



Pres Dick Crouch

DG Stephen Hill

ADG David Bisiker

RI Pres John F. Germ

Bulletin editors: Yvonne Young and Issa Shalhoub

Club's Website and Club's Facebook

MARCH IS ROTARY'S WATER AND SANITATION MONTH

Tonight: KAREN WILLIAMS, STORYBOOK ALPACAS

FIVE MINUTER: Trevor Schofield

Introduction: Michael Mastronardi

Vote of Thanks: ? a volunteer

Fellowship: Issa Shalhoub and Leonie Smith

Future Programs:

28 Mar; TEN PIN BOWLING, Social Night, members, partners, family and friends.

\$30 pp 2 games and meal; \$20 meal only.

Bowling has to start at **6:00pm SHARP.**

NUMBERS ARE NEEDED.

(Wayne to wear blindfolds if he wants to play.)

APRIL IS ROTARY'S MATERNAL AND CHILD HEALTH MONTH

4 Apr; MICHELLE EDWARDS, DAVENPORT COTTAGE NEW MEMBERS INDUCTION.

Introduction: Brian Morrison

Vote of Thanks: Neville Pearce

FIVE MINUTER: Issa Shalhoub

Fellowship: Mikael Smith and Matthew Thomas

11 Apr: Club Assembly

Fellowship: Andrea Tucker and Dale Wilford

18 Apr; AVRIL PINFIELD-HALL, Honeywell Science Experience and ETHAN FORD, National Science Youth Forum. **TBC**

Introduction: Rob Powell

Vote of Thanks: Glenn Rowen

FIVE MINUTER: Leonie Smith

Fellowship: Cliff Workman and Glenn Wran

25 Apr; NO MEETING, ANZAC DAY

MAY IS ROTARY'S YOUTH SERVICE MONTH

2 May; PARTNERS' NIGHT,

THANK YOU WARWICK BACKHOUSE

FIVE MINUTER: Mikael Smith

Fellowship: Phil Brown and Simon Brown

9 May; JOHN VINE, CAMBODIA

Introduction: Craig Saunders

Vote of Thanks: Trevor Schofield

FIVE MINUTER: Matthew Thomas

Fellowship: Robin Cantrill and George Chittick

20 May; Saturday, AN EVENING IN TUSCANY

Club's Calendar

1 Apr	Sat	Princess Ball
16 Apr	Sun	Easter - BOF
29 Apr	Sat	Stage Set-Up, Civic Centre
29-30 Apr	Sat-Sun	Relay For Life
		Rotary Rascals
29-30 Apr	Sat-Sun	District Assembly
12-14 May	Fri-Sun	RYPEN Camp at Mogo
5, 6, 7, 11, 12, 13 May		'The Entertainers'
14 May	Sun	Stage Pull-down
16, 30 May, 6 June		Meetings at the Dunn Lewis Centre
		An Evening in Tuscany, "That's Amore" at the Civic Centre
20 May	Sat	
23 May	Tues	No Meeting
28 May	Sun	Swap Meet
27 Jun	Tues	Club Changeover

BIRTHDAYS: 21 Mar; Catherine Hughes, 22 Mar; Rebecca Schultz, 23 Mar; Peter Culham, 24 Mar; Trevor Schofield.

ANNIVERSARY: None

If a member nominated for a duty is unable to fulfil this function, or DOES NOT WISH TO DO IT, PLEASE arrange a replacement and let the Bulletin editor know.

PLEASE NOTIFY apologies and guests to YVONNE YOUNG on 0418 866 482, by no later than 12 noon on Tuesday.

Report on 14 March meeting:

President Dick Crouch welcomed members and guests Sylvia Franklin, Ed Zonneveldt, Bev Nicholas and guest speaker Amanda Osborne.

Secretary John Payne reported on incoming mail, details of board meeting, letter from District congratulating our club supports of the ShelterBox programme.

International Director Cliff Workman spoke on the donation to both ShelterBox & Disaster Aid.

Craig Saunders gave the 5 minuter spoke on the bagpipes and the playing of the pipes, equipment used to playing the pipes, how to assemble the pipes through the different notes and reed. Then to the delight of Club members and guests Craig then played the bagpipes.

Raffle winner Craig Saunders drew 10 ♥

Guest Speaker Amanda Osborne spoke on pelvic floor & core stability training.

Amanda spoke on the pelvic floor where the pelvic floor is in the pelvic. Both men and women can have issues with the pelvic area, though it is more common in women. Assisting in the recovery of incontinence issues after prostate surgery. Back pain is a related symptom of issues with the pelvic floor. Amanda explained the importance of the pelvic floor. Surgery related to back and hip operation. Amanda then put members through a demonstration of exercising the pelvic floor. Amanda spoke on Transversus abdominis shown side of the exercise being demonstrated. Multifidus is a deep muscle in the lower back, demonstrated exercise to assist with to strengthen the area. Diaphragm is the top cylinder for the pelvic floor. Using ultrasounds to demonstrate the strength of the pelvic floor area. Stability core well-conditioned core muscle help the risk of injuries. Amanda explained the benefits of exercise and use of the core muscle. Footballer are using Pilates in the recovery of injuries.



Meeting report by Yvonne Young.

End of Report.

'WORKING WITH CHILDREN CHECK'. Free to volunteers and is compulsory.

'PARKCARE'; all members need to apply to do any voluntary work at the Rotary Park, including BBQs' cleaning. Free to apply, please see Phil Brown or myself.

'Relay For Life'; 29-30 April 2017. Raise money, awareness and fellowship.

If you need help with any or all of the above, please see Issa.

'An Evening in Tuscany' to be held **Sat 20 May** at the Civic Centre \$65.00 includes 5 course traditional Italian meals, dancing, professional entertainers ...

PP Dom Fondacaro needs names and addresses from members to send out invitations to attend the night, even if you won't be able to attend.

The 23 May 2017 meeting has been cancelled to encourage members to attend the Tuscany Night.



A volunteer is required to take meeting's notes and forward them to Issa Shalhoub, as Yvonne Young will be away on 4, 11 and 18 April.

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