

Duty Roster – AUGUST/SEPTEMBER

Attendance:

AUGUST: Monica Alcock, Tom Bellgard

SEPTEMBER: Kym Lloyd, Peter Davis

Meeting Preparation/Property

AUGUST: Marianne Burgess, John Clarke

SEPTEMBER: Sarah Woodhouse & Alan Hall

Fellowship: Margaret Echarri & Claire Neumeyer,

Be early, if not at a meeting arrange a substitute. If meeting held at another venue arrange to bring property.

Markets –

SEPTEMBER 17th: David Libauer (BBQ), Tony Strong (C'van), Ashley Constance, Margaret Echarri

OCTOBER 15th: Dave Holgate (BBQ), Richard Warner (C'Van), Julie Johnston, Alyson Hulley-Jeffries

NOTE: Members rostered on and not able to attend are to make arrangements with another member to take their place. Those nominated to tow the caravan or chuck wagon are to be at the Rotary shed no later than 8am. ENSURE YOU GET THE KEY TO THE SHED FROM ROBBYN PRIOR TO THE EVENT SO THE EQUIPMENT CAN BE SET UP EARLY. If you are unable to tow the van or chuck wagon PLEASE ASK SOME ONE WHO CAN, or advise Robbyn before the event.

Others nominated should be at the Park by 8.45am.

PLEASE NOTE
Help the new Members

NEXT MEETING:

WEDNESDAY 6th September, 2006

Guest Speaker: Darrell G –

Topic: RI Convention & From Russia with Love

Introduction: Dr Bob – Vote of Thanks: Kevin D

Venue: Cooma Thai Restaurant, Cooma

Apologies & Guests – Phone 6452 3302

ATTENDANCE

42 out of 54 = 80.%

GUESTS: David Hogan, Karen Evans & Hanna Adachi (Club), Kathryn Hackney (Elaine M), Pamela Mansfield (Geoff B), Roger Van de Steegan (Les S). Emily Echarri Margaret {Granny} Echarri.

APOLOGIES: Monica A, Robbyn C, Peter D, Kim L, Richard W, Ashgley C, Marriane B, Sabine S, Chris M, Chris A, Lou M.

LEAVE: Liz A, (Sick), Jim H.

Des T & John G (Putting it into the Bulletin)

WEEKLY NEWSLETTER

of the

Rotary Club of Cooma

“Rotary – Gateway to the Snowies”



30th August, 2006

www.d9710.rotary.org.au/Cooma

No. 9 – 2005 - 2006

SNOWY HYDRO INVITATION TO VIEWING



Our guest speaker, David Hogan, addresses the meeting on Wednesday night, with the topic of Tourism and the Snowy Hydro in the Area. David's talk was most informative and enlightening.

Our reporter, Des Trute takes over the story:

David Hogan, Regional Marketing Manager of Snowy Hydro advised that at present visitation to Tumut 2 & 3 Power stations has been closed for repairs and the only station open is Murray 1 at Khancoban. David said that it was noted visitation to the Snowy had decreased dramatically since 1992 and they carried out research to see what was required, particularly to get schools involved and to have the Snowy Scheme included in school programs. So they worked with local schools to develop information to get into schools, including a schools kit to assist teachers in class rooms (Allison H-J has ordered one) and to encourage visitation to the Snowy. They are now working with the National Parks and Wildlife service, the Cooma Heritage train Company and Canberra to encourage more visitations. This has resulted in an increase in visitors, not only in winter months (90% in summer) a website has been set up that includes a booking system and to date 80 buses have been booked in for next year. Also there has been an increase in Singapore students coming to the area. It all seems to be working, some might even stop in Cooma. Perhaps the club might have another visit to the Snowy Scheme. David has suggested to the President that a bus could be chartered and have an overview of the control rooms etc., especially for the Rotarians.



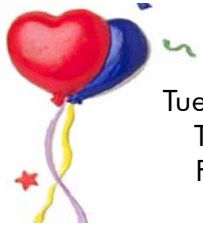
Dugald Mitchell thanks our guest speaker of the evening, David Hogan for an excellent message on the Snowy Hydro Tourism activity.



We see here "His Holiness", displaying his better outer wear. Steve wanted to know if the item was kept in the same closet as his folding money and the moths were a little hungry for some dinkum Aussie wool!!

