

**Christmas Celebration Dinner All partners,  
 friends and neighbours invited.**

**Please book early for Christmas Function 18<sup>th</sup> December, Royal  
 Bowral Golf Club  
 \$45pp**

Next Meetings	Tuesday 18 <sup>th</sup> Dec 2018	Tuesday 8 <sup>th</sup> Jan 2019
Location	Bowral Golf Club	Highlands Golf Club
Program	Christmas Cheer	Darts Night
Speaker	President	
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](mailto:trevorf@oxleypartners.com.au)



**UPCOMING EVENTS**

Club meetings will pause for 2 weeks over the festive period.

First meeting back will be:

Highlands Golf Club  
 Darts Challenge

Will give the ex-pats something to succeed at??

**Australia Day – Saturday 26<sup>th</sup> January**  
 In lieu of the meeting of 29<sup>th</sup> January

Gerry & Miel Kroon have again agreed to be host.

5 Martha Street Bowral

As usual bring a plate (with something on it).  
 A schedule will be circulated in the New Year!

## Journalist – Denise Coad

### WELCOME

**President Lynton** opened the Meeting and welcomed Members and Guests including;

Guest Speaker: Maryanne Bawden and her husband Peter, as well as Gerry and Miel Kroon.

### INVOCATION - Brian Elliott

### INTERNATIONAL TOAST – Daryl Flegg

Next Sunday the Kazakh people celebrate their independence from the USSR in 1991.

Their ancestors were the tribal people of central Asia who became part of Genghis Khan's Mongol Empire in the 13th Century. By the 19th Century they had been taken over by the Russian Empire and eventually their territory became the Kazakh Soviet Socialist Republic.

The **Republic of Kazakhstan** is bounded on the west and north by Russia, on the east by China and to the south by Kyrgyzstan, Uzbekistan and Turkmenistan with the Caspian Sea coast to the south west. At 2.7 million square kilometres it is the largest landlocked country in the world with a population of some 18.3 million.

Tour de France followers would know that its professional cycling team is named after its capital Astana which has a population of just over a million.

The **Rotary Club of Astana** is one of 3 in Kazakhstan. It was Chartered in 2015 in District 2430 which also covers Turkey, Kyrgyzstan, Azerbaijan and Afghanistan.

**President Assem Malgeldinova** leads 15 very active Members who raised funds and built the first community playground for children with special needs in Astana which they opened in October.

Last month they collected and delivered toys, books and kitchen utensils with their Interact and

Rotaract Clubs for an orphanage in a village near the city.



### ANNOUNCEMENTS

**Rosemary Kelly** thanked all Members for their donations to our Christmas Raffle. It was wonderful to see Members arrive with bags full of donations.

Rosemary and Jacinta will put the raffle prizes together tomorrow, and there will be 6-7 prizes. There will be a basket given to St Vincent de Paul Society for a worthy family.

Could Members please pay the \$45.00 per person before the Christmas Party so that Ian is not chasing up money on the night.

**Jim Gasson** asked what time the Mittagong Bus was picking up Brian and himself.

The Christmas Party is 5.30pm for 6.30pm at the Bowral Golf Club.

**Mary Ramsay** advised we did such a good job with the marshaling at the Bowral Classic that we now have the BBQ back next year.

**Gerry Kroon** advised he has been accepted on a clinical trial through his oncologist Dr Stephen Della-Fiorentia. When he was asked if he was positive he answered YES I AM.

**Don Graham** advised the Interact BBQ on Sunday was not a success. He thanked Will, Robbie and Rod for their support.

**Ian Langford** apart from paying the \$45.00 could you please let Trevor Fair know if you are attending and if you are bringing guests.

## Darts Night 8<sup>th</sup> January

If anyone has a dart board and/or darts could they please contact Trevor Fair. Aiming to have 3-4 games operating concurrently.

**Les Vickerman's** joke of the week.

Chiquita – Madam, I have not had a raise in 18 months

Madam – Chiquita, why do you need a raise you live in luxury?

Chiquita – Madam, Your husband tells me I iron and clean better than you

Chiquita – Madam, Your husband tells me I cook better than you

Chiquita – Madam, I am a better lover than you

Madam – Chiquita, did my Husband tell you that?

Chiquita – Madam – No, the Gardener told me

**Ray Williams** advised he had heard from our past Exchange Student – Chatham Graham from Rhode Island, USA.

She is working in Dallas after graduating, and is hoping to get an Internship. She is coming to Australia, and would like to study Aboriginal Affairs. If any Member has any contacts could they please let Ray Know.

### Guest Speaker – Maryanne Bawden

**Tony Glenn** introduced our Guest Speaker Maryanne Bawden and her husband Peter. Maryanne has an extraordinary story to tell about Stroke.

Peter Bawden introduced Maryanne as he was the First Respondent when she suffered a Stroke in September 2017 at the age of 67.

On a Saturday Morning Maryanne was eating some toast at home, and he heard her drop some dishes on the floor. He recognized the signs of a stroke and called an ambulance.

Here is a brief part of her story:

A stroke is the biggest killer and cause of disability

2 types of stroke – clot or brain bleed

A stroke attacks 1.9M brain cells per minute

In 2017 470,000 were affected by stroke

In 2050 1,000,000 will be affected

A mini stroke is a warning to get help

You could be leading a normal life and then be totally incapacitated

A stroke affects mobility (one side), balance, standing, walking, co-ordination, and limbs

Also smell, taste, sight, and hearing

You are not to be given food or drink

After a stroke you will be fatigued, feel like you are in a fog all the time, and want to sleep

Your emotions could be anger and depression

Your personality could change. More women than men are affected

Maryanne was taken by ambulance to Campbelltown Hospital, and on assessment transferred to Liverpool Hospital.

It was a miracle she survived, and she spent 4 days in Intensive Care.

**Tony Glenn** then spoke about his stroke in Port Douglas, and an anecdote about Julie wanted to stop at McDonalds on the way to the Hospital.

Maryanne left Brochures from the Stroke Foundation for all Members.

### Recognise STROKE – think F.A.S.T.

**F** – has their FACE drooped

**A** – can they lift their ARMS

**S** – is their SPEECH slurred and do they understand you

**T** – Call 0-00 TIME is critical

### 5 tips to a healthy life:

Make time for a health check

Eat well

Stay Active

Drink alcohol only in moderation

Be smoke free

## Know your risk factors and lower your risk

High Blood pressure  
Smoking  
High blood cholesterol  
Diabetes  
Being overweight  
Poor diet and inactivity  
Excessive alcohol  
Atrial fibrillation (AF)

## December Birthdays

Sue Adams 14/12  
Ray Williams 19/12

Meeting closed at 8.25pm

## Photo of the week



The girls getting in some early Christmas cheer!

Please find below an email from the RC of Lake Cargelligo regarding our recent support for their District.

Dear Ian.

On behalf of the Rotary Club of Lake Cargelligo and our farmers thanks very much for your generous donation of \$1,000.00 towards the drought relief.

Many Rotary Clubs are showing their willingness to help rural drought relief.

The Rotary Club of Bowral- Mittagong is an amazing club and your generosity and support for our area over many years has been outstanding.

Please pass on our appreciation to Capital Chemist Bowral and Luciana Della Costa for organising the raffle.

With the warm weather fast approaching the drought is biting hard with many dams for stock water very low and failed crops already eaten off.

The kindness show by so many to the rural community is extremely uplifting. Regards to President Lynton and all your members.

Kind regards.  
Peter McFadyen. PP.