



Tulip Times

**The Rotary Club of Bowral-Mittagong
District 9710 - Chartered 26 March 1940**

E: rotarybm@acenet.com.au

W: www.bowralmittagongrotary.com

President: Linda Knight 0418 126 240


Secretary: Sue Adams 0438 249 703

Meetings: 6:00 for 6:30

Highlands Golf Club, Old Hume Highway

Mittagong NSW 2575

**Apologies must be made BEFORE 11AM EACH TUESDAY
to Trevor Fair (trevorf@oxleypartners.com.au),
or by text to 0403 176 958 or to his office on 4868 6100**

Visiting Rotarians		
Guests		
Next meetings....	Tuesday 25 October, 2016	Tuesday 1 November, 2016
Location	Highlands Golf Club	Highlands Golf Club
Program	Bowral Fire Station	Post Melbourne Cup Fellowship
Speaker	Max Cottingham	
Intro/Vote of Thanks	Linda Knight	Linda Knight
Dinner Fees	Jo Chalmers	Denise Coad
Journalist	Tony Glenn	John Elder
Regalia	Ray Williams	Don Graham

If you are unable to do duty, please find a replacement and advise Ray Williams by email rayjenw@bigpond.com

Rapporteur Extraordinaire: Will Eddowes



President Linda opened the meeting introducing **Donna Barnard**, guest speaker, **Rens** and **Ross Craig**. Ross has been Rens' host family for the past 3 months finishing this week. Linda then proposed a toast to Rotary.

The **International Toast** was read by **Ray Coulton** for the Rotary Club of **Cayes in Haiti**:



Two weeks ago Hurricane Matthew crossed the western peninsular of Haiti in the Caribbean, leaving at least a billion dollars in damage and over 1 500 people dead in Haiti alone.

Aid efforts are well under way and our own *Shelterbox* organisation had an assessment crew on the ground within days and *Shelterboxes* deployed from England and the United States within the first week despite transport difficulties.

The storm's eye passed over **Les Cayes**, a city of 125,000 causing considerable damage and homelessness.



The Rotary Club of Cayes is the lead Club in the Rotary District 7020 team working with the Haiti Disaster Relief Committee in assessing needs and delivering relief. They have identified roofing and water purification as the principal immediate requirements.

The Club was chartered in 1978 and has 26 Members led by **President Claude Pubien**. They certainly have a community service project ahead of them for the rest of his year.

President Linda has written to the club to express our best wishes for a quick recovery.

President Linda reminded us that it is 'Polio Month' and told of working with a doctor administering the vaccine.

Rob Uhl then spoke of her own experience as a polio survivor. In year 7 she was finding it harder to walk and climb stairs but was not taken seriously until she had a bad fall. She couldn't walk for several months and was told she would only ever walk with calipers. She considers herself one of the lucky ones.

Mark Wallace then gave some updated world statistics. From 1988 with 350,000 cases, we expect less than 50 in 2016. Unfortunately Nigeria is back on the polio list but progress is being made in Afghanistan (from 40 down to 14) and Pakistan (down to 8). Overall we continue to make progress but we must persist.

Rod Aistrophe gave an update on Vanuatu where Lynton Kettle, Don Graham, Simon Knight and Les Vickerman have been completing the classrooms to a usable state (mainly roofing). Progress is good and they return this coming weekend.

Rod also covered Shelter Box. While he encouraged us to give or obtain donations, the

Board is not targeting Haiti specifically as it's outside our normal operating area closer to Australia.

Rod is also organising the BBQ for the finish of the inaugural Bowral Classic cycle race at Eridge Park. Approx 3000 are enrolled so, with family and friends, there is a large potential market. Sausages, hot dogs, egg and bacon rolls and soft drinks will be available. **A few more volunteers still needed. Call Rod.** All volunteers should wear **'End Polio Now' T-shirts** if possible as some of the proceeds will go to that cause.

Brian Pattinson reminded us that Dream Cricket is on 28th October. 185 primary students are enrolled and 124 secondary. **A volunteer is still needed** to take care of sponsors signs/banners and it is important that enough volunteers stay back to dismantle and store the tents.

