

### COMING MEETINGS

September 26 Ross Williams  
Snowys Place

*Please advise Darrell (Ph 0407 411 422, 64521159, [dqcooma@bigpond.net.au](mailto:dqcooma@bigpond.net.au)) of apologies for the coming meeting, also if you are bringing a guest. Failure to advise of absence will incur a dinner cost.*

#### Meeting statistics:

**Attendance:** 38 of 38 (84.2%)

#### Visiting Rotarian:

**Guests:** Brian Lucovic, Neville Locker, Sacha (Club),

**Apologies:** Alan D, Margaret H, Marco

**Leave:** Brenda, David B

#### SIGNIFICANT DATES

##### September dates:

**Birthdays:** 2<sup>nd</sup> Alan D, 7<sup>th</sup> Jan, 15 Allan S, 19<sup>th</sup> Claire, 25<sup>th</sup> Darrel

**Date Joined Rotary:** 13<sup>th</sup> Katrin

*If you are rostered on for any activities and you cannot fulfil the duties, please organise a substitute or contact Ashley Constance for meeting duties or Carlo Botto for market duties.*

## Rotary Club of Cooma Inc

*Theme:*

*Membership and New Club*

*Development Month*

19 September 2018

Neville Locker - Local History

#### SEPTEMBER ROSTER 2018

Property		Neil, John Ch
Attendance		Dave H, Allan S
Fellowship		Peter, Ashley
Thought	26th	Jeannette
3 Minuter	26th	Marco
Intro	26th	Kevin
Thanks	26th	Elaine Mooney
Markets	16th September	Carlo, Sue, Alyson/Robyn Ash [Food Van] Brenda, Jeannette, John Clarke Coffee Van Mark J.N, Brian



## **INFORMATION**

***The District Conference for 2018/19 will be held in Cooma on 5-7 October. Some of the speakers will be Kerry Kornhauser - End Trachoma Project, Martha Jabour - Homicide Victims Support Group, Stephanie Woollard - Seven Women Project, Tino Babao - Food Plant Solutions, and Geoffrey Graham - Dinkum Oz show.***

**Register at:**

**<https://www.rotaryd9710.org.au/store/district-conference-registration.html>**



Bocco Rock as approved the request of \$26,000 to undertake placing cricket nets a Nijong Oval. This amount combined with the \$5,000 of cash/kind from the Club should allow for a very good job to be done. John will be in contact with the Cooma Cricket Association to make arrangements.

The Snow Goose Motel in Adaminaby is holding a major event day in October (date to be advised) to raise funds for drought relief. All funds will be given to Cooma Rotary to put to use where most needed.



## **ANNOUNCEMENTS**

### **John K**

We received a thank you note from Dr Rob Wiles on behalf of the ANU medical students who were recently in the area.

The Monaro Retirement Village has approached the club about undertaking some heavy gardening work and they have offered a donation of \$250 in return. Terry will follow-up to see what is involved.

### **Carlo**

This month's market had 12 volunteers who provided a total of 69 service hours. There were a total of 31 stallholders, including 3 charity and community groups.

The profit for the day was \$666 from the stalls; \$833 from the food van; \$387 from the coffee van and \$32.20 from the wishing well.



### **Thought of the Week - Geoff**

Don't give a woman solutions – give her sympathy.



### 3 Minuter – Jan

Jan spoke about mental health issues and gave some details of her own experience. 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 support systems such as Beyond Blue.



She informed us of a couple of useful web sites, which list resources that are helpful in trying to understand mental health issues.

- [www.beyondblue.org.au](http://www.beyondblue.org.au)
  - Anxiety
  - Depression
  - Suicide
  - Wellbeing
  - Perinatal mental health
- [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
  - Bi polar disorder

### NOTE:

Wednesday 10 October is World Mental Health Day



### Guest Speaker - Neville Locker

Neville has been interested in history for a significant amount of time and in the Cooma/Monaro area for about the last 50 years.

