

## Bulletin # 10, September 9th 2021

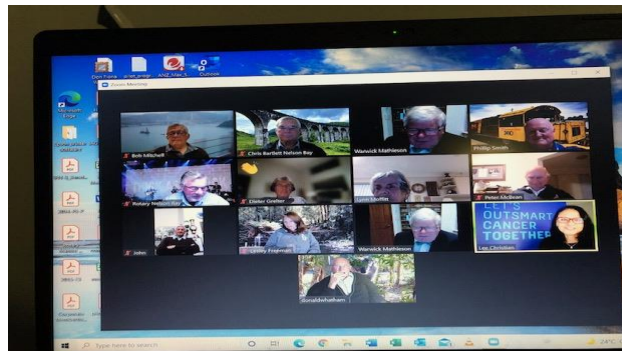
### ZOOMING IN- UPDATE ON CANCER RESEARCH

**Our guest speaker – Lee Christian- Australia Cancer Research Fund**

With the need for connection being more important than ever before, we're pleased to share with you some behind-the-scenes action from the ACRF team. Meet Lee Christian, our Planned Giving Manager. After nearly 10-years working for ACRF, I still get excited when I meet a supporter in person for the first time. It's like we are solidifying a friendship that until now has been carried out over the phone or via email. It's truly an honour to meet them – many who've been donating to us for decades and have had deep personal experiences with cancer. Luckily we have plenty of opportunities to do this – such as lab tours and our annual high teas. As the Planned Giving Manager, I am humbled by those who make that very personal commitment to ACRF by including a bequest in their Will. This is indeed a gift from the heart. I always say – it's not the amount that is in the Will, but the number of people who do this that makes all the difference. At home – I have two busy teenagers and I try to stay active and fit. One of the things I enjoy doing with my husband is long bushwalks and I feel very lucky that our neighbourhood has loads of parks and bushland to enjoy this. We also enjoy travel and are trying to do as much as possible before our chickens fly the coop. From simple family camping trips to international travel – these are best enjoyed as a family. For now – during COVID19 lockdown we are enjoying this 'enforced family time' – with lots of family dinners, game-nights and movie-nights. But I am sure we will all be happy to see life go back to normal. The first thing I plan to do when able is a quick trip to QLD to see my parents."



#### COVID TIP OF THE WEEK



Thursday night's Zoom meeting saw Lee Christian from the Australian Cancer Research Fund a return visit to our Club. a presentation in 2016. This year's Zoom presentation n was very comprehensive with our members gaining an excellent update on what is happening in the area of Cancer research. We had a special guest in Lyn Moffitt for the evening, partner of former Club member the late Larry McGrath. Lyn has been a long supporter of ACRF for many years, have lost several family members along with Larry to Cancer. ACRF was set in 1984 by Sir Peter Abels and Lady Sonia McMahon, who had in 2 years had set up a grant of \$1,000,000 dollars. Now with a team of 20 fundraisers a total of \$165 million has been raised for grants into Cancer research in Australia including 2 x \$10 million grants which may make significant difference in treatment to cancer patients. Lee presented some very telling statistics regarding various types of cancer with Australia unfortunately leading the world in skin cancers and melanoma. Early detection is the key to better outcomes. She also mentioned that dogs can detect whether a woman has breast cancer, and again stressed early detection where possible, ACRF's research has enabled a vaccine which helps prevent cervical cancer. In summing up Lee mentioned the two major appeals which are conducted in June and Xmas each year, while other events can be arranged by individuals. There some slides on page 4 of the Bulletin and comprehensive information is available on the ACRF website, which is easily accessible. You also on the meeting pictures that Warwick dressed for the occasion and managed to double his image for the evening. A good night and an excellent presentation.



