



Pres Bernard Jones

DG Geraldine Rurenga

Area Gov Adam de Tott

RI Pres Jennifer Jones

Bulletin editor: Issa Shalhoub

Club's Website and Club's Facebook

April is Rotary's Environment Month

Tuesday 11 April 2023: NO MEETING

18 Apr 2023; Sean Phillips; Returned Servicemen's League

Introduction: Tim Trescowthick

Vote of Thanks: Ross Wade

Future Programs:

25 Apr; NO MEETING, ANZAC DAY

May is Rotary's Youth Service Month

2 May; His Excellency, Mr Ambassador Ufuk Gezer, Turkish Ambassador to Australia Fundraising Night for the Earthquake Appeal.

→ **Partners and Friends' Night**

→ **Open to community members.**

\$30 per person, numbers needed.

BYOG. Please spread the word.

9 May; Paddock to plate

Introduction: Dale Wilford

Vote of Thanks: Yvonne Young

16 May; Tiny Homes

Introduction: Ed Zonneveldt

Vote of Thanks: Phil Brown

23 May; Whitewash Magazine

Club's Calendar

25 Apr	Tues	Anzac Day Dawn Service and March
25 Apr	Tues	NO MEETING?
30 Apr	Sun	Men's Health Van
6 May	Fri	Stage Set-up for the Entertainers
27-31 May		RI Convention Melbourne
16-18 June		StoryFest
30 July	Sun	Milton Mollies, Bar Duties
10 Oct		Hat Day, Lift The Lid on mental illness

Birthdays: 13 Apr; Avril Pryor, 20 Apr; Kim Powell

Anniversaries: 15 Apr; Anne and Simon Brown,

23 Apr; Pat and Peter Culham.

PLEASE NOTIFY apologies and guests to Louise Garrett, 0432 091 991 loumqarr@optusnet.com.au by NOON ON MONDAY.

If you don't notify your non-attendance, the club will need to charge you.

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

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 let the Bulletin editor know.

Meeting report; 4 April 2023

President Bernard Jones opened the meeting and welcomed our guest speaker Henry Jones, and guests Jim Rose and Mike Fitzroy from Probus and Men's Shed.

Jim Rose said that Probus started in the UK in 1965 and in Australia in 1976, it is about staying active, have fun and travel.

Mike Fitzroy said that the Men's Shed is open to over 18s and men only, it is about chatting, sharing experience and knowledge.

Tony Fondacaro gave the Club Service report.

President Bernard Jones said that the club will vote to accept John Goggins' financial figures that he has presented last week, if you need any clarification, please email John Goggins.

Yvonne Young is looking at Fire and Rescue visit, Wombat Brewery, and let Yvonne know if you know of any other vocational visit. Yvonne said that Gordon Young asked to go to home care after leaving the Berry Hospital.

Tim Trescowthick reminded all of the Ambassador's visit.

Secretary Phil Brown said he has been at the BOF helm for 16 years, he spoke on Driver Ed, Milton Follies (where we will look after the bar), tree planting, John Hozack and the MPS bubbler, Bushfire Recovery where we might help with a BBQ, the Board had their monthly meeting when they discussed a raffle for the storage facility, a defibrillator for the Surf Club, Dream Cricket, Science Forum, Tim Trescowthick went to the Driver Ed meeting, ask Liza Butler to be a guest speaker, StoryFest donation, BOF roster, thank you to all the helpers (volunteers), RFS – SES – Marine Rescue will help on Sunday, Thank you Tony Fondacaro for organising helpers, to Gareth Davies who will help Sat and Easter Sunday, and finally a huge thank you to Beck Cameron and Leonie Smith for the enormous amount of work they put towards the BOF Ball, Taste Of The Sea and the Festival. Please members if you can get an RSA online, Clive Cross and Yvonne Young will lay wreathes on Anzac Day, 30 April (Men's Health Check), any ideas re raising funds, such as the Calcutta, chocolate wheel ...

The guest speaker Henry Jones was introduced by Guy Porter and thanked by Avril Pryor. Henry and his partner moved down to Ulladulla a year ago and have set up a physiotherapy practice at the Green Street Pavilion, Sport Physio with their motto; Move Better, Feel Stronger and Achieve More.

Henry said that the physio clinic deals with physiotherapy, sport injuries, strength training classes, golf screening, dry needling and pre and post operative rehabilitation. Conditions treated; osteoarthritis, back and neck pain, muscle tears ... then Henry spoke on joint wear and tear and inactivity. Joint discomfort can be managed and is reversible, the importance of land-based exercises, strength training, pain relief and the last resort should be surgery.

Other subjects Henry covered; why we need to be active to avoid numerous chronic diseases, physical activities (daily and weekly), exercise vital for people with osteoarthritis, keep moving and weight control. A very informative and educational address, with lots of ideas to follow.



End of report.

Thank you to our Rotary Club, the organisers and helpers for a very successful week-end.



Parade photos courtesy of Jan Shalhoub