

Geoff Prenter - Sports Journalist will be addressing the members on 22nd October. This will be an interesting presentation, especially for your sports tragic friends.

Next Meetings	Tuesday 17 th September	Tuesday 24 th September
Location	Kookabar, Wingecarribee St	Mittagong RSL
Program	Social	SH Primary Ethics Program
Speaker		Bobby Ballas
Intro / Vote of Thanks		
Dinner Fee Duty		Ian Langford
Journalist		Trevor Fair
Regalia Duty		

If you are unable to do duty, please find a replacement and advise Trevor Fair by email: trevorf@oxleypartners.com.au



UPCOMING EVENTS

Bowral Cycle Classic

- Roster is out, need volunteers for both Marshalling and BBQ



Bong Bong

Races

Seeking volunteers for

- Marking out - Wed 20th
- Set up - Thu 21st
- Race Day - Fri 22nd
- Race day parking and BBQ

Journalist: Trevor Fair

Venue: Mittagong RSL

Welcome: PP Rosemary Kelly welcomed all to this week's meeting.

Welcome back Louie and Trudy. Also welcome to Ian Kelley.

Invocation: Jim Gasson

Announcements

Ian Langford - TT Roster 1 spot 6 October exit. If anyone else needs to swap, EVERYONE needs to find a replacement and then advise Ian Langford of the changes.

Trevor Fair - Update on SH Roract. Paperwork has all been lodged and paid. Just waiting on finalisation before official welcome.

Rosemary Kelly - Kidney Walk BBQ - thank you Gwenda, David, Jim for assisting Rosemary with the BBQ.

Louie Liberale - Highlands Golf Club update. Lease with WSC has not been finalised, so cannot commit to engaging Caterers until the lease is re-signed.

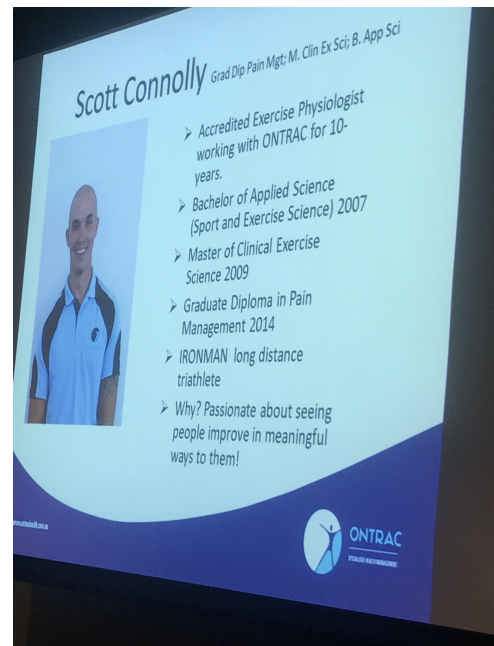
Lease needs to be ratified by State Government as there have been some issues. Once lease is in place SH Wines will commence catering.

Brian Pattinson - Bowral Dream Cricket - 25th October. Roster will be out soon seeking volunteers.

Robert deJongh - Team has settled in at Vanuatu, and have worked up a sweat before a swim and drinks.



Guest Speaker - Scott Connolly



Guest Speaker - Scott Connolly (introduced by Ken Adams)

Exercise Physiologist - Accredited and also in pain management

Passionate about seeing people improve in meaningful ways.

Exercise is structured physical activity. Exercise is different to activity in that it is different to regular activity.

Exercise Physiology is a new way to improve your lifestyle, Needs to be individualised depending on your medical history, assessment findings and goals.

Is a new methodology of treatment in treating patients.

The key is movement, however needs to be the right type of movement.

Step 1 See movement as an opportunity
Step 2 be active everyday in as many ways as possible
Step 3 Engage in 30 minutes of moderate intensity physical activity
Step 4 If possible enjoy regular vigorous activity for extra health and fitness.

How much Exercise?

At least 150-300 minutes of moderate intensity exercise per week.

Types of exercise

Aerobic

Resistance

Flexibility

Functional

Balance

Exercise in treatment of Osteoporosis

Include impact exercise - stomping feet etc

Recommendations

Aerobic exercise

Resistance training

Weight bearing impact exercise

Must induce fatigue to be most effective.

Q&A

If you get day after pain - the body is sending a message that you may need to cut back on exercise. Pain while exercise is more acceptable.

Ken gave the vote of thanks.



Raffle Draw - Brian Ritson drew the winning ticket -

Sergeant - Vicki did a great job.