This conversation was about a little known Polish Explorer named John Lhotsky who arrived in Sydney about 1830.

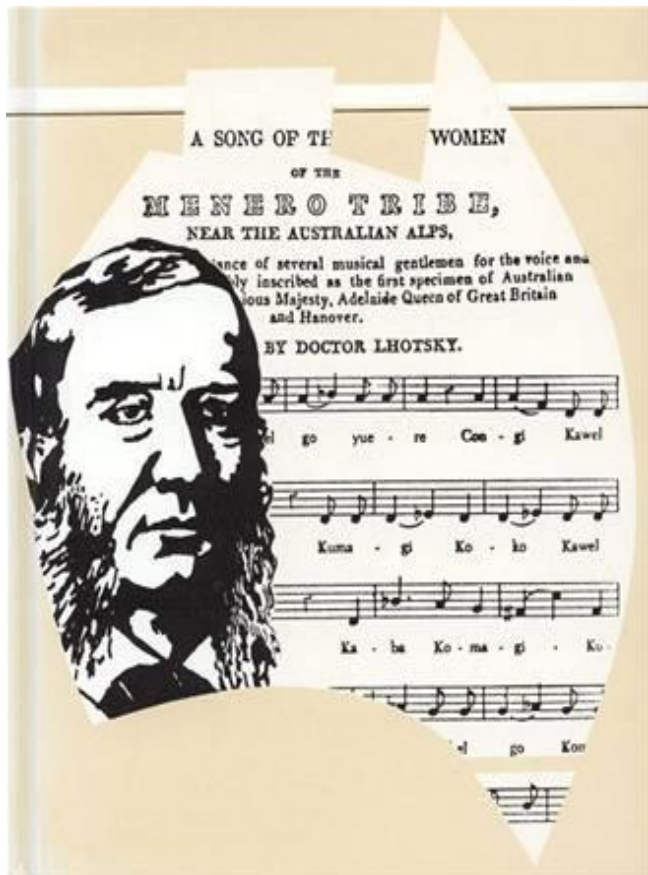
He was a well-educated man who spoke Polish, Czech, English, German and French and studied geology and medicine.

In 1834, he undertook a trek to the Australian Alps with a horse and cart and two convict servants.

He arrived at Michelago, which was the point at which the 'beyond the limits of location' started. He noted that this area was quite natural and uncivilized.



He crossed the Murrumbidgee River and encountered local Aboriginal people of the area and recorded about 160 words of the local dialect. He also recorded a song of from the women which he published on his return to Sydney.



It is surmised that this is the first piece of indigenous music shared with Anglo people. He continued on arriving in Bunyan where he met Dr Reid and ex-naval doctor and one of the first to bring sheep to the Monaro. Then on to Cuma (Cooma) where he met with Bath, the overseer of Cuma Station.



He recorded details of 31 major properties

with stock numbers in the vicinity of 40,000 sheep and 23,000 head of cattle. This is interesting, as there was not meant to be any (white) people living in the area. He visited Rock Flat mineral springs which he reported were as good as anything in Europe. He then continued over the Snowy River at what is now Buckley's Crossing and on to Delegate.

On his return to Sydney he published the first part of his journal but as it didn't generate much interest he didn't publish the second part.

In relation to the local Aboriginal tribes of the Monaro it is interesting to know they were matriarchal and at a gravesite located near Bunyan a necklace made up from 326 kangaroo teeth were found with a female body, indicating she was a very important person in her group. This necklace was carbon dated back to about 7000 years ago.

In the 1960's an archeologist, Josephine Flood, located a site a Christchurch, near the rubbish tip, from which over 2000 archeological items were found (and removed).

These are a couple of interesting web sites to visit if you would like to know a bit more about John Lhotsky

<http://www.monaropioneers.com/lhotsky.htm>

[https://en.wikipedia.org/wiki/John\\_Lhotsky](https://en.wikipedia.org/wiki/John_Lhotsky)

