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ROTARY CLUB OF HOWRAH BULLETIN

President: Anne Reeves
Secretary: Robyn Harrison
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People of Action In And For Our Community

16th July 2026 - SOCIAL NIGHT

"Bring along your favourite recipe night" ~ tell us why it is your favourite and what is the background behind your choice *(is there a story to the recipe?).* Preferably, bring a hard copy and maybe a couple to share if there is interest in "your offer". We'll attempt to do it in a similar format to the "Bring along a book night".

Olayinka Hakeem Babalola is the 2026-27 Rotary International president

Guest Speaker – Aidan's Inspiring Diving Journey

Members enjoyed hearing from Aidan, who shared his remarkable journey in competitive springboard diving and his experience representing Tasmania at the 2026 Australian National Age Championships in Adelaide.

After discovering diving through a holiday program in 2024, Aidan quickly developed a passion for the sport. Choosing diving over trampolining, he committed himself to intensive training and, within just seven months, qualified for his first National Age Championships. Since then, his dedication and determination have seen him achieve outstanding success.

At the 2026 Australian National Age Championships, Aidan exceeded his own expectations. After leading the field during the competition, he finished an impressive **second place by less than one point**, becoming the **youngest member of the Tasmanian team** and the **only Tasmanian under 18 to finish in the top five** of their events.

Since returning home, Aidan has already qualified for the **2027 Australian National Age Championships** in the next age group and has also earned selection for the **School Sport Australia National Championships** in both Springboard and Platform Diving. He will also compete in synchronised diving with a South Australian teammate in Melbourne later this month.

Aidan expressed his sincere gratitude to the **Rotary Club of Howrah** for its generous financial support in helping him travel to Adelaide and pursue his dream of becoming an elite diver.

We congratulate Aidan on his outstanding achievements and wish him every success in his future competitions. We look forward to following his progress and celebrating many more achievements in the years ahead.

Guest Speaker – Michael Whittle, Stroke Foundation

Members were privileged to hear from Michael Whittle of the Stroke Foundation, who delivered an informative and inspiring presentation on stroke awareness, prevention, and recovery.

Michael shared some sobering statistics, highlighting that a stroke occurs every 19 minutes in Australia and remains one of the nation's leading causes of death and disability. He explained the two main types of strokes - **ischaemic (blockage)** and **haemorrhagic (bleeding)** and emphasised that **around 80–89% of strokes are preventable** through healthy lifestyle choices and regular health checks.

A key focus of the presentation was recognising the warning signs of a stroke using the **F.A.S.T.** acronym:

- **F** – Face: Check for facial drooping.
- **A** – Arms: Inability to lift one or both arms.
- **S** – Speech: Slurred or confused speech.
- **T** – Time: Call **000** immediately.

Michael also explained the impact a stroke can have on different parts of the brain, affecting movement, speech, vision, memory, balance, swallowing, and personality. Sharing his own personal journey, he spoke about the determination required to recover after his stroke, including spending six months relearning essential skills such as reading and writing.

The audience was encouraged to reduce their stroke risk by monitoring blood pressure, maintaining a healthy diet, exercising regularly, limiting alcohol consumption, avoiding smoking, and having routine health checks. Michael reminded everyone that it is never too late to make positive lifestyle changes.

Members appreciated Michael's heartfelt presentation and left with a greater understanding of stroke prevention, the importance of acting quickly, and the life-saving message of **F.A.S.T.**

Club Assembly Notes

The Club Assembly was held on **Thursday, 9 July 2026**, with **21 members and guests** in attendance. President **Anne Reeves** chaired her first Club Assembly and welcomed guest speakers **Michael Whittle** from the Stroke Foundation and **Aidan Henwood**, accompanied by his mother, Bridget.

Treasurer **Gayle Smith** reported that the June financial report had been circulated to Board members. She advised that **$3,000** had been paid to Mike and Sally Townsend towards their Uganda Garden Project grant, with the grant application currently under assessment. Members were also informed that Mike Townsend would be travelling overseas for a month from 10 July, while Sally Townsend would be attending a conference in Thailand. The Club's financial records will be forwarded to the auditor on **1 August**, and the draft budget for the **2026–2027 Rotary year** was presented, discussed, and approved.

President Anne thanked Bridget, Aidan Henwood, and Michael Whittle for their engaging and informative presentations. She also reminded members that nominations for the positions of **President, Vice President, Secretary, and Treasurer** will be called for at the Club's **Annual General Meeting** in November.

Bob Hardy shared highlights from a recent trip to **Mount Isa**, where he visited one of the town's two Rotary clubs. Although he arrived without prior notice, he enjoyed meeting with members, learning about a Rotary-led community ride, and bringing home a set of commemorative drink coasters as souvenirs.

Judy Paynter provided an update on the Club's initiative to support people experiencing homelessness. Following discussions with the **Salvation Army** and **Hobart City Mission**, it was recommended that the Club focus on purchasing **two- to four-person tents and sleeping mats**, with larger tents being particularly suitable for families. Judy also noted that **Anaconda** is currently holding a sale, presenting an excellent opportunity to purchase the items at reduced prices. The Board approved a **$600 donation** to purchase camping equipment for **Hobart City Mission**, further demonstrating the Club's commitment to supporting vulnerable members of the community.

Club News & Updates

- **National Youth Science Forum:** Applications to attend the **National Youth Science Forum (NYSF)** close later this month. If you know a **Year 11 student** who may be interested in this outstanding opportunity, please contact **Lou Otto** for further information.
- **Bookshop Donations:** A new clothing rack has been installed at the Club Bookshop to display donated coats and jackets. Members are encouraged to support this initiative by donating quality winter clothing.
- **Recycle Rewards:** The Club's **Recycle Rewards** initiative continues to make steady progress, having raised **$185** to date. Thank you to everyone who has contributed to this worthwhile fundraising project.
- **Community Equipment:** The **disability hoist** has been successfully repaired and returned to the **Clarence Aquatic Centre**, where it is once again available to support members of the community.

Raffle Winners

Congratulations to our raffle winners for the evening! **George** was the lucky recipient of a delicious **box of chocolates**, while **Annette** took home a **bottle of white wine**. Thank you to everyone who participated and supported the Club raffle.

Apologies

Terry Evans, Lou Otto, Sandra and Riley Hall, Susie Watton, Ray & Shirin Pickett.

DIARY OF EVENTS

DATE	Greeter/Chair	Registration	Duty Officers
Thursday 16th	****	Social Night	****
Thursday 23rd	Reg	George & Robyn	Riley & Rob
Thursday 30th	Peter	Karin & Susie	Ken & Terry

NOTE

We will be meeting and eating in the Marina Bar (Downstairs) every second Thursday for the foreseeable future i.e. 23rd July and then 6th August; 20 August.
Thanks to Numan Rasul for editing and formatting this and future editions of the Bulletin.

ACKNOWLEDGEMENT OF COUNTRY

“We acknowledge and pay respect to the Tasmanian Aboriginal people as the traditional owners and continuing custodians of this land on which we gather and acknowledge Elders - past and present of Lutruwita”.