



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

## March is Rotary's Water, Sanitation, and Hygiene Month

**Tonight; Ulladulla Harbour Meeting, Radio-Controlled Yachts, start 5:30pm, watch races and get a chance to race them. BBQ sausages-steaks, salads and sweets. Members, family and friends. BYOG and a chair.**

### Future Programs:

#### April is Rotary's Environmental Month

2 Apr; TBA

9 Apr; TBA

16 Apr; TBA

23 Apr; TBA

30 Apr; TBA

#### May is Rotary's Youth Service Month

7 May; TBA

14 May; TBA

21 May; TBA

### Club's Calendar

**31 Mar** **EASTER Sunday.** RSA holders needed

2 Apr Tues PHFs meeting

**10 Apr** **Our Club's Anniversary****25 Apr** **Thurs ANZAC Day**

11 May Sat Trip BlueScope

3 June Mon Combined Board Meeting

12 June Wed SESCO at DLC

22 June Sat District Changeover in Young

25 June Tues Club Changeover dinner

**PLEASE NOTIFY apologies and guests to Louise Garrett 0432 091 991**  
[loumgarr@gmail.com](mailto:loumgarr@gmail.com) by NOON ON MONDAY.

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

### Birthdays:

27 Mar; Glenn Rowen

31 Mar; Dale Wilford.

**Anniversaries: None.**

## Meeting's Report; 19 March 2024

President Bernard Jones gave the Welcome to Country and welcomed the members and guests; Emma McKirney (guest speaker), Anne-Maree Kitchener and Jason Russell.

Tony Fondacaro gave the Club Service report.

Secretary Issa Shalhoub; the DLC will provide a display cabinet for our club to exhibit memorabilia ... if any member has an item which will be of interest, please see Issa.

If any member would like to nominate a person to be recognised for a PHF or Max Bayliss Award, please see Issa.

Issa wrote a recommendation letter to help DLC to obtain funds to finish the Centre

**- POSITIONS VACANT: President Nominee, and an Attendance Officer, please volunteer, it is every member's duty to serve on the Board.**

**- Also, a member to display the banners and take them down, before and after each meeting.**

Treasurer Ed Zonneveldt attended a BOF Festival committee meeting re Easter Sunday, they need bollards-barricades, disable parking signs, also two helpers at the entrance of the Harbour and next to the disable parking spots, donations buckets, vests and RSA helpers.

Ed and Louise met with Community Connect; grants are available from Bendigo Bank for locals, application by 8 April 2024.

- **THANK YOU, Louise Garrett and Bev Nicholas, for your hard work with the BOF Princess Ball.**

Vocational Director Yvonne Young; SESCO, all members to receive a flyer by email, please nominate.

Yvonne has the new 2024-25 banner, and Directors badges, has a Youth flyer with the various programs on offer, Issa to get 100 printed and will be put on the tables at the BOF Ball.

Yvonne went to Wagga and transported two RYPEN students, **THANK YOU Yvonne.**

Ian Tibbles, on behalf of Geoff Johns, more helpers are needed for Bunnings BBQ.

Please fill in the Park Care online forms.

The camper van was sold for \$16,000, minus \$1,542 (expenses), Geoff to take it to the buyer in New Castle.

**Thank you to all the helpers, specially Geoff Johns, and to the RC of Hervey Bay.**

Almoner Bill Harris said that Rob Powell is as good as expected and is going to Augusta, best wishes.

Louise Garrett thanked Yvonne Young for her help with the BOF Ball, praised the 62 youths and said that 364 seats were sold.

President Bernard said that; himself, Tony Fondacaro, Steve Nicholas, Dale Wilford, John Payne, Phil Brown, Gareth Davies (?) and Ed Zonneveldt (behind the bar) will help with the BOF Ball bar, THANK YOU.

MHERV lost their sponsor, Bunnings might take over the sponsorship and have a Big Breakfast in August to raise funds. Janey Cameron and the Littke Forest Road would like to use our club to apply for a grant. Pres will contact RC of Hervey Bay re giving them a donation from the sale of the van, Tony Fondacaro's suggestion. Milton Quilters is asking for a \$654 donation to have a stand to display their products.

Dalke Wilford asked for an award for young person; Kate Morrison for her community work.

Guest Speaker Emma McKirney, Physiotherapist at the Milton Hospital, spoke on the number one cause of death for elderly; falls which leads to hip or wrist fracture, due to bad vision, inner ear dizziness problems and some medications.

Emma recommends to see a Physio to do exercises to strength and improve one's balance, sitting too long id the new smoking risk, to keep moving and exercise even while you wait for the kettle to boil.

Emma got Yvonne to show how to balance of a mat with two feet and one foot, and with eyes closed.

Emma advised to practice to get off the floor, and to always have your mobile on you in case of a fall and cannot get up.



**End of report.**