



Report for Aug 31, 2021; Volume 83, No: 9 Rotary Club
of Bowral-Mittagong
District 9705 Charter Date 26 March 1940
President: Will Eddowes Secretary: Trevor Fair



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Rotary International President Shekhar Mehta's theme for 2021-22,

Serve to change lives,

is urging members to become more involved in service projects, saying that caring for and serving other is the best way to live because it changes not only other people's lives, but also our own.

Future Events

- (TBC) Dr Subhasis Talapatra - Skin Cancer & Prevention @ Hermitage 6PM
- (TBC) Tina McPherson - ODI Record 2nd Best Bowling Figures @ Hermitage 6pm
- (TBC) Wendy Lotter – Aboriginal Education & Walks @ Hermitage 6pm
- (TBC) Lucille Ellem - Dingo Sanctuary Bargo @ Hermitage
- (TBC) Tony Glenn - Caravan Trip - Mackay and Pinnacle @ Hermitage 6.00pm
- (TBC) Sharelle Quinn - Last Qantas 747 Kangaroo Flight @ Hermitage 6pm
- Sept/Oct "Picnic in The Park" Meeting on a Saturday. Spit Roast on The Gib.

Please Note: Apologise by Friday noon, attendance is the default position

Venue: Zoom meeting held this week due to NSW statewide Lockdown – 21 members online

Journalist: Denise Coad (Provided great notes... and not responsible for the bad dad jokes – *Editor*)

Welcome: President Will Eddowes opened the meeting at 5:30pm and welcomed all members who had logged on.

Invocation: Brian Pattinson

International Toast: Leigh Robinson

Today is the **Independence Day of Malaysia** which over centuries was part of other empires including those from Java, Siam, Holland, Great Britain and Japan. After the Second World War and Britain's withdrawal from Empire attempts were made to federate the Malay kingdoms while fighting a communist insurgency known as the Malayan Emergency.

Independence was achieved in 1957 and over the next decade the amalgamation of the British territories in north Borneo and Singapore into Malaysia went ahead with Singapore eventually being ejected.

The Emergency and the threat from Indonesian confrontation led to Commonwealth forces including Australian being involved in active military resistance which eventually secured the new Malaysian State.

We retained a presence in Penang at the RAAF Air Base Butterworth which went on until 1988 with over 5000 personnel and their families stationed there at its peak when the base was used to support our involvement in the Vietnam War in the 70s.



Historical Butterworth Airbase

Since then it is a Malaysian Air Force base with only a small ADF training presence.

Malaysia now has a population of 33 million and Penang is home to 1.8 million people. **Butterworth** is a northern suburb of Penang.



Nine Emperor Gods Temple in Penang

The **Rotary Club of Butterworth** was Chartered in District 3300 in 1959, just after Independence. It has 27 Members led by **President Jagjeet Singh**.

Like most of us their activities have been curbed by Covid but they have recently provided lap top computers for students at a local public school under their Digital Learning project.

In recognition of Malaysia's Independence Day today would you please raise your glasses and make our International Toast to the President and Members of the Rotary Club of Butterworth.



Welfare Report: Rose Conley

Ian Law – is still interested in coming aboard as a Member

Ian Johnson – Doing well after 2nd Round of Chemo. Other Members have been keeping in touch with Ian, and all Members wish him well.

Notices: President Will called for reports and mentioned the SHN article.

Southern Highland News: There is a great online article from Jackie Meyers and Briannah Devlin.

The link for our Tulip Times Readers is in the Editor's email.

The Vanuatu photo has additional images for those wishing to see more detail.

Will is hoping to start work on Saturday for the Garden Shed for Pop In.

- **Robbie Allan** advised she has a Shed at home, and she is happy to donate it to the project. Will and Rod will go to Robbie's home tomorrow to look at the Shed.
- Will, Lynton, Rod and Leigh volunteered for Saturday.

Luciano Liberale then appeared on Zoom with a prospective new Member – Jane.

Will then spoke about a Grandmother who is caring for a 4 year old. She is moving in 2 weeks, and needs a Gate. This is a referral from Pop In.

He then advised of contact from a fire survivor who is living in a Caravan.

Vicki Kelley: The State Government is withdrawing all funding for Community Links on December 31.

Robert de Jongh: RYPEN has been postponed until the first half of 2022.

Mary Ramsay: Tulip Times Festival has been cancelled, and will be virtual on-line. Bowral Classic has been deferred until later this year.

Rod Aistrope: Bob Bishop from Engineers Australia is in Liverpool Hospital.

