

## Busy 1st Week

Busy week due to the number of changeovers, Tuesday night Immediate Past President Tony, Elaine Hart and I went to Rotary Club of Wollongong.

Wednesday Immediate Past President Tony, our Rotary Friend Katie, Past President Di and myself attended Rotary Club of West Wollongong.

Friday, 1st July, 2016

Guest speaker: Cathryn Dorahy

Cathryn became a fire fighter back in 1987, just off the coast of the remote Kimberley region, in Koolan Island. This was where her husband worked as a surveyor, and most of the men on the island worked at the mine. Cycling with her children as passengers improved her fitness. Cathryn's fitness was noticed by the local captain who recruited Cathryn into the local fire station.

In 2004 she traveled to the UK and Lebanon to research best practice fire safety education programs targeted to the needs of Islamic women, made a series of recommendations to the Commissioner, and helped implement new approaches.

Cathryn has worked tirelessly to form links with Islamic women, who were not being reached effectively by traditional fire service education programs. Cathryn received the Fire Service Medal back in June, as she helped migrant women from the Middle East to overcome the cultural boundaries they have been so used to in the past.

She has personally mentored dozens of women who have entered the firefighting profession, has worked with management and in particular the Human Resources Directorate to improve recruitment and retention practices to increase the number of women employed as fire fighters.

Saturday night was district changeover night. A group from the upper Illawarra Rotary Club attended. Stephen Humphrys is the District Governor for 2016/2017. Stephen and his wife Judith will attend our club in September.

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## Mike Nelson of Belgium

Martin's final weekend of scuba diving had its enjoyments and frustration. The first dive on Saturday morning started well, conditions were perfect, bright sunny day with warm atmospheric temperature. Dive site was at Bass Point, 'The Gravel Loader'. The 9 student divers diving to a depth of 16 metres, water temperature of 21°C, visibility of 25 metres, that is good diving conditions.

Martin practiced cramp removal, tired diver tow, compass technique and removing of BCD and air cylinder and replacing. Martin's second dive was aborted as he could not equalise his left ear. Later he practiced the Valsalva Manoeuvre which was successfully employed the next day. Sunday, both dives went well. Martin practiced buddy diving, controlling balance and

manoeuvring around objects.

Martin got down to a maximum depth of 19.4 metres. During his 3 dives Martin saw 2 types of sharks, a blue groper, moray eel, little nemo's and many other species of fish. The underwater landscape is varied with rocks that have cracks where octopuses, crabs and sea horses live and yes, spiders as well. Martin successfully completed the Open Water Course, well done Martin.