Gerry Kroon promoted the film night on 24th November showing **'The Founder'** (of McDonalds) which Gwenda is organising. Gerry asked us all to **buy tickets for ourselves and others.**

Gerry also spoke about the money raised for ipods for dementia patients which, with actual cash and promises in kind etc is now around \$13,000. Gerry will be discussing the 'Music for Dementia' project, with Nicola Robson, the Ageing and Disability Officer with WSC who has also suggested other relevant contacts.

Rens told us about the meeting of exchange students in Tumut and some of the activities. These included Boomerang throwing, Didgeridoo playing and a visit to Yarrangobilly. Rens thoroughly enjoyed the experience. Next week he moves from Ross Craig to **Katrina Hodgkinson.**

Ross Craig thanked Rotary for giving him the 'host family' experience and, in turn he was given a vote of thanks by the club.

Rob Uhl is the person to see about the 'Rotary Wine Appreciation Fellowship Dinner' on 28th October at Eling Forest Winery. Tasting of some local wines is included. Registration is via the District website but must be by next Tuesday 25th. Apart from the wine and dinner your fees will contribute to **Rotary Foundation and Polio +.**

Mark Wallace talked about our \$300 annual membership and gave a breakdown of where it all goes. Apart from a complicated breakdown, it includes the RDU magazine. Mark pointed out that we can choose to take 'The Rotarian' instead.

The Guest Speaker – Donna Barnard.

Donna started as a Hospital Scientist, then took a Graduate Diploma in Counselling followed by qualifications in Loss and Grief, Management and Workplace Training and Assessment. She has worked in various capacities relating to bereavement. She has recently joined the Bereavement Care Service as Co-ordinator/Counsellor in the Southern Highlands.

The service provides support to people suffering loss in the Wollondilly and Wingecarribee shires in the form of counselling, trauma debriefing, education and networking with other bereaved people. Donna described the different stages of grief that can occur after the loss of a loved one. Death of parent or spouse was most common bereavement issue, followed closely by death of a child, followed by death by suicide.

The Service can be contacted on 4862 1701



Jacinta Sheridan gave a vote of thanks

Gwenda Webb drew the Three of Hearts and won a bottle of wine in the raffle but the joker still proved elusive!



President Linda closed the meeting with the following words of wisdom (or something similar): **“Don’t judge your life by the number of breaths that you take but by the number of moments that your breath is taken away”**.

DIARY

- Dream Cricket Gala Day Bowral – 28 October
- Wine Appreciation Dinner – Eling Forest 28 Oct
- District Conference 27 to 30 October, Goulburn
- Bong Bong Races – 18 November
- Club Christmas Party – 20 December

Free Community Information Sessions

November 2016

Southern Highlands Men's Health Month

Women Warmly Welcome

LOCAL Medical Specialists will be presenting their thoughts on enhancing the health of men (and women) in the Southern Highlands, during the month of NOVEMBER.

<i>Mental Health</i>	Campbell MacBean , Psychologist	<i>Thursday 3rd November</i>
<i>Sleep Disorders</i>	Dr. I Ali , Respiratory Physician	<i>Thursday 10th November</i>
<i>Dementia/ Alzheimer's Disease</i>	Dr J Barnett , Specialist Geriatrics	<i>Thursday 17th November</i>
<i>Bone Health</i>	Dr. N Hartnell , Orthopedic Surgeon	<i>Thursday 24th November</i>
<i>Plus 4 Local GPs, Pharmacy, Exercise Physiology and Diet</i>		

WHEN: Four Thursdays in November at 6pm(Sharp)-7:30pm

WHERE: St. Jude's Anglican Church Auditorium,
Bendooley St., Bowral

WHO WILL BENEFIT? : Men of all ages.... and their partners
and their familyand their mates.

Plenty of parking, wheelchair access, light refreshments available.

FURTHER INFORMATION: Tom Carroll: 0419482208, or

email: carroll.tom747@gmail.com

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