

- February is Rotary's World Understanding Month -

Tonight: "Club Assembly", members come along and have your say
 Fellowships: Ross Wade and Kevin Walsh

Future Programs:

19 Feb 'New Members Talk', Glen Rowen, Terry Marchello, Jeiji and Maurie Abbott
 Fellowships: Bob White and Dale Wilford

26 Feb Honeywell student

- March is Rotary's Literacy Month -

5 Mar Louisa Eastmead, Sexual Assault Councillor, NSW health
12 Mar Workplace Visit, Bawley Vale Estate Winery



Club Calendar

SEMI ANNUAL DUES ARE DUE.

16 Feb	Sat	Working Bee @ Rotary Park
16-17 Feb	Sat-Sun	PETS, ACT
19 Feb	Tues	Ladies Casserole Night
23 Feb	108 th	Anniversary of Rotary
16 March	Sat	BOF Princes Ball
31 March	Sun	Easter Sunday, BOF Parade
6-7 Apr	Sat-Sun	District Assembly, BBay

BBQs cleaning Roster:

	Wed	Sat	Mon
Michael Mastronardi	13/2	16/2	18/2
Ken Matthews	20/2	23/2	25/2
Brian Morrison	27/2	2/3	4/3
Geoff Muir	6/3	9/3	11/3

Birthdays: 15 Feb; Tim Gregory 16 Feb; John Hozack

Anniversaries: 12 Feb: Christine and Michael Mastronardi 15 Feb: Liz and Dom Fondacaro

Meeting 5 Feb 2013

Michael Mastronardi welcomed all and specially the guests Liezl Maritz, Sue and John Katsoulis, Kim Powell, Jenny Cantrill, Leonie Smith and Alf Rowen.

Michael announced that the Rotary Charity Housie has ceased as from last Sunday.

Phil Brown thanked the helpers with the Jumping Castle on Australia Day: Keith Bennett, Gordon and Yvonne Young, Terry Marchello, Robin Cantrill, Jeff Franklin, Bill Harris, Carolyn and Peter Campbell, Wayne Fry and Graham Fisher.

BowelScan is on in May – June 2013

Phil also thanked **Keith Bennett** for the stage storage and **John Hozack** for drawing its rental agreement. Cleaning **Working Bee** at Rotary Park 16 Feb, 9am, the Jumping Castle will also get cleaned.

Dom Fondacaro wants to see if members will be interested in a trip to the "Brigadoon in Bundanoon", Sat 6 April, a Scottish day out with Highlands Games, Bagpipes and world famous short bread. \$49 per person.

Leonie Smith said that the HarbourFeast dinners will not happen every 4 weeks as was announced in the Times newspaper.

Lyn White, Keith Bennett and Clive Cross are not well.

Attendance as per Peter Culham 78.5%

Card Raffle winner was Brian Morrison 2♣

Guest Speaker Liezl Maritz, community volunteer presenter, spoke on the role of the Black Dog Institute and mental health. Liezl has been involved with the Institute for six years. Its aim is to create an awareness of mental health issues in the community and to lessen the stigma of mental illness.

Everyone, to some degree, is affected in some way by mood disorders. Little advertising is presented on this subject by governments compared to that of road safety. Many of us are affected by the loss of a friend or a loved one to different degrees and our subsequent actions may indicate depression symptoms that may affect our functioning in some way. These may be through changes in sleep patterns.

All types of depression, once it has been recognised, needs a plan of action through health professionals. Liezl mentioned the effect of a single bout of drug taking may cause psychotic incidences in young people. Please take time to have a look at the Black Dog Institute's [website](#).



Also during the meeting the Club thanked Rotarian **Tim Gregory** for presenting to the Club a cheque for \$3,608, proceeds from the sale of the 'Rotary Freshly Cut Christmas Trees', **THANK YOU Tim**.

Amongst the guest on the night were **Sue and John Katsoulis**, proprietors of the Arcadia Twin Cinema in Ulladulla, who put on the James Bond movie première of Skyfall for Rotarians and the general public as a fundraiser for a Rotary project, that has raised \$500 dollars and has been kindly donated to Rotary's Driver Education and Behaviour Program which is aimed at the our local high schools students. The Club presented Sue and John with an appreciation certificate for their efforts and generosity.

Thank you Robin Cantrill for writing the guest speaker's article for the Bulletin and the Times newspaper.

End of meeting report

RI President Message Jan 2013

"We cannot go to prospective members and ask them to join Rotary only because we want more members. We have to show them that Rotary is a wonderful organization, and that they will be happier because they belong to a Rotary club.

When we ask people to join Rotary, we are doing this to help them as well.

I think all of us are grateful to the person who asked us to join.

I know that my life is much happier, and has been much more productive, because of Rotary."

"Ladies Casserole Night"

Organised by Maisie Bennett and Jacqui Thomson

Tuesday 19 Feb, 6.00 for 6.30pm

at Maisie Bennett's residence; 31 Woodgrove Drive, Ulladulla.

Please ladies ring Maisie on 4454 255 or Jacqui on 4455 1742,

advise if you are attending and discuss what you can bring.

"An Evening with Gail O'Brien"

at Cupitt's Winery, Friday 22 Feb 6.30 for 7.00pm

All proceeds to the local 'Cancer Outpatients Appeal'

Tickets are \$80 available from 'Cameron Optometry' and 'Merchants of Milton'.

Visit the [Club's Website](#) and [Facebook](#). Just put in your search engine; rotary milton ulladulla

Your Bulletin editor: Issa Shalhoub