

Rotary Club of Narooma Inc. weekly
bulletin

The Beacon



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Marilyn's Message

Dear Fellow Rotarians, Friends and Family,

It was great to arrive home on Saturday after a few days away in the 'big smoke'. I confess that I don't much enjoy Sydney. The traffic is crazy, the pace is frenetic, the people are dour and the air is foul. Sometimes you have to go away to really appreciate how good life is in Narooma – clean air, good food, friendly people and great lifestyle. This week we welcome Maureen Manning to our meeting. Maureen will help us workshop our membership recruitment strategies. It should be a most worthwhile exercise. Also tonight, I have as my guest Ms. Takako Echido who is visiting from Japan. Takako is teaching Japanese culture at Narooma Primary school for 4 weeks. I am hoping that Takako will give a talk to Rotary about her culture before she returns home.

Enjoy tonight and join with me in making our guests feel very welcome,

Pres. Maz

The Market Report by Kevin Young

At the recent markets the gate takings were \$685.00. The van returned \$469.60 and the wishing well \$69.00. Marilyn's White Elephant Stall earned the Club \$92.80 and allowed us to get rid of some unwanted junk.

Last Week

Alissa & Siobhan informed us about their experiences at the recent NYSF selection day in Canberra. Alissa also told us about the recent orientation evening that was held in Canberra. Bill Hardie's three minute talk was on a hurricane that hit the Scottish coast way back in 1968 and Bob Aston delivered an ordinary fines session on answering machine messages.

Rotary Foundation – Snippets

Matching Grants provide matching funds for international service projects of Rotary clubs and districts. Sponsored by District 9110 in Nigeria and the Rotary Club of Mount Airy, North Carolina, one grant provided water, clothing, food, drugs, toilets and farming implements to a leper colony in Africa. Over 1,000 people benefited from this project. The Rotarians sponsoring the project designed, supervised and kept the project on target, gaining both local and international attention. As a result of this project, the leper community will have access to basic amenities after many years of neglect.

International Director – Jack

Program

Tonight: PP Maureen Manning of RC Batemans Bay will run a membership recruitment workshop

TASK	7 September	14 September	21 September
Greet /welcome/wheel	Bill Hardie	George Barker	Marshall Binstock
Cashier	Bob Aston	Jack Wightman	Kevin Young
Toast / thanks	Bill Hardie	Neville Gough	Bob Aston
4-way test	George Barker	Marilyn Gibson	George Barker
3-minute talk	Chris Elphick	Ted Bladwell ®	John Messner
FINES	John Messner	Laurelle Pacey	Bill Hardie
Introduction	Laurelle Pacey	Bob Aston	Jack Wightman

If you can't make it to the next Rotary meeting, please ring our attendance officer Ted Bladwell the day before 4476 4676 or you will be charged for your meal. (R) signifies a Rotary talk, if you can.

Next Week: Board Meeting

COMING EVENTS:

21 September Takako Echido on Japanese culture.

24 September ROTARY MARKETS ON NATA OVAL

28 September

29 & 30 Blues Festival

September

1 October

28-29 October DISTRICT CONFERENCE AT BATEMANS BAY – theme is 'Building on a strong Foundation'

Some Youth Activities

The Siemens Science Experience

The Club is sponsoring one student to the Siemens Science Experience this year.

The Siemens Science Experience is a fun three days of science activities for students in Year 9 in 2006 who will be entering Year 10 in 2007.

Each program is designed to provide those who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

The programs take place in university laboratories and lecture theatres in thirty-three universities. Participants perform experiments in the university laboratories, meet and hear university lecturers in the university lecture theatres, and walk around and experience what it is like to be on a university campus. More than 40,000 Year 9 students have taken this rare opportunity.

The program also provides information about further studies in science, technology and engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

One aspect of the programs often commented on by participants is the opportunity to meet and share ideas with students from different schools. Each program includes a BBQ or other social activity.

