

Pres Ed Zonneveldt

DG Rob Uhl

RCG 7 Leader Robert Shore

RI Pres Stephanie A. Urchick

Bulletin editor: Issa Shalhoub

Club's Website and Club's Facebook

October is Rotary's Economic and Community Development Month

*Tonight: Youth Hub Workplace visit, 5:30pm, St Vincents Street, next to Coles
\$30 BBQ dinner and BYO drinks*

FUTURE PROGRAMS:

November is Rotary's Foundation Month

4 Nov; Melbourne Cup Charity Sweep, at Mollymook Bowling Club

5 Nov; No Meeting

12 Nov; Maria Lavalle and committee members; BOF handover and presentation.

19 Nov; Altar Bar, 6 course degustation, \$70 for meal or \$100 for meal and wine.

Guest Speaker; Jan Bradshaw; Swimming Champion Success in Senior years

26 Nov; Club Assembly.

December is Rotary's Disease Prevention and Treatment Plan Month

3 Dec; AGM

10 Dec; Trivia Night; members, partners, friends and other Service Clubs?

17 Dec; Christmas Dinner, DLC

24 Dec; No Meeting 31 Dec; No Meeting

January is Rotary's Vocational Services Month

6 Jan; Prawn and Pizza Night at the DLC

13 Jan; Membership Night

Club's Calendar

31 Oct	Thur	Halloween Night at DLC
10 Nov	Sun	Charity Poker Run
11 Nov	Mon	Remembrance Day
15-17 Nov		RYPEN
16 Nov	Sat	Bunnings BBQ
26 Nov	Tues	Park Care BBQ 11 to 2pm
1 Dec	Sun	Bunnings BBQ
1 Dec	Sun	Stage setup, Civic Centre, 10am
4 to 10 Jan		RYLA
5 Apr	Sat	BOF Princess Ball at DLC

Birthdays;

6 Nov; Ed Zonneveldt,

9 Nov; Sarah Trescowthick.

Anniversaries;

30 Oct; Warren and Jo Jones.

PLEASE NOTIFY apologies and guests to Louise Garrett 0432 091 991 loumqarr@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.

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.

Meeting's report; 22 October 2024

President Ed Zonneveldt welcomed the members and our guest speaker Michael Austin.

Club Service Director Tony Fondacaro gave his report.

Secretary Issa Shalhoub, thank you **Simon Brown** for picking up the new banners and for hanging them and thank you to **Louise Garrett** for helping Simon.

Thursday 31 October the DLC is hosting the yearly Halloween afternoon, the Jumping Castle is now insured by the DLC, helpers are needed for setting up the castle, manning it and cooking sausages.

Numbers were taken for the workplace visit, next Tuesday.

An Extraordinary Board meeting was called for and the end of tonight's meeting.

TAFE lunch is full, but **Altar Bar can have more attendees.**

Youth Director Yvonne Young; has been to Alice Springs, dart competition, competed in four events and won four medals, *well done*. Yvonne said that there are 3 Rotary Clubs in Alice, and attended one of them.

Anne-Maree Kitchener thanked all the helpers with the Driver Ed on 16 and 17 October, there was good feedback, and a special thank you to **Tim Trescowthick** who helped on both days.

Vocational Service Director Craig Saunders said that the **Charity Melbourne Cup Sweep** will be at the Mollymook Bowling Club on Monday 5 Nov, please help to sell tickets, \$5, \$10, \$20 and \$100 sweeps, with 40% of the profit to go to youth services in our area, hopefully around 3 to \$4,000.

Will need 10 helpers and names for dinner, please take the names and mobile number of the punters when they buy. Draw around 7pm. Everyone who pays will get a horse.

TAFE lunch, our club will make a presentation to the course's student of the year.

Altar Bar attendance is filling up nicely, **still open for more numbers**. **Bus pick-up**, 4 places, will be organised.

International Director Tim Trescowthick; Charity Poker Run is progressing well and looking for sponsors.

Tim needs volunteers to man the check points.

Tim thanked **Anne-Maree Kitchener** for her help with the Driver Ed program.

Community Service Director Geoff Johns; SCC Shoalhaven Heads Botanic Gardens Christmas BBQ, BYO chair and cutlery. RSVP 12 November.

Remembrance Day, would like to see many members attend, 11 November at 11am at ExServos.

Geoff thanked the helpers with the Driver Ed; **Simon Brown, Phil McDonald, Tim Trescowthick, Louise Garrett and Bernard Jones**.

Also, thank you to the helpers with the Bunnings BBQ; **Simon Brown, Geoff Johns, Jeff Franklin, Phil McDonald, Louise Garrett, Clive Cross, Dale Wilford and Phil Brown**. Takings **\$993**, *thank you Geoff*.

Five coffee shops are now involved with **Lids4Kids**.

Simon Brown delivered the stage to Apex, *thank you*.

Almoner Bill Harris; passed on very sad news; the loss of his grandson. *Our sincere condolences*.

John Hozack introduced the guest speaker who was thanked by **Geoff Johns**.

Michael Austin loves to help any generation, has a business called Drawn2Water, where he teaches free diving, offers guided tours locally and overseas.

Michael has spent his whole life in the water, be it surfing, fishing, diving or spear fishing there was never too many moments away from the sea. The amount of time in the water has allowed for slow progression and breath hold adaptation to develop naturally. Holding your breath under water should be easy once you know what to do, as we are mammals once taught you should be able to take a deep breath and exhale it for twice as slow and that will slow down your heart rate, useful for firefighters or if involved in an accident, Michael said we can use this technic to relax and we should make a conscious effort to do it even in our sleep, and it will help you to work through your anxiety using the power of the breath.

Lucky Door Prize; **Phil Brown**.

Raffle winners; **Tony Fondacaro**.



23 Oct 24. Driver Ed at the Ulladulla Sports Complex

End of Report.