



# The Keyway



**ROTARY CLUB OF  
WAGGA WAGGA SUNRISE Inc**  
Chartered 1991  
PO Box 5430 Wagga Wagga 2650 NSW

## MONTHLY THEME- FELLOWSHIPS MONTH

**Meeting Venue:** Mantra Pavilion, Kincaid Street, Wagga Wagga  
**Meeting Time:** Breakfast commences 7.00am followed by meeting completed by 8.30am

### Meeting 50 – 26 June, 2018

#### FOR YOUR CALENDAR: 2018

- Sa 30 Jun District District 9700 & Coolamon RC Changeover Dinner - Ganmain
- **Tu 03 Jul Club 27th Annual Changeover - Sunrise**
- Tu 10 Jul Meeting Club Matters
- We 11 Jul Club Monthly board meeting
- Su 15 Jul Service Wagga Annual Swap Meet at Showground
- Tu 17 Jul Meeting
- Sa 21 Jul Social CSU Wagga Rotaract Changeover at Downside Hall
- We 25 Ju Service Lillier Lodge catering for dinner
- Tu 31 Ju Vocat/Social Legacy House visit with Murrumbidgee, then dinner
- Sa 4 Aug Service Bunnings BBQ (Truck Show)
- We 5 Sep Service Lillier Lodge catering for dinner
- Sa 8 Sep Service The Rock Golf Day (Truck Show)
- Su 09 Sep Service Gathering of the Faithful - MG Car Club Breakfast
- Fr 19 Oct Service Trivia Night (Truck Show) at Commercial Club
- Mo 29 Oct Service Camp Quality Breakfast
- Sa 03 Nov Service Riverina Truck Show and Kids' Convoy
- Su 04 Nov Service Wagga Garden Festival



*Final Rotary year meeting for President Deidre Tome, and write a caption for this picture of Michelle and Simon Swan: what is happening?*



## ROSTERS:

Date	Tues 03 Jul	Tues 10 Jul	Tues 17 Jul	Tues 24 Jul
Venue	Country Club	Mantra Pavilion	Mantra Pavilion	Mantra Pavilion
PROGRAM	CHANGEOVER	CLUB MATTERS	TBA	TBA
Speaker	6:00pm			
Attendance 1	Darren Verus	COMING		
Attendance	Sandra Rootes			
Reporter	Tome / Walter			
Photos	Martin / Brady			
About Rotary	N/R			
Fines Session	N/R			
Intro. Speaker	N/R			
Thank Speaker	N/R			

### TODAY'S PROGRAM: PILATES Trish Donelly

Marilyn Walter introduced Trish, a local Pilates instructor.



Trish began with the story of Joseph Pilates, whose work with injured soldiers in hospitals in Germany during World War I inspired him to devise rehabilitation programs using exercises and machines.

His theme was "Movement is health and movement heals."

His focus was the enhancement of posture, strength and stability, so that practitioners could improve their range of movement and their core stability and balance through breathing and exercise, especially after injuries.

Trish gave us some practical activities (standing with and without using a chair for balance).

**David Gilbey** observed that whilst in Japan, he took part in the exercises which are broadcast early every morning to encourage fitness.

**Jo Wilson** thanked Trish, and observed that tai chi, yoga and Pilates all focus on the breath to calm the mind.

### DIRECTORS' REPORTS:

#### Secretary: Alan Sharp

President Deidre and Alan submitted the online application for the 2017/8 Presidential Citation. Sunrise has achieved the citation goals and during the year everyone has worked to make a contribution to the theme of making a difference in the world, nation and our local community.

Alan thanked all members for their invaluable support in his role as Secretary to Presidents Dawn and Deidre over the past three years.

### Club Administration: Fred Loneragan

- Congratulation to **Sandra Rootes** (pictured right, with Bruce Spinks) elected as Secretary (nominated by Fred Loneragan/Jo Wilson, passed by acclamation).
- Changeover Dinner: wear Christmassy attire.



### Service Projects: Joan Skews

- *Wagga Swap Meet* Su 15 Jul *Wagga Showgrounds*  
Seeking volunteers – 10 people needed per time slot.
- *Christmas Shoe Boxes* available.
- **Bob Martin**: *Lillier Lodge community catering on 25 July and 5 September.*

### MAJOR PROJECTS:

- *Riverina Truck Show and Kids' Convoy* Sa 03 Nov *Council Precinct*  
Next committee meeting Fri 20 July. **David Brady** is seeking a volunteer for Corby the Crow, the position so well filled by **Darren Verus** in 2017. **Mark Brown** also clarified levels of corporate sponsorship (gold: \$1500 or silver \$750) and asked for donations for trivia night raffle and auction).

### ANNOUNCEMENTS:

- President Deidre represented Sunrise at the Mayoral Reception for Refugee Week 2018.
- *CSU Wagga Rotaract Changeover* Sa 21 Jul *Downside Hall* 6:30pm for 7:00pm  
If you are interested in attending, please register interest in the social activities book to co-ordinate travel. Tickets are available from [Rotaract.shop.csu.edu.au](http://Rotaract.shop.csu.edu.au)

### FINES:

Peter Brown led the session

Fines Total: \$63.40

### MEMBERS' NEWS:



#### Rotary Milestones

Michelle Swan (27.6) 1 yr, Simon Swan (27.6) 1 yr, Dawn Smith (1.7) 26 yrs

It was pleasing to see the return of **Dizzy Desailly** who was acknowledged for his 25 years to service to Sunrise Rotary. He transferred from Koorngal Rotary joining Sunrise on 1 May 1993.

**Congratulations Dizzy!!**



A trim **Mark Brown** showed up with a new look this week

**Attendance:** Alan Sharp, Bob Martin, Bruce Spinks, Caitlin Voss (Bush & Campbell), Darren Verus, David Brady, David Gilbey, Dawn Smith, Deidre Tome, Dennis Blackett, Francis Desailly, Fred Loneragan, Jennifer Groch, Jo Wilson, Joan Skews, Marilyn Walter, Mark Brown, Max Chapman, Michelle Swan, Peter Brown, Sandra Rootes, Simon Swan, Val Samuelson,

**Apologies:** Anne Egan, Dave O'Grady, Deborah Braines, Denise Flockton, Jan Gray, John Wood, Karen Jamieson, Kim Baker, Leanne Deacon, Lesley Scott, Marie Wood, Ndungi Mungai, Peter Gissing, Sue Hartwig, Wendy Day, Yvonne Braid

**From LAST WEEK: with photos**

*The Mounted Games are aimed at being fun for horse and rider, while improving riders' co-ordination and confidence.*

*Mounted Games were the inspiration of H.R.H. Prince Philip who at the 1957 Horse of the Year competition asked if he could devise a competition for children who could not afford an expensive, well-bred pony.*



*This has been translated into RDA competition and the top events in NSW are the RDA (NSW) Mounted Games and Horse of the Year Championships held at the Annual Royal Easter Show in Sydney.*

*Riders participate in qualifying competitions at regional level to gain selection to compete in the State event.*

*There is a selection of sporting games and races that require and improve the agility of both horse and rider. Some of these games are the barrel race, the flag race and bending.*

*(Right: A local competitor in the Mounted Games in Sydney in April 2018)*



Reporter Marilyn Walter  
Photos David Gilbey  
Acting Keyway Editor Marilyn Walter

**NEXT WEEK No breakfast meeting: 27TH CHANGEOVER DINNER**

