## Club Information

Welcome to our Club! Come and Join Us

We meet Thursdays at 6:30 PM

Whale Motor Inn

104 Wagonga Street
Narooma, NSW
2546
Australia

District Site

Venue Map

## Speakers

Mar 26, 2015
Directors Meeting
*Club Assembly*

Apr 01, 2015
Moruya Rotary Club
*Moruya Club for the annual Cinders Trophy Trivia night*

Apr 02, 2015
No Meeting
*Cancelled in favour of Big Cinders Night at Moruya*

Apr 09, 2015
Pride of Workmanship
*recognizing workers in our community*

Apr 16, 2015
Anthony Whittle
*Club Assembly/Diresctors meeting*

May 14, 2015
Directors Meeting

## Stories

Narooma Rotary Beacon 19 March 2015
*Posted by Frank Eden on Mar 19, 2015*

**Angie's Angle…….**

**Thursday 19 March 2015 – Frank Eden's talk on water & pumps, Our Preventing Mental Health Problems forum and Vanuatu.**

Frank came to the rescue with a wonderful, entertaining talk last night. Living on acreage just out of Narooma has given Frank a particular interest in the importance of water. He reminded us that water is one of the six priorities for Rotary International and a very worthy subject.

Most of the world's poorest countries have problems accessing and transporting water. Pumps are the answer – but many don't have the luxury of electricity to run them. Solar pumps are pricey. Frank demonstrated a great low tech DIY Positive Displacement Pump. Yes, he even constructed one for us during his presentation. All you need is a couple of one way valves, a small ball from Silly Willys some fittings and a piston with some O rings to make a seal. Presto! It works! A company called Kickstart makes just such a pump - the MoneyMaker Max. What a great, low cost alternative to benefit so many on our planet.

www.kickstart.org/news/KickStart_B2B_BrochureJan09.pdf

He went on to talk about how to make water safe to drink. So many children die each day from water borne diseases – about 4000 in fact! Unbelievable and so easily avoided. Sanitation is the key and an initiative of the Australian company Skyjuice Foundation. Rotary and many other organisations like Oxfam and Unicef already work with the Skyjuice Foundation *(ref. RDU Dec 15 issue)* with their great filtering technology called Skyhydrants which remove pathogens and mud effectively - resulting in clear drinking water. Another simple low tech solution is filling plastic bottles with water, leave exposed to the sun and after 2 or 3 days the nasties are eliminated. Thanks for the info Frank.

*Club Assembly*

View entire list

**Our 'Preventing Mental Health Problems' forum** was well received by the receptive audience last Tuesday. We were all delighted with the humour and practical ideas conveyed by the speakers – Fay Jackson, a NSW Mental Health Asst. Commissioner, Graham Parry, psychologist from Headspace and Moruya Dr. Hugh Humphries. A lively Q & A session followed with these speakers and Steve Hartin from Medicare Local. Positive, practical tips included cognition diffusion and mindfulness to enable stillness and a softer perspective. There's also a 'Smiling Mind App' you can access. All impressed the value of ***Listening*** – to really connect, ***Talking*** about what's going on and ***Seeking Help together***.

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**Vanuatu – Cyclone Pam 16 March and ShelterBox-** We are all concerned about the devastation unleashed on Vanuatu's capital Port Vila and the 65 outlying islands. Up to 70% are homeless and Rotary and ShelterBox have rallied to their help. We were lucky that Fred Fawke, our District's ShelterBox ambassador happened to join us for dinner last night with Pam. Fred assured us that Rotary Australia & NZ were on the ground by next day assessing contingency measures.
He said that 1000 ShelterBox kits have already been dispatched from storage at Clark Air Force Base, Malaysia. Fred also clarified that the money we raise now for ShelterBox will go toward replenishing their supply as stock is shipped out to cater for disasters. He explained how huge the post disaster contingencies are working on so many levels in tandem with the UN and Red Cross to name only a few. Shelter and sanitation are just some of the problems to resolve.
***Our market this Sunday will raise money for ShelterBox and one will also fortunately be on display for the public to appreciate. Thank you to Fred and Bob for transporting the ShelterBox, kept at Moruya.***

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*****NOTE: We all join Moruya Club for the annual Cinders Trophy Trivia night Wed 1 April, 6.30 for 7pm – so no meeting at the Whale the next day.***
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***Coming up in March/April 2015 …***

- **Mon/Tues 23 & 24 March RYDA (Rotary Youth Driver Awareness) Moruya Jockey Club:** Year 11 students at all schools in the Eurobodalla about to get their L plates are encouraged to attend this important annual road safety program presented by professionals. John & I will help Mon; David & Michael offered to help Tues. Please arrive by 0845. *Morning tea & lunch is provided.*

- **Sat 28 March-Club Visioning at the Whale 10 30 – 4.30pm:** All members are asked to attend *(if possible)* this important opportunity to explore and develop future plans for our Club. This workshop is guided by 4 expert facilitators and has proven a very successful/useful initiative for many clubs in our District 9710.

- **Wed 1 April 6.30 for 7pm – CINDERS TROPHY:** Each year we have a fun trivia night with Moruya Club. This year Moruya are hosting it – so it falls on a Wed night at the Moruya Bowling Club (they *just* won the trophy last year!). ***Let's get all our brains together and WIN BACK THE CINDERS TROPHY !!!***

- **Thurs 9 April – Pride of Workmanship:** A lovely night where our Rotary Club recognises the excellence of employees nominated by local businesses.

- **Sat/Sun 18 & 19 April – District 9710 Training Assembly in Tumut:** This provides incoming committee chairs, secretaries, treasurers and president elects with the necessary skills and knowledge to help their clubs, share info and meet other Rotarians. Registrations via District 9710 website will open in the coming week.

- **Sun 19 April – Rotary Learning Initiative (RLI) 9-4pm @ Baywaters, Batemans Bay:** This is a grassroots, district interactive workshop open to all with insights/discussions on all things Rotary. ***There are 3 sessions in all – Sundays 19 April, 10 May & 14 June***. Really well worth it. If you can't do all consecutively, flexibility rules and you can pick up at a later date. Our Club will pay for your lunch. Have a go, especially newcomers but it's open to all. Please let Ang know by mid March.

**Have a great week**

## Please organize with someone else if you are unavailable to do the meeting duty as rostered below

| DUTY | 26 March | 2 April | |
|---|---|---|---|
| **Chair** | Ang Ulrichsen | No meeting | |
| **Cashier/Wheel** | Micheal o'Connor | | |
| **Invocation** | Rod Walker | | |
| **3 Minute Talk** | David McInnes | | |
| **Happy Moments** | Laurelle Pacey | | |
| **Introduce Guest Speaker** | Lynn Hastings | | |
| **Thank Guest Speaker** | Peter Bull | | |
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Read more...