



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: CHAMBER OF COMMERCE; Melanie Louth
Introduction: Michael Mastronardi
Vote of Thanks: Ken Matthews
Fellowships: Issa Shalhoub, Leonie Smith and Alison Tyquin

Future Programs:

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
\$5 gets you a wine tasting ticket and a chance to win a mystery prize.

Fellowships: Cliff Workman, Phil Brown and Simon Brown

10 Mar: Jake Adlam and David Robertson; NSYF

Introduction: Rob Powell

Vote of Thanks: Robert Richards

Fellowships: Robin Cantrill, George Chittick and Dick Crouch

17 Mar: Leizl Maritz; BLACK DOG INSTITUTE

24 Mar: PP Ross Wade, TRIP TO RABAU

APRIL IS ROTARY'S MAGAZINE - MATERNAL AND CHILD HEALTH MONTH

14 Apr: 55th Club Anniversary Celebration

21 Apr: Drs Jessie Hoang and Kevin Lee:
DONATION OF EQUIPMENT TO ROTARY

BBQs' cleaning Roster:

	Wed	Sat	Mon
Cliff Workman	18/2	21/2	23/2
Yvonne Young	25/2	28/2	2/3
Phil Brown	4/3	7/3	9/3
Simon Brown	11/3	14/3	16/3

Club's Calendar		
Semi-annual Dues are due NOW.		
20-21 Feb	Fri-Sat	Milton Show
21-22 Feb	Sat-Sun	PETS Canberra
23 Feb	Mon	110 th Rotary Anniversary
21 Mar	Sat	Princess of the Fleet Ball
3-5 Apr		Stage setup. Civic Centre
5 Apr	Sun	BOF Festival
10 Apr	Fri	55 th Club's Anniversary
18-19 Apr	Sat-Sun	Bendalong Weekend
18-19 Apr	Sat-Sun	District Assembly
2 May-27 Jun		BowelCare
2-17 May		Stage setup, Entertainers at the ExServos
24 May	Sun	Car Boot and Swap Meet
29 May-1 Jun		Stage setup for Sussex Shoalhaven Square Dance
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: 18 Feb; Robert Richards, 19 Feb; Brian Johnson, Craig Saunders, 23 Feb; Peter Culham.
ANNIVERSARY: 21 Feb; Rose and Phil Brown, 23 Feb; Sylvia and Jeff Franklin.

Report on 10 February 2015 meeting:

President Bob White: welcomed all and specially our guests Rose Brown, Lloyd Crome, PP Roger Halls, Meredith Woodcock, Rhondda Purtell and Judy Mack from the RC of Canberra Sunrise.

- Please record your Service Hours.

Cliff Workman toasted **Rotary Donation In Kinds.**

John Hozack; Sierra Leone donation, book launch Timor Leste, Joanne Ewin from the Historical Society is organising a Bega trip.

Issa Shalhoub has setup a new Club email address which goes to the Club's secretary; rcmu@bigpond.com

Yvonne Young circulated the Milton Show roster and the rodeo will be on Sat night.

Trevor Schofield 3 March, wine tasting night: \$5 gets you a wine tasting ticket and a chance to win a mystery prize.

Craig Saunders has Rotary Calendars in his shop for sale \$5 each.

Card Raffle winner was **Glenn Rowen J♦.**

Guest Speaker Roger Halls spoke on his knee replacement operation.

Guest Speaker Meredith Woodcock presented well and spoke confidently of her life experiences and ambitions, proving to be a high contender for the zone finals next weekend in Blacktown, her sponsor being

the CWA. Moving to the Milton district in 1996, Meredith quickly embraced the country life, raising and naming chooks, chasing cattle, swimming in the dam, go karting with scars to remind her and singing to the animals.

Meredith now works for Southern Cross Housing in Ulladulla and she enjoys her role in helping struggling families find housing. Meredith told the Club she had grown from new experiences as a result of being crowned Milton Show Girl this year, some of these experiences include radio interviews, helping the View Club make a book, speaking at Rotary and judging the Teen Show Girls this weekend. Members wished Meredith much luck and success at the upcoming Show Girl Zone Finals.



L-R Rhondda Purtell, Judy Mack, Roger Halls (back), Bob White, Meredith Woodcock and Lloyd Crome

Guest Speaker Lloyd Crome, gave a presentation titled 'Fitness for Over Forties'. Lloyd has been in the Shoalhaven for forty years, he is a personal trainer and the manager of Ulladulla 'Anytime Fitness' where his son Tristan owns that branch.

Lloyd explained that as we get older, our muscle mass deteriorates and he recommends resistance training, using weights. This could include free weights, body weight, fitness balls and boot camps. Lloyd said that there are many benefits from resistance training, it is good for managing your weight, increasing your energy, muscle tone, pain management, balance and mobility, it increases your bone density and improves your well-being. Lloyd individualises a personal program to suit each individual but a fitness assessment is required first with a doctor's clearance.

Thank you Leonie Smith for the guest speakers' article. The full article is in the Times and on Facebook (plus more photos).

End of Report.

Milton Show Roster Friday 20th and Saturday 21st Require 2 people each shift

Time	Friday 20th		Saturday 21st	
2pm -4pm	Wayne Fry,	Simon Brown	Peter Campbell,	Trevor Schofield
4pm – 6pm	Ali Tyquin,	Kate O'Sullivan,
6pm – 8pm,	John Payne,

“RI PE ON MEMEBRSHIP”

Excerpts from an article by Ryan Hyland, Rotary News, 18-Jan-2015

RI President-elect K.R. "Ravi" Ravindran discussed some of Rotary's challenges, including membership, at the opening session of the 2015 International Assembly in San Diego.

"We have to find a way to bring back the fundamentals that built our organization: the emphasis on high ethical standards in all aspects of our lives, and the classification system that encourages a diversity of expertise in each club," he said. "Too often these ideas are viewed as little more than inconvenient obstacles to increasing our membership. But they have been essential to Rotary's success, and we ignore them at our own peril."



K.R. "Ravi" Ravindran

The focus on branding is essential to helping Rotary grow. "We need to reposition our image, which we recognize has faded in many parts of the world," he said.

Rotary also needs to continue to raise funds for The Rotary Foundation, attract new members, and encourage greater participation from current members, he added.

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