A typical program consists of:

- Experiments and activities in laboratories
- Outdoor Activities
- Short lectures
- Information about the university & careers
- Social Activities
- Excursions
- A Closing Ceremony

*From the Winter Edition of the ARHRF (Australian Rotary Health Research Fund)
Newsletter*

Youth Forums on Mental Health held at Cherrybrook Technology High School

Two Australian Rotary Health Research Fund (ARHRF) Youth Forums were held for over 600 Year 11 and 12 students in two separate one hour sessions on Thursday 16 March. The Forums were planned last November by Dural Rotarian Sue Coleman and Richard Dimarzo, Deputy Principal of Cherrybrook Technology High School (CTHS) in association with Cheryl Deguara, ARHRF Forums Co-ordinator. With 1800 students CTHS is the largest High School in the state. Year 11 presenters were Joshua Wilson, an outstanding sportsman who contracted glandular fever, became depressed and was unable to sit the HSC. He described the impact of his behaviour on his friends and family. He eventually sought help to turn his life around and his treatment is leading to a full recovery. Dr Jason Pace explained how students can support their friends and build up resilience to the stresses of adolescence and the pressure of succeeding in examinations. The presentation was followed by 20 minutes of excellent questions from the audience and an evaluation of the Forum.

Year 12 presenters were Nicki Imrie who works as a Child, Adolescent, Couple and Family Therapist at the Hills Clinic and Carmel Jones, a young lawyer who has suffered depression since high school. Nicki's session focussed on understanding

Depression and Anxiety followed by six prevention strategies. Carmel focussed on her experiences as a teenager trying to cope with the stress of the HSC and her hopes of success.

Dural Rotarians President Guy Nucifora, Paul Pixton and Tony Hudson were assisted by Rotarians from West Pennant Hills & Cherrybrook, President George Beyrouthi and Gary Blackler, and Pennant Hills President Graeme Thompson. The ARHRF was represented by Board Member Alan Grady, Community Relations Officer Ted Atkinson and District 9680 Chairman Geoff Saville.

Attendance for August from Ted Bladwell

Membership at the start of August	16
Membership at the end of August	16
Number of Meetings	5
Average attendance	74%

**The 11 Annual Great Southern Blues and Rockabilly Festival is on at Bill Smyth Oval on
September 29 & 30 and October 1.**

**We will be operating the food van and need your help. Keep the weekend free and come along
and cook a few snags and donuts and dance the night away!**

More details soon.

SEPTEMBER IS YOUTH ACTIVITIES MONTH

The Funny Side

The Rules of Golf – According to Nyngan

Nyngan invented a number of rules to make play more enjoyable and entertaining. Rotarians generally use Nyngan Rules when playing at the Royal Narooma Course on a Sunday afternoon.

Rule 5

The first player to reach the tee shall have the honour.

Supplementary Rule 5

Players must walk the course. Golf carts are not permitted unless a player is seriously ill and the lack of a cart may cause a heart attack!

Getting Old

- Two elderly women were out driving in a large car-both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red but they just went on through. The woman in the passenger seat thought to herself "I must be losing it, I could have sworn we just went through a red light."



After a few more minutes they came to another intersection and the light was red again and again they went right through. This time the woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on.

At the next intersection, sure enough, the light was definitely red and they went right through and she turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row! You could have killed us!"

Mildred turned to her and said, "Oh, am I driving?"

- Three ladies were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand, while standing in front of the refrigerator, and I can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, ladies, I'm glad I don't have that problem. Knock on wood," as she rapped her knuckles on the table, and then said, "That must be the door, I'll get it!"

Tonight's international toast

Beijing is a club which is not in a Rotary District. Its 54 members meet on Tuesdays at lunchtime. The Shanghai club with 45 members meets at dinnertime also on Tuesdays. We toast these clubs in the hope that Rotary will grow throughout China to become another District of our great organisation.

The Narooma Rotary Beacon

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