

## Peace Through Service

### Guest Speaker - Lea Nickel - Her Year in Australia

**Intro: Mark C**

**Thanks: David B**

Our guest speaker this week was Lea our present exchange student. Almost 11 months are over and she is about to go back to Germany. She said she has experienced so much, learned a lot, met amazing people and had a fun time. It is hard to summarize such a year in a short presentation, but she tried.

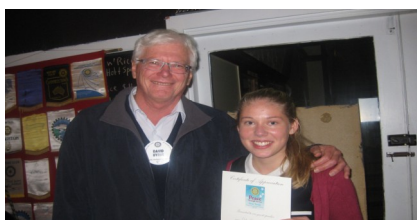
She can still remember her first day in Australia, she was very tired when she arrived and all she really wanted to do was sleep. The welcome she received from her first host family, Mark & Fiona Cooper, was very warm, they took her to a Chinese restaurant for lunch and she managed to keep her eyes open during the meal. Very early in her time here she got introduced to a lot of Australian things like kangaroos in the backyard, pretty birds, Vegemite, Tim Tams, Lamingtons and lots more. Thanks to Mark she learnt how special Australian humour is. On her first weekend the Coopers took her to Merimbula and she couldn't believe it was winter as it was so sunny and warm. Later in winter she went up to the ski resorts, which was more like the winter she was used to at home. Before this she didn't realise you could ski in Australia and when she told people at home she had gone skiing, they found it hard to believe. She also went to Melbourne for a weekend, the drive helped her understand distances when it comes to Australia. They had a look around Melbourne and went to an AFL game, she didn't have a clue what was happening, she also ate her first meat pie there. She spent her birthday in Sydney with Fiona and Charlotte, they went to Taronga Zoo and she got very close to a koala and they went to Jamie Oliver's restaurant for dinner. She also went to an Australia vs New Zealand netball game, the atmosphere was amazing with everyone cheering, Australia won which made it even better.

Her next host family was the Learoyd's and it was almost summer. They spent time at the beach which was great and she attempted to learn to surf. They also went bushwalking in the Snowy Mountains, 6 of them started out but only 3 finished and Lea was one of them. Christmas was different to what she was used to for a start it was warm and celebrations usually occur on the 24th but she found the 25th amazing. They went to church and had presents in the morning and friends came over for Christmas lunch. After New Year the family went to Shoal Bay for 2 weeks and the extended family came. She experienced some good Aussie pastimes times like beach cricket and going for walks along the beach. A week after they got back to Cooma she changed families and went to the John-Natley's. Being January they celebrated Australia Day and Jan's birthday, which are the same day, it was the first time she had Mark's chocolate cake and now she can't get enough. She has the recipe to take home. We had some great meals at Roses, particularly one night when we went to listen to an awesome string trio. There were also a number of pub meals with Rotary club members. There was a trip to Bermagui where she got the worst sunburn ever but she learnt her lesson, she always put on sunscreen. This was the time she was to go on Safari, which is a 3 week trip around Australia. There were about 35 other exchange students, it was amazing they got to visit places like Kings Canyon, the rainforests around Cairns and the Great Barrier Reef. About a week after returning she went back to the Learoyd's to finish her time in Cooma.

Rotary organised a number of events for the 10 visiting exchange students and she said it was good to get together with others who were having the same experiences as you were. The events were always a lot of fun but she said the best was probably the surf camp at Ulladulla followed by the home hosted weekend at Nowra. They also went to the District Conference and she always enjoyed the weekly meetings in Cooma. In closing she said she has had an awesome year that she will never forget. She learned a lot about a different culture, people and about herself. She has so many memories and is looking forward to going back to Germany but is also sad to be leaving the country which has been her home for almost a year.



Lea



David B & Lea



Katrin, Lea & Mark J-N

The contact for making apologies and for notifications of guests for dinner meetings is Les Sutcliffe on 6452 7442 or e-mail [leecooma@bigpond.com](mailto:leecooma@bigpond.com) by 10am on Tuesdays.

## PEACE THROUGH SERVICE

## 3 Minuter

The 3 Minuter this week was present by Jasmine Bujalski who represented the club at the May RYPEN weekend. She started by saying a huge thank you to the club for giving her the opportunity to attend RYPEN. RYPEN stands for Rotary Youth Program of Enrichment. The program went for 3 days and the aim is to increase the awareness of the nature of leadership, develop and practice leaderships skills and to raise self-esteem and confidence. The camp's aims were a success, she can honestly say that her self-esteem, confidence and leaderships skills have increased dramatically.

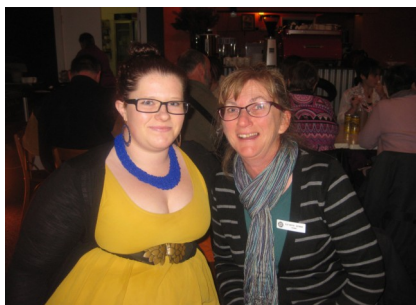
The program was really packed, some activities were just for fun and socialisation like the bush dancing and the talent quest. They had a number of inspiring people come and talk about a lot of different things. There was Dr Andrew Dally who spoke about the teenage brain, how to address depression and said the answer was exercise. Tim Hudman talked about mental health and about the dangers of taking risks and peer pressure. Melissa Abu Gazalah taught how life was like a cheese burger, Natalie Forrest from Prime 7 shared information regarding harmful things on the internet and how to use social media safely. The guest speaker who impressed her the most was Svetlana Holman because she discussed how she tackles everyday challenges whilst being blind. This was especially true of the everyday things we complain about but she just does them.