BOMBALA ROTARY CD TO AID CHARITY

STAGE SENSATIONS is the second CD of the Bombala Rotary Community Choir to be launched. CD's are available for sale at the next meeting. Proceeds are to Charity. CD's are available from the Club at only \$22 The CD has been given air play on 2MNO at night. "The singing is fantastic and a great credit to Claus and his team of choristers", John Gill said. Copies can also be obtained from Cooma Colour Print in Sharp Street Cooma.



CONGRATULATIONS

Tuesday 5th September – Heather Jacoby
 Tuesday 5th September – Alan Dodd
 Friday 8th September – Colin Mould

The Club extends best wishes to you all on your Special Day

2006 INAUGURAL NSW ROTARY WEEK

NSW ROTARY WEEK: SEPTEMBER 18 - 24

Get Involved

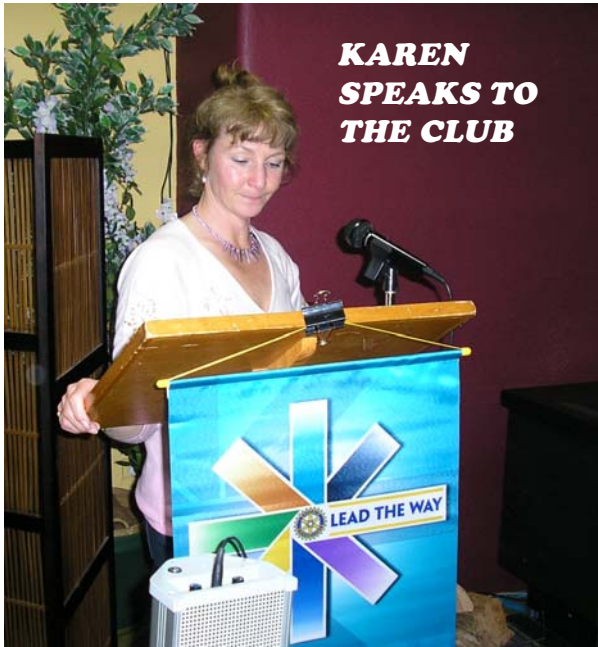


President John thanks the guest speaker, Karen, for her illuminating address

THOUGHT OF THE WEEK – Anon (For Geoff B)

If you have nothing to say, don't take an hour to prove it.

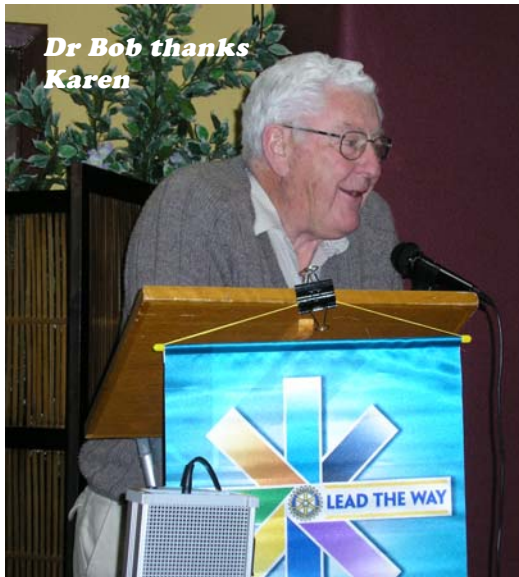
NEXT WEEK: Marco R



**KAREN
SPEAKS TO
THE CLUB**

LAST WEEKS MEETING our first guest speaker was Karen Evans, a nurse from Cooma hospital who spoke on Cardio Vascular Disease (CVD) and Cardio Heart Disease (CHD) which affects 3.2 million people = 1 in every 6 Australians- there were 48,835 deaths in 2003 = 1 Australian every 10 seconds. Since then number has decreased slightly due to change in life style and advances in medicine. Some avoidable risk factor in this are, obesity, stress, smoking, blood pressure, social

isolation and salt intake. Those who have combination of these are more likely to develop CHD as they get older. Karen asked SMOKERS TO GIVE IT UP and identified the impact it has on the persons organs and blood flow. She also spoke on high blood pressure, the damage it does to organs and asked that when you see your Doctor, have your blood pressure taken, take a note of the reading, normal readings are 120/80 to 130/85. She also said changes in life style to reduce the risk of CVD& CHD , are Loose weight, exercise, DONT SMOKE, limit alcohol intake, 1 standard drink for females and 2 standard drinks for males daily, reduce salt intake, manage stress and use prescribed medication as ordered. Check your BMI (BODY MASS INDEX) weight divided by height squared (Must use metric system) THE ACCEPTABLE BMI is 20 to 25.



