

Next big events

Bong Bong 22nd - 23rd

AGM 4th December - Please consider standing for a Board position

Christmas Celebration - 18th Dec

Next Meetings	Tuesday 30th October 2018 5:30 for 6:30 pm	Tuesday
Location	Mt Eymard, Mossvale Rd	Highlands Golf Club
Program	Tour of the facilities	Club Assembly
Speaker	Gwenda Webb	Members
Intro / Vote of Thanks	Lynton Kettle	Lynton Kettle
Dinner Fee Duty		Graham Hicks
Journalist	Trevor Fair	Trevor Fair
Regalia Duty	Jim Gasson	Tony Glenn
If you are unable to do duty, please find a replacement and advise Trevor Fair by email: trevorf@oxleypartners.com.au		



UPCOMING EVENTS

Club Assembly 6th November

Please forward any agenda items to Tony Glenn
prior to the meeting

White Ribbon Day Walk

7:30 am 21st November - Bradman Oval

Bong Bong Club Meeting

Thursday 22 November, Bong Bong Race Course.

Members, partners and guests are invited to join
us and have some fun.

Bong Bong Parking & BBQ

Please volunteer your time to either parking or
attending the BBQ on Friday 23rd

Mary R or Ray C

Happy Hour

“Happy Hour” from 5:30pm – 6:30pm. Members are encouraged to bring additions to the nibbles.

A challenge has been set by David Rees to see who can better his savory treats.

Journalist: Trevor Fair

Welcome

President Lynton opened the Meeting and welcomed Members and Guests.

Guests:

Trudy Schipelliti

Michael Woodhouse

Invocation: Brian Elliott

International Toast: John Hoelle

Saint Vincent and The Grenadines is a country of about 110 000 people in the Windward Islands which form the eastern edge of the Caribbean Sea in what is known as Hurricane Alley.

It was claimed by the British in the 17th Century but settled by the French in 1719. Colonial ownership was swapped during the 18th Century until the UK finally established control in 1796 which it relinquished in 1979 when Independence was proclaimed on 27th October and will be celebrated next Saturday.

Saint Vincent and the Grenadines share the same foreign head of state with us.

District 7030 covers 71 Clubs in 17 countries across the eastern Caribbean and the north coast of South America.

The Rotary Club of Saint Vincent South is located in the Capital, Kingstown. It was Chartered in 1995 and has 14 Members led by President Kim Haydock.

They ran a Primary School Literary Fair earlier this month which raised funds for and promoted reading and story writing.

The Club's facebook page has a photograph of the Members with the inscription *We joined Rotary because we wanted to make a difference – We stayed because we are.*



A quick response was received from this week's Toast

“Dear President,

Your greetings in recognition of our independence day are much appreciated.

Very best wishes,

Kim Haydock

Rotary Club of St. Vincent South”

Announcements

Vicki Kelley

- **Membership** - After a successful induction last week, there are several more potential members in the pipeline.

Trevor Fair

- **Program** – Next week the meeting is being held at Mt Eymard, Moss Vale Rd. Club Assembly the week after then a Polio FUNdraising night. Bong Bong meeting is being held on Thursday, 22nd November.
- **Bowral District Art Society** – is seeking the services of an Honorary Treasurer. If you or a friend/neighbour are interested please contact me to discuss.

Mary Ramsay

- **Bowral Cycle Classic** – very positive feedback from the organisers. If you have any suggestions for next year please email Mary ASAP.

Ian Johnson

- **RAWCS** – any interested body please contact Ian so he can include you on his email list for updates.

Brain Pattinson

- **Dream Cricket** this Friday. Thank you to everyone for volunteering. The roster is now filled.

Tony Glenn

- **Art Trail** maps are available. This is the first year Julie Glenn has entered so it would be nice to support her as well as Miel Kroon.

Guest Speaker – Tom Carroll – Men's Health



Tom is the Secretary for WHAM (Wingecarribee Health Association for Men). Each November, seminars are offered to the general public with the aim of raising awareness of health, especially in men. The Association arose after a big spike in suicides in the Shire, especially Bundanoon. This compliments other strategies including Men's Shed and RU OK which is promoted every Sept 9th.

Men's Rego Checks are designed to encourage men to go to the Dr for check ups.

WHAM and MV HS created the MV Community Gardens to allow students to mentor with older

gentlemen and provide an opportunity to talk.

The latest project is titled "Tackling the Challenge. Currently seeking men in the Wingecarribee who would like to share their challenges. By sharing you are able to assist others enduring difficult times.

This year's schedule to be held each Monday at St Jude's from 6:00 pm sharp til 7:30 includes;

- Aged Care – 5th November
- NDIS – 12th November
- Stroke Foundation – 19th November
- Lifeline – 26th November

Joker Draw – Rosemary Kelly 2 Diamonds



The face of disappointment

Photo of the Week



Joyce Irene Coad

20/09/1923 - 17/10/2018

Free Community Information Sessions November 2018



Southern Highlands Men's Health Month

Women Warmly Welcome

LOCAL Organisations will be talking about enhancing the health of men (and women) in the Southern Highlands, during the month of **NOVEMBER**

Aged Care	<i>With a Little help from my friends</i>	Monday 5 th November
NDIS	<i>Help is on the way</i>	Monday 12 th November
Stroke Foundation	<i>The beat goes on</i>	Monday 19 th November
Lifeline	<i>Breaking the Silence</i>	Monday 26 th November

See over for schedule

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


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

Plenty of parking, wheelchair access, light refreshments available.

