

Rotary Club of Bowral-Mittagong

District 9710 Charter Date 26 March 1940

President: Robert de Jongh Secretary: Trevor Fair

E: rotarybm@acenet.com.au

W: www.bowralmittagongrotary.com

AGM + Rotary Foundation Presentation

Please RSVP and pay for Christmas Function prior to the 17th

Next Meetings	Tuesday 3 rd December, 2019	Tuesday 10 th December 2019
Location	Mittagong RSL	Mittagong RSL
Program	AGM + Rotary Foundation Presentation	
Speaker	Robert de Jongh David McCosh	
Intro / Vote of Thanks	Robert de Jongh	
Dinner Fee Duty	Ian Langford	
Journalist	Trevor Fair	Denise Coad
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

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?

Christmas Party – 17th December - BOWRAL Golf Club

Unfortunately there is insufficient room for a dance floor, however please bring your singing voices!

Welcome:

Sergeant Lynton welcomed all and especially DG Peter Ford, William Koek and the members of the Rotaract Club of SH, Christine Sands and the members of the Bowral HS Interact Club

International Toast - Graham Hicks

Cricket loving Members will recognise past players such as Wes Hall, Gary Sobers, Frank Worrell and Joel Garner as West Indies cricketers from the island of Barbados at the east edge of the Caribbean.

Barbados is the just east of the Windward Islands, that string of islands which run north off South America, curve around the Caribbean Sea to the west ending in Dominica and Cuba.

It was colonised by Portugal from 1532 until 1620 and occupied by Britain in 1625. Next Saturday it will celebrate its Independence from the United Kingdom in 1966. It remains a Member of the Commonwealth and still provides players to West Indies Cricket.

The population is around 287 000 and its capital is Bridgetown. Rotary District 7030 covers 17 countries in the Caribbean and the top of South America. 3 of the 72 Clubs in the District are in Barbados.

The oldest of these is the Rotary Club of Barbados which was Chartered in 1962 and has 81 very active members led by President Peter Williams.

Earlier this month the Club ran a rock concert with half a dozen bands including an Elton John cover band from England to raise funds for their *Schoolhouse for Special Needs Project*.

In October they made 4 Pride of Workmanship Awards for workers in diabetes and blood collections.



Announcements -

Rosemary Kelly

Ladies of the Land – Seeking to fill 15 + boxes with special pamper items for distribution to the women of the bush. The Board has agreed to fund \$500. Donations of cash and suitable items are welcome. Money will be used to acquire pamper items – mini champagne, hand cream, moisturizer, a novel etc. Priceline Mittagong is being approached to see what discount they can offer. Flower Flower Florist in Springetts Arcade has donated a dry flower arrangement for each box. Packing day is Wednesday 4th and then delivery to Di at Belle Property who will deliver to Dubbo.

Uniting Church - Food items for special distribution at Christmas.

Mary Ramsay - Bowral Classic - Thank you certificate for marshalling and catering has been received.

Tulip Times - Presentations of donations to Variety Club will be set aside for local children.

Rod Aistrophe - Board positions for next year are still open. Please see Rod if you would like to make a contribution to our Club.

Will Eddowes - Vocational visit to Cement works. Seeking expressions for members for a visit in Feb.

DG Peter Ford

Congratulations for the new club. Looking forward to an exciting time. Apologies for the non attendance at Bowral Dream Cricket. Was on a club visit to Merimbula.

Rotaract - this is a great thing that you are doing here. The world is your oyster. You have the opportunity to reach far and wide. It is great to see that we have Interact, Rotaract, and Rotary. Make sure you utilise the skills of the other clubs to assist with your goals.

Have visiting 42 of 45 Clubs this year so far.

Welcome Caleb, District Rotaract Chair.

Rotaract – President William

Emma is selling tickets for Christmas goodies. Funds for Red Cross and RFS.
\$2 or 3 for \$5.

Rotaract raffle where most people won a prize. The big prize of cookies went to Brian Elliott.

Caleb, DG 9710 Chair welcomed all and is looking forward to working with William and his team.

Robert de Jongh

This evening, by a stroke of luck, I find myself standing here enjoying the honour of being the President of the sponsoring Rotary club on this very special occasion of the Chartering of the Rotaract Club of Southern Highlands.

When I was invited to join Rotary by Will Eddowes in 2013 I really didn't know anything about Rotary at all. I'm still learning, and the more I learn the more I'm convinced that the decision to become a Rotarian was one of the best decisions of my life. My only regret is not joining sooner.

I now look at the opportunities that Rotary provides to young people and think to myself, I wish that I had known about Rotary 50 years ago. Had I known I may have been able to take part in programs like Rotary Youth Exchange, RYLA, RYPEN, MUNA, ... the list goes on. Actually, one of the things that I did quickly learn was that the language of Rotary is full of acronyms. Any program that is longer than 3 syllables is shortened to an acronym so we have:

RYLA – Rotary Youth Leadership Award

RYPEN – Rotary Youth Program of Enrichment

MUNA – Model United Nations Assembly

RAWCS – Rotary Australia World Community Service

Anyway, getting back to Rotaract, in 1935 during a trip to Australia, Rotary Founder Paul Harris discovered a youth organisation based on Rotarian principles.

Although the Rotaract Club of the University of North Carolina was the first Rotaract club to receive its official charter in 1968, Rotarians had been sponsoring similar organizations for young adults since the early 1920s. The first Rotaract clubs in Australia were also chartered in 1968, with the closest one to us here being Shellharbour in August 1968.

“Rotaract” stands for “Rotary in Action”, although the name originally comes from a combination of “Rotary” and “Interact” (International + Action), the high school level programme created by Rotary International in 1962. So Rotaract stands firmly as a step between Interact and Rotary.

Another interesting fact is that while Rotary did not universally admit women as members until 1989, young women were allowed to join Rotaract on equal standing from the very start, provided that the sponsoring Rotary Club agreed.

In breaking news, the Rotary International Council on Resolutions, which meets online every year to vote on proposed resolutions, has just in the last week passed a resolution which admits Rotaract Clubs into Rotary International membership. This decision elevates the status of Rotaract Clubs to essentially the same level as Rotary Clubs.

So now, on behalf of the Rotary Club of Bowral-Mittagong, I'd like to formally induct President William Koek and the Board Members of the Rotaract Club of the Southern Highlands by presenting them with a Certificate of Organization.

Congratulations! The members of the Rotary Club of Bowral-Mittagong and I look forward to working together with you on projects over the coming years.

Rotaract



William Koek thanked all for being here. Emma and Alex have been great support in re-establishing the Club. Looking forward to working with interact. Happy to work with both the local community, as well as the international community.

Photo of the Week – The ladies day out.



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*

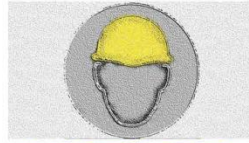
Plenty of parking, wheelchair access, light refreshments available.

FURTHER INFORMATION:

Peter van Dort: 0418 223 696 www.whaminc.welcome

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!

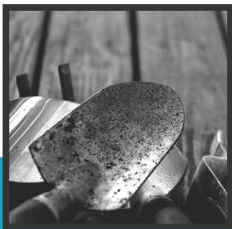
Wingecarribee Health Association for Men (WHAM) Inc.

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.



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.



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.