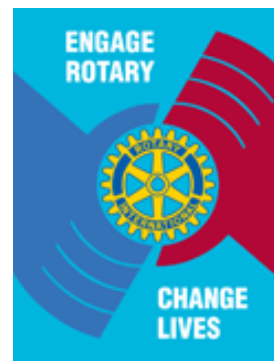


Rotary Club of Cooma Inc

Meeting - 13 November 2013
at the Cooma Bowling Club, Mawson Lane Cooma

Michael Brennan
Swimming the English Channel



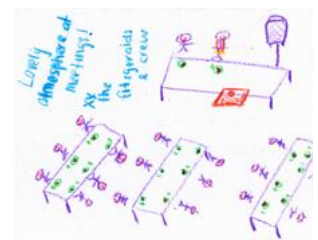
It is with much sadness that we heard of the passing of Dr Bob Englebrecht. Our thoughts and sympathy are with his family at this sad time. Darrell will let us know details of the Memorial Service that is being organised.



Notices and Announcements

- **John King needs helpers for 23 November for the Maffra Clearance Sale. This will be a big event and many helpers are needed. Profits will purchase Shelter Boxes for the Philippines Relief Appeal.** Members agreed to buy a Shelter Box to help with the Philippines Relief Fund. Two members have also donated Shelter Boxes.
- **The International President Elect** will be attending a meeting at the Hellenic Club in Canberra on 21 November at 6 for 6.30. Talk to President Hass if you would like to attend with her.
- Peter Davis asked members to indicate their feeling about bringing a **Refugee family to Cooma**. Most members support this project. This was discussed further at the Board meeting and we have decided to endorse the implementation of the plan put together by the Refugee Sub-Committee.

- Our **Sergeant's drawing exercise** on Wednesday night produced some inspiring art work. The results are similar to those of the more formal survey of 2011 - Service above Self rates the highest with both local and the international projects mentioned. Shelter Box and Polio Eradication were on top of the list. Fellowship and Friendship is the second most important thing about Rotary for our members.



- Kevin Dunne and Chris Reeks are working at finding a suitable candidate for us and Lions to send to **Outward Bounds**.
- Well Done, Claire! The **Melbourne Cup Lunch** raised \$ 1,200 for Zac Sliwka and the Governor General's hats were very popular. Many thanks to all who assisted.
- Congratulations to Margaret Echarri who collected donations for **Polio Plus** by walking around with a money box at the Motorfest. Well Done, Margaret!
- Dugald suggests that the 4 December with **Michael Boyce as guest speaker**, is a good time to invite potential members to our meeting.

- Our **Christmas Dinner** will be at the Bowling Club on 18 December with a 6.30 for 7 start. The meal will cost \$25 that night. Some entertainment is being planned!



- Elaine Schofield will be taking orders for **Rotary Christmas cakes and puddings** this year.

- Santa will make an appearance at our **December markets** and, with the assistance of his helpers, will be handing out lollies again.

- Claire is organising a '**Light Up Cooma**' Christmas Lights Competition. Talk to Claire if you would like to be involved.

- Des Trute would like mentioned that Target is again having their Giving Tree this Christmas.



THOUGHT OF THE WEEK

Mark John-Natley - 'The best place to find a helping hand is at the end of your arm'



GUEST SPEAKER

Michael Brennan - Swimming the English Channel

Michael grew up in Cooma, was a very active member of the local swimming club and, according to Alyson in her introduction, was always very comfortable on his own skin.



The English Channel is 34 km across. The English shore at Dover is very muddy but Calais in France has beautifully clean beaches. It is very busy shipping lane with about 800 ship movements per day. Swimming the English Channel is considered an extreme and is dangerous if taken too lightly.

Inspiration - In 2011 Michael had a quarter life crisis with a loss of confidence. After he worked through this he decided to fulfil his dream of swimming the English Channel. He is inspired by his Dad and Susie Maroney. There are many strict rules must be adhered to. Two of these are that swimmers are only allowed to wear speedo swimmers, cap and goggles and the pilot boat must stay in eye contact with the swimmer at all times.

Three areas of essential preparation are cold acclimatisation, endurance training and a large increase in body weight. sport and must be treated with respect. To acclimatise to the cold, Michael regularly swam at Brighton where water temperatures were around 4 degrees. He started with short 20 minute swims and gradually stayed in the water longer. Endurance was increased by swimming every day of the week with a marathon swimming coach to help. He swam 100km in a big week and 60 km in others. To increase endurance it is important to push through discomfort. Team support is invaluable. To increase his weight, Michael ate 6 enormous meals a day for twelve months and went from 72 to 97kg.

The swim - The plan was to leave one hour before high tide but because of fog they left earlier so that eye contact with the boat could be maintained. Drinks were passed down to him every half hour. His support team provided inspirational messages and songs to help keep his mind focussed. Michael landed 13 km north of the target so swam 40 km instead of 34. For ten minutes after he landed he could have no contact with anyone so that he had the option of continuing his swim by returning as well. However about half way back he decided he'd swum enough.



Meetings:-

20 November -

We will meet at **6.00pm** the ***Rural Fire Service Building*** in Geebung St, Polo Flat. After a tour of this facility we will return to Cooma Bowling Club for our meal as usual.

Thank you to Elaine Mooney for organising such an interesting program.

27 November - AGM at the Bowling Club **6 for 6.30** - minutes, etc will be forwarded soon

ROSTER

Introduction - Peter Davis

Thank you - Elaine Mooney

ATTENDANCE	Elaine Schofield, Rob Simms
PROPERTY	Tony Slater, Les Sutcliffe
3 Minuter	Jim Hatfield
Thought of the Week	John King

RYPEN - Taya Evans and Will Fitzgerald attended the RYPEN program in Mogo. They gave us a very good insight into their weekend. Both felt that Natalie Forrest, a GSE participant from some years ago, was very inspirational. The weekend helped to improve their confidence, independence and social skills. Taya and Will thanked Ash for organising their participation, Brenda and Katrin for transport and our club for the wonderful opportunity.



Rotary Club of Cooma Inc

The Secretary

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The contact for meeting apologies and for notification of guests is Les Sutcliffe on 02 6452 7442 or email leecooma@bigpond.com by 10 am Tuesday