

**APOLOGIES & GUESTS TO JOHN RUGGIERO - TEL 44551066  
by 1.00PM TUESDAYS**

**TONIGHT'S PROGRAM**

Fellowship and Committees and Board Meeting

**Fellowship:** Bill Harris and Trevor Schofield

**NEXT WEEK'S PROGRAM – 17<sup>th</sup> June 2008– Vol 48/49**

**Paul McCann and Michael Mastronardi will give us a talk on Driver Education. Dick Crouch will do the introductions with Bill Doherty giving the Vote of Thanks**

**Fellowship:** Joe Puglisi and Trevor Schofield

**FUTURE PROGRAMS –24<sup>th</sup> June 2008– Vol 48/50**

Tonight is our Change-Over to be held at Hilltop Golf Club – 6.30 for 7.00pm \$30.00 per head. Its farewell Rob, hallo Phil.

**ROSTERED DUTIES**

**If a member nominated for a particular duty is unable to fulfil this function, please arrange a replacement and let the bulletin editor know.**

**BIRTHDAYS & ANNIVERSARIES:**

**Birthdays:** None this week

**Anniversaries:** Ross and Beryl Wade 12/6

**BBQ ROSTER**

**Max Atkins** Wednesday 11/06, Saturday 14/06 & Monday 16/06

**Phil Binns** Wednesday 18/06, Saturday 21/06 & Monday 23/06

**Phil Brown** Wednesday 25/06, Saturday 28/06 & Monday 30/06

**President Rob** opened the last meeting (attendance 88%) asked Ali Tyquin to lead us in Rotary Grace, Bernie Cowley to propose the Loyal Toast, then welcomed Club Guests, Karen Clausen, Cheryl Nankivell, Maisie Bennett, Kim Powell, Sue Muir, Jenny Cantrill, Rose Brown and Cheryl Davis. Rob advised that he has presented Kevin Desreux with his Paul Harris Fellowship Award. Kevin is currently in Milton Hospital, could be coming home to Bawley Point soon, and would welcome visitors. Rob reminded the current and incoming Board members of the combined meeting next week, 10<sup>th</sup> June. Rob reported that PDG Werner Pohl has made a substantial contribution to the Rotary Health Foundation and as a result has been presented with the Foundations Platinum Award.

**Secretary Craig Saunders** read out all incoming correspondence, an invitation to the Mens Shed Presentation, Thursday 12<sup>th</sup> June, 5.30pm for Rotarians. Advice that the Batemans Bay Changeover will be on Friday 27<sup>th</sup> June, Catalina Golf Club.

**Treasurer Peter Campbell** good news and bad news. Good news, the card game prize now stands at \$813.00. Bad news is that because of the Clubs fund raising income, we have to register for GST.

**Club Service Director Phil Brown** advised that numbers will be taken next week for our Clubs Changeover, 24<sup>th</sup> June. The District Changeover will be on June 29<sup>th</sup> in Canberra. The next jumping castle outing will be on this coming long weekend, in conjunction with the Scarecrow Festival in Milton. Reported on the "Thank You" BBQ held last Saturday for the Blessing of the Fleet Volunteers.

**Karen Clausen our Danish Exchange Student** gave a detailed report on her Australasia excursion. Karen's trip covered over 8,000kms visiting Gold Coast, Rockhampton, Cairns, Great Barrier Reef, Alice Springs, Ayers Rock, Coober Pedy, Hay and Canberra. She had many a tale to tell and thoroughly enjoyed the experience.

**Member Tony Fondacaro** advised of an Italian Entertainment night, this coming Saturday Mollymook Beach Bowling Club, 7.00pm kick off \$15.00 per head, everyone welcome.