#### In this Bulletin:

**Pg 2:** Arja, laptops, health updates, Activities, President's tradie tip.

**Pg 3** Shelterbox, John Stuhmcke

**Pg 4** Zoom tip and pixs, district update, humour

**BEE SWARMED** See article page 2 for upcoming speaker on September 23

#### Birthdays this coming week:

**Sept 12** Geoff Diemar  
**Anniversaries**  
None recorded

**Heads and Tails:** N/A

**Raffle** N/A

#### Member Duties

**Door:** N/A

**Meet/Greet:** N/A

**Grace:** N/A

**Intro Guest speaker:**  
N/A

**Thank Guest Speaker:**

#### Bulletin:

Don

**Photos:**

**Binos** Dieter

**Meeting** Zoom meeting  
Club meeting Board reports, videos

**Next meeting – ZOOM meeting 19/08/2021 Log in from 6.00pm Meeting start 6.30pm**

**Apologies/Extras to Phil Smith on Wednesday by noon**

**Ph 0401 450 239**

## ARJA STEPS DOWN



Arja (right) and Director Lesley Freeman involved in community activities

President Doug, announced at Thursday's meeting that the Board had regrettably accepted Arja Levonpera's resignation. Excerpts of the Board's letter sent on behalf of the Board and members is printed below

Your letter of resignation was received by the Board of Nelson Bay Rotary Club with much regret. On behalf of the Board, and members, we would like to thank you for your wonderful Rotary service with us over the past 7.5 years. The respect gained from all members has been very evident during the term of your membership. There have been many highlights for you, including serving as Youth Director, Chair of the Charity Golf Day Committee President elect and then President in 2019/2020.

You and Laurie's work in the organising and running of the Club's Annual Charity Day is legendary. You and Laurie have always been very willing participants in our other fund-raising activities, including Bunnings BBQ's, Australia Day, Long lunch fundraisers and other events. Your efforts have helped raise many thousands of dollars (the Golf Day alone raising over \$65,000) We wish you well in your endeavours and hopefully you will return to Rotary in the future.

## Save those old laptops/Tablets



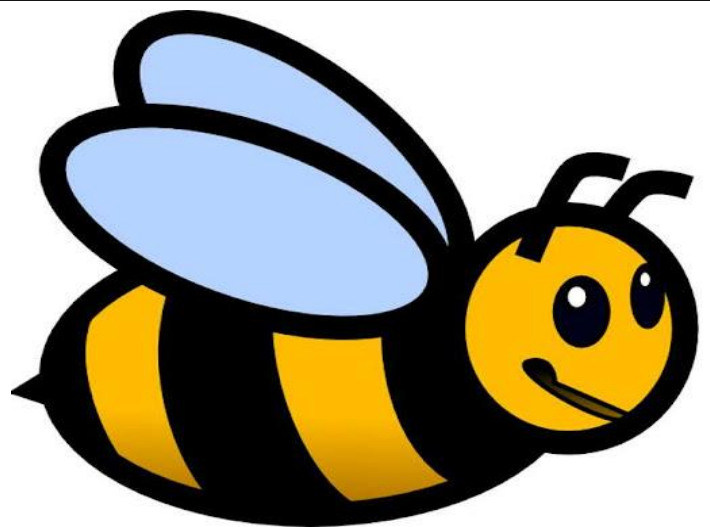
Director Bob Mitchell has advised of a program being conducting by the Maitland Sunrise Rotary Club to refurbish old laptops and tablets, and then passed onto school children who can't afford them. Bob is happy to pick up any old laptops or tablets and then arrange delivery to the Maitland Sunrise Club. Bob's contact details are **Phone 0417 228700** or email grapes [28@bigpond.com](mailto:28@bigpond.com).

It might be suggested that some steam powered laptops/tablets may be just a little bit too old to refurbish

## Never trust an electrician with no eyebrows.



**PRESIDENT DOUG'S TRADIE TIP OF THE WEEK**



**BEE SWARMED-** Our guest speaker at our zoom meeting on September 23, John McCaskill has caused a real buzz among members of the Club. To sweeten the occasion, members are to have asked to a bee background for the night, with a honey of a prize being offered for the best bee background judged by John. Members are also asked to have their hair "combed," no mis bee having and bee organised. Should be an interesting evening.

## ZOOM ACTIVITIES THIS WEEK.

**Monday evening** Zoom meeting for District 9660 up date. Members who are interested can zoom in. See District Secretary's advice re zoom address

**Wednesday evening** Shelterbox Haiti update. See Chris B for details

**Thursday evening 6pm** Club meeting, Board update and video presentations

**Friday 5pm** drinks and nibbles and get together

## MEMBER HEALTH UPDATE

Two of members are not enjoying the best of health at the moment. Our 'wise owl' member Jim Booth is current in Lake Macquarie Private Hospital awaiting major heart surgery next Thursday. We wish Jim all the best and a positive outcome. Former long serving Rotarian and Club honorary Bill Michel is not enjoying the best of health currently and with Covid restrictions cannot accept any visitors. Again, we wish Bill and his family all the best.

