



District Governor Brian Coffey

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ROTARY CLUB OF CESSNOCK DISTRICT 9670 SPOKE

STOMP FESTIVAL CESSNOCK 2019



Cessnock Stomp Festival put on another great show with lots of stalls, entertainment and local groups advertising to the community as well as to all the visitors to our town.





In its fourth year the Cessnock STOMP Festival will again deliver the very best our region has to offer in a one day festival right in the heart of Cessnock, on Vincent Street! No other event stops traffic like STOMP does and within excess of 15,000 in attendance each year Cessnock STOMP Festival is the place to be to sample the best wine, food, fun and stomp grapes. A well-organised community event. People even came from interstate to compete in the stomping. A fun vibe with a great range of food, stalls and entertainment. A great opportunity for local kids to display their dancing talent. Plenty of seating along the street. A great day out for the whole family. What a great day. The weather was fabulous there was plenty to look at, and the high tea was great. Much more than last year In Regards to market stalls, although there may have been slightly less wineries than last year. All in all a great day and great to promote the beautiful hunter valley and Cessnock. Cessnock Rotary club and Cessnock High Interact club were part of the volunteer group to help set up areas and to promote the festival and to tidy up at the end of the day.

RYPEN 2019









RYPEN camp was yet another success this year. We had three students from Cessnock High attend and they are all in the Cessnock Interact club at the school which is growing from strength to strength. Past District Governor Helen Ryan presented the certificates to the students and Tracey Jacobs who is the teacher in charge of Interact at the school was kind enough to take the students and bring them home after a great weekend of learning special skills. The Rotary Club of Cessnock is very proud to have been able to sponsor all three students to attend this Wonderful Rotary program.

PREVIOUS MEETINGS & EVENTS







It has been a few weeks now but we had a combined Rotary meeting with the Rotary Club of Kurri Kurri, where President David donated our cheque to President Paul Hughes for their helping us in some of our functions. Claudia Koncz was a guest at one of the meetings in which she proposed a function for Halloween which should attract a lot of young people to join in from our local community.



Our barBQ van was used to cook pancakes at Creightons, which was a first initiative by that company to involve us as they are one of our sponsors. There were only a few members there to help out but it wasn't a busy event, maybe it could be better promoted in the future especially since it was a free pancake to whoever wanted one. Thanks to those who turned up to help.

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Weight Loss Program.

A guy calls a company and orders their 5-day, 5lbs weight loss program. The next day, there's a knock on the door and there stands before him a voluptuous, athletic, 19 year old babe dressed in nothing but a pair of Nike running shoes and a sign around her neck.. She introduces herself as a representative of the weight loss company. The sign reads, "If you can catch me, you can have me."

Without a second thought, he takes off after her. A few miles later puffing and puffing, he finally gives up. The same girl shows up for the next four days and the same thing happens. On the fifth day, he weighs himself and is delighted to find he has lost 5lbs as promised.

He calls the company and orders their 5-day/10lbs program. The next day there's a knock at the door and there stands the most stunning, beautiful, sexy woman he has ever seen in his life. She is wearing nothing but Reebok running shoes and a sign around her neck that reads, "If you catch me you can have me".

Well, he's out the door after her like a shot. This girl is in excellent shape and he does his best, but no such luck. So for the next four days, the same routine happens with him gradually getting in better and better shape.

Much to his delight on the fifth day when he weighs himself, he discovers that he has lost another 10lbs as promised. He decides to go for broke and calls the company to order the 7-day/25 lbs program.

"Are you sure?" asks the representative on the phone. "This is our most rigorous program." "Absolutely," he replies, "I haven't felt this good in years."

The next day there's a knock at the door; and when he opens it he finds a huge muscular guy standing there wearing nothing but pink running shoes and a sign around his neck that reads, "If I catch you, you are mine."

He lost 33 lbs that week

