

Rotary Club of Bowral-Mittagong

District 9710 Charter Date 26 March 1940 President:

Robert de Jongh Secretary: Trevor Fair

E: [rotarybm@acenet.com.au](mailto:rotarybm@acenet.com.au)

W: [www.bowralmittagongrotary.com](http://www.bowralmittagongrotary.com)

**Please check the Bong Bong Races Roster  
It would be great to have it filled by Tuesday**

| Next Meetings                                                                                                                                                           | Tuesday 12 <sup>th</sup> November, 2019 | THURSDAY 21st November, 2019 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------|
| Location                                                                                                                                                                | Mittagong RSL                           | BONG BONG RACE COURSE        |
| Program                                                                                                                                                                 | Bowral HS Interact Club                 | Fun & Fellowship             |
| Speaker                                                                                                                                                                 | Interactors                             |                              |
| Intro / Vote of Thanks                                                                                                                                                  | Robbie Allen                            | Robert deJongh               |
| Dinner Fee Duty                                                                                                                                                         |                                         |                              |
| Journalist                                                                                                                                                              | Trevor Fair                             | Trevor Fair                  |
| Regalia Duty                                                                                                                                                            |                                         |                              |
| If you are unable to do duty, please find a replacement and advise Trevor Fair by email: <a href="mailto:trevorf@oxleypartners.com.au">trevorf@oxleypartners.com.au</a> |                                         |                              |



## UPCOMING EVENTS

### Bong Bong Races

Seeking volunteers for

- Marking out - Wed 20<sup>th</sup>
- Set up - Thu 21<sup>st</sup>
- Race Day - Fri 22<sup>nd</sup>
- 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?

**Venue: Kookabar Café**

**Journalist: Denise Coad**

**Welcome: Sergeant Lynton** welcomed members and our “Melbourne Cup” social meeting guests:

Frank Kelly  
Rosemary Eddowes  
Ian Kelley  
Sue Langford  
Julie Glenn  
Jeanetta Kettle

Lynton thanked Vicki, Denise and Trevor for organising our Social Meeting with “our” French Chef – Pascal. There will be a prize for the best Hats and a Cryptic Quiz from Trevor.

**International Toast** – Rosemary Kelly

The Commonwealth of Dominica is one of the Lesser Antilles islands in the Caribbean just off the coast of South America.

It was the first island discovered by Christopher Columbus on his second voyage on 3rd November, 1493 which was a Sunday so he named it in Latin *dies Dominica* which, as we all know means Sunday.

France had influence over Dominica until 1763 when it lost the territory to Britain after the Seven Years War.

It gained its Independence from the UK on 3rd November, 1978 and remains a Member of the Commonwealth of Nations.

The Country has a population of 73 000 and its main foreign earnings come from tourism and dodgy financial services - it is a tax shelter. Economic citizenship can be purchased for \$US105,000 per person or the family rate of \$US130,000.

In October, 2017 severe Hurricane Maria laid waste to much of the country and the Rotary Club of Portsmouth has been involved in rebuilding school facilities and services ever since. They recently joined with the Rotary Club of Barbados to replace computers in a local school computer centre.

The Club serves the second largest town, Portsmouth with a population of 3,000 located on the

north cost of Dominica. It is one of 2 Clubs in Dominica which is in District 7030 which covers 14 countries in the Caribbean and South America.

It was Chartered in 2013 and has 21 Members led by President Sari Prosper.



**President: Robert deJongh**

The Pergola for the Youth Refuge is planned to be completed by December 14. Ian Johnson will be back on Friday, and is looking for volunteers for the next 3 weekends. There could be a problem with Asbestos in the eaves of the Building.

(A roster was sent around to Members and at the end of the Meeting it was decided to delay the work until the New Year)

**Director's Reports /Announcements:**

**Ian Langford:**

Roz Benton has 2 Bowral-Mittagong shirts from Chris if any Members would like them.

**Robbie Allen:**

Asked about the Refuge. Jacinta advised it is Youth Support House for 12-18 year olds. Could also be 18-22 year old. Kids who cannot live at home for various reasons. There is therapy and counseling. 7 Beds and shared spaces. Ian Langford advised it is a private address, and cannot be disclosed as a Refuge.

**Jacinta Sheridan:**

Spoke about Annabelle Chauncy OAM and The School for Life Foundation. Annabelle is looking to set up a Boarding School and is fundraising for \$300,000.00. Jacinta passed around brochures for “Buy a Brick” which is the fundraiser for the School for Life.

## EVENT DIARY

Jacinta suggested we might like to buy Bricks in the name of our Rotary Club.

<https://buyabrick2019.raisely.com/>

### Ken Adams:

Passed around brochures for the Serendipity Choir – Bowral Uniting Church on Saturday November 30. \$20.00 a ticket.

Ken also thanked Members on behalf of the Uniting Church. Lucy Earl has sent a letter of thanks to our Club. Vicki Kelley will arrange for Lucy to be a Guest Speaker in the future to talk about Oz Harvest.

### Melbourne Cup Field – Cryptic Names – Trevor Fair

Thanks to Trevor for organising this Quiz which was enjoyed by all. There was no cheating, Google or websites used in our answers ????

Rosemary Kelly won the Quiz with a score of 17 and no help

- Hmmm. She won a bottle of Champagne.

Thanks to Brian Ritson for supplying prizes for the Hat Competition. The winners were Jacinta and Lynton.

**Ray Coulton** – Barbara Hardwicke (Peter Bunting)

Barbara Hardwicke is having a very informal lunch at her place at 4 Tynedale Crescent, Bowral from 12 till about 2, just to remember Peter and talk over old times. Thursday 28th November. It will just be finger food, sandwiches, etc, and she would like Peter's old mates from Rotary to attend. Could those who knew Peter please put it in your diaries.

### November Birthdays:

|               |                  |
|---------------|------------------|
| Stan Cornwell | 11 <sup>th</sup> |
| Ian Langford  | 23 <sup>rd</sup> |
| Robbie Allen  | 25 <sup>th</sup> |
| Ian Johnson   | 26 <sup>th</sup> |

### Imperial Pizza Birthday Lunches

Friday 13<sup>th</sup> December - 12 Noon

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

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 7<sup>th</sup> November*

**On the Go with ARTHRITIS**

**ARTHRITIS NSW**

*Thursday 14<sup>th</sup> November*

**Sugar Hits**

**DIABETES NSW**

*Thursday 21<sup>st</sup> November*

**Being a MAN in 2020**

**REAL MEN** (from St Jude's) *Thursday 28<sup>th</sup> November*

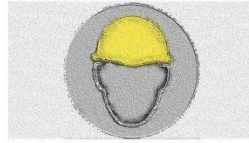
Plenty of parking, wheelchair access, light refreshments available.

#### **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/>

14<sup>th</sup> 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/>

21<sup>st</sup> 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/>

28<sup>th</sup> 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.

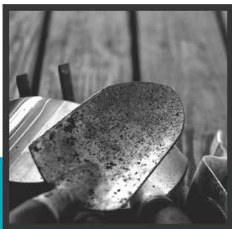
**CHAIRMAN:** Peter van Dort  
0418 223 696

**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.