## DISTRICT CONFERENCE BOOKINGS NOW OPENING

Bookings for the final 9670 Conference have opened. The Conference will be held in Newcastle in March 2022 and will highlight Newcastle Rotary's 100<sup>th</sup> birthday, plus a club history segment, a raft of excellent speakers and the opportunity to catch up with old acquaintances. As we are going to be a new district in July 2022, this will be district 9670's final conference. All the booking details are available on the weekly newsletter, sent out by District Glenda each Friday. More on this in the next couple of months. See VP Don regarding accommodation at Stockton.



## ShelterBox Bronze Champion- SHELTERBOX UPDATE



We have received the following update from District Shelterbox Area Coordinator and friend of our club Chris McGrath this week  
Chris attended our ShelterBox area coordinators meeting yesterday and was able to get the information you needed.

### **Bronze Award**

- Certificates will be sent out this week
- Digital logo will be emailed as well.

The logo can be used on your website, Facebook and letterheads plus any other flyers etc., that you may want to produce.

Here are some dates you may be interested in. CEO Mike Greenslade will be presenting this event on Haiti including a Q and A session.

- ***Live Haiti event with ShelterBox CEO***

*We're hosting a live event to discuss our response in Haiti on Wednesday 15th September at 7.30pm AEST. We're asking everyone to invite their local clubs, club members, District leadership and anyone you're connected with that might want to hear about our current response in Haiti. Any members or friends who would like to zoom in on this meeting please contact Secretary Chris Bartlett on 0488 552 486 or email [chiju@bigpond.com](mailto:chiju@bigpond.com) for free registration details & Log in details*

- ***ShelterBox Champion Award ceremony,***

*To be held on Tuesday October 5th (an invite to the Champion Award ceremony will be sent to all clubs and all volunteers tomorrow).*

You may receive direct contact from ShelterBox, if not I will send links for Zoom when available.

Thank you to all your members in your support of ShelterBox during these difficult times.

[chrism2449@gmail.com](mailto:chrism2449@gmail.com)

ShelterBox Ambassador/Area coordinator D9670  
0402 085 162

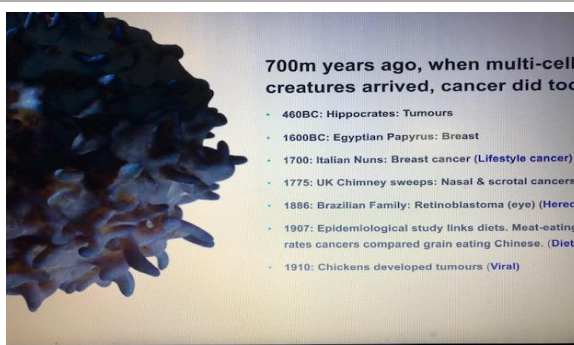
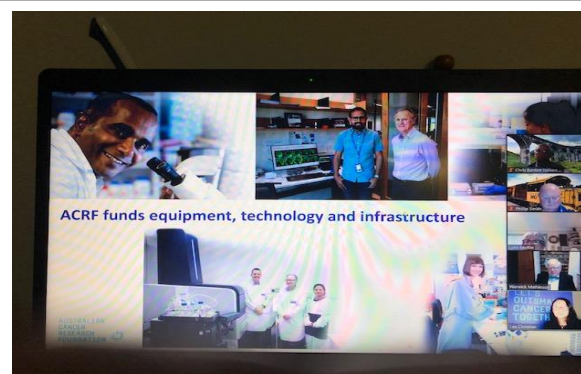
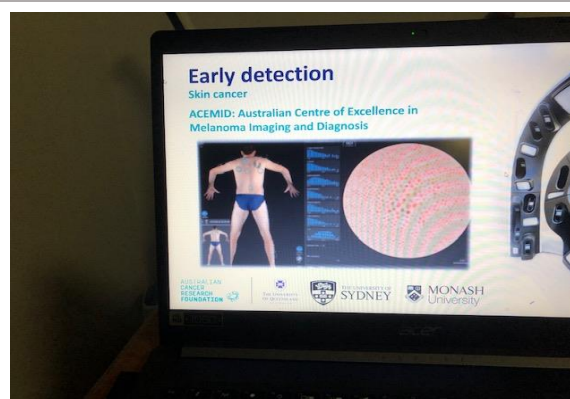


