

Pres Craig Saunders

DG Margaret Hassall

AG PDG Glenn Wran

RI Pres Barry Rassin

Bulletin editors: Yvonne Young and Issa Shalhoub

Club's Website and Club's Facebook

AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

Tonight: Men's Health Initiative; Peter Still

Introduction: Glenn Wran

Vote of Thanks: Phil Brown

Fellowship: Bev Nicholas and John Payne

Future Programs:

14 Aug; TBA

Fellowship: Rob Powell and Trevor Schofield

21 Aug; Membership Night; Guest Speaker; RON COOTE AM

Finger Food, \$22

Numbers needed by FRIDAY 17 August 2018

Fellowship: Leonie Smith and Mikael Smith

28 Aug; TBA

Fellowship: Ian Tibbles and Dale Wilford

SEPTEMBER IS ROTARY'S BASIC EDUCATION AND LITERACY MONTH

4 Sept: TBA

Fellowship: Glenn Wran and Phil Brown

11 Sept: MEETING AT DUNN LEWIS CENTRE,

TBA à (advise if you want a fish meal) 2 course meal \$22

Fellowship: Simon Brown and George Chittick

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.

BIRTHDAYS: 9 Aug: Glenn Wran.
ANNIVERSARIES: None this week.

If a member will be away for a specific day or days and has advised the Board, please let Ed Zonneveldt and Issa know of the dates.

Club's Calendar

Dues are now OVERDUE

24 Aug	Fri	Business Community Network, at Cupitt Proceeds to Rotary Youth
7 Sep	Fri	Business Awards Night Dunn Lewis Centre
11 Sep	Tues	Meeting at Dunn Lewis Centre
5 to 7 Oct	Fri-Sun	District Conference, Cooma
10 Oct		Hat Day
17 Nov	Sat 9 to 9	Relay For Life -12hours Civic Centre

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

Members on Fellowship, please help Ed Zonneveldt, MEET and GREET members and guests as they arrive, and get President Craig the names of the guests on the night.

Meeting's Report; 31 July 2018

President Craig Saunders opened the meeting welcoming members and guests Fay Ritzrow, Kim Powell, Rod Tucker, Kalyani and Peter Coroneos.

- Farm to coast possible of the week from the 8/10 – 13/10 school holidays, with the help of Lions Club and Apex the hope is to accommodate a bus from central west NSW. The Club are required to feed, entertain, transport probably 14 families.

- Life Education Van President Craig is looking at a fundraiser to assist with students from the local area to attend the Healthy Harold van.

International toast Hamburg Germany.

International Director Stephen Hladio informed members of the interesting stories on Polio on RI website.

Youth Director Andrea Tucker informed members that the signs for the upcoming Business are being posted around the district and over half the tickets are sold. **Awesome effort Andrea.**

Treasurer report 'FEES ARE NOW DUE'.

Almoner Bill Harris reported that Pat Culham is home from hospital. Wishing you a speedy recovery Pat.

Congratulations to **Jenny and Robin Cantrill** on the arrival of your 4th great grandchildren and **Rodney Tucker** on the birth of your grandchild.



Guest speaker Peter Coroneos spoke on one of his profession in IT and how he assisted in introducing the internet to Australia. Peter has co written a book on cybercrime with a PR friend of his. Peter spoke on partnering with U3A to educate older Australians in cybercrime, awareness of the extent of cyber and scam callers in Australia.

Peter also has a Meditation centre in Milton. Peter’s background is in education, science and law so meditation is a different field. Peter said if you could meditate for a few minutes a day your brain starts to regenerate. Some studies have shown that meditation can stabilise or in some cases reserve the effects of neurological diseases including dementia.

State of stillness can assist with anxiety, depression. The brain can improve under a state of meditation. The signal can imprint on the brain and how the brain is configured for stress and meditation can reconfigure the brain.

The state of meditation is in us all, we just need to tap into the meditation side of our bodies.

Meeting Report by Yvonne Young, thank you Yvonne.

End of Report.

Thank you to all members who have paid their subscriptions to date.
All members are encouraged to pay their subscription **ASAP**, thank you. Ross Wade Treasurer

END POLIO

Current Status, as of 4 August 2018

Since 1988, we've seen a worldwide reduction in polio cases of 99.9%. Last year we only saw wild polio cases in 3 countries.

Afghanistan	Pakistan	Nigeria
10	03	00
Reported Cases	Reported Cases	Reported Cases
2014: 28	2014: 306	2014: 06
2015: 20	2015: 54	2015: 00
2016: 13	2016: 20	2016: 04
2017: 14	2017: 08	2017: 00

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