



Report for 10 November, 2020; Volume 82 No: 20

Rotary Club of Bowral-Mittagong

District 9705 Charter Date 26 March 1940

President: Rod Aistrop Secretary: Trevor Fair

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And the next meeting – 17 November

Details Below

SEE BELOW ABOUT ONGOING COMPLIANCE WITH COVID-SAFE RULES

REGULAR VENUE IS THE HIGHLANDS HOTEL
(formerly The Lion Rampant)
Main Rd, Mittagong (corner Victoria St)

2 course, alternate drop meals are \$30 per person
Vegetarian meals are available, request when RSVP'ing Trevor

Please note: **RSVP no later than Monday lunchtime.**

EFT to General Account (account ends 636) – no cash please.

Rotary International President Holger Knaack's theme for 2020-21,

Rotary Opens Opportunities,

asks Rotarians to create opportunities that

strengthen their leadership,
help put service ideas into action
and improve the lives of those in need.

10 November, 2020

Welcome – President Rod

Guests: **Tom Carroll & Peter Van Doort**
- WHAM (Wingecarribee Health Association for Men)

PP David Rees invoked us.

International Toast:

The Toast tonight was in honour of NAIDOC Week.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee.

Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians.

The story below is from the WSC website.

Council acknowledges the Gundungurra and "Tharawal" or "Dharawal" (as it is referred to in historical records) people as the traditional custodians of this place we now call the Wingecarribee Shire.

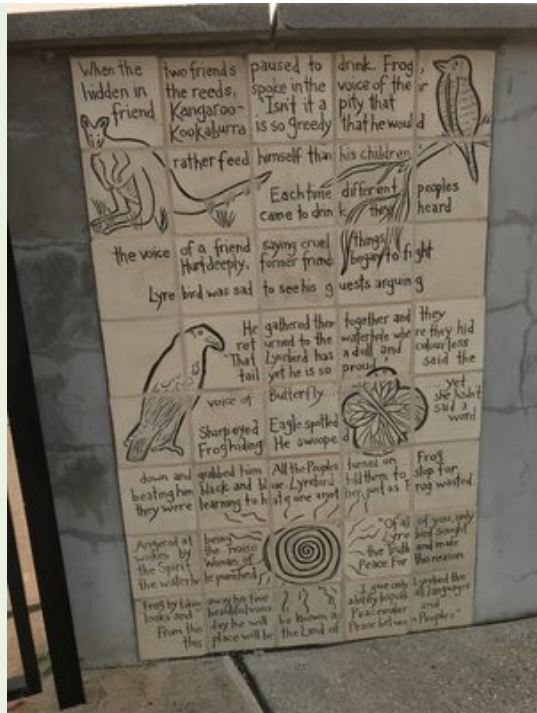
There is a strong association to the Wingecarribee, Wollondilly and Nattai rivers. These rivers are connected to their culture, dreaming and songlines.

A Dreamtime creation story, Gurangatch and Mirragan, speaks about how this whole countryside came into being. The story describes an almighty struggle between two ancestral creator spirits, one a giant eel-like creature, Gurangatch, an incarnation of the

ancestral rainbow serpent, and the other, a large native cat or quoll, Mirragan.



In spite of the impact of European settlement of Australia, the Gundungurra and Dharawal Aboriginal heritage has not been extinguished. The remains of prehistoric and historic Aboriginal occupation exists throughout the Southern Highlands.



State Government records indicate that there are over 400 significant Aboriginal sites within the Shire, including 86 sites or objects that exist in the vicinity of Council-managed land or roadside reserves.

There is one sacred Aboriginal Place in Wingecarribee Shire, called Nungunungulla (Jubilee Rocks). This Aboriginal cultural heritage site was declared by the State Government as the 100th Aboriginal Place in NSW. Nungunungulla is a significant Aboriginal landmark in the Gundungurra cultural landscape, where Aboriginal engravings, paintings and stencils, grinding grooves, scarred trees and campsites occur. It is a teaching place for educating children about Dreamtime creation stories, Aboriginal culture and its associated values and practices.

Announcements from **President Rod**:

The Board has decided to donate \$2,000 to Your Angel, the organisation that spoke to us 2 weeks ago. In line with policy, Members can let their feelings be known to Rod before the payment is made.

The new Spotlight store BBQ is likely to be in the first week of December. **Mary** will advise when.

Engineers Australia have a technical talk via Zoom this Thursday about Narrabri Gas. Call Rod or Will for details and the free access code.

PE Will advised that the AGM will be on 8 December; he's looking for Board members. Offer your services for a really good/valuable/important/worthwhile Rotary experience.

Or stand by to be shoulder tapped.

Don G is seeking names of those interested in another post-bushfire fencing experience, this time in the Tumbarumba region. Lots of farmers there are doing it hard, with mega fencing jobs available. "When" will be weather dependent – 4 to 14 days. Let Don know if you're interested.

Sergeant Lynton strikes:

Pres Rod for planting his lettuces, causing him to be late.

PP Ray W for finishing, testing and flying his home – built aeroplane and also falling off the second to bottom step of his ladder.

All Moss Vale Members for spreading the contagion across the Shire.

John H for his vote in KY.

PP Tony G for living off the earnings of artist/partner Julie (don't forget the Art Trail next weekend).

PE Will for wanting fresh blood; and

Don G having an easy ride on his electric bike.

Mary Ramsay - Christmas Party will be at Glasshouse Cafe on 15th December.

Guest Speakers

Tom Carroll & Peter Van Doort - WHAM (Wingecarribee Health Association for Men).



Tom used to fly for Qantas. Peter is a worker in mental health since 1992.

WHAM was established in 2000/01. In conjunction with Bowral Uniting Church established the Bowral Men's Shed.

Also assisted with MV Mentoring Unit where the buildings at Community Gardens (MV Farmers Market site) were build.

Usually runs the Men's Health Month in November. This would have been year 7.

Current topic is **Tackling Men's Issues**. Aim is to encourage men to get help. It is easy to isolate, however to improve, men may need some assistance.



Showed a video of local men who were able to talk about their personal issues.

The original concept was to show a 20 second segment before every movie. Due to COVID, WHAM needed to change tack and therefore developed a short movie featuring local men.



If everyone can increase the awareness of mental health it is a good thing. Please seek help. There are many agencies around that provide services for mental and other help.

Meeting on 17 November is scheduled to be at the Highlands Hotel.

A reminder of the Highlands Hotel's Covid 19 Government Guidelines:

The space we are using is very flexible in size and through the use of screens will be managed in accordance with all the Covid 19 requirements. There will be round tables of 8 People; each table will be at least 1.5 metres from each other.

On entry each participant will receive a

wristband to identify them as a participant in the meeting; this will ensure no-one else enters our space, and we don't drift into other areas of the hotel.

All members will need to be seated throughout the meeting, to avoid mingling with non-meeting guests. You can change table but NOT stand to chat.

Drinks can be purchased at the bar by attendees, but you must return to your designated area.

We will have the disabled toilet suitably signed for our exclusive use.