



# The 5 O'clock Wave

Issue 2, 22nd July 2013

## Board Of Directors 2013-14

**President:** Lauren Slater

0457230615

**Vice President:** Jenny Fyfe

0412602704

**Secretary:** Catherine Conroy

0427508460

**Club Admin:** Natalie Walsh

**Service Director:** Jenny Lovekin

**Membership:** Ruth Kingwill

Andre Van Mosseveld

**Foundation:** Ron Walter

**Public Relations:** Nick Shepherd

Rotary District 9700

New South Wales

Australia

Meetings:

Tuesday 6.15

Wagga R.S.L Club,

Dobbs St

[www.murrumbidgeerotary.com.au](http://www.murrumbidgeerotary.com.au)

or

<http://www.facebook.com/murrumbidgeerotaryclub>

"There are 7 days in one week and someday isn't one of them"

Annon

## Tuesday the 9th July Meeting

At last week's meeting we had a special presentation to PP Jenny Fyfe. As the president of the 2012/2013 Rotary Year Jenny received the Presidential Citation on behalf of our club for the tremendous effort we put in last year under her superb guidance.

New member Matt Schultz was inducted into the club after numerous weeks of visiting us. He was inducted by President Lauren and his Sponsor Andre. Matt has fitted into the group quite well getting involved with the CSU Landcare project even before he was inducted.

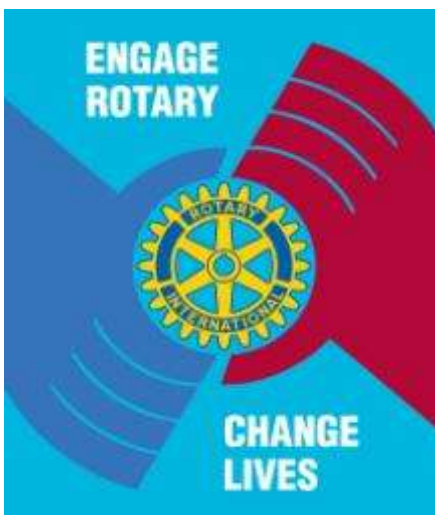
The Birthday list was sent around for everyone to add their birthday if we didn't already have it plus to help us better determine our average age which has worked out to be **40 years and 10 months** (a small reduction from last year).

Working with children check forms were also sent around for those who hadn't yet completed one. Once it has been filled out please return your form to Lauren.

Our upcoming social night was discussed with two venues picked out. Planning is now underway for our combined social night with the Wagga Sunrise Rotary Club for the 30<sup>th</sup> of July.

Marshalling for the Wagga Trail Marathon is on the 17<sup>th</sup> of August with volunteers to meet at Wagga beach before being taken to where they are needed. See Ron if you would like more details or can help out.

To start our get to know your fellow Rotarian night Nat got everyone up out of our chairs and challenged us to arrange ourselves in a line in order of shoe size. This was followed by ordering ourselves according to alphabetical order from our middle names. After we managed to get ourselves in order the night progressed to the 'getting to know you' questions. There were some brilliant questions posed by Nat that really got the cogs ticking along with plenty of laughs.



Some of the questions included; What did your parent's do? Did you know CPR? What would you do if you woke up to Zombies in your bedroom? Who would you take if you were to be stuck on the moon or a deserted island? What two animals would you like to combine if you could? what did you have for dinner last night and what would you do if you woke up as the opposite sex? The answers provided allowed for a lot of laughs and dread about being the next one picked to answer the question. It was a great night had by all and we all got to learn a little about ourselves and each other. The night concluded with Head and Tails which this week was won by Maddison.



Past President Jenny Fye accepting her presidential Citation



Matthew Schultz (middle) accepts his new member pack from President Lauren Slater and sponsor Andre Van Mosseveld

## Last Week's Meeting 16th July 2013



For the guest speaker at our last meeting we were lucky enough to have Shaun Lane from Rehabco. It was a very interesting discussion regarding their company and the work they do. We were shown two case studies of patients of theirs and the remarkable recoveries that they have gone through. The importance of rethinking the abilities someone might have and not the disabilities they are left with as well as the mental side which is probably more important than the physical. I think the thing I took away most from the talk was that we all have different capabilities so a loss of some ability does not leave you unable to do any task. Also a really important thing to remember, when lifting something heavy squeeze your stomach as this helps compress the muscles around your lumbar area which will make you use your core strength and help prevent back injuries.

Andre Van Mosseveld

RehabCo provides services to employers and insurers to manage workplace health and productivity. It is a WorkCover and Comcare Accredited Rehabilitation Provider in NSW, ACT and Victoria.

As an Accredited Rehabilitation Provider, RehabCo assists workers with compensable injuries return to and stay at work.







In addition to these services, RehabCo also provides comprehensive services to employers outside of the Workers' Compensation system to assist in the prevention of injury and management of worker health. They have 50 staff located in offices in Albury, Canberra, Griffith, Nowra, Sydney, Wagga Wagga and Wollongong. One of those 50 staff members is also one of our club members and it just so happened that she celebrated a birthday last week. A huge happy birthday the Natalie Walsh.

### **Bored this weekend**

Why not check this out?

<http://www.coolamonshire.com.au/events/Winter-Fest.aspx>

### **Coming Soon**

#### **This week's guest speaker Trevor Webb**

**30th July** - Social evening with Sunrise at the Duke

**6 Aug** - Meeting at Junee club - Coolamon will be joining us

**13 Aug** - DG visit - followed by Birdhouse and Crust pizza

**Saturday 17<sup>th</sup> Aug** - Wagga Trail Marathon marshalling

**20 Aug** - vocational tour to the library

**27 Aug** - John Glassford will talk to us regarding his Rhino project - a Board meeting will follow

**10 Sep** - Vocational visit to Ronald McDonald house

**17 Sep** - Alok Sharma - pending - date to be confirmed - a Board meeting will follow

**15 Oct** - AGM and Board meeting