



Pres Phil Brown

DG Stephen Hill

ADG David Bisiker

RI Pres Ian Riseley

Bulletin editors: Yvonne Young and Issa Shalhoub

Club's Website and Club's Facebook

March is Rotary's Water and Sanitation Month

Tonight: Partners' Night, Induction of new member

Gillian Boyd, Lindy Bonser, Val Tranter, Julie Collins, Manuel Redondo and Ryan Mallard

Five Minuter: John Payne

Introduction: Ali Tyquin

Vote of Thanks: Dale Wilford

Fellowship: Dick Crouch and a volunteer

Future Programs:

20 Mar; Davenport Cottage, Kylie Ferguson and Cheryl Jarvis

Five Minuter: Rob Powell

Introduction: Cliff Workman

Vote of Thanks: Glenn Wran

Fellowship: Dom Fondacaro and Tony Fondacaro

27 Mar; Annette Pham, Livvi's Place Playground

Five Minuter: Glenn Rowen

Introduction: Robin Cantrill

Vote of Thanks: Clive Cross

Fellowship: Jeff Franklin and Wayne Fry

April is Rotary's Maternal and Child Health Month

3 Apr; TBA

Club's Calendar

17 Mar	Sat	BOF Ball
23-25 Mar	Fri-Sun	District Conference Mittagong
1 Apr	Sun	Easter Sunday
8 Apr	Sun	SOCIAL at Cupitt
10 Apr	Tues	Club Anniversary
1 May		BowelCare commences
5-6 May	Sat-Sun	District Assembly Batemans Bay High School
5 May	Sat	Stage set-up, Entertainers, Civic Centre
11-19 May	Fri-Sat	Entertainers
18-20 May	Fri-Sun	RYPEN Camp, Mogo
20 May	Sun	Stage pull-down, Entertainers, Civic Centre
27 May	Sun	Swap Meet
2 Jun	Sat	Army band – Dinner Show
24 June		BowelCare concludes
26 June	Tues	Club Changeover
1 July	Sun	District Changeover
20-23 Sept		Under Didthul

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 or let the Bulletin editor know.

PLEASE NOTIFY apologies and guests to **Ed Zonneveldt** on 0407 958 516, edzonneveldt1@optusnet.com.au by no later than 12 noon on Tuesday.

BIRTHDAYS:

13 Mar; Deb Fondacaro, 15 Mar; Zilma Turnbull, 18 Mar; Robert Richards, 19 Mar; Brian Johnson and Craig Saunders.

ANNIVERSARIES: 14 Mar; Ali and Col Tyquin.

Meeting's Report; 6 March 2018

President Phil Brown opened meeting welcoming members and guests Nina Cheyne and Ian Tibbles.

Rotarian Yvonne Young thanked members Steve Hladio, Simon Brown, Ed Zonneveldt, Trevor Schofield, Issa Shalhoub, Ross Wade, Ali Tyquin, Kate Sullivan, Dick Crouch, Dom Fondacaro, Phil Brown, Paris and Craig Saunders for assisting in the Steak Bar at the Milton Show.

5 minuter was PP Brian Morrison. Brian spoke on the CMF (Citizens Military Forces) now the Australian Army Reserve and his time with this regiment. Brian spoke on the Gladesville bridge 2 project during this time at Holsworthy base the bridge is on the Holsworthy base. Brian spoke on the bridge as he was on the project from the start no cranes were used during this project. Removing the parts of the old bridge and building in the new bridge. The bridge was done in stages first the removing part of the old bridge, then the main structure of the bridge then the decking final stage was then removal of what was left of the old bridge, greasing etc. The Gladesville bridge is over the Punchbowl creek can carry up to 30 tonnes bailey panel that were used in the bridge are a six-man lift. The bridge is still in use today.

Tony Fondacaro - informed members of the Sunday 8th April afternoon at Cupitt's from 11.30am onwards cost between \$10 to \$15 for pizza's if you want anything else the cost will be different and buy your own drinks.

At Cupitt's you can purchase a cheese platter for \$6.00 per head. Please let Tony know if you are interested in attending. There is a band playing as well.



Nina Cheyne, guest speaker; Nina is a Parkinson's Clinical Nurse Consultant Nina covers the area from Kiama to North Durras, previously worked in an Intensive Care Unit, Cardiology and Neurology Nursing

Parkinson's disease (PD) is a chronic progressive neurodegenerative movement disorder affecting an estimated 74,000 adult Australians. Approximately 1/3 of those affected live in NSW.

PD is a result of changes to a region called the Basal Ganglia - where deficits in the neurotransmitter Dopamine affect smooth fluid movement.

Patients with PD shuffle their feet or freeze while walking, have tremors, anxiety, write small and can happen at any age. PD cannot be detected with scans, could be caused by having a stroke, epilepsy, trauma, tumours or brain infection.

The Parkinson's Nurse is primarily an advocate for the Person with Parkinson's (PWP) who enter hospitals and aged care facilities and performs an important role in up-skilling other nurses and GP's with knowledge regarding the specific needs (particularly in terms of medication management) of PWP who require acute care.

Please contact Nina Cheyne on 0448 881 669 for further information or advice related to Parkinson's disease.

Thank You Yvonne Young for the meeting's report.

End of Report.

*Social gathering; Sunday 8 April 2018 at Cupitt's, from 11:30am,
Cost \$10-\$15 per person, buy your own drinks.*

**Easter Sunday ROSTER available, please save the date,
all members need to help.**



Our Club through their 2017 Community and Business Awards Committee donated \$5,000 to the local NSW Rural Fire Service Brigades in recognition of their work in providing vehicular protection at the 2017 BOF and into the night at the fireworks spectacular. \$1,100 was donated to the RFS Depot Beach Brigade to assist with their purchase of a mobile main radio.

8 March 2018; Ross Cunningham (Captain Depot Beach Brigade), John Ashton (Shoalhaven Group 5 Captain), Phil Brown and Wayne Fry presenting the cheque.

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