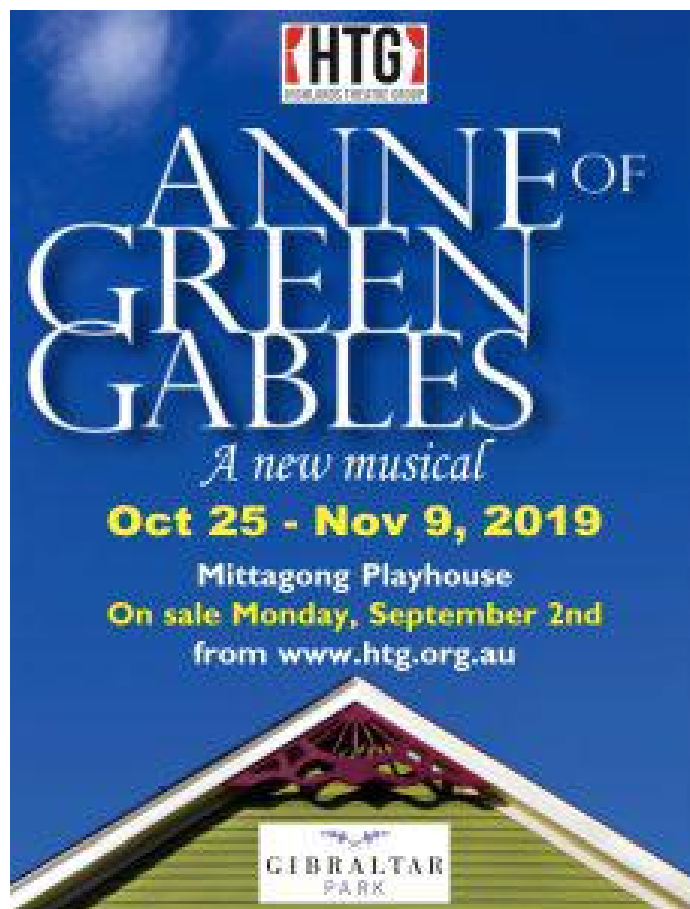
Sept Birthdays:

Fair, Trevor	14 Sep
Kettle, Lynton	16 Sep
Hicks, Graham	17 Sep
Adams, Ken	19 Sep
Sheridan, Jacinta	22 Sep
Rees, David	28 Sep

EVENT DIARY

Sept	24-th to 7 Oct	Tulip Time Festival
Oct	20 th	Bowral Cycle Classic
	25 th	Dream Cricket - Bowral
Nov	1	Anne of Green Gables http://htg.org.au
	22	Bong Bong Races
Mar 2020	6-8 March	District Conference Ulladulla Roaring 20's theme

www.trybooking.com/book/event?eid=538149



What do I need to bring to RYPEN

- Sleeping bag and a pillow
- Towel and toiletries
- Swimmers
- Casual clothes
- Sensible shoes (ensure that you have sports shoes)
- Writing material
- Junk food (if you cannot last one weekend)
- Sunscreen cream/lotion
- Insect repellent
- Your sense of adventure and a healthy sense of humor

Will I be in the same group as my friends?

You will be assigned to accommodation and activity groups designed to give you the best opportunity to meet new people and develop new friendships and new skills. You probably won't be in a group with your old friends but you are going to make lots of new friends!

Mobile Phones

Mobile phones are to be handed in to the camp supervisor upon registration. They will be held in security and returned to you at the conclusion of the camp.

RYPEN Camp Rules

Strict Rules are enforced at RYPEN to ensure the safety and well-being of each participant. Breaking camp rules may result in the parent/guardian being asked to remove their child from camp.

1. Students must behave appropriately at all times including obeying camp rules, respecting the wishes of the organizers and the rights of fellow students.
2. Smoking and alcohol use by students are not permitted
3. Mobile phones are not permitted. Phones brought to the camp will be securely stored by the camp supervisor.
4. Participants can expect to be in accommodation groups and activity groups separated from friends.
5. Accommodation groups and activity groups will not be altered to group friends together.
6. The camp curfew is 12.00 midnight. Students are not to leave their dormitories after this time. If there is any medical reason to break this curfew, please indicate this on the application form.

To apply for RYPEN:

1. **Complete the Application Form and return to your sponsoring Rotary Club**
2. **Submit the online Medical Consent Form for Borambola**
3. **Speak to your Rotary Club about the \$360 sponsorship fee**
4. **Complete these steps by Friday 1 November.**

Need help or more information?

Contact your sponsoring Rotary Club or you can contact RYPEN Coordinator Darren Wallace on:
Mobile phone: 0409 120 108 Email: darren@pcresources.com.au

NEED HELP? Contact your sponsoring Rotary club or RYPEN coordinator Darren Wallace on 0409 120 108 darren@pcresources.com.au

RYPEN, or the **ROTARY YOUTH PROGRAM OF ENRICHMENT** is a challenging weekend designed for year 9 students who show a positive and caring attitude in everyday life. The principal aim is to communicate a series of ideas, discuss social issues and run a series of challenging team-building activities that will assist the participants in developing relationships and life skills.

