

Please check the Bong Bong Races Roster

Next meeting is at Bong Bong THURSDAY 21st Nov \$10 pp

Next Meetings	THURSDAY 21st November, 2019	Tuesday 26 th November, 2019
Location	BONG BONG RACE COURSE	Mittagong RSL
Program	Fun & Fellowship	New ROTARACT CLUB Charter Night
Speaker		William Koek Robert de Jongh
Intro / Vote of Thanks	Robert deJongh	Robert de Jongh
Dinner Fee Duty	Trevor Fair	Trevor Fair
Journalist	Trevor Fair	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

Bong Bong Races

Seeking volunteers for

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

AGM - 3 December 2019

If there is a position you are interested in please chat to PE Rod. I am sure he can accommodate you. It does not have to be a Board position, could be as Bulletin Editor, Attendance Officer etc, or Secretary?

Welcome:

Sergeant Lynton welcomed all to the special meeting especially Bowral HS Interactors, and Christine Sands.

Rosemary Kelly recited the poem about the Remembrance Day Poppy.



Announcements

Rosemary Kelly

Please continue to contribute to the Food Pantry.

For the Christmas party, instead of a hamper, would like members to contribute items for the needy.

Rod Aistrophe

RFS have been advised that Rotary is willing and able to assist with catering in case we are needed.

Will Eddowes

Empire Cinema is showing a film "The Pollinators" about the plight of bees tomorrow night. 6:30 Thursday.

Ray Coulton

Bong Bong Race day -

Meeting is next Thursday not Tuesday. Please advise if you will be in attendance. Pulled Pork Rolls with cheese and bickies etc.

Slots for race day are still open. Please see Ray C to advise where you can help.

Jacinta Sheridan

Suggested that we donate to BHS to both for Wombat Program and the Interact Club. Ray C suggested that we donate the surplus bbq products for the bbq on the 7th December.

Agreed to donate \$500 for wombats and surplus products.

Guests – Bowral HS Interact Club Update

Interact was introduced by Robbie Allen.

Chloe Moore introduced members of the committee.

Recycling bins are going well at the school.

FUNRUN 29th Feb 2020, then October each year.

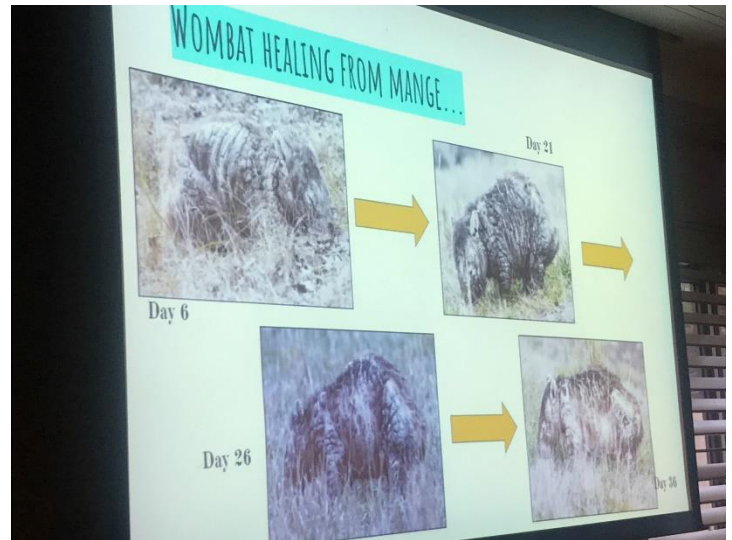
Wombat committee - Caitlin Gallagher

The committee's aim is to raise funds to assist contaminated wombats.

Medicine costs \$80 litre and wombats typically use 2.5l.

Raised \$9000 already for supporting wombats.

If members would like to drop bottles off at Breakfast Club, or drop off the voucher for Caitlin.



RYPEN Talk - Harry & Jack (Also Bailey who was absent due to the fires).

Outcomes included making friends, utilise a group chat, leadership activities. Complemented Louie on his driving.

UN Youth Camp

7 & 8 September UN Youth Camp

Topic Gender Equality.

Workshops included leadership, change management etc. Peer groups discussed gender definitions.

Thank you for supporting some students to attend the Camp.

The school captains for 2020 introduced themselves.



Leadership camp for school leaders at the school.
Would like to have sausage sizzle each Friday to build relationships within the school.

School executive is considering the proposal.

Have asked Interact for a \$1000 loan to get started.
With the profit would like to contribute resources back to the school.

Prefect Project this year is Christmas Giving Tree for Salvation Army.

