



## Bulletin # 15 – 1<sup>st</sup> October 2015

### David Birss – Nelson Bay Exercise Trail



After a career in finance, computer technology and digital equipment David Birss retired to Australia in 2003. He is an enthusiastic advocate of community health and his interest in “exercise trails” stems a hiccup in his own health when he was diagnosed with high blood pressure in the early 1980’s. He began bike riding, marathon running and gym work and became aware of “vita parcours”– the Swiss term for exercise trail which first arose in the 60’s. They have become popular throughout the world but are only just emerging in Australia. He feels that the community need to take more responsibility for its own health – a sentiment mirrored in recent times by health practitioners and public officials.

But David’s vision, he says, will be beneficial not only in the area of community health but will also be a financial spin off for the community – in particular for our tourist industry – a point of difference to other coastal towns seeking the tourist dollar.

With the help of our Club and Port Stephens Council the first phase of the planned 3 phase trail should be completed by November. This will see the installation of static equipment placed at 4 sites between Dutchies Beach and Conroy park Corlette.

It is planned that later “resistance” equipment such as cross trainers and weights will be added with the ultimate goal of trail extending out to Shoal Bay.

A very thorough presentation (too thorough to reproduce here) was enthusiastically received by the members.



*Our commitment so far... the 2014/15 Board contributed \$10,000 to Stage One. These funds were in effect the surplus from the last 2 Charity Golf Days. We applied for and were successful in receiving an additional Rotary Foundation District Grant of \$7,000. Rotary’s contribution means \$17,000 has been made available for Stage One of the project. (total cost \$31000).*



*The Rotary Club of Nelson Bay have been granted naming rights for Stage One in recognition of our financial and input. A Rotary Awareness Day is being planned to coincide with the official opening.*

*We, as a Club, are also applying for a federal Community Grant through MP Bob for Stage 2 of the Project. President Ann is currently working on this application which is due in on October 9.*

#### In this Bulletin:

**Pg 2:** Hat night; Adopt a road; Film night; Future meetings

**Pg 3:** Foundation Gala; Environmental week-end; Foundation Fact

**Page 4:** Thought from the past; View Club Invitation; A few more pics

#### Visitors:

David Moylan, Rhona Birss

#### Lady Luck:

Dieter Greiter

#### Raffle:

Larry McGrath

#### Congratulations

**Birthdays** -this coming week:

7<sup>th</sup> Oct John Cropley

#### Anniversaries:

None this week

#### Member Duties next week

##### Door:

Bart Richardson/ Peter Page

##### Meet/Greet

Kathy Rimmer

##### Loyal Toast

Gordon Treble

##### Grace

Geoff Bassar

##### Intro Guest speaker

No speaker

##### Thank Guest Speaker-

No speaker

##### Bulletin

John Cropley

**Next week – Hat Night – Fundraiser for Mental Health**

**Apologies/Extras To Ros Cribb by noon on Wednesday!**

**Ph 0401 450 239**



Next Thursday 8<sup>th</sup> October we will be holding our Hat Day Fund Raiser.

Outside of the Government, The Rotary Foundation is the largest contributor to mental Health research.

100% of the money raised during this year's Hat Day campaign will go directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses.

**This is a partner's night.** Please dress up and wear your best/craziest hat.

**Please, please, please book your partners in on 0401450239 by noon Wednesday**

**ADOPT-A-ROAD  
TEAM FOR SUNDAY 11th OCTOBER 2015**

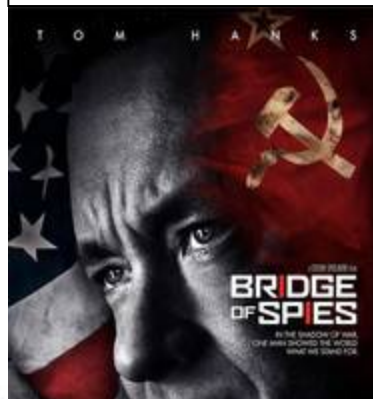


John Cropley  
Geoff Diemar  
Ian Faulkner  
Greg Flux

Dieter Greiter  
Michael Jenkins  
Mike Mobbs (Coordinator)  
Warwick Mathieson (Transport)

THANK YOU TO THE ADOPT-A-ROAD TEAM FOR YOUR PARTICIPATION

**End Polio Now Film Night Wednesday 22<sup>nd</sup> October**



**Nelson Bay Cinema 6:15**

\$20 ticket includes drinks and finger food. Raffle prizes will include Hunter Valley week-end retreat, wine, restaurant vouchers, and gourmet food basket.

