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P O Box 101 CESSNOCK NSW 2325 AUSTRALIA www.cessnockrotary.org NEWSLETTER: 5th February 2015



ROTARY CLUB OF CESSNOCK DISTRICT 9670 SPOKE

PRESIDENTS REPORT



This week sees the last of our rosters for the Hunter Valley Gardens Lights. It has been a great effort from members and friends to fill the 4 weeks this year. Thank you to everyone especially David, Gail and Ron who have attended nearly every night. Gail has been relentless in her quest to seek donations from visitors with help from Lorraine and Val. Their efforts have added greatly to our fund raising for this period. A reminder to all volunteers that you and your immediate family members are invited to visit the gardens On Monday 26th for a walk through together and stay for the fireworks to celebrate Australia Day. Please don't forget to pass on this invitation to your friends who came along to help us out on the rosters.

Monday 26th January our Club will once again participate in the Australia Day Celebrations providing a sausage sizzle breakfast for members of the Cessnock community.

Please advise if you are available to help out, the trailer has to be set up at about 6.30am and packed away at 9.30am.

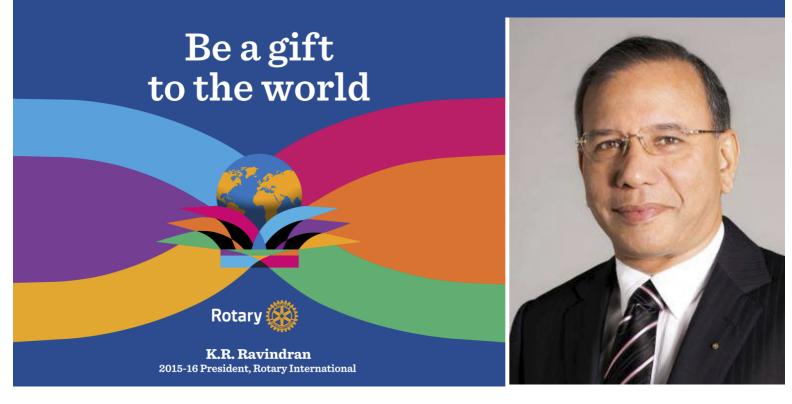
It is a fun morning and members are encouraged to come along and support this event.



The holiday season is almost over and time to resume our meetings. Our first meeting for the year will be THURSDAY 5TH FEBRUARY 2015. This will be an informal meeting to catch up after our break and open discussion to plan for the year ahead. See you all Thursday. President Vicki.



Rotary International President Elect 2015-2016



Rotary International President-elect K.R. Ravindran asks Rotary members to "Be a Gift to the World" as the theme of his 2015-2016 presidential year. In Rotary, we give of our resources—but more importantly, we give of ourselves. Because there is such a difference, between a handout, and an outstretched hand—especially when the outstretched hand, is warmed by a caring heart."



Hopefully we all had a wonderful Christmas and New Year celebrations with family and friends. Its time to get stuck into the second half of this Rotary year. A lot of us have already started the year with the Lights Spectacular at the Hunter Valley Gardens and it will be fun to see everyone again at our meeting next Thursday.

ROSTER 5th February 2015INTERNATIONAL TOASTGail ThomasTELLER:Margaret MaleyWELCOME TO GUESTS:Louise SelmesINTRODUCE SPEAKER:N/AGUEST SPEAKERN/AVOTE OF THANKS:N/AFINE SESSION:Peter carverSTEWARDS:All members	N/A N/A N/A Peter Carver All members	FUTURE EVENTS 26th Jan - Australia Day Celebrations at the East Cessnock Bowling Club 5th Feb - Informal meeting
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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.**





The Hunter Valley Lights Spectacular has been another great success. We have done four weeks and some of the members deserve a real big hug from all of us next Thursday. President Vicki, David Clark and Gail Thomas have been our backbone in this event. They have virtually been there every night, which is just a marevelous effort along with a friend of Rotary Ron. Nearly all members volunteered and brought along friends and family members. We have raised a lot of extra funds besides our payment as volunteers. Gail has been our "treasure" in not only turning up so often but for the friendly way she managed to extract donations from the visitors. She was at the exit gate and was very helpful with advise and people went away very happy having a chat with Gail and sometimes about Rotary as well. The whole club is very appreciative of your efforts.



The introduction of the Giant Bugs probably brought in a lot of extra visitors. Some of the children were simply frilled with the big bugs, which moved and are quite impressive. It was a nice addition on top of the beautiful lights display. Visitors keep coming back and its good to see the HVG are actually putting in additional items to encourage visitors to keep returning. The food stalls are also quite good and there is a choice of different things to eat and drink. Overall its a great venue and a fun event to be involved with.

Some interesting events





Karin Smit (Vermrullin) one of our past exchange students from South Africa in 1995, has been blessed with a baby daughter. The happy couple named her Cassia.



Our current exchange student Iver (Viking One) spent a great time with Steve and Alison Crane down in Melbourne. Iver also caught up with friends while ha was down in Victoria.

Taylah Turner was one of the Cessnock Rotaractors as well as a previous Miss Cessnock. She won the Women's National ISSF & Commonwealth ISSF Double Trap Champion + the National ISSF Double Trap Championships Women's High Gun. She went on to say "Thank you to everyone who made the last couple of days so great even with the trying conditions and limited competitors. Special thanks to my Sponsor - Arms & Ammo and to my Mum & Dad.".







Some of our inbounds have been enjoying our beaches. Clemence Toisoul, Nadine Versell and Mara Vogel who was a visitor to our club while she was staying with the Bevans, were caught sunbathing, doing head stands and Mara went to Darling Harbour as well.



Margaret and I took Adam Tari to Surfers Paradise and Coolangatta for the Christmas holidays. He preferred Surfers with all the shops and night life and we preferred Coolangatta. We had great seafood including three huge mud crabs, the picture just shows some of the claws. It was yummy.



Our District 9670 Outbounds have all returned home safely after their year abroad. There are going to be lots of stories at the Debriefing day, is there anyone interested in coming with me?

"I'M STILL YOUNG So It's a learning process."

Hidekichi Miyazaki, The fastest centenarian in history.

Challenging Usain Bolt

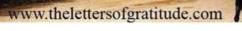
Hidekichi Miyazaki is 104 and the fastest centenarian in history. After finishing his race at the Japan Masters Championship last year he challenged world record holder Usain Bolt to a race even striking Bolt's famous Lightning Bolt Pose as he issued the challenge.

Miyazaki didn't start running until the age of 92 after watching a masters sports day on television. He says his secret is his daughter's tangerine jam and eating slowly. "When I eat, I chew each mouthful 30 times before swallowing. That makes my tummy happy and helps my running. And I eat my tangerine jam every day." There is no world record for the 105-109 age group because no one that old has ever competed in a sanctioned meet. Miyazaki hopes to become the first."That's what I'm training for," he says. "I'm still young. I have at least 5 more years of racing left."

ONE

One tree can start a forest: One smile can begin a friendship: One hand can lift a soul; One word can frame the goal; One candle can wipe out darkness: One laugh can conquer gloom; One hope can raise your spirits; One hope can raise your spirits; One touch can show you care; One life can make the difference, be that one today.

BEST FRIENDS ALWAYS STICK TOGETHER.





Look forward to seeing you all next Thursday, but don't forget that we have a BarBQ on at the park early Monday morning, which is before the main function at the East Cessnock Bowling Club.