



## Engage Rotary - Change Lives

### Guest Speaker - Cathy Guion from The HUB

**Intro: Ashley C**

**Thanks: Kevin D**

Our guest speaker this week was Kathy Guion from the HUB. The HUB Youth Centre is a co-locative Youth Centre based in Cooma and is funded by Family & Community Services through the YMCA Cooma Youth Projects. The Centre offers a range of holistic and professional services and facilities for young people aged mainly between 12 and 17 years but there are some projects for people aged up to 24 years. They strive to provide a safe, youth friendly space, the available facilities consist of computers with internet access, gaming consoles, pool tables, music systems, art and craft items and a free standing basketball hoop. There is also a place to get food and something to drink. The young people who access the HUB come from different backgrounds, some live at home with their parents, others live independently and some are homeless which means couch surfing at friends homes. Some go to school or TAFE, others work and some are unemployed. The HUB also offers a two week recreational school holiday program - every school holidays. The activities on offer include candle making, cooking classes, swim days, picnics, playing pool and just listening to music. Lunch is provided and all activities are free. The HUB doesn't only provide fun activities they also host health information nights, which are funded by the Department of Health and Aging, the night includes a healthy meal. Topics are varied and range from smoking and drug use to headaches and stress. The young people who attend the HUB are also encouraged to participate in awareness activities. Many of them enjoy being involved in raising community awareness to issues such as homelessness, NAIDOC and indigenous issues, White Ribbon Day, Homeless Persons Week and the Relay for Life as they have personal experiences which they can share. They are also involved in Carers Week and Seniors Week, they enjoy serving morning or afternoon tea, cooking snags and just talking to people. There are other services based within the HUB, these include a Southern NSW Medicare Local Youth Health Worker, a Mission Australia Case Worker, Barnardo's Youth & Family Support Services along with financial counselling services. The HUB team also takes programs to local schools some of these programs are Love Bites (healthy relationships), RAGE anger management, Straight Talk (beliefs and attitudes), Crossroads - Alcohol Education and Safe Sex education. The HUB is also available for other organisations to use for meetings, training or workshops. Recently they received a grant through the Community Builders Partnership and the money will be put towards upgrading the laundry, shower and toilet facilities including putting in disabled toilet facilities. The HUB tries to provide a positive environment for young people and any achievements are celebrated, these achievements range from someone finishing a course or school, getting their driver's licence or their own place and rebuilding relationships. It can also involve just having a good day. Future tasks for the HUB are the completion of the amenities upgrade, installing a disability lift and a vegetable garden, painting and getting new furniture for the youth room and painting some new murals in the side alley. The future is looking bright for the youth of the HUB.



Cathy & Claire



Cathy



Kevin & Cathy



Graham & Cathy

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## Rotary Theme of the Month - Literacy

## This Week's News

Katrin wished to inform there is a fund raising event, to raise awareness of domestic violence, which is taking place at the Snowy Hydro Discovery Centre on Thursday 25 July at 6pm. This gala event will include Canberra Raiders star and Cooma local Sam Williams and a presentation from Senior Constable Naomi Nemece, Monaro Crime Prevention Officer with the NSW Police, along with a screening of the 3 advertisements which will be shown at the local cinemas. This is a free event and all community members are welcome.

Elaine S wished to inform us of a fundraiser for the Community Chest, which provides financial assistance for those suffering ill health who cannot access assistance through any other means. They are selling "The Entertainment Book" for \$60 which contains vouchers for use at such places Hoyts Cinemas, Questacon and the National Zoo. The books are available at the Fabric Salon or you can order online at [www.entertainmentbook.com.au/orderbooks/28077c](http://www.entertainmentbook.com.au/orderbooks/28077c) and the Community Chest will receive 20% from every book sold.

The last 5 cent challenge raised enough money to purchase 4 foot stools. The current challenge total is a splendid \$163.90.

This week Pres Hass presented a cheque to the Cooma District Band.

The final financial results for Bowelcare this year are in and between Hooks pharmacy and the Jindabyne pharmacy 282 kits sold and this translated to \$2820. This compares well to previous years, considering Jindabyne pharmacy changed hands mid month so were only providing kit for two weeks. The amounts for previous years were \$2930 for 2012, \$2570 in 2011 & \$2810 in 2110.