FURTHER INFORMATION: Tom Carroll: 0419482208, or

email: carroll.tom747@gmail.com

Proudly supported by

 Prostate Cancer
Foundation
of Australia



Southern Highlands MENS HEALTH MONTH

Four Mondays in NOVEMBER 2018 Start time 6 pm (Sharp) -7:30 pm

St. Jude's Anglican Church Auditorium, Bowral

5th November 2018 **AGED CARE** Pat Joyce: Seniors Rights Service

Seniors Rights Service is a specialised community legal service for older people. Seniors Rights Service offers free, confidential support to aged care recipients and promotes the rights of older people to aged care service providers. Find out your options as we age, aged care services, how to access, how to raise concerns and improve things for individuals and everyone else, legal implications of entering aged care, elder abuse.

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

12th November 2018 **NDIS** National Disability Insurance Scheme

The NDIS supports people with a disability to gain support and/or access programs within their community so they can participate in a regular life.

St Vincent De Paul can assist with completing the Access form to apply to the NDIS if required and provide help to get an individual's supports in place. We will provide further information on the night about what specific evidence you will need from your doctor to gain access to the NDIS, various contact avenues to gain support to resolve issues. We will explain what is reasonable and necessary to be funded according to the NDIS Act and Rules.

<https://www.ndis.gov.au/>

19th November 2018 **STROKESAFE** Maryanne Bawden: Stroke Foundation

What a stroke is - What happens when someone is having a stroke and the different types of stroke.

How to recognise the signs of stroke - Learn the vital FAST signs which will help you recognise when someone is having a stroke.

What to do if someone is having a stroke - If you or someone else experiences the signs of stroke, no matter how long they last, call 000 immediately.

How to prevent stroke - Steps that can be taken to better understand and reduce the risk of having a stroke.

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

26th November 2018 **BREAKING THE SILENCE** Lifeline

SUICIDE PREVENTION

Lifeline Macarthur's vision is an Australia free of suicide by supporting Australians in times of crisis and equipping individuals and communities to be resilient and suicide-safe.

Tonight you will have the opportunity to ask the questions you have always wanted to ask - and hear from a panel of community members and clinicians that have experienced the issues and complexities of dealing with suicide first hand. <https://www.lifeline.org.au/>

MEN'S HEALTH MATTERS!

Wingecarribee Health Association for Men (WHAM) Inc.

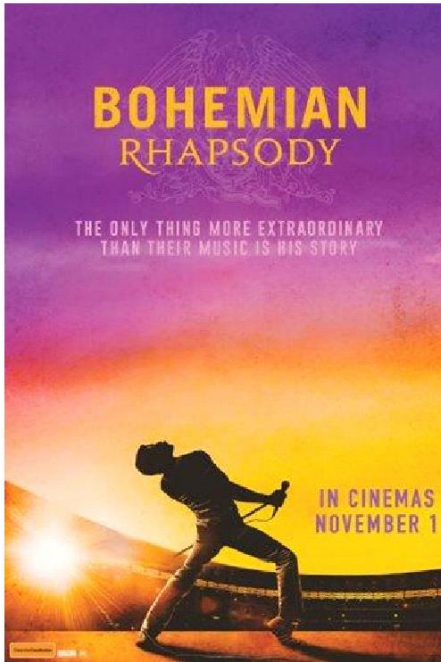
CHAIRMAN: Peter van Dort
0418 223 696

SECRETARY: Tom Carroll
0419 482 208

TREASURER: Keith Withers
0407 015 514

Berrima District Rotary Movie Night

1st November, 2018



MOVIE NIGHT

**THURSDAY
1ST
NOVEMBER**
EMPIRE CINEMA,
BOWRAL
6PM FOR A 6:30PM
START

TICKETS \$25

Glass of wine or
drink on arrival.
Snack box provided.

Proceeds to support
the local projects of
the Berrima District
Rotary Club.

Prize for the best
'Fancy' dressed
attendee.

Berrima District
Rotary
Club

**BRAY
& ASSOCIATES**
CHARTERED ACCOUNTANTS

Southern Highlands Domestic Violence Forum



EXPECT RESPECT

Keeping Relationships on Par Community Challenge Golf Day

Sunday 25th November 2018

Highlands Golf Club, Mittagong

Tee off at 8am (shotgun start) 4 Ball Ambrose

18 holes - \$40.00 Includes lunch

Cart hire available at additional cost through Highlands Pro Shop

Form a team and show your support in saying NO to
Domestic Violence in our local community

Bookings to be finalised by Wed 21st November

Contact S/Con Simone HOUGHTON Southern Highlands Police

houg1sim@police.nsw.gov.au 02 48697899

Or Garry PONDER **White Ribbon Ambassador**

garry.ponder@completewealth.com.au 0423 622 328

SOUTHERN HIGHLANDS DOMESTIC VIOLENCE FORUM

WHITE RIBBON WALK



Wednesday 21st November 7:30am-8:30am

Bradman Oval, Bowral

Wear a white tshirt and march to show that you stand
against domestic violence.

Join fellow community members for a sausage sizzle
provided by the Lions after the event (gold coin)

Free Event: Just come along or register at Eventbrite or to
LeanneK@ywca.org.au