Brian Pattinson: The Aboriginal Man, Gary Dunn, who died from Covid19 in Dubbo went to school with his Son Ken. Gary had 11 Kids.

Guest Speaker – Fiona Demark

Denise Coad introduced Fiona to all Zoom Members.

Below is her Biography that she discussed in an inspirational presentation of her life.

To start her presentation she asked us to close our eyes, get out of bed, go along the hallway, into the kitchen, put on the kettle, go to the fridge for milk, make a cup of tea.

At the end of her presentation she asked us to close our eyes again, and imagine life after Covid 19.

Members thanked her for her wonderful talk, and for taking the time to join us on Zoom.

We do hope she does come to the Highlands one day to meet us in person. She has memories of her visit to the Surveyor General Inn in Berrima.



Photo from her website

Fiona Demark – Achieve Your Dreams

Fiona Demark is an inspirational Speaker and Life Coach. She helps people who are stuck and frustrated with their lives to create a new reality. Fiona has been legally blind since birth and loves to share her story of resilience, positivity and life achievements to inspire and motivate others.

Fiona knows the importance of a positive mindset and a 'Can Do' attitude. This has helped Fiona to overcome adversity and think outside the square in order to achieve her dreams. Her interest in natural therapies has led her to study hypnotherapy and reiki to compliment her skills in life coaching and social work.

After moving from the Outback to the city to complete her Social Work studies at University, Fiona has worked with a range of people to support her clients through significant life changes.

Fiona is the proud mother of two teenage daughters, works a full time job at VicRoads, and manages her own business. Fiona loves adventure, often being pillion passenger on her husband's motorcycle. "Riding around Phillip Island at 300kmph was something I will always remember."

Fiona lives her life focusing on her main four senses that now work more efficiently than if Fiona could see. "I love the smell of rain, clean clothes and the bookstore. (Yes, I go to the bookstore and smell the books – even though I use audio and eBooks to read!) I love the touch of the sun on my skin; the wind in my hair and hugs from loved ones. The taste of a great meal or glass of wine are things I savour. And, of course my hearing. I enjoy reading audio books, chatting with friends and listening to a wide range of music."

Fiona never says "No." to a challenge or opportunity, never letting her disability prevent her from achieving the things she sets her mind to.

Fiona speaks to community groups, job seekers, and corporate organisations to share her story of inspiration, motivating others to set goals and achieve their dreams. She also works individually with clients to provide one-on-one support and coaching.

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Dom Williams joined the Meeting at 6.30pm. He thought that was the start time. He said he will know for next week.

Dom went away with Louie to Perisher - skiing. He confirmed Louie knows how to cook Pasta. He said Louie kept falling down, but Louie answered at least he could stand up!

President Will closed the Meeting

Post meeting Editor Additions:

- **Malaysian Penang Curry Paste Recipe**
- **Dad jokes for Sunday**
- **Leigh's Environmental Newsletter (attached as a separate document to TT in email)**

DAD JOKES FOR SUNDAY 5th SEPTEMBER

Q: Which bear is the most condescending?

A: a pan-duh!

Q: What's brown and sticky?

A: a stick.

Two guys walked into a bar. The third guy ducked.

Q: How do you get a country girl's attention?

A: a tractor

Q: Why are elevator jokes so classic and good?

A: They work on many levels

Q: What do you call a pudgy psychic?

A: a four-chin teller

Q: What did the police officer say to his belly-button?

A: You're under a vest.

Q: Want to know why nurses like red crayons?

A: Sometimes they have to draw blood.



How to make Malaysian Penang Curry Paste

You can definitely make it at home for more traditional flavours. (For a vegan or vegetarian version, skip adding shrimp paste to it and add 1 tablespoon soy sauce instead).

Blend all ingredients below in a food processor

Freeze in batches. Does **NOT** freeze well once you add coconut milk during cooking process.

Ingredients

- 2 tablespoon Chopped Garlic
- ¼ cup Chopped Shallots
- 1 tablespoon Chopped Galangal
- 2 teaspoon Cilantro Root
- 1 teaspoon Kaffir Lime Zest
- 3 tablespoon Chopped Lemon Grass
- 1 teaspoon Salt
- 10-15 Dry Red chilies
- 1 teaspoon Shrimp Paste
- ¼ teaspoon white peppercorns
- 1 tablespoon Roasted Cumin Seeds
- 1 tablespoon Roasted Coriander Seeds
- 2 tablespoon Roasted peanuts