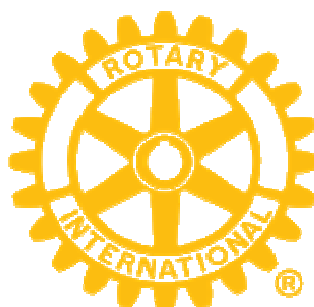


# Rotary



# Bulletin for Gloucester

Vol. 67 No 32 Rotary Club of Gloucester Inc. 29th March, 2016.  
Club 17925, District 9650 Chartered 17<sup>th</sup> May, 1950.

Secretary Don McLeod  
[secretary@rotarygloucester9650.org.au](mailto:secretary@rotarygloucester9650.org.au)

President Sharee Abeysekera  
[sharee.gloucester@helloworld.com.au](mailto:sharee.gloucester@helloworld.com.au)

Treasurer Vicki Collett  
[vcoombes54@gmail.com](mailto:vcoombes54@gmail.com)

District Governor Maurie Stack, Rotary Club of Taree on Manning  
RI President 2015/2016 K.R. Ravindran (Ravi) Rotary Club of Colombo Sri Lanka

Ring or email Ray Martin's Office for apologies and to include guests before 10am Tuesdays  
Phone 65582200 or email [rms@midcoast.com.au](mailto:rms@midcoast.com.au)

## Coming Meetings and other Functions.

<b>Easter Sunday 27<sup>th</sup> March</b>	Duck Races on The Gloucester River. All arrangements are being made by Pete Markey. Prizes of eggs etc. Bees will be the caller. Paul Hedditch in charge of BBQ, Sellers and runners organised. 1130 first race. <b>See Roster for Rotary helper's times. Meet at 1030</b>
<b>Tuesday 29<sup>th</sup> March 6 for 6.30</b>	Madalyn Bignell and Emily Cameron to say good bye they leave for NZ 2 <sup>nd</sup> April.
<b>Tuesday 5th April Partners Night 6.30 for 7 pm Bus leaves Bowling Club 5.30 pm</b>	Annual <b>Gloucester &amp; Walcha</b> at Nowendoc Hall a bus will be required. Delicious dinner and fellowship. Gloucester will organise the drinks and Nibbles. Fund raising for Nowendoc Hall.
<b>Tuesday 12<sup>th</sup> April</b>	Fellowship & then the Board Meeting.
<b>Fri, Sat &amp; Sun April 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>.</b>	<b>District 9650 Conference in Taree</b>
<b>Tuesday 19<sup>th</sup> April</b>	TBA
<b>Fri Sat 22<sup>nd</sup>/23<sup>rd</sup> April</b>	Opera In The Church. Uniting Church Hall Cowper Street Gloucester Time 7pm. Helpers for the door needed. Tickets on sale @\$40. Gloucester Health Food, Webb Bros.

<b>Tuesday 26<sup>th</sup> April</b>	TBA
<b>Sat Sun 30<sup>th</sup> April/ 1<sup>st</sup> May</b>	Motorcycle Muster Expo at the Gloucester Show Ground
<b>MAY BOWEL SCAN MONTH</b>	<b>BOWEL SCAN SELLING MONTH</b> Outside the Pharmacy. Monday 2 <sup>nd</sup> till Tuesday 31 <sup>st</sup> or until sold. 250 Kits @ \$15 each. Roster to be finalised.
<b>Tuesday May 3<sup>rd</sup></b>	TBA
	<b>Forward Planning</b>
<b>Tuesday 28<sup>th</sup> June Partners Night</b>	Gloucester Rotary Club Changeover Dinner. Sharee to Ash
<b>Tuesday 5<sup>th</sup> July</b>	Possible Christmas in July at Stroud Pub with Dungog Rotary John W.

