Now I saw in my dream, that the highway up which Christian was to go, was fenced on either side with a wall, and that wall was called Salvation. Up this way, therefore, did burdened Christian run, but not without great difficulty, because of the load on his back. The Pilgrim's Progress, John Bunyan, 1628-1688.

This week is our first Club Assembly. The new Board members and I will be outlining the planned activities for the year ahead and I would like to see as many members as possible present to hear about them and to provide feedback. More importantly, I would like to hear some new ideas that might help rejuvenate our Club. Over the past couple of years I have seen more and more of the Club's workload being done by fewer and fewer members. This can't continue. In my Presidential Address at the Changeover, I asked that you stand up and be counted. I also want you to put your hand up to help.

Australian Rotary Health is now a registered charity of the **Sun Herald City2Surf.** Last year the fun run raised over \$2.8 million. This year, Australian Rotary Health is looking for City2Surf participants to help fly their flag on August 14th as part of the Australian Rotary Health Supporters Team and help them across the line in their first ever City2Surf. If any of our members are intending to enter the event, why not include ARH as your preferred charity?

I would like to thank PP Kevin Freund for so willingly volunteering to give his presentation, "My Game", last week. His talk illustrated well his enthusiasm for rugby league and his encyclopaedic knowledge of the local scene. As it was the night of State of Origin 3, we finished the meeting a little early so that our rugby league followers could see most of the match. I suspect that most NSW supporters would have preferred to stay and listen to Kevin.

On Thursday evening Nanette and I will be attending the Breakfast Point RC Changeover Dinner when PE Tom Croker will be inducted as President. I look forward to continuing our close relationship with the club over the coming year.

At next week's meeting Anita Kumar, CEO of the Infants' Home at Ashfield, will be our guest. The Infants' Home is our special charity for the year and Anita will outline the future plans for the organisation. This is the first of our 'partners' nights so please encourage your partners to come and make it a success.

Remember *Reach Within to Embrace Humanity*