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NEWSLETTER: 18th September 2014



ROTARY CLUB OF CESSNOCK
DISTRICT 9670
SPOKE

PRESIDENTS REPORT

A different setting this week with round tables which I thought was a good change that enabled members to split up and mingle in smaller groups, provided some good camaraderie. It also led into my question UROK? This is a day which is held in the month of September as a way of engaging people to connect with friends, relatives or anyone in the community you may have concerns about and encouraging them to talk through their feelings or seek further help, also to follow up your initial question "RUOK" to ensure support is being provided. It is a way of helping us cope with stressful life events, mental health problems, relationship breakdowns and bereavement. Don't just let it stop in September, follow through and ask regularly RUOK?, it could well be a life saving question.

We had Mara visit again this week, thanks for coming Mara, it is always a pleasure to have you at our meetings.

Iver enlightened us on the events of his week which saw him having a week off school as the rest of his class were sitting their exams. With this free time he was able to catch up with other exchange students in Newcastle and also participate in some surfing lessons. Iver followed up with a power point and talk about his family, Norway, his home town, school and of course his passion for football as well the beautiful countryside where he spends time with his family at a holiday cabin and cross country skiing. I think we are all looking to see when we can book in a stay.

During the week Janette and I had attended Mount View High to present certificates to the students who participated in MUNA this year. The girls were very appreciative of Cessnock Rotary Club for allowing them the opportunity to be part of MUNA and the experiences they gained by the day. Mount View are looking for to being able to attend again next year.

Some of our Members attended a sausage sizzle with the Girl Guides on Tuesday night. We were made very welcome and treated to supper and entertainment by the girls. Thank you Kylie and the team, hope we can do it again.

The time for Hunter Valley Lights Spectacular is fast approaching, first roster is November followed by the first week in December. Please check your diaries and ask friends or relatives if they can help us. This is one of our major fund raising activities for the year so let's get together and make it work. It is a rewarding time seeing the delight of young and old as they walk through the lights.

Next meeting is a Board Meeting followed by general discussions of matters arising at the meeting.

President Vicki



Iver with President Vicki and Iver's host parents, the Bevens, Cranes and Jacksons.

ANOTHER FUN FILLED MEETING NIGHT AT POTTERS



Mara from Switzerland was our guest again for Iver's speech night, as was Louise's granddaughter Chloe. We learned a fair bit about Norway from Iver's talk, especially that its a lot colder then here.



The typical scenes of red and white architecture, the snow and Tynset Bridge located in Iver's town of Tynset in Norway.

ROSTER 18th September 2014

INTERNATIONAL TOAST	John Jowett
TELLER:	Maley/S Jackson
WELCOME TO GUESTS:	Jack Grant
INTRODUCE SPEAKER:	N/A
GUEST SPEAKER	N/A
VOTE OF THANKS:	N/A
FINE SESSION:	Peter Carver
STEWARDS:	All members

25th Sep 2014

George Koncz
Maley/S Crane
Greg Bevan
John Jowett
Beatrice Tucker
Alison Crane
Peter Carver
All members

FUTURE EVENTS

18th Sep - Board Meeting
 25th Sep - Beatrice Tucker (Partners Night)
 13th Nov - Efie O'Neil Debate

Meeting time is 6 for 6.33pm

Apologies to Graham Lidbury by 11am on Thursday on phone **0419 682 573**

or Email: lids@westnet.com.au

REMEMBER: you will be charged for your meal if you are absent and do not apologize.



Well the big fella (Adam our YEP student from Hungary, now at East Maitland) has actually been dieting and training fairly hard in preparation for the NSW Body Building Championship this weekend. His next big tournament is the world titles at Queensland in November - apparently he is in with a real big chance. It would be interesting to see if any YEP students have ever won a world title while on exchange. Adam will be doing his speech about himself, his family and about his part of the world, next Tuesday. So far Vicki, Louise and myself are going to the East Maitland Rotary meeting. Please let me know if anyone else is interested, the club needs to know a day before the meeting. In the photo above, it looks like Adam was sharing some of the Hungarian Tokai wine which is grown just outside of where Adam lives. I bet there's none left.



CESSNOCK GIRL GUIDES

The Girl Guides put on a fantastic show of their performing skills last Tuesday. We had a number of Rotarians attending and enjoying the night with Kylie and the group of girl guides in the recently renovated hall, which our club contributed funds towards the fixing of the leaking roof. It was very good to see just how much fun these young girls have at their meetings.

Sat Nav- I have a little Sat Nav, It sits there in my car, A Sat Nav is a driver's friend, It tells you where you are. I have a little Sat Nav, I've had it all my life. It's better than the normal ones, My Sat Nav is my wife! It gives me full instructions, Especially how to drive, "It's sixty miles an hour" it says, "You're doing sixty five!" It tells me when to stop and start, And when to use the brake, And tells me that it's never, ever Safe to overtake, It tells me when a light is red, And when it turns to green, It seems to know instinctively, When to intervene It lists the vehicles just in front, And all those to the rear, And taking this into account, It specifies my gear, I'm sure no other driver, Has so helpful a device, For when we leave and lock the car, It still gives me its advice, It fills me up with counselling, Each journey's pretty fraught, So why don't I exchange it, And get a quieter sort?, Ah well, you see it cleans the house, And makes sure I'm properly fed, It washes all my shirts and things, And keeps me warm in bed, Despite all these advantages, And my tendency to scoff, I only wish that now and then, I could turn the bugger off!!

TWO OLD FRIENDS:

Russ and Fred, two friends, met in the park every day to feed the pigeons, watch the squirrels, and discuss world problems. One day Russ didn't show up. Fred didn't think much about it and figured maybe he had a cold or something. But after Russ hadn't shown up for a week or so, Fred really got worried. However, since the only time they ever got together was at the park, Fred didn't know where Russ lived, so he was unable to find out what had happened to him. A month passed, and Fred figured he had seen the last of Russ, but one day, Fred approached the park and - lo and behold! - there sat Russ! Fred was very excited and happy to see him, and told him so.

Then he said, "For crying out loud, Russ, what in the world happened to you?"

Russ replied, "I have been in jail."

"Jail!" cried Fred. "What in the world for?"

"Well," Russ said, "you know Sue, that cute little blonde waitress at the coffee shop where I sometimes go?" "Yeah," said Fred, "I remember her. What about her?"

"Well, the little gold-digging witch figured I was rich, and she filed rape charges against me, and at 89 years old, I was so proud that when I got into court, I pleaded guilty.

"The judge gave me 30 days for perjury."

