



Bulletin #37 8th April, 2024

President Greg Byers **Secretary** Catriona Jarman **Treasurer** Peter Holland

Next meeting is at the Royal Hotel at 1830 for 1900hrs

Duty Rota

If you cannot fulfill your duties please arrange someone else and inform Pres.

Date	15th April	22nd April	29th April
Guest Speaker	Paul from Southern-Mitchell re Madagascar	Membership night at Bowling Club	Visit to Wine X Sam
Chair	David Freeman	Marc Dossor	Ann Pritchard
Greeter	Kathy Mills	All	
Loyal Toast	Peter Holland	John Keeffe	David Freeman
Cashier	Ann Pritchard	Ruth Byers	Catriona Jarman

Invocation ALL

For Good Food, Good Fellowship and the Opportunity to Serve through Rotary We Give Thanks



After starting - our Stand-in President Mark spoke

He mentioned the Membership night on the 22nd to be held at the Bowling Club with finger food and drinks from the bar at bar prices The cost is \$20 a head. 14 invites were sent out; all very interesting people.

Market in 2 weeks and we have 2 new vendors, 1 sells lamb and the other eucalyptus products.

70th Anniversary coming up in May will be held at the Racecourse and is \$45 a head. And lastly Thank you to the members that fed the SES and other Emergency Services staff at last Thursday's exercise.

Our Chair Alison called on us for the Invocation followed by the Toast. Tonight the International Rotary toast is to the Rotary Club of Cork in Ireland. Formed in 1926 it supports the local community through a Classic Golf Day, Seniors night and Friendship days. It works with the RC of Melbourne to provide clean water to

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or call the Secretary (Catriona) on 0419372481

Upcoming Events			
<i>Month</i>	<i>Date</i>	<i>Event</i>	<i>Organiser</i>
April	21	Community Market	Mark Dossor
	19-21	District Conference	
	22	Membership Night	Mark Dossor
May	18	70th Anniversary	Catriona Jarman
	19	Community Market	Mark Dossor
June	16	Community Market	Mark Dossor

Chair Alison introduced our guest Speaker Kat Fleming

Kat is a much studied person and has been in the fitness industry for many years. She is married and has 4 children.

Kat currently works for Mitchell Leisure Services as a Fitness Instructor.

Kat asked us what were the benefits of exercise if we are busy people—which is when we need it most.

So we can do what we need to do

Be active with our grand children—may be a motivation to exercise

If we have arthritis then exercise will help to keep us moving

The more we move the better chance we have to be ‘young’



There are lots of group classes and it is a good way to socialise—exercise and talk at the same time. Kat indicated that she had a 78 year old come in who had never exercised and could not climb up 1 step. Now she can move around very nicely and can climb up at least 3 flights of stairs. Kat oldest is 90 years old showing that it is never to late to exercise.

Exercise can be considered a ‘state of mind’ and can set you up for the rest of the day.

The more you move the more you can move.

Kat believes that she may become a Rotarian in the future as her Dad is a Rotarian. The leisure centre is open 0600 till 2100 and the middle of the day is usually the quietest but she says go whenever it suits you there are people around who can assist you if needed. The pool allows for many group activities or go for a swim.

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Alison then called for reports

President away.

Sec. no report.

Tres. Still financially sound. Shake the Can was not as good this year but we still sent \$1400 to the RCH. Thursday raised \$707, Good Friday \$1135 and the 1 session on a wet Monday raised \$615.



Gary D would like to start an International Project whereby we can collect secondhand hand tools to be sent overseas to help impoverished peoples build house and other items. Please check your sheds or garages and see what you can find to start the ‘ball rolling’. Must be fit for purpose.

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David F. told us that the exercise, for which we provided the BBQ, was very realistic. It really helped in the training of Emergency Services in victim rescue from bus crashes. It was eye opening in the types of injuries likely to be encountered.

Fiona informed us that RIPEN has been postponed until September while we have 13 students that would like to go for the Rotary Junior Community Awards.

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Alison asked us we would like to win \$1000. For a charity of our choice, e.g. Rotary. Well if so the Seymour Bowling Club has a Charity Bowls day coming up on 21st April. She and Alison Ridley were forming a team of Rotary members which consists of 2 people who are registered players and 2 who may not be able to play Bowls. Chris and Sam indicated they would play. Go Rotary!!



Sergeant's session

Chaddie found various reasons to fine members tonight and all had a good laugh.

Raffle tonight went to Sam with Chocs and Ian with chocs, also.

To finish the night Mark reminded us to pay for our meal and next week there would be a talk on a project in Madagascar.

Thanks folks Good night.



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