



**ROTARY CLUB  
OF WAGGA WAGGA**

part of the solution



ABN: 42 569 872 625

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**BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. - CHARTERED 1930**

Web: - [www.waggarotary.org](http://www.waggarotary.org)

Facebook: - <https://www.facebook.com/waggawaggarotary>

Postal Address: - PO Box 246, Wagga Wagga, 2650

<p><b>RI President:</b> Jennifer Jones</p> <p><b>Dist. Gov 9705:</b> Geraldine Rurenga</p> <p><b>Area Three Gov:</b> Elaine Almond</p> <p><b>Club President:</b> David Wynne</p> <p><b>Club Secretary:</b> Ellen Brasier</p>		<p><b>THE FOUR WAY TEST:</b> Of the things we think, say or do: -</p> <ul style="list-style-type: none"> <li>• Is it the truth?</li> <li>• Is it fair to all concerned?</li> <li>• Will it build goodwill &amp; better friendships?</li> <li>• Will it be beneficial to all concerned?</li> </ul>
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**BULLETIN NO: 14.**

**Thursday 6<sup>th</sup> October 2022.**

**OCTOBER is COMMUNITY ECONOMIC AND DEVELOPMENT MONTH.**

Club meets at the WAGGA WAGGA COUNTRY CLUB, **6:00 PM for 6.30 PM** (unless stated otherwise below).

Duty Roster: Please arrange for a replacement if you cannot fulfil your rostered duty & inform our Bulletin Reporter.

Date:	Thursday 13 Oct.	Thursday 20 Oct.	Thursday 27 Oct.
<b>PROGRAMME:</b>	3 X 5minute Presentations	Social Night	Celine Hamid Romac Surgeon
<b>ATTENDANCE:</b>	David Kennedy Philip Cross	Elle Palmer Jenny Masters	Vicky Donoghue Margaret Everett
<b>GREETER:</b>	Bryan Short	Elaine Almond	Mike Murray
<b>SHORT &amp; SWEET:</b>	Peter Smart	Vida Smart	Geoff Treloar
<b>FINES-MASTER:</b>	David Cannon	Don Pembleton	Paul Galloway
<b>INTRODUCE SPEAKER:</b>	Brad Bland	N/R	Peter Smart
<b>VOTE OF THANKS:</b>	John Heazlewood	N/R	Shishir Bhengra
<b>BULLETIN REPORTER:</b>	Vida Smart	David Payne	Peter Olson
<b>MEETINGS:</b>			

Invocation: *For good food, good fellowship, and the opportunity to serve through Rotary, we give thanks.*

**IMPORTANT:** *If you are unable to attend a meeting:*

Please lodge an apology with **THE COUNTRY CLUB OFFICE 6922 6444 (Ext. 1)** by **NOON on TUESDAY** (or pre-record same in the book provided at the meeting attendance table).

*Also, for catering purposes, please advise if bringing a guest to a meeting.*

## **This Week's Meeting**

**This Thursday 13<sup>th</sup> October** our club meeting will feature three x five minute presentations – Wayne Flood with a PCYC update, then Club members Bryan Short and David Payne.

### ***MEETING REPORT FOR 6<sup>th</sup> OCTOBER 2022***

#### **Attendance.**

President David welcomed 26 club members, Guest Speaker Katrina Dorward, and guest of Peter Olson, Richard Myer. Honorary Members John Studdert and Bill Prest and member on the move Karel Bijker also attended. David gave us an update on Terry Mecham who has had a blood disorder, but hopes to re-join us soon. It was Terry's 32<sup>nd</sup> anniversary in Rotary this week. Peter Veerhuis has also been ill with pneumonia but is recovering.

