

Pres Tony Fondacaro

DG Leo Farrelly

Area Gov Adam de Toth

RI Pres Shekhar Mehta

Bulletin editors: Yvonne Young and Issa Shalhoub

Club's [Website](#) and Club's [Facebook](#)

**February is Rotary's Peacebuilding and Conflict Prevention Month**

**Tonight; Mandy Newton. Retired AFP Assistant Commissioner**

Introduction: Beck Cameron

Vote of Thanks: Glenn Rowen

**Future Programs:**

15 Feb; TBA

22 Feb; TBA

**March is Rotary's Water, Sanitation, and Hygiene Month**

**April is Rotary's Maternal and Child Health Month**

**May is Rotary's Youth Service Month**

**June is Rotary's Rotary Fellowships Month**

**Club's Calendar**

11, 12 Feb	Fri-Sat	MHE Rural Van
13 Feb	Sun	Bunnings' BBQ
<b>23 Feb</b>		<b>Rotary's Anniversary</b>
8 Mar	Tues	International Women's Day
13 Mar	Sat	Bunnings' BBQ
18-20 Mar		District Conference, Temora
5 Apr	Tues	Area Governor's Visit
4-8 June 2022		RI Convention, Houston, Texas
27-31 June 2023		RI Convention, Melbourne

**PLEASE NOTIFY apologies and guests to Ed Zonneveldt on 0407 958 516, [edzonneveldt1@optusnet.com.au](mailto:edzonneveldt1@optusnet.com.au) by NOON on Monday.**

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

**Birthdays: None this week.**

**Anniversaries: 12 Feb; Christine and Michael Mastronardi.**

**1 February 2022 meeting;**

President Tony Fondacaro welcomed members and guests David Kwasha and Geoff Johns.

President Tony informed members of the launch of the SESCO awards and nominations are now open till 31st March 2022. SESCO awards night is to be held on Thursday 9<sup>th</sup> June (First Responders Day) 2022, venue Shoalhaven Heads Bowling Club (TBC).

Reminder of the Bunnings BBQ on Sunday 13<sup>th</sup> February 2022.

Secretary Bec Cameron District Governor designate is PP Rob Uhl from Rotary E-Club Brindabella. Bec informed members of the website being set up for direct donation to Tonga, more details to follow.

Treasurer John Goggins reminder to members half yearly fees are now due.

Community Service Report Director Ian Tibbles Rotary Men's Health Van is coming to Ulladulla on Friday 11<sup>th</sup> & Saturday 12<sup>th</sup> February 2022 at Civic Centre.

Storage Container clean out and set up of shelves on Tuesday 8<sup>th</sup> February in the morning – contact Ian for further details.

PP Wayne Fry spoke on the Rotary Men's Health Van coming to town. Thanking members Bernard Jones for accommodation, PP Craig Saunders and PP Leonie Smith for their assistance in the van coming to the area.

Guest Speaker David Kwasha CEO Avril Henry and Associates. David has had various roles in Health over many years, after graduating as a register nurse, David career includes Hospital, Emergency, Intensive Care and Critical care. During his time as a nurse, he won Rotary's nurse of the Year, then to moving into being a Paramedic before moving in the pharmaceutical industry where David worked for many years, until semi retiring in 2019-20 to his holiday house in Mollymook.

David spoke to Rotarians on the COVID-19. David informed members of the journey that the pharmaceutical companies including himself have been on throughout the COVID-19 pandemic and how the COVID-19 has challenged scientists, researcher,

government and drug companies like never before. Stating to members the difference between the common cold and influenza. David also spoke on his work with SARS back in the mid-2000. David worked with the then Liberal Government on a plan if SARS ever come to Australia. David spoke on differences between the early strain of COVID-19 and the current strain. David went to explain how COVID-19 is more transmissible than the common cold, David stated to members of how social media has played a big part with COVID-19, as with SARS it was a bit of a non event as there was no social media.

Drug companies were able to develop a vaccination quicker as Governments were giving the drug companies huge amounts of money to developing a vaccination. David spoke on how with research, researchers were able to track the behaviour of the COVID-19, and how each variate is changing.

David then spoke to members the current numbers and comparing them with the numbers from the previously variants. David informed members of how well Australia is doing with its COVID-19 response then other countries in the world. David spoke on how our health system is better equipped to deal with COVID-19, then some other countries. David spoke on the side effects of the COVID-19 vaccination and compared it to other drugs used to treat different diseases including cancer, and how common every day drugs have side effects. David then spoke on how once the Government started using the plan develop in the mid-2000 for SARS, how the response gave more control back to LGAs rather to State Governments.

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

*End of Report*



Rotary International President elect Jennifer Jones is asking Rotary members to dream big and take action: “We all have dreams but acting on them is a choice. Imagine a world that deserves our best, where we get up each day knowing that we can make a difference.”

The logo for the theme was designed by Riki Salam, an Australian artist and graphic designer specializing in contemporary Indigenous art, design, and communications. He also created the 2023 Rotary International Convention logo which will be held in Melbourne, Australia, thus connecting the two by a shared visual language.

There is, of course, a deeper meaning behind each element of the design. The circle in aboriginal culture for instance, signifies our connections to one another. The dots around it represent people and there are seven because of Rotary's areas of focus.

The circle and the dots together become a navigation star – our guiding light. The solid line underneath is what is referred to as a digging stick and it is used when doing hard work. And since Rotary members are people of action – it represents a tool for getting things done.

*By Gundula Miethke, Specialist, Regional Content and Communication • Europe/Africa at RI Headquarters in Evanston, Illinois, USA*



# FREE men's health checks!



Fri 11 Feb 9:30am - 3:30pm  
Sat 12 Feb 9:30am - 12:30pm  
Ulladulla Civic Centre, Princes HWY  
No Appointment Necessary

mherv has saved hundreds of men's lives in Regional Australia...  
These were the blokes who could have dropped dead in the pub!  
But they were the smart ones! Even without symptoms, they saw mherv first!  
If you can't remember when you last had a checkup ... it's time!

**Get checked ... see mherv! ... its FREE**

**Free health checks at the Men's Health Education Rural Van include:**  
\* Blood pressure just to check the heart isn't too stressed. \* Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. \* Cholesterol ... a couple of minutes just to see if levels are high and need attention.

The Royal Freemasons' Benevolent Institution currently has 20 retirement villages, 22 residential villages and provides Home Care services to older Australians across NSW and the ACT. In total RFBi cares for over 2,500 older community members every day. RFBi has supported the mherv project since 2017, providing the fees for the nursing service that travels with the van and conducts the tests. Rotary is indeed grateful for their on-going support.



Royal Freemasons' Benevolent Institution

Also significantly supported by:

