

Bulletin 10 SEPTEMBER 12 2019

DG GRAEME HOOPER'S VISIT-BREAKING THOUGH BARRIERS



Our meeting this week was very well attended with some 44 members, guests and partners welcoming District Governor Graeme Hooper and his wife. The evening commenced with a brief meeting with DG Graeme and the Board. It was great to see so many members present with several returning from holidays. After a very pleasant meal, an entertaining fine session, some Directors reports, DG Graeme briefly highlighted why he joined in the 1980's and serving as a Rotaract member in the 1970's. Graeme is passionate about ending polio, Rotary Fellowships and asking younger people to join Rotary and gain experience from experienced Rotary volunteers. He reinforced Rotary comes down to the individual Clubs.

DG Graeme highlighted some of the areas where Nelson Bay Rotary excels including participation in District activities, good partnerships with other community groups, and strong support of the Rotary Foundation. He also stressed Clubs need to transition to the future, Get the Rotary brand and recognition, in order to highlight all the good work Rotary carries out in their local communities, which should attract more members.

He concluded by mentioning some upcoming events, including the End Polio Train trip and Film nights, Australian Rotary Health Hat Day (For the Lift the Lid on Mental health), his Conference at Belmont in March next year and all the online training and information available from the Rotary.org. site. Sue Hooper then informed the members of her Partner's program and you can meet "Nelson" on Page 2 of this Bulletin. President Arja in closing a very good Rotary evening thanked Graeme and Sue for a most enjoyable visit.

PRESIDENT ARJA BACK

We welcomed back President Arja this week to chair our well attended meeting for District Governor Graeme and Sue Hooper's visit. Arja's brother was seriously injured in an accident in Canberra recently. Arja said her brother was making slow progress however he is on the long road to recovery. She thanked the Board for attending to club matters in her absence and members for their understanding and support.



Our Youth Director Lesley Freeman with our Asst. Governor, Cllarice Hamlin

BUSY TIMES AHEAD

We have a busy schedule ahead of us over the next couple of months. Community Service Director Milton announced many catering activities, a full list of events are highlighted in this Bulletin. We need your help.

In this Bulletin:

Pg 2: Meet Nelson

Pg 3: Science Discovery Day

Pg 4: Upcoming Community Events

PG 5 Student breakfast/ARH News

Birthdays this coming

week: None recorded

Anniversaries Sept 21

Ian & Phylis McIver 56 years

Heads and Tails: Ian McIver

Raffle Fiona Whatham

Member Duties Sept 19

Door: Trish Parnell/Peter Page

Meet/Greet: Kathy Rimmer

Loyal Toast: Helen Ryan

Grace: Phil Smith

Intro Guest speaker:

John Stuhmcke

Thank Guest Speaker:

Don Watham

Bulletin: Don Whatham

Photos: Phil Smith

Binos: Under repairs

Guest Speaker Barry Elliot- Behavioural Change Psychologist- Road Safety. Partners and Guests always welcome

Next meeting -

Apologies/Extras to John Crump by noon on Wednesday!

Ph 0401 450 239

MEET NELSON- OUR NEW MASCOT



Club member Judi Priestley is pictured with DG partner Sue Hooper after being appointed keeper of Nelson our Club Integra Guide Dog for the remainder of the 2019/2020 Rotary year, Sue's partner's project is raise funds for Integra Guides, used as companion dogs with people for Post Traumatic Stress Disorder (PTSD). Sue fielded many questions from interested club members about the dogs (all Labradors) used in this great program. It costs \$30,000 to train one dog and find the right match for both Dog and recipient. Judi is responsible for Nelson attending Club functions and Community events after winning Sue's draw for this honour. The name Nelson is perfect for this dog, More information is available on the Integra Website. Check it out.



Foundation and International Director Chelsea, recent of the spot the item in the ISDA dog competition organised by Dg partner Sue Hooper, is pictured with our new Club mascot Nelson on Thursday night,

DG'S VISIT CONTINUED

John Sully was accompanied by wife Sheila and daughter Amanda to DG Graeme and Sue's visit on Thursday night.



