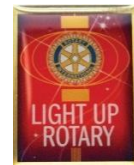


Rotary Club of Bright

Rotary



The Grapevine



President:

Bruce McDonald

Ph. 03 5755 1696

District 9790

Secretary:

John Martin

Ph. 0417 532 645

The next Meeting of the Rotary Club of Bright will be held on Thursday June 11 2015 commencing at 6.15pm for 6.30pm Dinner at the Star Hotel, Bright

ANY APOLOGIES for Dinner Meetings MUST BE TELEPHONED TO THE CLUB'S PHONE,

5755 1696 or EMAILED TO bruce.mcdonald6@bigpond.com

by TUESDAY prior to the meeting.

Guests are always welcome at Club meetings but please book with the Club, telephone 5755 1696.

ROTARY GRACE

**"For good food, for good fellowship,
and the privilege to serve through Rotary,
we give thanks." AMEN**

President's Message

Last week's meeting with the Bright Lions Club at its Clubroom was attended by 18 members. It was a good night of fellowship and gave our members the opportunity to see how the Lion's Club meal system operates.

I have recommended to Graham Cocks that a reciprocal meeting be hosted by the Club in October.

The Club's next meeting will be held at the Star hotel on June 11. Guest Speaker will be Robert Merrett who attended the Murray-Darling Freshwater School.

The Council's requirements for the former kindergarten building will be considered by a subcommittee comprising Steve Webb (Chairman), Wayne Phillips (Secretary/Treasurer), Graham Cocks, and Allan Poyner. The subcommittee will have further discussion with Council's management, consult with members with trade's knowledge, confirm costs, and report to the Club by late June. This will provide sufficient time for Members consideration and the Club can decide on this proposal at its meeting on July 2.

The Board held another brief meeting last week and endorsed a New Member Proposal which was circulated to members on June 4 together with two other New Member Proposals. These Proposals will be considered by the Joint Board's meeting on June 11.

"Light Up Rotary" in 2014/15

Looking Ahead". Club Programs for June

June – Rotary Fellowships Month

- 11 Dinner Meeting, Guest Speaker Robert Merrett (TBC)/ Board.
- 18 Guest Speaker, RI. Star Hotel
- 25 *Riverdeck Cafe*, Partners Night, Changeover Dinner.

Notes

1. Social Events... suggestions ...Progressive Dinner, Mystery tour (mountains tour), race day, visits to Harrietville , Porepunkah Pub, Bright brewery, Winery, ten pin bowling, INFORMALITY IS IMPORTANT. Some programs fixed by District commitments.
2. Summary...try to get a mix of programs with variations...meetings need to be interesting and enjoyable to support recruitment and retention of members.

The Rotary Four Way Test

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned

BRIGHT ROTARY CLUB SAUSAGE SIZZLE ROSTER December 2014.
SETUP by 9am CLOSE by 1pm (subject to sufficient business.)



Date	Cook	Server	Cashier
June 13	Sid Dalbosco	Chris Young	Sue Manning
June 20	Patrick O'Shea	Dee Hedley	Michelle Chalwell Relay For Life
June 27	Geoff Hall	Pony Club	Lindsay Jolley

Reserve.....Ela and Geoff Tually, Bruce McDonald (not available in June)

**IF YOU ARE UNABLE TO WORK YOUR SHIFT. PLEASE ARRANGE A SWAP WITH
 ANOTHER MEMBER ON THE ROSTER.**

Pony Club 4th Saturday monthly as per their Club's roster.

Chris Young volunteer please email roster to... y.chris@inet.net.au

Birthdays and Wedding Anniversaries

*A Happy Birthday To
 Terry Gibbons 11th June*

Attendance for Tuesday 2nd June 2015 at the The Lions Club Room

Ray Borschmann	Michelle Chalwell	Sid Dalbosco	Terry Gibbons
Steve Gilliver	Geoff Hall	Ron Kool	Sue Manning
John Martin	Fraser McNaught	Andrew Mior	Rob Moore
Wayne Phillips	Andrew Pook	Allan Poyner	Stephen Webb
Bruce McDonald	Geoff Tually	Patrick O'Shea (make up)	

Apologies 🐸

Bob Lease	Ela Tuall	Graham Cocks	Diane Gibbons	Ken Hart
Dee Hedley				

L/A Lindsay Jolley Brian Edwards Bruce Kilpatrick

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# An Evening In The Lions Den





## Potato Sack Exercise

This is for people a little out of shape. Younger people try it at their own risk. This is working well for me.

For those of us getting along in years, here is a little secret for building your arm and shoulder muscles. You might want to adopt this regimen. Three days a week works well.

Begin by standing straight, with a 5-kg. potato sack in each hand.

Extend your arms straight out from your sides and hold them there as long as you can - try to reach a full minute. Relax.

After a few weeks, move up to 10-kg. potato sacks, and then 15-kg. potato sacks, and eventually try to get to where you can lift a 20-kg. potato sack in each hand and hold your arms straight out for more than a full minute.

After you feel confident at that level, start putting a couple of potatoes in each of the sacks, but be careful not to overdo it...

Stay safe, be well,