Pay online:

BSB 637000 781019496 (don't forget to include your name)

**Gourmet Basket - by Donation. Please bring along a gourmet food item next Thursday to go into the basket**

**Future Meetings Speakers:**

8/10 Rotary Hat day  
15/10 Club Meeting—? John Crump.BTB  
22/10 Film Night  
29/10 Vocational PCYC BBQ to follow  
5/11 Cocktail Party at Club. The Rotary Foundation.  
Peter Raynor and Christine Roach.

12/11 Club Meeting  
19/11 Richard Wiltshire—Engineer  
26/11 Tara Scott—not confirmed  
3/12 AGM  
10/12 Christmas Party



**\*\*Saturday Week 10<sup>th</sup> October\*\***



## Annual Gala Spectacular

Supporting programmes initiated by the Rotary Foundation

6.30 for 7pm, 10th October, 2015  
at Wests, Industrial Drive, Mayfield

Tickets: \$75 includes a welcome drink, dinner and live entertainment

Theme, The Rotary Foundation ... Giving for Tomorrow

Tickets on line: [www.trybooking.com/147708](http://www.trybooking.com/147708) - Bookings close Sunday 5th October.  
Contact for enquiries: Eleanor Cunningham [rfgaladinner2015@gmail.com](mailto:rfgaladinner2015@gmail.com)



**RI President K.R. 'Ravi' Ravindran**

He chose 'Be a Gift to the World' as his theme for 2015/16. Ravindran urges Rotary members to give gifts of time, talent and knowledge to improve lives in communities across the globe. 'Through Rotary, we can take these gifts and make a genuine difference in the lives of others in our world.'

Philanthropy, gifts of money, is still a necessary factor in supporting people throughout the world who need our help.



**Robert 'Bob' Cameron AO**

BE (Hons), MBA, GradDip Geoscience, FAusIMM, FAIM, FAICD  
Bob Cameron is a highly respected and successful businessman who will share his journey with us. He is non-executive Chairman of Centennial Coal, Hunter Valley Training Company, County Coal Limited, Pacific Smiles Group, a Trustee of the Museum of Applied Arts and Sciences (Powerhouse Museum). He is a member of the University of NSW Foundation and a generous philanthropist.

### Environmental Weekend

*Last weekend in October!*

A number of members and friends of Rotary are preparing for the annual environmental study weekend up the Myall River. A great opportunity to see something more of our local beautiful countryside and enjoy the company of others in an informal setting.

Contact Bill Michel for more details. You don't need a boat because transport is available.



### Club night 15<sup>th</sup> October

Your opportunity to hear from your directors and express your opinions freely.



**ANOTHER ROTARY FOUNDATION FACT:  
EDUCATING THOUSANDS THROUGHOUT THE WORLD**

## A Thought From the Past

Nelson Bay Rotary Bulletin 8<sup>th</sup> August 1974

*One line of defense of freedom is the exercise of freedom and discussion. This exists in the weekly meeting of the Rotary Club. Here in the friendly atmosphere of Rotary is the ideal forum for the exchange of ideas. True, many subjects such as International problems are controversial, but is not one of the goals of Rotary to replace the political passion with a desire for understanding. We cannot escape the controversial issues. How we face them is one measure of a Rotary Club's mettle.*

*from Club Historian Richard Turner*

## View Club Invitation

Nelson Bay View Club

invite members to a fashion parade at the Elizabeth Waring Centre off Nelson Bay Rd.

Saturday 17<sup>th</sup> October. 11:30 AM.

Entry \$30 includes drinks and nibbles on arrival.

Please book by 12<sup>th</sup> October with Loraine Nicol on 4984 9456

Supporting the Smith Family  
"Learning for Life"

## A few more pics from the meeting



Sgt Warwick - in fine form as usual



Bill Michel & Ian McIvor chatting with guest David Moylan



Dieter returns from his trip with make ups, banners and a new wardrobe?



What the?