On the other end of the camera, our well known photographer Henk with Sue Hooper discussing Rotary matters



UPCOMING MEETINGS/EVENTS

- Sun Sept 15** Bunnings BBQ
- Wed Sept 18** Honorary and members morning tea Evviva at 10 am
- Thurs Sept 19** Meeting – Guest speaker Barry Elliott
- Thurs Sept 26** Science Discovery Day Tomaree High School
- Club meeting-Guest Speaker Marion Samson – Real Futures**
- Fri Sept 27** End Polio Film Night Ride Like a Girl Bookings still open. Please advise Chelsea
- Thurs Oct 3** Club meeting Speaker to be advised
- Sat Oct 5** Bunnings BBQ Volunteers required
- Wed Oct 9** Project Neighbour Board Meeting at 5.30
- Thurs Oct 10** Club meeting/ Discussion Night

SCIENCE DISCOVERY DAY- ROSTER/ TASKS

TASK	TIME & DATE	VOLUNTEER
EQUIPMENT UNLOAD	Thurs 26 Sep 2018 @ 7.00am	Don Whatham John Stuhmcke Richard Turner Michael Jenkins
SUPERVISING ASSISTANTS	Thurs 26 Sept 2018 @8.00am	Arja Levonpera – Build it Helen Ryan- String Along Lesley Freeman-Get a Grip Judi Priestley-Earthquake Chris Bartlett- Get Over it (Bridge) John Stuhmcke- Max Power Don Whatham- Reserve Richard Turner- Mars Buggy Liz Friend- Light Coms
PACK/LOAD UP	Thurs 26 Sept 2018 @ 2.00pm	All assistants pack up & clean area Richard Turner John Stuhmcke Don Whatham Michael Jenkins
PARKING at the swimming Centre, walk the short distance to MPC Wear Rotary blue & yellow work shirt Lunch and morning tea provided.		

TOMAREE HIGH SCHOOL THANK YOU BREAKFAST FOR COMMUNITY GROUPS

I was fortunate to be able to assist Youth Director Lesley in attending the inaugural Tomaree High School organised by the SRC (Student Representative Council) at a thank you for Community Volunteer organisations.

The morning went very well, thanks to good organisation. The students, including Richard Turner's granddaughter, did a great job all round. We were meet at the entry gate, offered help to set up, enjoyed a well cooked breakfast served, introduced to the School at Assembly following this we had 5 groups of 12 students to let them know what Rotary does in the local community. We had only 9 minutes for each group which is not a lot of time. I handed out 60 brochures during these sessions plus left around 30 with the careers advisor. There was some interest, with most students saying that they didn't realise Rotary does so much!! A good number of community groups were present including Police, Water police, Marine Rescue, SES, Fire Service including Rural Fire Service, Lions.



UPCOMING COMMUNITY SERVICE EVENTS

Community Service Director, Milton Williams has advised members of our busy schedule to June 30 2020. Milton has asked all Club members look at the schedule below and make some time to be available to assist in these events. This provides the Club will an income to distribute funds for a number of Club projects and community groups

PROJECT NEIGHBOUR	CURRENTLY RUN BY PETER MC BEAN AND DAVID CLARK	PETER MCBEAN
TOWN CLOCK	ONGOING BUT CLOSURE WITHIN NEXT THREE MONTHS	RICHARD TURNER
GAN GAN LOOKOUT	MAINTENANCE OF LOOKOUT SITE - DATES TO BE ADVISED	LIZ Friend
GAN GAN BINOCULARS	BINOCULAR COLLECTION ROSTER	DIETER GRETER
16TH JULY	SHED MAINTENANCE	
20TH JULY	COUNCIL / COMMUNITY BBQ	TEAM OF FIVE TO SIX
21ST JULY	BUNNINGS	TEAM OF SIX TO EIGHT SUN
29th AUG	BUNNINGS FAMILY NIGHT	TEAM OF SIX TO SEVEN
SEPT	DISCUSSION WITH BUNNINGS IN RELATION TO 2020 BBQ DATES	DOUG CRAIKE - CHRIS BAR
6TH SEPT	BUNNINGS	TEAM OF FIVE TO SIX FRID
28TH SEPT	MARINE RESCUE EVENT USING COOKER TRAILER	TEAM OF TWO TO COOK ON
1ST OCT	SHED MAINTENANCE AND CLEAN UP	
5th Oct	BUNNINGS	TEAM OF FIVE TO SIX
26th Oct	Navy Photographers evening gathering at Middlerock	team of four
13th Oct	BUNNINGS	team of six Sunday
18TH OCT	BUNNINGS	TEAM OF SIX FRIDAY
1ST NOV	BUNNINGS	TEAM OF SIX FRIDAY
6TH DEC	BUNNINGS	TEAM OF SIX FRIDAY
13TH DEC	BUNNINGS	TEAM OF SIX FRIDAY
26TH DEC	BUNNINGS BOXING DAY	TEAM OF SIX TO EIGHT SAT
1st Jan	BUNNINGS	
25th Jan	BUNNINGS	
FEB2020	TOUCH FOOTBALL	TEAM IN TWO SHIFTS OVER
14th Feb	BUNNINGS	
13th March	BUNNINGS	
2nd April	BUNNINGS	
APRIL2020	GOLF DAY GOLF DAY COMMITTE	SUPPORT COMMITTE
11th April	BUNNINGS	
3rd May	BUNNINGS	
8th May	BUNNINGS	
6th June	BUNNINGS	
JULY2020	ALESCO SCHOOL	

As members can see we need to volunteer for these events. The shifts are only for a few hours and the more volunteers means we share the work load. Director Milton and his team at looking at ways to make things easier for these tasks and asks for your support. His Grants team are also are applying for additional funding for Club projects. Again you are needed, please assist where you can

Research Provides Hope for Sufferers of Motor Neurone Disease

The devastation of having a loved one diagnosed with Motor Neurone Disease (MND) is something that we don't hear about very often. What makes MND so devastating is that the cause is unknown, it is difficult to diagnose, and there is no known cure.

Australian Rotary Health is one charity funding research into MND, with [Hannah Suddull](#) from Macquarie University being one of the most recent PhD scholarship recipients to focus on this area.

AUSTRALIAN ROTARY HEALTH WELCOME NEW PATRON

Australian Rotary Health is pleased to welcome His Excellency General the Honourable David Hurley AC DSC (Retd Governor-General of Australia as our newest Patron. "I am delighted to become Patron of Australian Rotary Health." With one in five Australians affected by depression, anxiety, schizophrenia or another illness, medical research into mental health has never been more important. That is why the work of Australian Rotary Health, its staff and supporters is so critical. By funding research into mental health



Youth Director Lesley Freeman visited the PCYC on Thursday and met with Dan Howard, who is well known to our Club and Community Constable Tim Smith to get an update on PCYC activities. Dan has been appointed NSW Under 15 Development Squad Basketball Coach for the next 12 months. Tim Smith gave Lesley a brief update on some of the Youth programs running at the PCYC, particularly in the area of disadvantaged kids and hopefully will speak at our Club soon



This October
**celebrate
HAT DAY**

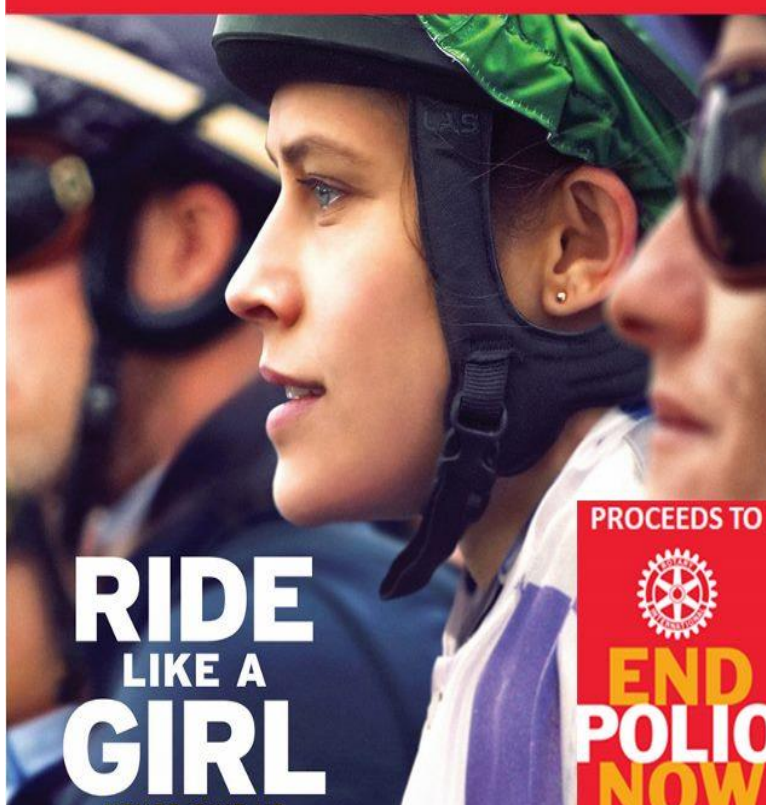
LIFT THE LID
on mental illness

World Mental Health Day is only **4 weeks away** and that's when Australian Rotary Health will be celebrating **Hat Day** as part of its national **Lift the Lid on Mental Illness** fundraising campaign.

You can get involved with your friends, colleagues or Rotary Club this year by hosting a **Hat Day** on **Thursday October 10** or anytime during **Mental Health Month** in October.

Your support will help the **1 in 5 Australians** who suffer a mental illness every year. 100% of funds raised will go towards vital **mental health research** at universities across Australia.

ROTARY CLUB OF NELSON BAY PRESENTS



Join us on **Friday 27th September** at Nelson Bay Cinema for the screening of

Ride Like a Girl

The Inspirational True Story of Michelle Payne, the first female jockey to win the Melbourne Cup

Tickets \$25 – includes movie and a glass of champagne on arrival

Raffles available on the night with all proceeds of the event to End Polio Now

Tickets available from

<https://www.trybooking.com/541957>