#### **Club Matters.**

##### **President David's Club Information and Director Reports:**

- David confirmed that the Yes vote got up on the Rotary Regionalisation proposal.
- He also advised that the resolutions for the **2022 Council on Resolutions** have been transmitted and published. The District 9705 Council on Legislation Representative is required to vote on these issues and requires this club to return any comments re how you would like him to vote on the resolutions by 24th October. Resolutions are available for all Rotarians to read [here](#). Club members might please let President David have any comments by Friday 21<sup>st</sup> October.
- David is also seeking to keep a log of the number of **volunteer hours** Club members do for Rotary. David is keen to use this information when applying for grants and it can enhance our reputation and advocacy efforts. Last year, our Club empowered 50 volunteers to undertake \$50000 of volunteer work. David reminded us what Aristotle said in achieving great outcomes, "the whole is much greater than the sum of all of the individual parts". He is asking members to drop him an email listing hours and activities so he can keep it up his sleeve for the future.
- Vida circulated a roster for attendance at **Clontarf breakfasts** at Mount Austin School for 4<sup>th</sup> term. She is still a bit short on numbers, so will send it around again next week. Could members please check their calendars and see if they can help out for around an hour - 8am to 9am on a Friday.
- Elaine advised us that **Secretary Ellen Brasier had a fall** whilst on her holiday in Spain and broke her hip. She has been operated on in Grenada and all appears to be going well. Her daughter Susan is going over to see if they can get her on a plane to come home in the next couple of weeks. Phil Cross will continue his role as Club Executive Secretary, and covering for Club Secretary Ellen until further notice. Thanks Phil
- Lyndall advises that the next **Social Lunch** will be on Sunday 30th October at 1pm Ashmont Hotel. Make a note in your diary – reminder later.



## Events by Other Clubs

- **Sunrise Rotary bus trip – 30<sup>th</sup> October.**

Sunrise Rotary are having a bus trip on 30<sup>th</sup> October to the Lockhart Museum, Urangeline Woolshed, then lunch at Pleasant Hills pub with a guest speaker Peter Campbell, a past winner of the NSW Farmer of the Year award. From there they'll proceed to Morgan's Lookout, the Historic Station-master's house at Culcairn, and back to Wagga. The cost is \$100 per person which covers the bus, lunch, and all entry fees

- **South Wagga Rotary invite us to attend South Wagga Rotary Queen's Jubilee Tree Planting**

Commemorative event to be held **Friday 21st Oct** starting 10:30am at Menzies Ave Park adjacent to the Amy Hurd Early Learning Centre, 2 Kulgoa St, Koorringal.

After the welcome to country and song by children attending Amy Hurd Early Learning Centre and a short speech by Rotary District Governor, Geraldine Rurenga, a tree will be planted and plaque unveiled.

Light refreshments will follow before the event's conclusion at 11:30am.

Please RSVP by Wednesday 12th Oct with names of those attending to South Wagga Rotary [southwaggarotary@bigpond.com](mailto:southwaggarotary@bigpond.com) including any specific dietary requirements.

## Short & Sweet:-

Elaine presented our Short and Sweet this week and took a lead from President David's comments about volunteering. She told us that from 2016 to 2021, volunteering had dropped over all age groups. Across the board volunteering had dropped from 19% in 2016 to 14% in 2021.

Around 1 in 8 Baby Boomers reported caring for other people's children – especially grandchildren. Of these volunteers two thirds are female. In fact females volunteer at higher rate than males in every age group up to 75 years of age.

Volunteering is a glue that binds our society together. Volunteers are crucial to charities and the social sector. They also play an important part in education and policy of professional bodies, are the bedrock of sport, and constantly out there for fundraising and extracurricular activities at schools.

Why the fall in volunteering? Financial stress is a factor. According to the census, the number of mortgages with payments exceeding \$5000 per month increased 60% since 2016. Pressure on the home balance sheet mean more people are working longer hours or two jobs. Rates of volunteering have fallen most significantly in the 35-54 age range – these are the people most likely to volunteer, but they are also the "sandwich generation", responsible for their own children and caring for their ageing parents

So we need to remember and celebrate how crucial volunteers are in everything from sport, to emergency services, and to life altering social services. We need to remind people that governments can't do everything, and that being part of your community through volunteering is what makes our society better. Thanks Elaine.



## **Finesmaster:-.**

Fines Master was Gordon Saggars, who is regularly called on for this challenging role, but never fails to draw a chuckle from everybody. He told a story about a grandson telling his grandfather that he was being dramatic. When granddad then changed the wifi password, they really found out about being dramatic!

Gordon then told us about the inventor of the treadmill dying at 54, the inventor of gymnastics dying at 57 and the world body building champion dying at 41. He then told us the KFC inventor died at 97, cigarette maker Winston dying at 102, and the developer of opium dying at 116 – in an earthquake.

