

ROTARY



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**ROTARY:
MAKING A
DIFFERENCE**

Meeting statistics:

Attendance: 23/35

Guests: Jo Powell (Club), Roger (Jan)

Apologies: Brenda, Ash, Brad, Jeannette,
John Cl, Mark C, John K, Sue

Leave: Katrin, Joe, Meg, Tom

**Next meeting: Discussion –
Busking and Motorfest**



August dates:

Birthdays: Richard H 10/8, Ash 11/8, Rob
14/8, Dave B 15/8

Date joined Rotary: David H and Dugald
12/8, Mark C and Hass 19/8

Rotary Club of Cooma Inc

August Theme:

Membership and Extension

23 August 2017

Speaker – Jo Powells

Please advise Darrell of apologies for the coming meeting, also if you are bringing a guest.

Ph 6452 1159 or 0407 411 422. Members who fail to do so will incur a dinner cost.

Women in Rotary badges available from Hass.
Cost \$5



Elaine S would really appreciate some help in acquiring some prizes for the duck race. Tickets for the ducks have to be sold as well. Please speak with Elaine if you can help.

A reminder from Bombala club: their next markets will be held on 23 September.

Dugald reminded everyone about the membership drive to be held in November, names (3 from each member if possible) to be submitted by the end of September.

THE OBJECT OF ROTARY is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster :

FIRSTLY, the development of acquaintance as an opportunity for service.

SECONDLY, high ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve Society.

THIRDLY, the application of the ideal of service in each Rotarian's personal, business, and community life.

FOURTHLY, the advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

Kevin: On 16 September from 10am, Yallabee Lodge is going to run a memory walk for Alzheimers Australia: 1km, 3km, 5km walk. Marshals will be needed for approximately 2 hours. There will be a barbecue after the walk.

The MCCR production, 'Calendar Girls', will be staged on 8 and 9 September. Tickets are still available on line until 1 September.



THOUGHT OF THE WEEK : Helen
A stitch in time saves nine.

	AUGUST	SEPTEMBER
ATTENDANCE	David B Richard H	Jeannette Tony
FELLOWSHIP	Sue Peter	Jan Neil
PROPERTY	Mark C John K	Wolfgang Dugald
3 MINUTER		6/9 Dave B 13/9 Marco 20/9 Geoff 27/9 Elaine M
	30/8 David H	
INTRO		6/9 John Cl 13/9 Katrin 20/9 Hass 27/9 Ash
	30/8 Allan S	
THANKS		6/9 Mark JN 13/9 Tony 20/9 Brenda 27/9 Wolfgang
	30/8 John Cl	
THOUGHT		6/9 Alan D 13/9 Jan 20/9 Claire 27/9 Graham
	30/8 Elaine M	
MARKETS		John K, Alyson Brad (van) Wolfgang (bbq) Katrin, Brian J Tony
COFFEE VAN		Mark JN, Brian L Trainee



Carlo reported on the markets: 18 stalls including one for charity; profit, \$1200; 9 volunteers, 55 service hours; Wishing Well for MEIS \$100.70. A new Cooma markets website went live on Wednesday (coomamarkets.com.au). The DA approval is proceeding, the Council Administrator hoping to finalise it at the August meeting.

The club website, www.coomarotary.org.au is in the process of being updated with a members only page. It may take a couple of weeks before it is sorted due to Hass's absence at training and Institute in Darwin.



From the board meeting last Saturday: we need ideas for projects. We are good fundraisers, but the board would like to hear of possible projects.

An 'Arts and Health' day will occur in spring for the local health workers at 'Shirley'. The club will probably put in the food van for the day to support the occasion.

Building a path between Sir William Hudson Memorial Centre and the Bowling Club is to be a joint venture of Lions and Rotary. It was decided to subsidise some students from St Pat's to do the National Science and Engineering Challenge, the money to come from the Tom Dennis Fund which was set up to support education of young people.



THREE MINUTER: Jan

Jan spoke about mental health issues and gave some details of her own experiences. She mentioned various forms of mental illness including depression, bi-polar disorder, perinatal depression, post-natal psychosis and the increasing problems caused by cyber-bullying. She impressed on us that such problems defy logic. She told us how difficult it had been for her and her family when there were no such support systems as Beyond Blue.

Below are two websites and other resources that are helpful in trying to understand mental health issues.

Resources

1. <https://www.beyondblue.org.au>
 - Anxiety
 - Depression
 - Suicide
 - Wellbeing
 - Perinatal mental health
2. www.blackdoginstitute.org.au
 - Bi polar disorder
3. Rotary Down Under July issue P49
4. Rotary Down Under August issue P39





Grassy Weeds

We have many.....

- Serrated tussock
- African lovegrass
- Chilean needle grass
- Coolatai grass



www.lls.nsw.gov.au/southeast



Areas that have resistant biotypes: Bredbo hills, Bulgundra, Werralong roads.

GUEST SPEAKER: Jo Powells from Local Land Services

My role with LLS



An agronomist, Jo has been working on various projects: Legume Nodulation Survey, livestock production, bushfire emergency planning and recovery, grassy weed eradication, integrated weed management, herbicide resistance and hunting for hawkweed.

The Legume Nodulation Survey set out to determine the amount of nitrogen that is being fixed in the soil by legumes on the Monaro and the Palerang Shire. The result is 2.6 out of 8, not nearly good enough. One of the problems is that local weeds are becoming resistant to herbicides.



Hawkweed, a recent arrival, has come from New Zealand. It has the capacity to suppress the development of surrounding plants and once it takes hold it is impossible to eradicate.