**Autumn!**



**NOTES** from our fellowship meeting held at the Commercial Hotel Bistro Krumbach 22<sup>nd</sup> March. It appears that the Public School ran out of energy to cook for us. David Sullings called order and present were Taree North, Taree on Manning, Wingham, Gloucester & Dungog. Also welcome to Ida from Finland who goes off on her Safari for 3 weeks from last Friday. PP Ray Martin presented and invocation.

We had received a welcome email from DG Maurie Stack and he also said there were 250 registrations for Conference and they close 12 noon 8<sup>th</sup> April. It will be a traditional conference. The RI Presidents Rep will be PDG Patrick Chisanga from Zambia who is a very experienced Rotarian.

Paul Tollis-Taree on Manning told us he has been co opted to hang the club banners in Victoria Street Taree. There will be 18 banners at the Manning Entertainment Centre Taree North handling that. There will be a friendship room. The Cluster 4 banners [that's us] will go near the entrance to the marquee on the river bank in front of the Exchange Hotel.

### **NOTICES**

Brian Leggott spoke on the upcoming Motor Bike ride. See photo  
 Sam deWitte spoke on the upcoming Motor Cycle Expo 30<sup>th</sup> April & 1<sup>st</sup> May.  
 We all enjoyed pub food.



**Guest Speaker**

**Pat Griffin Topic Self regulate your health.**

Pat became interested in meditation at 19 and today she still meditates.

She has been with the health service for 20 years. Aged Care ACAT

You can retrain the brain!

R & L Brain needs to be balanced.

Energy Psychologist! Pat continued we can take on other peoples emotions. These emotions can be released and the pain will go.

Co facilitator gave and example,[ too difficult to write] complimentary medicine. Healing machine within us! We are what we think! Self pity! Identify ourselves & let it go through our cells.

Systems & patterns within us!

Talk to yourself. If energy vortexes not working it is imbalance of R & L brain!

Hey! cells I want this & this & this & I'm only 29.

Pat studies prime tuning of the cells.



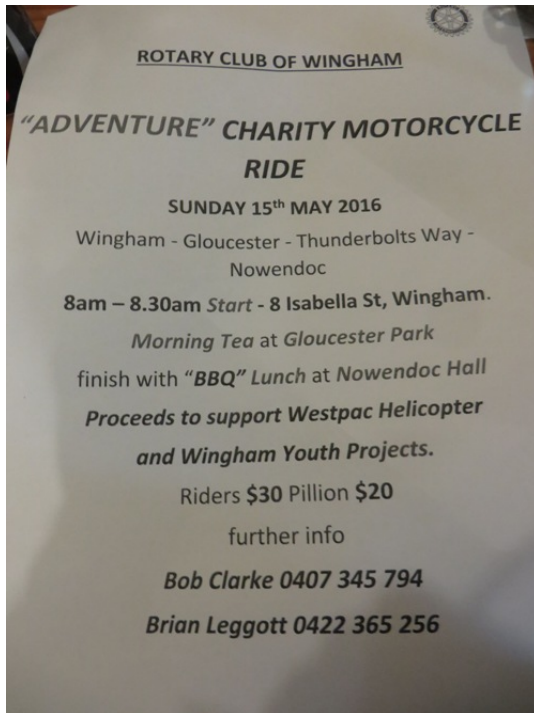
This was a most interesting session and Pat is passionate about her subject. If you wish to know more here are the details.

Living With Bliss – Patricia Griffin Stress management Consultancy 0466635816.

Rotarian Bob Clarke thanked Pat.

We had the raffle, heads and tails and sang The National Anthem and home 2100.





Ida's 18<sup>th</sup> Birthday 20<sup>th</sup> March a number of Rotarians and partners came to the Roundabout Inn to help celebrate. It was a lovely evening and Ida was very happy with her presents and the company. [ I had photos but could not get them ???]

### Information

If there is anyone interested to support RAWCS in giving \$ to Fiji Appeal here is the website

<https://donations.rawcs.com.au/Default.aspx?ProjectID=928&ReturnTo=4>

I took this information from the District Newsletter No 35.