Ladies of the Land, December 10 drop off shoe box with pampering products.

7 December 90th Anniversary at BHS, Interact have offered to run the BBQ (with some Rotary help ie BBQ).

Raffle - Robert de Jongh. Lucky Number 47 - zip.

PHOTO OF THE WEEK



This week's Pizza Birthday gathering

Looks like Les is happy to be back in Aus?

November Birthdays:

Stan Cornwell	11 th
Ian Langford	23 rd
Robbie Allen	25 th
Ian Johnson	26 th

Imperial Pizza Birthday Lunches
Friday 13th December - 12 Noon

EVENT DIARY

Nov 22 nd	Bong Bong Races
Nov 28 th	Barbara Hardwicke 12-2 pm
Dec 3 rd	AGM – All members are invited to nominate for Board positions
Dec 17 th	Christmas Dinner
March 6-8	District Conference – Ulladulla Roaring 20's Theme

GHOST & HISTORIC TOURS
Night Ghost Tours

~~\$49~~
From \$49
Incl: bottle of water

CHARITY EVENT
100% DONATED **\$25**

DATE: WEDNESDAY 4TH DECEMBER
TIME: 6:30PM – 8:30PM
MEET @ Berrima Market Place
(opposite Peppergreen Wines)

Sandwiches/Rolls available \$5
Drinks \$1

P. 1300 974 333
E. booknow@historictours.com.au
www.historictours.com.au

The committee of the **Wingecarribee Health Association for Men Inc. (WHAM INC)** has been busy preparing a new look for this year's **November** presentations.

Now in its sixth year WHAM has come up with a great variety of subjects for this year's presentation. As we move along on life's journey the more we change, the more things stay the same.

Drugs are a never-ending story in our lives and even though it might not be a known part of our life, it can affect a lot of those around us. The local office of Odyssey House will make us aware of the harm that they see on our streets.

A couple of obvious signs of aging are Diabetes, Arthritis and Osteoporosis and with the help of professionals we will hear that the most important step to living well with them is to learn about your condition and its management.

Finally, the world around us is constantly changing and the role of a man is changing as well. Why are things so different now for men in 2020, who changed my role as a man, isn't earning a crust good enough anymore?

Our speakers will have time to take questions and light refreshments will be available.

The change for this year is that the talks will take place on four **Thursday** nights in November. We will be returning to the auditorium at **St. Jude's Anglican Church** at 34 Bendooley St Bowral, a very beautiful space.

Remember to spread the word, bring along a friend and **women are especially welcome.**

**MAN UP.
TAKE CONTROL
OF YOUR
HEALTH**



Southern Highlands - **Men's Health Month**

Free Community Information Sessions

St Jude's Anglican Church Auditorium

Bendooley St, Bowral

6pm (Sharp)-7:30pm

Women warmly welcome

LOCAL Organisations will be talking about enhancing the health of men in the Southern Highlands, during the month of

NOVEMBER

Wise up on DRUGS

ODYSSEY HOUSE

Thursday 7th November

On the Go with ARTHRITIS

ARTHRITIS NSW

Thursday 14th November

Sugar Hits

DIABETES NSW

Thursday 21st November

Being a MAN in 2020

REAL MEN (from St Jude's) *Thursday 28th November*

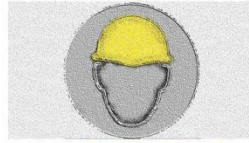
Plenty of parking, wheelchair access, light refreshments available.

FURTHER INFORMATION:

Peter van Dort: 0418 223 696 [www.whaminc welcome](http://www.whaminc.welcome)

PROUDLY SUPPORTED BY:





Southern Highlands **MEN'S HEALTH MONTH**

Four **Thursdays** in NOVEMBER 2019 Start time 6 pm (Sharp) -7:30 pm

St. Jude's Anglican Church Auditorium, Bowral

7th November 2019

Wise Up on Drugs

Johan/Russell: Odyssey House

What is addiction? How does that happen? What are the main street Drugs I need to know about?

How can I help my kids and grandkids stay Drug Safe? How do I know if there is a problem?

What can I do about that? Who can help?

<https://www.odysseyhouse.com.au/contact-us/>

14th November 2019

On the GO with Arthritis

Andrew/Cat: Arthritis NSW

What is Arthritis? What causes it? How can I manage my, or my partner's arthritis? What about diet and nutrition? Are there any magic cures and if not why not?

<https://www.arthritisnsw.org.au/>

21st November 2019

Sugar Hits

Cheryl: Diabetes NSW

What is Diabetes? How do I avoid it? How do I know if I have it? What is Hyperglycemia? What does Diabetes do to me? How do I manage Diabetes? What help is there? Does nutrition matter?