**Dr Bob thanks
Karen**



Dave Holgate gave a further update on the Skate Park and its progress. He also sought volunteers for the working bee to assist with the retaining wall plates for the next concrete pour. Unfortunately our "morning tea lady" would be unable to attend as she had to go to work!

The Skate Park Project has been a highlight of the past month or so, as the many hours put in by the Rotary volunteers as well as the Council assistance with concrete and workers has meant a great change to the face of the Park. The kids are as happy as can be as they are able to see the work progress and know that the community of Rotarians do care for their comfort and are working to get their Skate Park into a state of enjoyment for the users. The project which initially was budgeted to take possibly three years (due to finances) is now believed to be completed within the year. The sails for shade will shortly be installed as the final stage nears completion. Many cubic metres of concrete have been poured to fill and make the pathways and the fringes more safe and usable as the kids come off the ramps with their skates. Rotarian Dave Holgate should be extremely proud of the job he has done in this regard. Dave, we all salute you for your effort and the very professional manner in which you have undertaken this very large and worthwhile task.

The Four Way Test

1. Is it the Truth?
 2. Is it fair to all concerned?
 3. Will it build goodwill and better friendships?
 4. Will it be beneficial to all concerned?
- Can you apply this to your Business and Way of Life?*

*BEYOND 2000
District 9710 Membership Newsletter
August 2006*

Are you one in a Million?

Rotary has 1.2 million Rotarians worldwide, it is estimated that one million of them don't ask anyone to a Rotary meeting as a potential member.

Are you one of them? The only way that people can join Rotary is by invitation, people cannot apply to join Rotary, they are asked. The only people who can ask someone to come to a Rotary meeting are Rotarians.

That puts the responsibility of membership squarely with each one of us; it is clearly our responsibility to make sure that our Rotary Club continues into the future. The BEYOND 2000 membership recruitment method does involve all members in the Club by forming them into teams of two. Each team of two chooses a vocation or profession that they want to find the best available candidates for membership. Initially one Club meeting should be set aside to discuss membership, the Club formed into teams of two and then they choose which vocations that they want to target. An information pack is sent out to the potential new members asking them to respond to the invitation to come to a meeting; the meal cost should be paid for by the Club.

Each week the Chair of the membership committee needs to ask how each team is going in the compilation of their list of candidates.

For us to be successful in obtaining new members, it takes planning and commitment. The teams of two have to research the potential new members properly to ensure that they get quality as well as quantity!

Don't be one in a million, become someone who does bring people into Rotary, if you enjoy Rotary — Share it with someone so that can enjoy it to!

Winning the lottery

A woman came home, screeching her car to a stop in front of the house. Ran into the house, slammed the door and shouted at the top of her voice, "Honey, pack your bags, I won the lottery!"

The husband said "Oh my gosh! What should I pack, beach or mountain stuff?"

"Doesn't matter", she said, "Just get out!"

MEETING JOTTINGS PICS AND JOTTINGS



Treasurer David advised the ANNUAL SUBS ARE NOW DUE, you can either pay yearly or half yearly, but if you haven't paid by 31/8/06 you will incur a late fee penalty. For those wishing to pay half yearly, there is a very small surcharge to cover the Club's administration fees!!

USA GSE TEAM will be visiting us from 11-14/10/06 2 males & 2 females -host families are Shirvingtons, Simms, Revelants, Epsteins, and the Mitchell's. The Club is grateful to the host families for their support.

AUSTRALIAN ROTARY HEALTH RESEARCH FOUNDATION FLYER was circulated setting out how Rotarians care for the health of all Australians, Mental Health Community Awareness Forums, ARHRF 4WD Round up-a "fund" filled motoring adventure and a request for you to consider a bequest in your will for this project.

Grandma doesn't know everything.

Billy was having a holiday with Grandma. He went out to play with the neighbourhood children. He came in to ask: "What's it called when two people sleep all night on top of each other?" Grandma thought carefully and decided that Honesty was the best policy. She answered the question as carefully as she could. Billy went outside, but soon came back in saying: "You're wrong Grandma! It's called Bunk Beds, not sex and Jimmy's Mum wants to talk to you!"