Issue 20 - 2026/2027 **Thursday 19 November 2026**

UNITE FOR GOOD

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Rotary Club of Trans Amadi,
Nigeria.

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ROTARY CLUB OF GOSFORD

The meeting on 12 November was a good night and due to a few Members ill and away, our attendance was steady at 72%.

INTERNATIONAL TOAST

The International Toast was to the Rotary Club of Hull UK where hundreds of cheering supporters welcomed Karl Bushby, 57, home last week after 28 years of travelling. Carrying a tent, a few hundred dollars and a plastic camera he started in Chile, north through the Americans, crossed through Alaska to Russia, Mongolia, China and back though Europe, swimming the Caspian Sea on his walking trip around the world. The Rotary Club of Hull is in District 1040, Chartered in 1920, has 29 members under President John Hately. They meet on the 2nd and 4th Wednesdays of each month at 6.30pm at Norland Public House in Hessle.

FUN TIMES

Heads & Tails was won by PP PHF David Boardman, while the Card Draw was won by PHF Graham Lindsay, who unluckily chose the 7 of spades. Joker Jackpot now stands at $80.

SERGEANTS SESSION

The Sergeant's Session was provided by PP PHF Lester Marquet, who took us through history with important events that happened on this day in history.

GUEST SPEAKERS

Our guests for the evening were Lisa Ng and Chen, whose presentation was both interesting, informative and healthy. Lisa spoke initially about ancient Chinese culture, wisdom and tradition that dates back over 5,000 years through over 20 Dynasties. This was broken in 1949 with the Chinese Cultural Revolution. Falun Gong, also called Falun Dafa, was started in 1999 and teaches that Truthfulness, Compassion and Forbearance are good. It is practised in over 80 countries around the world, although banned in China. Chen demonstrated the first of the Falun Gong exercises (there are 5) to show the mind and health benefits. At Kibble Park on every Saturday at 11am, Falun Gong classes are held, free of charge. Further information on Falun Gong can be found at *falundafa.org*.



Chen, Barry Henwood and Lisa Ng

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BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS CELEBRATED IN NOVEMBER 2026

UNITE FOR GOOD	MEMBERS BIRTHDAYS	PARTNERS BIRTHDAYS	WEDDING ANNIVERSARIES	ROTARY INDUCTIONS
	30 NOVEMBER Nev Barrett	12 NOVEMBER Miriama Bolton		15 NOVEMBER Graeme Lindsay 14 years 29 NOVEMBER Barry Hernwood 30 years

LAUGHTER IS THE BEST MEDICINE



UPCOMING EVENTS

19 NOVEMBER

CLUB ASSEMBLEY

26 NOVEMBER

CHRIS FOSTER MY EARLY LIFE

28 NOVEMBER

BUNNINGS BBQ

3 DECEMBER 2026

AGM

5 DECEMBER 2026

BORG'S BBQ CHRISTMAS PARTY

7 DECEMBER 2026

BOARD MEETING

17 DECEMBER 2026

CLUB CHRISTMAS PARTY

19 DECEMBER 2026

CHRISTMAS WRAPPING ERINA FAIR

APOLOGIES to **PETER MOORE** before noon Tuesday to amoore@bigpond.net.au or phone **0408079761.**
ANY BULLETIN INFORMATION to be emailed to **NEV BARRETT** at: **nevchar@gmail.com**

The Four-Way Test
(Of the things we think, say or do)

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

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ROTARY GRACE
Oh, Lord and Giver of all good,
We thank thee for our daily food.
May Rotary friends and Rotary ways,
Help us to serve thee all our days.