

The Rotary Club of Milton-Ulladulla Inc.

24 January 2012

Weekly Bulletin

Vol 52, No. 30

< January is Rotary Awareness Month >

Tonight's Program: Carolyn Lee "How to save money on your energy bills"
Fellowship: John Coburn and Clive Cross
Introduction: Peter Campbell
Vote of Thanks: Robin Cantrill



Future Programs:

31 Jan Bowling Night
Fellowship: Dick Crouch and Peter Culham

< February is Rotary World Understanding Month >

7 Feb Ron Harvey "International Olympic Committee"
Fellowship: Graham Fisher and Dom Fondacaro
Introduction: Margun Carless
Vote of Thanks: John Coburn

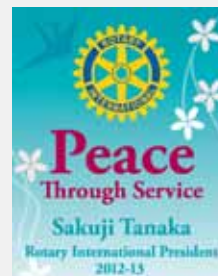
14 Feb "Club Assembly" *Come along, join in the discussions and have your say.*
Fellowship: Tony Fondacaro and Alan Foreman

Birthdays: 23 Jan Sue Muir, belated wishes
Anniversaries: 24 Jan Lyn and Bob White

BBQ Roster:

	Wed	Sat	Mon
Alison Tyquin	25 Jan	28 Jan	30 Jan
Ross Wade	1 Feb	4 Feb	6 Feb
Kevin Walsh	8 Feb	11 Feb	13 Feb
Bob White	15 Feb	18 Feb	20 Feb

Latest News:



RI President-elect Sakuji Tanaka will ask Rotarians to build "Peace Through Service" in 2012-13 (RI Theme).

If a member nominated for a duty is unable to fulfil this function, please arrange a replacement.

Apologies and Guests to Peter Culham 4455 1588, by 2.00pm Tuesdays.

Last Week's Meeting report:

In attendance were Rose Brown, Deb Fondacaro, Aaron Bennett and our Guest Speaker Michelle Akiva.

Treasurer Keith Bennett said that the raffle is worth about \$125 and Werner Pohl's funeral (at his request) raised \$514 in donations for the Rotary Foundation.

Secretary Carolyn Campbell received a condolences card from the Apex Club, a thank you letter from the UHS for our donation, a folder on the Bombala Tour and the CareFlight Newsletter.

Youth Service Director Brian Morrison said that Jessica Frickie is now attending the RYLA camp, and will soon address the Club.

International Service Director Eve Bosak spoke on;

- Sustainable Cambodia Fund which will provide 360 preschoolers with high protein meals. Our Club will donate \$2000 with a matching grant from District Fund for the same amount and \$1,000 from Rotary Foundation.
- Eyes for Africa in Somalia, cataract surgery.
- Taiwan Rotary Friendship Exchange will take place on 29 February to 2 March. The exchange is made up of ten members and we will require to host them. *Please consider hosting and volunteer.*

BOF Chairman Phil Brown said that Coles are the major sponsor for the Blessing of the Fleet (this year and next year's) and advertising Banners have been erected in the main street.

Phil has Brochures/Flyers to be distributed, if you can help please see Phil.

Thanks You to Jeff and Sylvia Franklin who distributed flyers to all local Caravan Parks and Motels.

- On the Civic Centre upgrade, Phil asked all members to make submissions to the Council through the Council's website, Facebook, library or directly to their office by 27 Jan 2012.

Issa Shalhoub is organising a Community Memorial Tribute for the late Werner Pohl, Sat 21 Jan at the ExServos Club for community members who didn't get a chance to attend his funeral and pay their last respects.

44 Club winner was Kevin Walsh

Card Raffle winner was Phil Brown **AU**

The Sergeant was Bob White, helped by Issa Shalhoub

Guest Speaker Michelle Akiva's subject was "EAT SMART AND LIVE SMART".

Michelle has: Adv. Dip. Nutritional Medicine, Adv. Dip. Herbal Medicine, Dip. Remedial Massage and Dip. Lymphatic Drainage. Michelle has been working and studying in the natural health industry for 8 years.

Michelle has moved to our area 2 years ago and is now practicing in Milton (Akiva Therapies).

Michelle talked about the benefits of smart nutrition, getting back to basics and the glycemic index.

Michelle's talk covered; Enjoy plenty of whole foods, Eat plenty of fruit and vegetables, Drink plenty of mineral or filtered water, Include protein at every meal, Increase your intake of good oils, Reduce saturated fat intake, what to eat as snacks or at work, Follow a low glycemic index diet, finally spoke on the importance of Exercising.



Michelle Akiva, Bob White, Carolyn Campbell and Pres Dale Wilford

An excellent talk and if you need help or advice on how to live healthy and or longer please contact Michelle.

End of report.

Calendar

Jan	Semi-Annual fees are due	21-22 April	District Assembly
26 Jan	Australia Day	25 April	Anzac Day
23 Feb	Rotary's Anniversary, 107 th	6-9 May	RI Convention, Bangkok
2, 3 March	Milton Show	18-20 May	RYPEN, Mogo
3-4 March	District PETS	20 May	Swap Meet, Milton
7 April	Easter Sat	11 June	Queen's Birthday
8 April	Easter Sunday	1 July	District Changeover

Sat 21 Jan, The Community Memorial Tribute for the late Werner Pohl was well attended; Werner's son and his family, Rotarians, ex-Rotarians, partners and community members were in attendance. A special Thank You goes to John Hozack and Craig Cameron for their special tribute and to the Ex-Servos for their hospitality and help.

Werner Pohl; we will miss you.



Your Bulletin Editor for this edition; Issa Shalhoub.