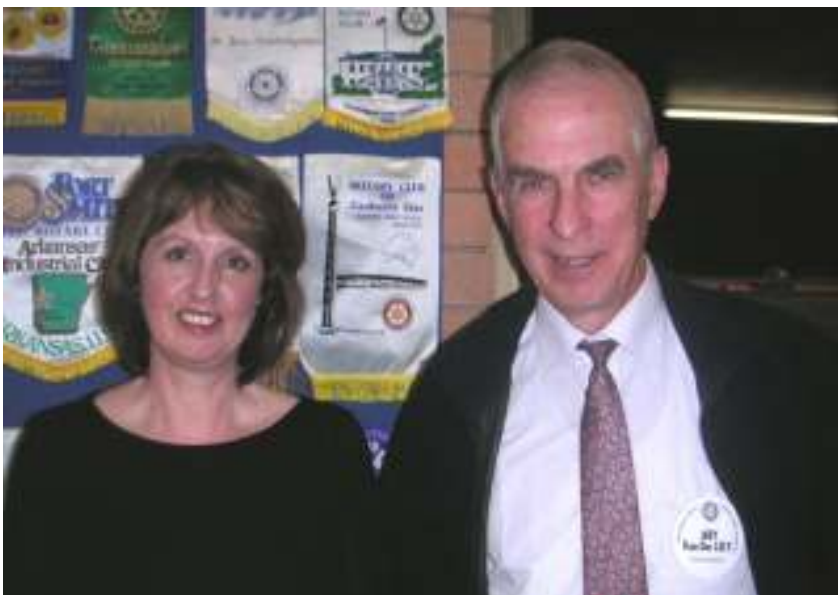
**Almoner Wayne Fry** reported Monica Johnston still in Nowra Private Hospital, would love visitors, Kevin Desreux back in Milton Hospital from RPA; Brian Wilkins has apparently had a spell in hospital.

**Fine Sergeant Wayne** with Issa collecting raised a few bob from **Bernie Cowley** did he really forget when Phyllis' birthday was? **Geoff Muir** wearing a yellow top looks like a wiggle **Dom Fondacaro** on radio this morning being interviewed about the child minding centre, nearly took over the show, then **Dom again** word has it he has bought two new cars, a VW (something or other) and a Lexis (maybe a pope mobile ready for the July visit of his nibs) **Rob Powell** these jokes he keeps telling, found out they first appeared in past copies of the bulletin (poetic licence) – **Dale Wilford Award** was a race up the stairs by Dale and Joe Puglisi and the winner was, Joe.

**Guest Speaker this week Cheryl Nankivell** was introduced by Ary. Cheryl was born in Clare Valley, South Australia, married with a family. Cheryl studied in Adelaide as a nurse, spent 8 years in Alice Springs, now residing in Kiama for the last 8 years. Cheryl gave us an extensive talk on diabetes, the types, the causes and how we can help ourselves, with dieting and exercise, to control and prevent this particular disease. If allowed to go unattended and unchecked, it can cause heart attacks and strokes and is not restricted to the young. The cost alone in Australia of this problem is well over eight billion annually, but is a world wide chronic condition. Symptoms in the outset can be vague and not obvious so regular checks with your doctor, as is with many other health problems, essential. High blood pressure and high cholesterol are the main contenders for diabetes, diet and exercise will go a long way in preventing and or controlling. Cheryl handed out brochures on how to look for diabetes and the types of food we should and shouldn't be eating. After lengthy question time, the Vote of thanks was given by Ross Wade.

President Rob thanked Cheryl for her excellent talk on this worrying problem reminded us of the changeover details then closed the meeting at 8.35pm.

**Guest Speaker - Cheryl Nankivell and Member - Ary Van Der Lely**



## OLD CODGERS COLUMN

### On a Lighter Note

Couple of Short Ones:



1. Handle every situation like a dog  
If you can't eat it screw it  
Pee on it and walk away
2. A man and his ever nagging wife went on vacation to Jerusalem. while they were there, the wife passed away. The undertaker told the husband, "You can have her shipped home for \$5,000.00 or you can bury her here in the Holy Land for \$150.00". The man thought about it and told him he would just have her shipped home. The undertaker asked "Why would you spend \$5,000.00 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150.00?" The man replied, "Long ago a man died here, was buried here and three days later he rose from the dead. I just can't take that chance."
3. **The Australian newspaper ran a competition over a period of weeks to find the Great Australian yarn.**  
  
This was the winner:  
  
Two cattle drovers were standing in an outback bar. One asked, "What are ya up to mate?" "Ahh, I'm takin' a mob of 6000 from Goondiwindi to Gympie." "Oh yeah..... and what route are you takin' ". "Ah, prob'ly the Missus....after all she stuck by during' the drought".
4. A man mentioned to his landlord about the tenants in the apartment over his. "Many a night they stamp on the floor and shout till midnight". When the landlord asked if it bothered him, he replied, "Not really, for I usually stay up and practice my trumpet till about that time most every night anyway.