

THE ROTARY CLUB of WOOLGOOLGA Inc.

Woopi Whisper

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Club President
Norm Michener
District Governor
Barry Hacker
RI President
Kalyan Banerjee



Reach Within to Embrace Humanity

DON'T FORGET STINA LEAVES COFFS AIRPORT 10.10am, 7 JULY

TONIGHT (11 July)

Tonight we are hoping for a visit from our local Woolgoolga High School captains **Paul Harrison** (known to the Club from the Honeywell Experience last year and as one of our outbound exchange students for next year) and **Rajpreet Singh-Bisla** (known to the Club from the last two year's MUNA events) - tbc. These two impressive youngsters will be chatting with us about the High School and the interests and needs of our youth.

LAST MEETING (4 July)

Local physiotherapist **Aaron Hardaker** (spelled correctly this time!) gave us the low-down on back & neck pain—something 20% of the population is suffering from at any one time (so there were at least 3 people in the room in some discomfort we guess!!). Aaron is Coffs born and bred, University of QLD educated and after touring and working in places as diverse as Yamba and London, he came home for a 3 month visit ... and has never left. Recently married and buying a house, we think he's here for a while!!



Next time you get a twinge at the Rotary auction, know you are not alone, as 85-90% of the population get lower back pain at some stage in their life. Aaron stressed the importance of continuing stretches & exercises beyond getting rid of post injury pain—few people continue

treatment long enough to prevent the next episode—human nature.

Aaron is a big fan of Pilates to build core strength and correct bad posture which combined with a sedentary lifestyle causes the majority of problems these days. Aaron took a large number of questions on everything from glucosamine and fish oil, Tai Chi to health fund cover. He left all those present with a book and a voucher for an assessment.

Aaron is the youngest member of the local Chamber of Commerce and after only a few years as a member was recently elected as President. His interest in youth work experience in our community and in the big issues (eg highway, new supermarket, car rally etc) was evident as was his desire to work better with other community groups and to move away from confrontation between various interest groups, who at the end of the day are all interested in the betterment of Woolgoolga Community. He can be assured of Woolgoolga Rotary Club's desire to work cooperatively with the Chamber.

CLUB SPEAKER/YEP PRESENTATION

Patty took the opportunity of presenting Stina with her farewell gift to remind us of all the benefits of the YEP program and to tell us that although we are sad at losing Stina after her 12 months with us, on 21 July Elisabeth de Halleux will arrive from Belgium to spend a year in Woolgoolga. Stina thanked the Club for "the greatest year of her life". Members also celebrated Stina's 18th birthday (1 July) and wished her all the best for the future.



Meeting Place

Woolgoolga Bowling Club

Monday Evenings

6.00pm for 6.15pm

Apologies to

6654 7700
by 10.30am Monday



Stina in her Akubra (farewell gift from the Club)

STATS AT A GLANCE

Visiting Rotarians: nil

Visitors: Aaron Hardaker, Stina Palm, Brianna Keys and partners Helen and Bronwyn

Apologies: John, Ray, Rob, Bill, Sel, Echah, Garry, Glenda, Lyndee, Terry, Karen, George, Peter

Attendance: 11 (45.8%)

Raffle winner: Patty Delaney

Birthdays: none this week

Anniversaries: none this week

SERGEANT'S SESSION

Naturally there was a birthday fine for Stina who turned 18 on 1 July! Postmistress Trish was fined because Rod's Sth Africa package went missing en route and there were auction fines (including a special "thinking of Ila fine" for ed. who forgot she was away and called out to her for help at one point in the shed! (Did you hear me in Canada Ila??). Re-entry tax was imposed on Sergeant Rod who was ably assisted by Bron in collecting this week's fines. David F was fined for his black eye (administered by a tick bite...I promise!!), and President Norm also copped one for his advice to David that "things come in 3s, so keep your eyes open"!

CLUB NEWS

First for President Norm as he accepts his first banner from Brianna (who has finally unpacked her luggage from Norway!) - see photo at right.



YEP News—for those who wish to say **farewell to Stina**, she leaves Coffs airport at 10.10am on Thursday 7 July. We suggest arriving 9.20-ish to send her off if you can make it. The other date to have in your diary is Thursday 21 July at 5.30pm when **new exchange student Elisabeth de Halleux from Belgium arrives** at Coffs airport (we suggest arriving at about 5.20). Counsellor Patty will be there, but as many members as possible should turn out to make Elisabeth feel welcome.

Club Picnic/BBQ Can't make it to the airport?...We'll be having a Club picnic/bbq at Woolgoolga Beach Reserve the following Sunday (24 July) at 12 midday to welcome (a hopefully less jet lagged) Elisabeth properly, so please put that in your diaries and bring partners/family as well.

BBQ at Darlington Park to help the Rubenstein-Taybi Organisation Thanks to those who have volunteered to help out by running the bbq for this organisation. Norm says those who have contacted him to help out should be at Darlington Park at 5pm on Friday 8 July armed with aprons and bbq tools. Norm will collect the bbqs from the shed.

Auction Committee Meeting Thanks to those who took an interest and turned up for the Auction Committee meeting last Monday afternoon. A summary of outcomes is that we will: investigate additional avenues for advertising, including highway noticeboards and a possible news article prior to the auction; nominate a supervisor for outside procedures including decisions on more organised layout of goods; consider organising goods in categories (for auction, make an offer, and reserve price section); for more valuable items consider placing price tags for an above reserve amount on the goods and allowing them to be purchased by the 1st buyer to offer full price, but putting them to auction if unsold by 1pm; follow up with volunteer helpers and recognise them with a certificate. Those present noted the changing demographics affecting the auction and also the fact that July has historically had much lower takings than other months. Thanks to Dick for organising the meeting.

CLUB NOTICES

7 July Stina leaves.
 8 July Help out at Darlington park bbq
 11 July First Board meeting of new Rotary year
 21 July Elisabeth (new YEP) arrives from Belgium
 24 July Sunday picnic to meet Elisabeth
 7 August Auction: OOSH is our auction partner

DISTRICT NOTICES

5-17 July National Youth Science Forum
 7 August Coffs Cycle Challenge (Rotary)
 Otherwise awaiting District calendar update

MEETING DUTY ROSTER Please swap nights if you cannot attend

| Date | 11 July board meeting | 18 July partners night | 25 July assembly night |
|------------------------------|---|--|---|
| Attendance | David Fayle | Pamela Fayle | Peter Lacy |
| Welcome/Fellowship | Lyndee Hagar | Garry Kennedy | Na |
| Club Speakers 3-5 minutes | Rod Mackenzie (friendship exchange) | Keith Minhinnett (a recent dive trip) | Na |
| Introduce Guest Speaker | Karen Sedgwick | Ray Willing | Na |
| Vote of Thanks | Gareth Owen | Geoff Royal | Na |
| Guest Speakers | Woolgoolga High Cap- tains Rajpreet Singh- Bisla & Paul Harrison tbc | Alistair Milroy "Multipurpose Centre Update" | President Norm will lead discussion on issues for the year ahead |

**Your Rotary Club
Needs
YOU**

Help with
AUCTION PICK-UPS
(see Dick)

AUCTIONEERS
For 1st Sat of the month
(See Dick)

**WISH TO PROPOSE A
NEW MEMBER?**
(See Pam)