Jasmine said she has made so many new friends which has given her the courage to talk and interact with new people. Also how her self-esteem and confidence have changed for the better as the last time she did a speech she broke down into tears from fear. She said every one of the people she has met over the camp has encouraged her to do greater and bigger things in her life. Thanks to Rotary she is now able to tackle complications with greater ease as her leadership skills are improving as she puts the lessons learnt into practice. She finished by once again thanking the club for giving her the privilege of gaining such valuable skills.

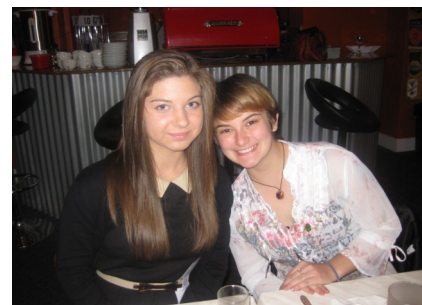
## Photo Gallery



David B &amp; Jasmine



Charlotte Cooper &amp; Kathy Byrne



Jasmine &amp; Tamara J-N



Joe V &amp; Dugald



Wolfgang &amp; John V



Dave H &amp; Patrick K

## THOUGHT OF THE WEEK: Claire N

**To know when to go away and when to come closer is the key to any lasting relationship.**

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## PEACE THROUGH SERVICE

**WE MEET WEDNESDAYS 6.00PM FOR 6.30PM  
AT DODDS HOTEL, COMMISSIONER ST. COOMA**

## THIS WEEK'S NEWS

What are you doing 1 - 4 June 2014? How about going to the 2014 Rotary International Conference being held in Sydney. Details are available on Clubrunner.

John K reported this months market made a little over of \$1,200, which was wonderful considering how ordinary the weather was on the day.

The 5 cent challenge is still happening so don't forget to bring your 5 cents to the meeting.

The total is currently \$120.10. You are contributing to something good.

The first collecting netted \$166 and four foot-stools have been purchased for the day care hotel at Cooma East.

**The Change Over Dinner is on 26th June at the Alpine Hotel, 6.30pm for 7.00pm start.  
Cost \$25/head plus drinks.**

The Tuggeranong Change Over dinner is on 28th June, \$30/head plus drinks, see Katrin for further details.

Details for the Bombala Change Over dinner will be forthcoming.

The Change Over Dinner will be the last opportunity to return the completed Working With Children Check, Volunteers/Student Declaration forms. Please ensure you have a photo ID to enable the forms to be fully completed. Monica Alcock will be at the meeting to collect them.

**This Weeks Attendance:** 24 out of 36 = 72.7%

**Visiting Rotarians:** Neil Russell - Southport

**Guests:** David, Alison & Hannah Learoyd, John, Leanne & Jasmine Bujalskie & Lea (Club),  
Jan & Tamara John-Natley (Mark J-N), Jeanette Clarke (John C), Kathryn Russell (Neil R)  
Fiona & Charlotte Cooper (Mark C), Kathy Byrne (David B)

**Apologies:** Brenda C-B, Peter D, Elaine M, Lou M, Les S, Tom B.

**Leave:** Chris A, Peter A, Graham F, Steve S

**The Rotary Club of Cooma  
The Secretary  
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## PEACE THROUGH SERVICE

ROSTERS	July	August
<b>Attendance</b>	Rob Des	John V Ken D
<b>Property</b>	Brian Elaine S	Patrick Geoff
<b>Fellowship</b>	Margaret E Claire N	Margaret E Claire N
<b>Markets</b>	John K- Co-ord Alyson H-J - PA Ken D - Res John K - Van Elaine M Marco Peter D Hass	John K - Co-ord Alyson H-J - PA Brian - Res Wolfgang - Van Claire N Darrell John C Patrick K

## SOME SIMPLE RULES ABOUT ROSTERS

## GENERAL

Members rostered on and not able to attend are to make arrangements with another member to take their place.

## MARKETS

Those nominated to tow the caravan or chuck wagon are to be at the Rotary shed no later than 7am. Ensure you get the key to the shed from John King 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 SOMEONE WHO CAN, or advise John King before the event. Others nominated should be at the park by 8.30am.

Upcoming Programs	Three Minuter	Thought of the Week
Guest Speaker: Change Over Dinner	26 June - Change Over Dinner	26 June - Change Over Dinner

Upcoming Guest Speakers - 03 July - David B - His trips to South America  
- 10 July - John Bowe - Modern Landscape Gardening

## MEMBER HAPPENINGS

BIRTHDAYS	ANNIVERSARIES	YEARS OF SERVICE
Joe V - 3 June Kevin D - 6 June Brian J - 8 June Chris A - 12 June Marco R - 14 June Steve S - 18 June	Graham & Helen French - 2 June Les & Jan Sutcliffe - 27 June	John K - 1 June Elaine S - 1 June Graham F - 16 June Neil B - 27 June Mark J-N - 27 June Chris A - 28 June

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