

Pres Stephen Hladio

DG Peter Ford

AG Phil Presgrave

RI Pres Mark Maloney

Bulletin editors: Yvonne Young and Issa Shalhoub

Club's Website and Club's Facebook

AUGUST IS ROTARY'S MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

Tonight: Janey George, MILTON THEATRE

Introduction: Tony Fondacaro

Vote of Thanks: John Hozack

Fellowship: Dale Wilford and Glenn Wran

Future Programs:

13 Aug: Meet YE STUDENT **HELENA ROSA ZUIL.**

Partners' Night

Fellowship: Phil Brown and Simon Brown

20 Aug: DIDJI GROUP, Hamish Richardson

Introduction: Jo Jones

Vote of Thanks: Clare Nyholm

Fellowship: George Chittick and Murry Conran

27 Aug: Thank you to the Golf Club representatives,
(no guest speaker).

Fellowship: Clive Cross and Dick Crouch

SEPTEMBER IS ROTARY'S BASIC EDUCATION AND LITERACY MONTH

3 Sept; DG Peter Ford's Club Visit + Inductions

Fellowship: Gareth Davies and Dom Fondacaro

BIRTHDAYS: 9 Aug; Glenn Wran.

ANNIVERSARIES:

6 Aug; Beck and Grant Schultz.

Club's Calendar

July		Rotary dues are DUE
28 Aug	Wed	Shoalhaven Emergency Services Awards @ Bomaderry Bowling Club, RSVP 20/8 \$40 AG Phil 0407 625 855 robynandphil@bigpond.com
3 Sept	Tues	DG Club Visit
19 Sept	Thurs	Rotary tables 'The Entertainers'
13, 14, 15, 19, 20, 21 Sep		The Entertainers at the Civic Centre
18 Oct	Fri	Business Community Network, Luncheon, Beachside Golf Club
30 Oct	Wed	Dream Cricket at Milton PS Students from MPS, UPS, Budawang, helpers from UHS
6-7-8-9 Mar 2020		District Conference At Dunn Lewis Centre 'Roaring 20s'

Report on meeting of 30 July 2019

Sergeant at Arms Ian Tibbles welcomed members and guests Brian Turnbull and guest speaker Lynn Scully

Secretary PDG Glenn Wran; Information from SCC regarding possibly assisting with Road Safety Workshop for older people who drive.

PP Craig Saunders reminded members that Tuesday 13th August is a partner's nights welcoming Helena Zuil to the club for the next year. Just a reminder if anyone is going on holiday for the next year please keep Helena in mind but you will need to fill in Form 3, Please see Issa.

Guest Speaker Lynn Scully – Exercise Physiologist-Scientist-Therapist. Lynn works in Ulladulla and at the Ulladulla Leisure Centre. Lynn works with people who have chronic pain. A personal trainer does 5 weeks of training an exercise physiologist does 5 years of training.

Lynn spoke on the how the mind depicts the registering of pain level, deception of pain with the brain. Movement is vital with keeping the mind active, from the age of 50 your body starts to lose 1% of lean muscle, incumbents of five minutes of exercise during the day is better than 30minutes in one go. Exercise assists with the prevention of falls. Any form of exercise is good for your mental health. The main message Lynn spoke on was any exercise is better than none at all.

Thank you, Yvonne Young for the meeting's report.



End of report

AUGUST IS ROTARY'S MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

Opinion article – notes and food for thought that yours truly (Issa) would like to share with all members.

Our Club is an **ageing Club**, our average age today is **66.51**. In July 1993 the average was 55.39 with 47 members and in 2001 it was 57.53 with 52 members. We need to **increase** our membership and bring in new blood which in turn will supply the Club with new ideas and energy.

Although our Club has a current membership of 53 a few current members are 'Missing In Action'! RI 2019-20 President Mark Maloney is asking every Rotarian to grow Rotary.

We should not assume that the young members of our community cannot afford nor have the time to join. Research shows that Young community members want to do community-volunteering work.

It is up to every member to grow Rotary and not only the Club's membership Committee.

Invite young community members and say: "Come and see for yourself what we do". No one knows what Rotary is or what Rotarians do until they attend a meeting or two.

Let us invite community members to a meeting with an interesting speaker, explain what we do, let them feel the friendship and fun we have, and then ascertain their feelings about Rotary.

Rotary is no longer an attendance Club as long as we provide Service, which is counted as an attendance, i.e. not just a weekly meeting.

Rotary is not a 'knife and fork' Club; we are a Service Club.

Numerous current members joined Rotary when they were in their thirties, Craig Cameron, Dick Crouch, Peter Culham, Dom Fondacaro, John Hozack, Avril Pryor, Issa Shalhoub, Ross Wade and Yvonne Young.

If Members enjoy Rotary because of what we do and what we get back from Rotary, i.e. Service, Accomplishment, Fun, Fellowship, Friendship, Pride, Sense of Fulfilment and Networking, you need to share that enjoyment with your family, friends, colleagues, neighbours, acquaintances and members of the community.



Each Rotarian: Reach One, Keep One.

It is not just about increasing membership but just as important as keeping members. The number of Rotarians has been stuck on 1.2 million for the last twenty years and every ten years or so we induct one million, go figure.

Members should ask themselves:

"How did I join a Rotary Club?" Because someone invited me, more than likely will be the answer.

"When was the last time I invited someone to attend a meeting or two?"

"When was the last time I made the effort to sit next to a new or a recently inducted member and showed interest in what they do and offered to mentor that person?"



P.S. Show your Rotary pride by adding a [Proud Member frame](#) to your profile picture on Facebook, just click on the link and see your profile picture with a 'Proud Member – Rotary' added to your pic. Easy to do and I am sure you will be proud.

Members, partners and any person over 18yo hosting a Youth Exchange student, regardless of how long they intend to host the student for, i.e. even overnight, will need to have a WWCC and fill-in Form 3 and their names and forms submitted to District.

Please ask Issa for this form.

THREE members haven't as yet provided their WWCC number.

We all need to have a WWCC, we will have a Youth Exchange Student next week.

I will remind members by email when they need to renew theirs and how to renew online.

Club Toast: "Good food, good fellowship and the privilege to serve."