<https://diabetesnsw.com.au/>

28th November 2019

Being a MAN in 2020

Gavin & Vic: St Jude's Bowral

Why are things so different now for MEN in 2020? Who changed my role as a Man? Isn't earning a crust good enough anymore? What happened to chivalry? Where/what is my meaning and purpose?

<https://bowralanglican.org.au/>

MEN'S HEALTH MATTERS!

Wingecarribee Health Association for Men (WHAM) Inc.

CHAIRMAN: Peter van Dort
0418 223 696

SECRETARY: Tom Carroll
0419 482 208

TREASURER: Keith Withers
0407 015 514

HOW YOU CAN HELP



We are DA approved and shovel ready!

DONATE NOW

ON OUR WEBSITE:
<https://shbg.com.au/donations/>

MAIL TO:
PO Box 707
Moss Vale, 2577

DIRECT DEPOSIT OR CHEQUE TO:
BDCU Alliance Bank
BSB: 802-101
Account name: Southern Highlands Botanic Gardens
Account number: 100071868
Please add your name as the reference for the deposit

MAKE A TAX DEDUCTIBLE DONATION
Contact us to make a tax deductible donation.

Banter
GROUP

HELP BUILD OUR EDUCATION CENTRE

The Education Centre will be the hub of the education function of the Southern Highlands Botanic Gardens. It will be a modern and dynamic facility providing an opportunity for community groups to hold and attend lectures, workshops and demonstrations in any weather.

 Southern Highlands
Botanic Gardens



A MODERN DYNAMIC FACILITY



CHARLIE ALBONE
PROMINENT LANDSCAPE DESIGNER

“The development of the South Highlands Botanic Gardens is a project I fully support and it continues to grow with the exciting new education centre. This part of the gardens will play a vital role in the development of the site, as well as becoming a place the community, schools and visitors will come to love and use on a regular basis...”

Charlie assists with SHBG fundraising and fully supports the project.



WHAT IS THE COST FOR THE EDUCATION CENTRE?

The target funding amount is \$500,000, but we may need more. This cost includes the building construction, solar panels, air-conditioning, audio-visual equipment, kitchenette fit-out and essentials such as tables and chairs. We also need to landscape the immediate area and, although volunteers will be asked to assist with this part of the project, there is a cost for plants, irrigation and soil.

WHO WILL USE THE EDUCATION CENTRE?

The potential users of this building are endless.

School children, who already come to the Garden, can have some of their Garden classes in-doors. We will welcome local garden clubs to come more frequently to hold meetings and workshops. The community at large can participate and enjoy special sessions on gardening techniques and the like.

Residents of retirement villages and nursing homes will have a new outing destination and be provided with information sessions on the Garden and horticulture subjects if they are unable to move easily around the Garden itself.

There is a chance to welcome all sectors of the community to attend dynamic events to be held in this modern building.

A WELCOME FACILITY FOR COMMUNITY EVENTS

Our events program is growing. We need a building to make our events weather-proof and less prone to cancellation.

Workshops for kids to make solar lanterns and kites can be held in-doors instead of erecting tents. Art classes and exhibitions of art and photography are new and exciting events for this building.

Large community events, such as the Autumn Plant Fair, will be lifted to a higher dimension with the opportunity for guest presenters to 'hold court' on focus gardening topics in the comfort of a building; our Earth Hour event can offer presentations for interest groups on night photography, star gazing, environmental subjects; a variety of visiting speakers can hold lectures in conjunction with major functions or as a solo event.

WHERE DOES THIS EDUCATION CENTRE FIT INTO THE SHBG VISION?

A core aim of a botanic garden is to provide education to the public. Our vision is "to be the leader in displaying and researching both the exotic and native flora of the Southern Highlands, advancing the knowledge of horticulture, conservation and sustainability to the wider community."

In working towards this vision, our present adult education program will be expanded to include information sessions on endangered and threatened species, some of which will be planted in our native garden. Demonstrations will be held for the public on endangered flora, propagating their seeds, growing them and using low water principles in their garden.

WHAT ARE THE FACILITIES IN THE EDUCATION CENTRE?

The building will be constructed of colorbond cladding, in keeping with the style of the current utility buildings. It will be located next to the Shed and will have big bifold doors opening to the north with a verandah on three sides. A small kitchenette will be at the rear. Solar panels are in keeping with our mission of being environmentally responsible.

The building will accommodate up to 50 individuals and the most up-to-date audio-visual equipment will form part of the fit-out, together with air conditioning.