

Pres Geoff Johns

DG Robert Shore

RI Pres Francesco Arezzo

Bulletin editor: Issa Shalhoub

Club's Website and Club's Facebook



## April is Rotary's Environmental Month

**Tonight; Alison Chiam, hearing.**  
Introduction; Ross Wade  
Vote of Thanks; Louise Garrett  
Rotary 5 minuter; Tony Fondacaro

### FUTURE PROGRAMS:

**28 Apr; BBQ at Rotary Park, 5:00pm at the Park, to check what is needed to repair. Members, family ... \$30 per person. BYOG, cutlery, chair, serviettes ... Club will supply meat, bread and salads. PLEASE give your apology as soon as possible.**

### May is Rotary's Youth Service Month

**5 May; Phil Presgrave, Emergency Wellbeing Program**  
Introduction; Anne-Maree Kitchener  
Vote of thanks; Bernard Jones  
Rotary 5 minuter; Bill Martin

**12 May; TBA**

**19 May; Cancer Support Foundation, Peter Still and Tom OCallaghan**  
Introduction; Phil Brown  
Vote of Thanks; Yvonne Young  
Rotary 5 minuter; Max Lake

**PLEASE NOTIFY apologies and guests to Ed Zonneveldt 0407 958 516 [ed.zonneveldt@icloud.com](mailto:ed.zonneveldt@icloud.com) by NOON ON MONDAY.**

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

### CLUB CALENDAR

21 Apr	Tues	Stage set up Surf Club
28 Apr	Tues	Stage down at Surf Club
16 May	Sat	PETS Orange
25 May	Mon	Helpers at UHS for following day
26 May	Tues	Science and Engineering UHS
30 May	Sat	RMC Band concert
2 May	Sat	Stage set up Entertainers
3 May	Sun	Bunnings BBQ
11 May	Mon	Board meeting
12 May	Tues	BBQ Hospital 11:00am to 2:00pm International Nurses Day
8-16 May		Entertainers' Bar
17 May	Sun	Stage pulldown, Entertainers
6 Jun	Sat	Bunnings BBQ
8 June	Mon	Combined board meeting
10 Jun	Wed	SESCA
21-26 June	Sun-Fri	RYLA, Murrumbateman
28 June	Sun	District Changeover
30 June	Tues	Club Changeover Dinner
4 July	Sat	Bunnings BBQ
8-11 July	Wed-Sun	Willinga Campdraft BBQ W.T.F 7 to 11am, Sat 7am to 2pm
21-23 Aug	Fri-Sun	MUNA
4-6 Sept	Fri-Sun	RYPEN, Capital Country
12-13 Sept	Sat-Sun	Bunnings BBQ for MHERV
5-7 Mar 2027	Fri-Sun	9705 and 9675 Combined Districts Conference at DLC; Bush to Beach

**Birthdays; None.**

**Anniversaries: 23 Apr; Pat and Peter Culham.**

## 14 April 2026 Report

President Geoff Johns welcomed members and the guest speaker Emma McKinney.

Issa Shalhoub gave the Club Service report and the secretary's one;  
Issa thanked **Simon Brown** for changing the street banners.

**PLEASE note, if you don't apologise, expect an invoice, our club will no longer pay for you.**

**Bernard Jones** reminded the members of the Surf Club stage setup.

The invoice for half the share for the laptop, paid.

Waiting for an invoice from the Marlin, regarding drinks for the BOF bar.

Waiting for an invoice from the Surf Club,

\$20,000 paid to Jindelara.

**Phil Brown** will send out rosters.

**John Payne**, the Royal Military Band concert is progressing well.

**Yvonne Young**; following up on RYLA.

Science Engineering organised by the Rotary Club of Nowra, will be held at UHS on 26 May, and 6 to 8 volunteers will be needed on the day before.

Checking with Anita Barry regarding MUNA.

RYPEN will cost \$450 per student.

**Pres Geoff**; manning the BBQ at Tim Trescowthick's place was quite successful, thank you **Geoff Johns, Phil Brown and Louise Garrett** for your help, Tim made a donation to our club,

If any member wishes to use our help for any reason to cook a BBQ, please advise.

Reminder of the Entertainers' bar.

ANZAC Day, Clive Cross and Jason Russell will be laying wreaths.

Our club can apply for two grants, ANY VOLUNTEERS?

The combine districts Conference will clash with the Milton Show, Geoff will look into that issue.

Apex asked our club to take over their Beer Festival, board decided not to.

The guest speaker **Emma McKinney** was introduced and thanked by **Yvonne Young**, Emma won the 10 kms Dash, and spoke on falls prevention, April is Falls Month, Emma started by explaining that a fall is an unexpected event, falls don't just happen, what are the risk factors and how to reduce them, one in three aged 65+ and one in two aged 85+ are likely to have a fall.

Then Emma talked about the importance of exercising and types of exercise to prevent falls, healthy eating, social engagement, how to reduce fall risks at home, get regular medical appointment to manage medical conditions and finally Emma advised to get bone density test.



The lucky door prize went to **Yvonne Young**.

The raffle winner was **Caroline Boland**.

**End of report**