### **45 years' service with Nelson Bay Rotary Club for John Stuhmcke**

Next Wednesday September 15<sup>th</sup>, marks a special anniversary for our longest serving single club member John Stuhmcke, who joined the Club 45 years ago. He has seen many changes during his time as a member, serving in just about all positions on the Club Board, including President, served the community in many capacities including town fire brigade captain, President of the Swimming Club, Numerous Rotary District roles, and a keen interest in the Nelson Bay Marlins Rugby Club among some of his achievements. Perhaps we can raise a glass at our Zoom meeting to help John celebrate this outstanding milestone.

## ZOOM MEETING TIP AND PIXS FROM THIS WEEK'S MEETING

**Tip of the day: blow on the wine in your coffee mug to convince the rest of the zoom meeting that it is tea.**



Apart from the excellent tip for zoom meetings, the screen shots pictured above are some of the highlights from last Thursday night's zoom presentation. It was a very good overview of the work the Cancer Research Fund carry out nationwide.

## DISTRICT UPDATE

There is an Urgent call for Expressions of Interest for the Leadership Positions in District 9660. These positions will be for the Rotary year 2022-2023 and is an opportunity to meet and work with other Rotarians, learn new skills, learn more about Rotary, and be a part of the new District in a Leadership Role.

If you would like to be considered for any role on offer, complete the Expression of Interest Form and send it to DGE 9660 Neville Parsons via email to [neville.parsons1@outlook.com](mailto:neville.parsons1@outlook.com) before 5.00 pm, Sunday 26 September 2021.

There are numerous roles available, and members will have received an email from District Secretary Glenda with all the details. If you can't find these please contact club secretary Chris in the first instance.

Rotarians and Clubs are reminded that postings of photos and stories on Facebook pages, club websites or other social media must reflect the current Health regulations and COVID guidelines. We trust, and therefore assume, that all clubs are strictly compliant with current guidelines and limitations.

Be aware that holding functions and not observing COVID-19 conditions under the Public Liability Policy, which is attached, means you will NOT be covered by insurance.

If you are posting historical photos of previous Club undertakings which would breach current guidelines, you must indicate in your post or comments that this activity was undertaken prior to the prevailing Covid and Health guidelines, it is not current.

It is great to publicise our activities, however, our ethical and even insurance guidelines mean we should always indicate we are mindful and working within recommended or legal guidelines.

## ROMAC/TYRELLS WINE OFFER

The last 12 months have been a very challenging time for ROMAC with our inability to bring patients into Australia or New Zealand due to the rampant COVID-19 pandemic. Thankfully, none of those on our waiting list - approximately 40 young patients - are in need of urgent surgery or procedures.

Your fundraising support in these difficult times has been outstanding and for this I sincerely thank you.

Following the success of our special wine offers last year we are delighted to, once again, be able to provide some great wines from Tyrrell's Wines especially for our ROMAC supporters and friends. Tyrrell's Managing Director, my good friend, Bruce Tyrrell AM, has agreed to release some more of his popular *Drink Now Vats* wines and these are currently available to you at a very attractive price of just \$110 per dozen. As in the past a generous percentage of sales will be donated to ROMAC.

The wines are only available for a short period, so now is an ideal time to replenish your cellar and at the same time help ROMAC change the lives of sick children from our neighbouring islands in the Oceania region. To order, simply click on the Button 'Place your wine order here'.

<https://mailchi.mp/romac.org.au/romac-wineoffer-sept2021-5710201?e=8817e7a298>

PS: Please feel free to invite your family, friends and Rotary colleagues (and those who are not yet Rotarians) to participate in this offer. Sales have good, after this offer was distributed last Thursday. It runs through until the end of September.

