



Pres Phil Brown

Bulletin editors: Yvonne Young and Issa Shalhoub

DG Stephen Hill

ADG David Bisiker

RI Pres Ian Riseley

Club's Website and Club's Facebook

April is Rotary's Maternal and Child Health Month

Tonight: New Member Talk: Ian Tibbles

Club Guest in attendance Gayle Dunn

Five Minuter: Trevor Schofield

Fellowship: Ken Matthews and Brian Morrison

Future Programs:

24 Apr; Eleanor Drury, Lachlan Page and Skye

Pyemont; Kokoda

Partners' Night

Introduction: Dale Wilford

Vote of Thanks: Clive Cross

Fellowship: Rob Powell and Rhondda Purtell

May is Rotary's Youth Service Month

1 May; Special General Meeting: Rules and Constitution

Club Assembly, speaker: Club members.

Come along, have your say and join in the discussion.

Fellowship: Glenn Rowen and Trevor Schofield

8 May; TBA

Five Minuter: Leonie Smith

Introduction: John Goggins

Vote of Thanks: Tim Gregory

Fellowship: Issa Shalhoub and Leonie Smith

15 May; Journey of Hope - Bike Ride Around Australia

For Cancer, Dr Michael Davey,

Partners' Night and open to the public

Yvonne and Ali's Cake Auction

Club's Calendar

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

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:

20 Apr; Kim Powell.

ANNIVERSARIES:

19 Apr; Andrea and Rodney Tucker,

23 Apr; Pat and Peter Culham,

Elaine and Ken Matthews,

Bev and Steve Nicholas.

Meeting's Report; 10 April 2018

President Phil Brown welcomed members & guests Keith & Nicole Purvis guest speakers and Jenny Cantrill.

- Thank you, **Tony Fondacaro** for organising last Sunday's gathering at Cupitt's.

Stephen Hladio, Toasted the Rotary Club of Cape Town, second oldest club in South Africa.

Secretary report Constitution being sent out on Wednesday 11/4, to be voted on at the meeting on May 1st. Please read and bring your thoughts to the meeting on 1st May.

Treasurer's report been sent around at the meeting

Youth service - RYPEN 5 students on the weekend 18th – 20th May at Mogo, possible Youth Exchange Student - next year 2019 – outward bound.

**Reminder to members; District Assembly on 5th – 6th May,
Stage set up Saturday 5th May 2018 - for entertainer's 11th May – 19th May 2018.**

Attendance 80%, as per Ed Zonneveldt.

Almoner Bill Harris; All Wednesday clients are well - it was awesome to see Maisie Bennett attend the Sunday afternoon gathering at Cupitt's.

5 minuter - Issa Shalhoub spoke on the charting of our Rotary Club - chartered in 10/4/1960 - charter presented 18/6/60. Showing various photos of past and present Rotarians doing various project and activities in the area. Taking the club members on a journey down memory lane.



Guest speaker Keith Purvis; his subject was; What is podiatry? Keith started working in podiatry in 1997 in the Ulladulla area.

Keith spoke on how issues with feet can lead to problems with your hips, legs and knees. Any medical problems with lower limb pain, need to see a podiatrist. Who would see a podiatrist: people with Diabetes, people not be able to reach their feet, DVA gold or white card can see a podiatrist, and those on a health care plan from their Doctors.

Keith spoke on various issues with feet and how it is a misconception to have foot pain is normal. Keeping your feet healthy is recommended as your feet are used all the time. Also wearing the right foot wear will assist with no pain in the feet. Heel pain is one of the most common treated by podiatrist as it could be hiding a medical issue in the body.

Keith stated how prescription orthoses (orthotics) will change the way you walk. The way orthoses are being made and the materials used have changed over the last 27 years. The quality of the orthoses is now cheaper to buy.

Keith recommends to ensure that you have the correct shoe wear for your lifestyle.

Meeting Report by Yvonne Young, thank you Yvonne.

End of Report.

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