



THE NAMBUCCIAN

The Almost Weekly Publication of
The Rotary Club of Nambucca Heads
Chartered 2 October 1954
District 9650 NSW Australia



All Correspondence to: The Secretary
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Or email: nhrotaryclub@tsn.cc



rotary...
Nambucca Heads

Rotary Building Better Communities



Rotary Youth Exchange to other countries



Candidates for Group Study Exchange to other countries



District Rotary Youth Programs



Rotary Youth Driver Awareness Program

For information contact Rotary D9650
www.nambuccaheadsrotaryclub.com.au



The Almost weekly bulletin of the
Rotary Club of Nambucca Heads Inc.
President Bob Andersen

Tuesday 09 June 2009 Rotary Fellowships Month

Tonight's programme-6.00pm for 6.30pm Start
Nambucca Motel

Tue 09 Jun	Guest Speaker Sue Hughes
Sat 13 Jun	South West Rocks Changeover Dinner 6.30pm for 7pm Dinner:- Cost \$25.00
Tue 16 Jun	Changeover Board Meeting
Tue 23 Jun	Induction of Sue Miller
Sat 27 Jun	District Changeover Tamworth
Sat/Wed 21-24 Jun	RI Convention Birmingham, England
Sun 28 Jun	Grand Opening of Skate Park
Tue 30 Jun	Club Changeover
Sat/Sun 11-12 Jul	P2P Arrive for hosting and leave on the Monday 13 July.

WHAT IS.... Rotary Friendship Exchanges

How it works

Types of Friendship Exchanges

Visitor program

Individual Rotarians, who may be accompanied by family members, spend a few days in a Rotarian's home abroad.

Team program

Rotarian couples (typically four to six) visit several communities in a host district for up to one month.

Univocational

Rotarians of the same occupation observe how their job is done in other countries.

Guidelines

Only Rotarians and their immediate families are eligible for the visitor program, and participation in the team program is limited to Rotarians and their spouses.

Spouses or children must always be accompanied by Rotarians on an exchange.

Rotarians interested in participating must apply through their club president. Not every district participates in Friendship Exchange, so prospective applicants should ask their club president about the program.

District governors from participating districts appoint a district Friendship Exchange chair, who is responsible for coordinating exchanges through a list of chairs from around the world. E-mail friendshipexchange@rotary.org to identify your district chair.

The Four Way Test

Of the things we think, say or do
Is it the truth?
Is it Fair to all concerned?
Will it build Goodwill & better
Friendships?

Please let our treasurer Ron
Barber know if you are not
attending by Monday noon or
if you are bringing a guest on
65681995
Or email to:-
rosewood@nor.com.au



Edna Stride, right, thanks Jeanette Baldwin for her interesting speech “Stepping On”

Jeanette explained the Program.....

Stepping On is an exciting friendly and free community program run by the North Coast Area Health Service in conjunction with the Mid North Coast Division of General Practice.

The program provides information on how to prevent falling. Attendees will learn what causes falls in older people and what changes can be made to reduce the risk of falling.

The program facilitator is Jeanette, with a nursing background.

Anyone 65yrs and older who has fear of falling or fell recently, lives at home can join.

Benefits include:-

Learn to step outside your home in confidence.

Improve your strength.

Practice with your peer group.

Become more aware of falls hazards in the home and outside.

Gain up-to-date information on falls prevention.

The “Stepping On” program is run once a week for seven weeks. It is normally held at a local community venue and each session runs for approximately two hours.

Guest speaker each week.

Local venue:- Farrington Village Community Hall.

2008-2009 INFORMATION

RI PRESIDENT
DISTRICT GOVERNOR
ASSISTANT GOVERNOR

PRESIDENT

VICE PRESIDENT/PE
IMMEDIATE PP
SECRETARY
TREASURER
ADMINISTRATION/PROGRAM
SERGEANT
MEMBERSHIP
PUBLICITY OFFICER
WEBSITE
INTERNATIONAL/FOUNDATION
VOCATIONAL/EDUCATION
COMMUNITY PROJECTS
NEW GENERATIONS

DONG KURN LEE
KEN HALL
DIANA GAMMON

BOB ANDERSEN
ROD BLAIR
LEN MOSS
STEVE RYAN
RON BARBER
ROD BLAIR
FREDERICK MILLARD
LEN MOSS
LEN MOSS
LEN MOSS
GARRY JOHNSON
ERROL NOBLE
LINDA PICCIN
DAVE BANKS

CLUB MEETS EACH TUESDAY AT THE NAMBUCCA RESORT 6.00 FOR 6.30PM

Membership websites:-

www.membership.rotary.org.au

www.d9710.rotary.org.au/Canberra-Conference/index.htm

OTHER NEARBY CLUBS MEET:

MONDAY **SAWTELL:** SAWTELL EX-SERVICES CLUB 6.30PM
TUESDAY **DORRIGO:** DORRIGO HOTEL 6.30PM
WEDNESDAY **SOUTH WEST ROCKS RIVERSIDE TAVERN** 6.30PM
THURSDAY **MACKSVILLE:** STAR HOTEL 6.00PM
THURSDAY **BELLINGEN:** BELLINGEN VALLEY MOTOR INN 6.00PM

Membership – Rotary Club of Nambucca Heads

www.nambuccaheadsrotaryclub.com.au

Andersen Bob (Lorraine)
Andersen Richard
PP Banks Dave (Diane)
PP Ron Barber (Kay)
PE Blair Rod (Jackie)
Brown Geoff
PP Clarke Rod (Mae)
PDG Fayle Dal (Judy)
Green Ken (Pam)
PDG Garry Johnson (Norma)
PP Millard Frederick
Minisini Andrew
PP Moss Len (Isobel)
Noble Errol (Jan)
PP Piccin Linda
Powlesland Lisa (David)
Robinson Kerri
Ryan Steve
Stewart Chris
PP Stride Edna
White Lauris (John)

Product Placement
Butcher
Building Consultant
Concrete Supplies
Gravel Extraction
Management – Public Sector
Hereford Cattle Breeding
Drug Retailing
Alpaca Breeding
Plumbing Supplies
Education – Technical
Education
Community Governance
Finance Consultant
Dentistry
Adult Education
Army Reserve Officer
Retail Stationer
Life Saving
Fashion Technology
Travel Agent

PP – Past President; PDG- Past District Governor, ADG Assistant District Governor

PAUL HARRIS FELLOWS

Bob Andersen, Col Andrews, PDG Garrick Baker, Shirley Baker, Dave Banks, Ron Barber, Kay Barber, Eric Carew*, Rod Clarke, Ruth Crowder, PDG Dal Fayle, Tom Fennell*, Ken Gough* (Sapphire Pin), John Gray, Chris Hewgill, PDG Garry Johnson (Sapphire Pin), Norma Johnson, Ken MacKinnon*, John McIlveen*, Frederick Millard, Errol Noble, Phoenix Committee, Linda Piccin, Bob Provost, Bob Richardson, Erwin Richter, John Sheppard, Lynn Sheppard, Edna Stride, Dick Stringer*, Thelma Stringer*, Jan Suffolk, Bill Usher*, Achuthan Warriar, Indira Warriar (Sapphire Pin), Elwin Whan*, Lauris White, Bill Wright*.

* Deceased

Honorary Members
Bob Provost, John Gray