So what's this about exercise prolonging life? And as a further example he let us know that a rabbit is always jumping but only lives for around 2 years whereas a turtle that hardly exercises at all lives 400 years. All good news for our members.

Peter Murray fined himself by revealing that he turned up an hour late for church after overlooking Daylight Saving.



## **Guest Speaker**

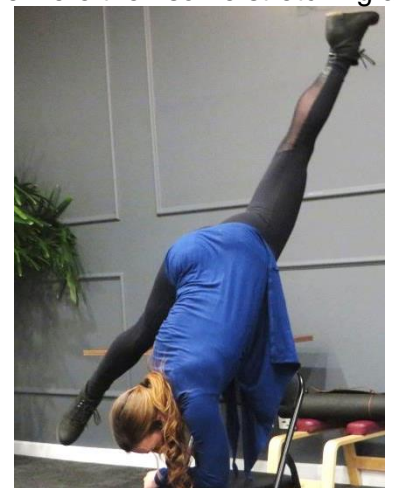
Guest Speaker was Yoga Teacher Katrina Dorward, introduced by one of her students, Club member David Cannon. Katrina spent some of her younger years in China and developed an interest in Yoga. After relocating back to Sydney and childbirth, she decided to take up teaching Yoga. She qualified under some very well respected Gurus, then taught at gyms and home. She later became Head Yoga Instructor at the gym of the West Tigers called Fit HQ. Eight years ago she and her family relocated to Wagga Wagga where she now runs classes and private lessons from her home studio.



Katrina then took us on a journey of what Yoga is and how it works. She asked members if they had ever practised Yoga and a number put their hands up. The blokes said it hurts, others said it reduced stress and others said it improved posture. She showed us some basic techniques of slowing down our



breathing, tuning out, and meditation. There were then some stretching and more adventurous exercises by club members and some amazing ones by Katrina herself. She also showed us some of the tools she uses including straps, the Feet-Up Stool and the Sing Bowl. I am sure many of the members went home to practise some of the basic relaxation techniques, if not some of the more strenuous stuff.



Katrina was thanked for her very interesting presentation by Vida Smart.



## OCTOBER IS COMMUNITY ECONOMIC AND DEVELOPMENT MONTH.

### Poland Rotarians create a safe home for Ukrainian refugees

Natalia Prokhor arrived in Poland in early March. She's one of 17 deaf Ukrainians who were brought together by relief agencies to live in a house in Wojciechów, owned by Janusz Milanowski, a member of the Rotary Club of Lublin-Centrum-Maria Currie-Sklodowska, Poland. He and his wife bought the house intending to use it for a center for teenagers struggling with addiction. But with thousands of Ukrainian refugees needing a place to stay, the couple decided to open the home to the refugees instead. [Read their story.](#)

### PLEASE BLOCK-OUT THE FOLLOWING DATES IN YOUR DIARY: -

- **21-23 Oct** **D9705 Conference (Joyes Hall, CSU Wagga Wagga)**
- **28-30 Oct** **Zone 8 Conference (Canberra)**
- **30th October** **Sunday Social Lunch at 1pm Ashmont Hotel.**
- **Thu 1<sup>st</sup> Dec** **Rotary Club of Wagga Wagga SHINE AWARDS**
- **20/21 May 2023** **Rotary Club of Wagga Wagga BOOK FAIR**

### BIRTHDAYS & ANNIVERSARIES: -

(9<sup>th</sup> Oct 15<sup>th</sup> Oct)

Birthdays: Graham Russell (15/10) Wendy Harding 11/10, Christine Heydon(15/10)

Rotary Anniversaries: Nil

Wedding Anniversaries: Bill & Dorothy Prest (H) (13/10)



## ≈KOOKABURRA≈



**Knock Knock -  
Who's there?  
Yoga -  
Yoga Who?  
Yoga to try this ,  
it feels amazing.**

**I didn't believe yoga would fix my posture  
but I stand corrected**

## This Weeks Snaps



Bill huffs & puffs over his birthday cake (just as well there wasn't 90 candles!)



Brad & Gordon represent the club at the Narrandera Rotary Golf Day on opposing teams