

Pres Bernard Jones

DG Andrea Grosvenor

Area Gov Haseena Tweddle

RI Pres Gordon R. McNally

Bulletin editor: Issa Shalhoub

Club's Website and Club's Facebook

January is Vocational Service Month

**Tonight; Membership Night. NO Guest Speaker, Directors to explain what they do,
Please invite friends-acquaintances for a Rotary Information Night.**

Future Programs:

February is Peacebuilding and Conflict

Prevention Month

6 Feb; TBA

Introduction: Brian Morrison

Vote of Thanks: John Payne

13 Feb; TBA

Introduction: Guy Porter

Vote of Thanks: Avril Pryor

20 Feb; David Heydon; 'Have you thought of adding Antarctica to your bucket list?'

A very interesting speaker, Partners and Fiends' Night.

Introduction: Glenn Rowen

Vote of Thanks: Craig Saunders

27 Feb; TBA

Club's Calendar

5 Feb	Mon	Board meeting
10 Feb	Sat	Taste of the Sea at Oceanvibe
11 Feb- 17 Mar	Sun	Helpers for the Princess Ball at DLC, 3:30 to 4:30pm
21-22 Feb	Wed - Thur	Men's Health Education Rural Van, MHERV, at Civic Centre
23 Feb	Fri	Rotary's Anniversary
25 Feb	Sun	Bunnings BBQ
8-10 Mar	Fri-Sun	PE and Learning & Development Training – Batemans Bay
15-17 Mar	Fri-Sun	RYPEN - Wagga
23 March	Sat	BOF Ball at DLC
24 Mar	Sun	Bunnings BBQ
31 Mar	EASTER Sunday	
10 Apr	Our Club's Anniversary	
	Thurs	ANZAC Day
	Wed	SESCA at DLC

PLEASE NOTIFY apologies and guests to Louise Garrett or
0432 091 991 loumqarr@optusnet.com.au
by **NOON ON MONDAY.**

If your attendance is in doubt, please apologise and if you turn up, the caterer will not mind extras.

Birthdays:

1 Feb; Sarah Trescowthick and Phil Brown.

Anniversaries: None this week.

Meeting Report, 23 January 2024

President Bernard Jones welcomed the members, the guest speaker Natalie Hunt, and guests; Julie Porter and Dianne.

Tony Fondacaro gave the Club Service report.

Secretary Issa Shalhoub; the Men's Health Education Rural Van (MHERV) will be in Ulladulla 21-22 Feb 2024; helpers will be needed. Please pencil in these dates, a roster will be circulated soon.

Treasurer Ed Zonneveldt; all subs are in.

Vocational Director Yvonne Young; Yvonne attended a SESCO meeting, helpers with the Bar are needed. Yvonne asked if any member has the contact details for a visit to the Bawley Vale.

☺ Yvonne circulated an attendance list for the proposed Tour of the Steelworks or Workings of Port Kembla, please advise the preferred dates and Tour: Saturday 13/4 or Saturday 11/5, numbers are needed.

International Director Tim Trescowthick will have a committee meeting after next week's meeting and spoke on children nutrition in Nepal.

Community Director Geoff Johns, Bunnings BBQ is set for 28 Jan 2024, is checking on the BBQs dates for Feb and March. The camper van needs a good clean up before selling it and all its locks are functioning.

Almoner Bill Harris; Rob Powell is doing fine.

Louise Garrett requires male helpers (with current WWCC) for the BOF Princess Ball at the DLC, every Sunday from 11 Feb to 17 March to supervise, a roster was circulated, helpers are needed between 3:30 to 4:30pm and they will introduce themselves and tell students and parents what Rotarians do.

President **Bernard Jones** asked members to invite friends to next week's meeting, free of charge for the visitors. Please give Louise Garrett numbers.

We are looking for nominations for the SESCO, before the 31 March 2024.

Taste of the Sea, should be a good night, details below, tickets are still available.

The Guest Speaker Natalie Hunt was introduced by Geoff Johns. Natalie is a dietitian based in Nowra and also visits the Ulladulla Health One centre.

Natalie, with the help of a power point presentation and pamphlets distributed, spoke on Healthy Eating, how to read food labels, preparing a balanced meal which consists of; a ¼ low in GI carb (needed for energy), ¼ lean protein (to fill you up) and ½ veg and salad (5 vegs and 2 fruits is needed daily and can be taken between meals).

Grainy bread and sweet potatoes are preferred. If cholesterol is an issue; have low fat milk (which has no fat but more sugar), if not have full cream milk.

Natalie advised to have veg-fruit with your breakfast and said that frozen vegs are fine to have, olive oil is preferred, brown pasta will fill you up, compared with normal pasta, multigrain bread is better than even the wholemeal bread, as your system will work on breaking it down.

We need to read food labels to check the amount of fat, carbs, sugars and sodium the food has, e.g. Vita Weat 9 grains are better than Sao. No sugar added and less fat are only good for marketing.

Natalie was thanked by John Hozack for her educational address which was full of great nutritional ideas.

Geoff Johns won the raffle.



End of report.

2024-25 ANNUAL THEME REVEALED

Rotary International President-elect **Stephanie Urchick** announced the 2024-25 theme, **The Magic of Rotary**, at the International Assembly on 8 January. Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, called on members to use the magic of Rotary to recognize and amplify the organization's power to save lives. She also called on them to make their Rotary clubs "simply irresistible."



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