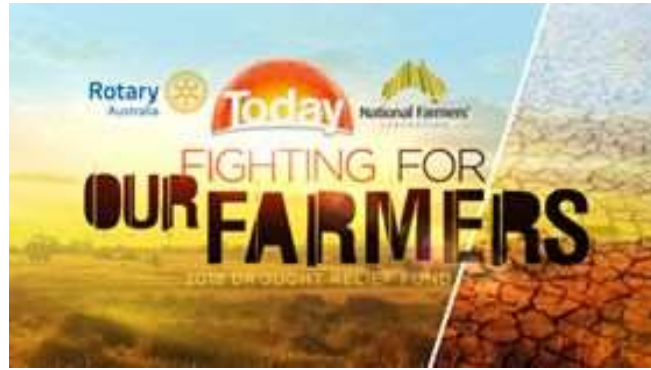
Tinnitus can't be cured but the brain can be trained to not focus on the ringing. Peaceful music can help.

However: in a warning to the entire younger generation(s), listening to music through sound buds or tight-fitting headsets will cause hearing loss over time.

Joker Draw – **Ian Cropper** won the wine.

## August Birthday

**Michael Lendrum** – August 25



In Australia, farmers are the lifeblood of our country and they are in crisis. Record breaking heat and lack of rain means farmers are struggling to feed sheep and cattle, and keep crops alive. Families on the land are suffering and they need our help. Channel 9 and Rotary Australia have partnered with the National Farmers' Federation, launching an appeal to big business and everyday Australians, so we can provide some emergency relief. 100% of donations goes to the farmers and is tax deductible via Rotary and RAWCS. Every dollar counts.

<https://donations.rawcs.com.au/17-2018-19>

## PHOTO OF THE WEEK



*Thanks to Jim Gasson*



**Rotary Club Meetings on Tuesdays, at the Radisson Blu Hotel, Chisinau, Republic of Moldova**

**2018 - 2019**

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29 August 2018

**Lynton Kettle**  
**President of the Rotary Club of Bowral-Mittagong**  
**P.O.Box 194, Bowral, NSW 2576**  
**Australia**

Dear President Lynton,

Greetings from the Rotary Club of Chisinau Cosmopolitan, Republic of Moldova!

Thank you for your letter dated 28<sup>th</sup> of August 2018, and on behalf of the members of our Rotary Club, I would like to sincerely thank you for your kind wishes and for the International Toast your Rotary Club made on the occasion of the Republic of Moldova's National Independence Day.

Your said letter has been circulated to all the members of our Rotary Club and it will be recorded in the minutes of our next meeting, on the 4<sup>th</sup> of September 2018.

In the event that you or any other member of the Rotary Club of Bowral-Mittagong will be visiting Moldova we will be very happy to welcome you at our Rotary Club.

Yours in Rotary,

Kyriakos Nikolas Pattihis  
President 2018 – 2019  
Rotary Club of Chisinau Cosmopolitan  
Republic of Moldova