Also past Rotarian Geoff Teece as you are aware resides permanently in Estia Nursing Home South Street Tuncurry. Please visit him when in the area.

I email the weekly Bulletin to Geoff so he knows what our club is achieving.



# Laughter

*always the best medicine*

"Hello, Señor Roy? This is Ernesto, the caretaker at your country house."  
"Ah yes, Ernesto. What can I do for you? Is there a problem?"  
"Um, I am just calling to advise you, Señor Roy, that your parrot, he is dead".  
"My parrot? Dead? The one that won the International competition?"  
"Sí, Señor, that's the one."  
"Damn! That's a pity! I spent a small fortune on that bird. What did he die from?"  
"From eating the rotten meat, Señor Roy."  
"Rotten meat? Who the hell fed him rotten meat?"  
"Nobody, Señor. He ate the meat of the dead horse."  
"Dead horse? What dead horse?"  
"The thoroughbred, Señor Roy."  
"My prize thoroughbred is dead?"  
"Yes, Señor Roy, he died from all that work pulling the water cart."  
"Are you insane? What water cart?"  
"The one we used to put out the fire, Señor."  
"Good Lord! What fire are you talking about, man?"  
"The one at your house, Señor! A candle fell and the curtains caught on fire."  
"What the hell? Are you saying that my mansion is destroyed because of a candle?!"  
"Yes, Señor Roy."  
"But there's electricity at the house! What was the candle for?"  
"For the funeral, Señor Roy."  
"WHAT BLOODY FUNERAL??!!!"  
"Your wife's, Señor Roy. She showed up very late one night and I thought she was a thief, so I hit her with your new Ping G20 204g titanium head golf club with the TFC 149D graphite shaft."  
SILENCE.....  
LONG SILENCE.....  
VERY LONG SILENCE.....  
"Ernesto, if you broke that driver, you're in deep shit!!!"



March

**Birthday Celebrations**

**John Read 13<sup>th</sup>, Young Rustandi 15<sup>th</sup>, Ron West  
16<sup>th</sup>, Sue DeSilva 16<sup>th</sup>.**



**HAPPY  
WEDDING  
ANNIVERSARY**

**Ray & Anne Martin 9<sup>th</sup>.**

## Meeting Preparation & Clean Up

Please if you do not have time to set up please let one of your team know.

January 2016	Sam de Witte, Wayne Salvestro, Jane Deen,
February	Vicki Collett, Chris Pritchard, Pete Markey,
<b>March</b>	<b>Ashleigh Hickman, Grahame Stelzer, Geoff Slack</b>
April	Lindy Dupree, Ray Martin, Paul Hedditch
May	Bruce Montgomerie, John Read, Grahame Holstein.
June	Karen Miles, Don McLeod, Donnelle Walker
December 2015	Terry Carson, Ashleigh Hickman



## Four Way Test

Of all the things we say and do:  
 Is it the truth?  
 Is it fair to all concerned?  
 Will it build goodwill and friendship?  
 Will it be beneficial to all concerned?

## Our Executive 2015/2016

<b>President:</b>		Sharee Abeysekera	0427 588 158
<b>President Elect:</b>	<b>PP</b>	Ashleigh Hickman	0409 323 867
<b>Immediate Past President:</b>	<b>PDG</b>	Brian Beesley	0419 634 275
<b>Communications</b>	<b>PP</b>	Don McLeod	6558 4297
<b>Treasurer:</b>		Vicki Collett	6558 2099
<b>Club Service</b>	<b>PP</b>	Peter Markey	0418 633 060
<b>Youth Services</b>	<b>PP</b>	Sam De Witte	6558 1734
<b>Community Service</b>		Paul Hedditch	6558 1471
<b>Vocational Service</b>		John Read	6558 1064
<b>International Service</b>		Valda Barron	6558 2992
<b>Public Officer</b>	<b>PP</b>	Don McLeod	6558 4297

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