Pres Hass visited with Dave L and informed us that he is recovering and should be back with us in a couple of months, all our thoughts and good wishes are with him.

She also reminded us about the District Conference which is being held in Merimbula/Pambula she has a variety of information if you are interested in attending.

## Photo Gallery



Presentation to Cooma District Band



Brian & Les



Peter & Jonathon Kluger



Pres Hass



Patrick & Ken D



Graham & Katrin



Geoff B



Graham & Richard

## THOUGHT OF THE WEEK: Marco R

**The difference between stupidity & genius is genius has limits.  
Any man who can dive safely whilst kissing a pretty girl is simply not giving the kiss  
the attention it deserves.**

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**Engage Rotary - Change Lives****WE MEET WEDNESDAYS 6.00PM FOR 6.30PM  
AT DODDS HOTEL, COMMISSIONER ST. COOMA****3 Minuter**

Geoff B presented the 3 Minuter this week and he decided to follow on from Dave H's presentation from a couple of weeks ago. In his talk Dave mentioned he grew up in a fundamental Christian family and this is where Geoff got his inspiration and chose to speak about Girls of the Bible. The first one mentioned is Eve and she is much remembered because she decided to obtain knowledge - the knowledge of good and evil. She then persuaded Adam to join her. Adam turned out to be a bit of a chicken because when confronted by "the big boss" he said - she made me do it. The next women he mentioned was Sarah, wife of Abraham. Sarah was unable to get pregnant so she arranged to have her servant Hagar sleep with Abraham and this resulted in the birth of Ishmael but about 10 years later Sarah begat a child and kicked Hagar and her son out. They managed to survive the desert conditions but they got through to Egypt where Ishmael eventually married and became the "father of the Arab peoples". Geoff didn't provide details but the story of Judah and Tamar from Exodus 83 was considered pretty hot and apparently could make a mint if it was made into a movie. Then there was Potiphar's wife. Joseph, of the coat of many colours, ended up in Egypt as an estate manager for Potiphar, a captain of Pharaoh's guard. Potiphar's wife thought Joseph was a bit of alright but when he didn't respond in the way she wanted she fabricated some charges which had him thrown in to prison. Finally, one of Geoff's favourites was Deborah, she was an outstanding person and a leader of her nation. She would settle disputes between her people with wisdom and justice and when her country was threatened with invasion from a neighbour she commissioned Barak to command an army which under his command and her oversight prevailed. Geoff wondered if Barak Obama's mother knew of this story when she named her son as he is now the Commander in Chief of the armies of the most powerful nation in the world. He only touched on a few of the many outstanding and magnificent women of the Bible but hoped he had whetted your appetite for more.

**Special Note:** Due to our very special guest speaker, this weeks meeting is to be held at the Alpine Hotel - cost is \$25 plus drinks. Start time is 7pm for 7.30pm.

**This Weeks Attendance:** 27 out of 35 = 77%

**Visiting Rotarians:** None

**Guests:** Cathy Guion (Club), Jonathon Kluger (Geoff B)

**Apologies:** David B, Mark C, Darrell G, Wolfgang, Dugald, John V,

**Leave:** Peter A, Matt T, Dave L, Ken

**We Also Missed:** Tom B, Neil B.

**Make-ups:** None

**The Rotary Club of Cooma  
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<b>ROSTERS</b>	<b>July</b>	<b>August</b>
<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.

<b>Upcoming Program</b>	<b>Three Minuter</b>	<b>Thought of the Week</b>
<b>Guest Speaker: Akram Azum - Young Australian of the Year</b>  <b>Intro: Tamara John-Natley</b> <b>Thanks: Mark J-N</b>	<b>24 July - Dugald M</b>  <b>31 July - Graham F</b>	<b>24 July - Alyson H-J</b>

**Upcoming Guest Speakers - 31 July - Dave Holgate - Recent New Guinea Trip**

**MEMBER HAPPENINGS**

<b>BIRTHDAYS</b>	<b>ANNIVERSARIES</b>	<b>JOINING DATE</b>
John V - 3 July Dave L - 7 July Tony S - 8 July Patrick K - 23 July  Jan S spouse of Les - 11 July  Christina L spouse of Wolfgang - 12 July  Lisa spouse of Matt T - 16 July	None recorded	Peter D - 1 July  Jim H - 24 July

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