At RYPEN you will make new friends, develop skills you didn't know you had and above all you will have a great time.

For more information and to view photos and videos from previous RYPEN camps visit the [Rotary District 9700 website](http://www.rotary9700.org.au) (go to <http://www.rotary9700.org.au> then select Youth - RYPEN)

Who runs RYPEN

RYPEN is run by members of the Rotary Club of Wollundry Wagga Wagga. The camp is run largely by the **RYPEN Youth Leadership Team**, a hand-picked group of ex-RYPEN students, who are also responsible for guiding and mentoring the RYPEN students. This year the camp will be combined with D9710 participants and supporting staff.

Youth Leadership Team (YLT)

Twelve amazing students that have attended RYPEN in the past have been selected as the Youth Leadership Team. After an intensive training weekend, they are very keen to meet the RYPEN students and spend the weekend with them at the camp. The YLT is open to any student that has previously attended RYPEN.

Where is RYPEN

RYPEN is held at [Borambola Sport & Recreation Camp](http://www.dsr.nsw.gov.au/borambola/) (<http://www.dsr.nsw.gov.au/borambola/>) which is located 25kms east of Wagga Wagga on the Sturt Highway.

Camp Dates

Starts: 5pm Friday 29 November 2019

Ends: 1pm Sunday 1 December 2019

How much does RYPEN Cost

Your local Rotary Club is responsible for the selection of **RYPEN** participants in their area and will discuss arrangements for the payment of the **\$360** nomination fee. The Rotary Club may provide partial or full sponsorship. **All applications must be supported by a Rotary Club.**

Transport To/From RYPEN

Your sponsoring Rotary Club will arrange your travel. Please speak to your Rotary Club about arrangements.

What Happens at RYPEN

At RYPEN you will meet new people and make new friends. You will hear from inspirational speakers covering a range of interesting topics and participate in a host of fun and exciting outdoor and team building activities. You will also learn a lot about yourself and how you can have a positive impact on others. And you will get to meet and chat with all the international Rotary Exchange students that are in Australia in the Wagga Wagga-Griffith-Bathurst area. Check out the RYPEN program in the information package.

NEED HELP? Contact your sponsoring Rotary club or RYPEN coordinator Darren Wallace on 0409 120 108 darren@pcresources.com.au

RYLA 2020

Welcome to RYLA 2020 – a merged Rotary Programme between Districts 9700 and 9710. In 2020 the Rotary Youth Leadership Awards (RYLA) will be held from the Saturday the 11th to Friday the 17th January inclusive at the Greenhills Conference Centre, Cotter, ACT.

Objectives: RYLA is a challenging 7 day residential program for young people aged 18 to 25. RYLA offers a unique opportunity for motivated individuals to access some influential and inspirational speakers and trainers. With presentations, workshops and exercises, attendees will be introduced to concepts of effective leadership including:

- Leadership Theory
- Communication,
- Resilience,
- Mental Health,
- Values & Ethics,
- Leadership in Service & Community,
- Youth Leadership,
- Goal Setting/Visioning
- Conflict Resolution & Mindfulness

What do the RYLARIAN'S take home with them? The programme aims to help them to:

- Build communication and problem-solving skills
- Discover strategies for becoming a dynamic leader in your school or community
- Learn from community leaders, inspirational speakers, and peer mentors
- Unlock your potential to turn motivation into action
- Have fun and form lasting friendships
- Build on the existing leadership of participants
- Encourage participants to further develop their own skills, talents and abilities, and
- Remind participants of their responsibility to their communities and to the world.

Applications will open on the 1st September 2019. For ease of management this year fees will be invoiced from the District 9710 Treasurer to participating Clubs and cover accommodation, all meals and programme expenses. The full registration fee is \$910. The Committee has decided to drop the early Bird reduced fee inducement this year to cover the cost of the extra nights accommodation. Please note that we have merged the two Districts for this year's RYLA so we anticipate a lot of applications ... so get in quick & don't forget to check out our external Website -

<https://www.ryla9705.com/> and our Facebook page
<https://www.facebook.com/Districts97109700RYLA>

Where to find Candidates: Clubs should seek applications from candidates and their employers to sponsor suitable employees. Potential RYLA Candidates are already in your community now! is easy to find them then what you may first think. Here are some suggestions:

- Previous participants in Rotary Youth Programs (eg. Youth Exchange, RYPEN, public speaking, NYSF etc)
- TAFE/Educational facilities
- Community organisations
- Various workplaces and sporting clubs
- Community leaders
- Your own networks
- Fellow Rotary member's suggestions

Discuss these suggestions at your club. Chances are it will lead to further ideas that can be used in your own community. Further information is available in the downloadable documents on this page (2020 Recruitment Pack, RYLA Brochure & Application Form) or by contacting the District Chair, Lyndall Dalley, on 0418861612 or at ryla9705@gmail.com