



Pres Bob White

DG Rowley Tompsett

ADG Margaret Hedger

RI Pres Gary C.K. Huang

Bulletin editor: Issa Shalhoub

Club's Website and Club's Facebook

FEBRUARY IS ROTARY'S WORLD UNDERSTANDING - PEACE AND CONFLICT PREVENTION / RESOLUTION MONTH

Tonight: CLUB PLANNING - ASSEMBLY

Fellowships; Robert Richards, Glenn Rowen and Craig Saunders

Future Programs:

10 Feb: FITNESS FOR OVER 40s; Tristan Crome and 2003-04 PP Roger Halls: KNEE OP

Introduction: John Goggins

Vote of Thanks: Tim Gregory

Fellowships: Trevor Schofield, Grant Schultz and Micky Scott

17 Feb: CHAMBER OF COMMERCE; Melanie Louth

Introduction: Michael Mastronardi

Vote of Thanks: Ken Matthews

Fellowships: Issa Shalhoub, Leonie Smith and Alison Tyquin

24 Feb: BOTF PRINCESS; Lily Hatwell

Introduction: Brian Morrison

Vote of Thanks: John Payne

Fellowships: Ross Wade, Dale Wilford and Brian Wilkins

MARCH IS ROTARY'S LITERACY - WATER AND SANITATION MONTH

3 Mar: WINE TASTING NIGHT, with John Payne and Trevor Schofield

Fellowships: Cliff Workman, Phil Brown and Simon Brown

10 Mar: Jake Adlam & David Robinson; NSYF

Introduction: Rob Powell

Vote of Thanks: Robert Richards

Fellowships: Robin Cantrill, George Chittick and Dick Crouch

BBQs' cleaning Roster:

	Wed	Sat	Mon
Brian Wilkins	4/2	7/2	9/2
Jeni Wilkins	11/2	14/2	16/2
Cliff Workman	18/2	21/2	23/2
Yvonne Young	25/2	28/2	2/3

Club's Calendar

Semi-annual Dues are due NOW.

21-22 Feb	Sat-Sun	PETS Canberra
23 Feb	Mon	110 th Rotary Anniversary
21 Mar	Sat	Princess of the Fleet Ball
5 Apr	Sun	BOF Festival
10 Apr	Fri	55 th Club's Anniversary
26 Apr	Sun	BowelCare
24 May	Sun	Car Boot and Swap Meet
28 Jun	Sun	District Changeover

Please notify apologies and guests to Peter Culham on 4455 2229, by no later than 1.00pm on Tuesday.

**BIRTHDAY: 7 Feb; Micky Scott.
ANNIVERSARY:
9 Feb; Lynne and George Chittick.**

Report on 27 January 2015 meeting:

President Bob White welcomed all and specially Sophina Soul our guest speaker.

- Pres Bob was invited to the Surf Club for our donation for the Gallipoli 100, a Certificate of Appreciation was presented to our Club, also in attendance were Liz and Dom Fondacaro and Jenny and Robin Cantrill, Elaine and Ken Matthews for their support.

- RC of Shoalhaven Sunrise has folded,

- Thank You note from Interplast for our \$500 donation for Turia Pitt, Yurana for our help on Christmas Day, St Mary's School for our donation \$150 for students presentation, IRT for our donation of \$100 (in lieu of flowers) re Monica Johnston's passing away,

- a Christmas card from SCC Alan Baptist

- please register to My Rotary on the RI website, full of information, very easy to register,

- 'Casino Night' organised for Rotary's 110th Anniversary by the RC of Sussex-Inlet at the Bomaderry Bowling Club on 28 Feb 2015,

- Thank you to the helpers on Australia Day Jumping Castle: **Jeff Franklin, Bob White, Brian Morrison, Phil Brown, Peter Campbell, Cliff Workman, George Chittick, Yvonne Young, John Payne and Micky Scott.**



Clive Cross: - President position for 2016-17 is still vacant,
- Rotary Learning Institute Program to be held at the Bomaderry Bowling Club: notes by PP Jacqui Page RC of Berrima District:

First Session: Sunday, February 8

Second Session: Sunday, March 8

Third Session: Sunday, April 12

The sessions run from 9am till 4pm with a lunch break in the middle of the day. Lunch and morning teas are provided for a cost of \$25 and your club is charged this amount for your members who attend the program. The cost of documentation is met by District. We have had tremendous enthusiasm from those who have already completed the program. The benefit of understanding how all aspects of Rotary come together will be an excellent benefit to those clubs which participate.

More information about the program, please see Clive.

- Disaster Aid Australia's 2015 Conference; 21-22 Feb 2015: Disaster Aid Australia and its partner Rotary clubs in Malaysia, India, the Philippines, the USA, U.K. and Ireland have developed into a Rotary Club Humanitarian Aid Organisation that is making a real difference globally.

Yvonne Young toasted the Rotary Fellowships.

Almoner Bill Harris announced that Sid Turnbull and Brian Wilkins are not well.

Card Raffle winner was Bill Harris 9 ♦. *FYI Joker = \$465*

Dale Wilford called for volunteers to serve on the HarbourFeast committee.

Guest Speaker Sophina Soul. Sophina's passion is to enable people to achieve their dreams. Unable to work and on a disability pension, Sophina suffered low self-esteem and depression. One day she decided to turn her life around and put herself first. For the past twenty years, Sophina has travelled the world, researching mindset, empowerment and the positive psychology of abundance. A mentor and public speaker, Sophina runs a successful business: Money, Mind, Mastery.

Sophina spoke about self-esteem and loneliness being the biggest problem associated with the current "epidemic" of depression. The current figures from the Australian Bureau of Statistics state that thirty five percent of people living in Australia suffer from loneliness. Depression is soon to overtake as the leading form of disability and Australia is the second highest country in the world for anti-depressant usage.

Sophina helps people to transform their mindset and improve their life with an eight step program. Meditation is a key element, with classes and retreats available. Sophina focuses on self-esteem and steers people away from comparison, stating "the seed of low self-esteem is comparison." "When you overcome comparison, you will have better self-respect." Sophina spoke of approval of yourself being an important step, as you then don't need the approval of others." The need to appreciate yourself, but don't expect it from others. Sophia advocates that "when you have a relationship with yourself, you don't need someone else to make you happy," and "what you do for a living is not who you are." Affirmations, exercise and music are good for your motivation and well-being. Sophina's favourite motto is "Money matters, You matter most."

Thank you Leonie for the guest speaker's article.

End of Report.

GRACE; "For good food, good fellowship, and the privilege to serve through Rotary we give thanks."

"BE A GIFT TO THE WORLD"



Photo Credit: RI - Monika Lozinska

RI President-elect K.R. "Ravi" Ravindran announced his presidential theme for 2015-16, Be a Gift to the World, at the opening session of the International Assembly in San Diego, California, USA.

PE Ravi is asking Rotary members to give the gifts of time, talent, and knowledge to improve lives in communities across the globe.

Ravi said, "A future without polio is a gift that we have promised to the children of the world. And indeed it is a gift that we will give." "Rotary also needs to continue to raise funds for The Rotary Foundation, attract new members, and encourage greater participation from current members", he added.