

This week - Melbourne Cup Fun Wear a hat, Bring a smile

Next Meetings	Tuesday 5 th November, 2019	Tuesday 12 th November, 2019
Location	KOOKABAR CAFE	
Program	MELBOURNE CUP Social night	
Speaker	Vicki Kelley	
Intro / Vote of Thanks		
Dinner Fee Duty	Ian Langford	
Journalist	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

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 from Sergeant Lynton

Invocation - Brian Elliott

International Toast - Lynton Kettle



President Robert

Assembly

1. Equipment upgrade

Issues - Tent, knobs, aprons
A committee to be formed

BBQ set up / and breakdown is a big job and may need to be re-engineered.

2. Dinner Fee Breakdown

Ian provided an explanation of the current situation and as it has dragged on longer than thought we may need to re-assess when there is more certainty.

3. Dinners

Robert de Jongh has been seeking a solution to dinner location. RSL involvement in the Golf Club is short term. While the lease renewal is under review there remains uncertainty. It looks like the lease will be renewed within weeks. Numerous caterers have discussed options with the aim of in 2020 new caterers in place.

4. RSL menu variety - Robert will revisit the menu options.

5. Club Project fund allocation between international national and local.

Feedback from the community is that charity begins at home. Lions Club do make local contributions.

Overseas trips are a bolt on.

Youth refuge will occur early next year.

Ray Williams will find previous file of expenditure data and revisit.

A few weeks ago we toasted a Rotary Club in Slovakia in recognition of the Constitution Day of Slovakia. Yesterday its former partner country, the Czech Republic celebrated its Founding Day.

As we heard previously these lands were a part of the Roman Empire but whereas in the 15th Century Slovakia was settled by Slavs from the east the Czech territory covered parts of Silesia, Bohemia and Moravia and were dominated by kingdoms from the west such as Germany, Poland and the Hapsburgs of Austria.

Up to the First World War it was part of the Austro-Hungarian Empire and after the Second War it was reformed as Czechoslovakia until in 1948 it was taken over in a communist coup and dominated by the Soviets until the collapse of communism in 1989.

The Czech Republic and Slovakia separated peacefully in the Velvet Revolution that year in what became known as the Velvet Divorce.

Klatovy is a small city of 22 000 on the country's western border and was one of the first towns occupied by Germany in its annexation of the Sudetenland in 1938.

It is served by the Rotary Club of Klatovy which was Chartered in 1996 and has 17 Members led by President Pavel Lyr.

They are heavily involved in youth activities with 3 inbound and 3 outbound Global Youth Exchange students and a strong RYLA program.

Berrima Dist are seeking support for Education Centre at Botanical Gardens.
Also Women's Refuge will be receiving funds.
Music for dementia, maybe technology upgrade or a alternate sites.
We need to ask for money for certain projects throughout the year,
There needs to be more organisation and planning prior to the year commencing.
May need to re-invent the fund raising display board to show patrons where the funds will be spent on.

SHAW is about providing a resource centre, not refuge.

6. WWC checks - Club policy that all members have a WWC check . A very easy process.

1. Compete on-line
2. Service NSW to complete the process

7. Positions for 2020-2021.

An AGM in 5 weeks time so we all need to consider involvement in the Club. Rod will circulate a list shortly for specific tasks.
Please consider what opportunities are available

Announcements

Mary Ramsay

Bowral Classic - Donation was increased from \$1000 - \$1300.

Ian Langford

S&E Challenge at Great Hall, Parliament House Will, David McCosh Ian Langford

Brian Pattinson

Dream Cricket - Thank you. Brian Pattinson said best day ever 200 kids, receiving favourable feedback.

Social

Next Week Meeting - Social Meeting for Melbourne Cup. Trevor to come up with a trivia game thing.

Christmas Party - 17th December - Bowral Golf Club - No raffle however to continue with Uniting Church donations.

Welfare

Bob Rheinberger has a new hip.

Fundraising

BBQ Retford Sunday 17th November Do we want to participate. Gala Day with sausage sizzle and drinks - Decided that BBQ fatigue.

Raffle Mary Ramsay -

Lynton closed the meeting by making the positive observation that everyone has been very busy and possibly just needs a refocus.

November Birthdays:

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

Imperial Pizza Birthday Lunches

Thursday 14th November – 12 Noon
Friday 13th December - 12 Noon

EVENT DIARY

Nov 22 nd	Bong Bong Races
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

Photo of the Week



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*

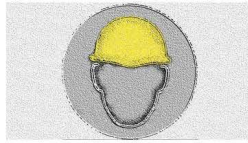
Plenty of parking, wheelchair access, light refreshments available.

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.

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SECRETARY: Tom Carroll
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