

Bulletin 15 – 4th Oct. 2018

Lauren Chircop (OPAAT health)



The guest speaker tonite was Lauren Chircop founder of her Family business OPAAT Health (acronym for **One Person At A Time**). Lauren holds an Advanced Diploma from Australian Institute of Applied Sciences in Nutritional Medicine, and in addition, Cert.III & IV in Aged Care.

It all started in 2013 when her 13yr old daughter Jemma expressed she wanted to help the poor in Africa; the family went on a mission to raise the funds of \$10,000 required for the trip. It happened by coincidence that their church was planning a mission trip to Tanzania. They already had 2 Sponsor-children in Arusha then, and this was an opportunity to visit them. After reading their appeal for help in the local paper, a generous donor sponsored them with \$1,000 which was the final commitment to go on this trip. (Her next trip is planned for Dec.) Their trip was marred by the 2013 terror bombing in a Nairobi shopping centre and she questioned herself, if it was the right thing to do, but eventually turned out to be life changing adventure for Lauren and young Jemma.

On her return, the trip had taken its toll, with work and family commitment on Lauren's energy, and required a drastic change in lifestyle & diet. After losing a combined 30kg between her and husband Michael her energy level was restored. After more on-line research she decided to detox her body and discovered Gut-health is the key to wellbeing. The Greek physician Hippocrates (460 – 370BC) already argued all diseases originate in our gut, which is still the wisdom 2000 years on.

From her shop in Cinema Mall Nelson Bay she conducts the following:

- Healthy Eating Cooking Class
- The Art of Brewing Kombucha
- Water Kefir Class
- Chocolate & Cheesecake Workshop
- Raw Food Schools
- Monthly Mission Movie Night

(\$10 donation towards their orphanage in Arusha Tanzania)

Check her website www.opaathealth.com for coming events.

In this Bulletin:

Pg 2: Club happenings

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Pg 4: Golf Day roster, "Bugger the Drought" bus trip

Birthdays this week:

7th Oct. J. Cropley

9th Oct. P. Smith

Anniversaries :

none

Heads & Tails

D. Greiter (*on new set coins*)

Member Duties

11th Oct. 2018

Door:

R & J Mitchell

Meet/Greet:

J.Booth

Loyal Toast:

J.Sully

Grace:

M.Williams

Intro Guest speaker:

L.Friend

Thank Guest Speaker:

M.Jenkins

Bulletin:

Phill Smith

Photos:

Phill Smith

Binos:

Tony Todd & Tricia Parnell

Dinner Menu next meeting : Curry with fragrant rice & flat bread

Apologies/Extras to John Crump phone or text b4 noon on Wednesday! 0401 450 239



If you need proof Lauren's diet is working: before and after pictures, even the wedding dress fits again after many years



Lauren and husband Michael



Bill the Spinner with a set of shining new coins.



Fundraiser Event @ Tomaree Library
Wed. 17th Oct. \$20.- crash course in curry making

Free 1 hour info session @ Seventh-day Adventist Church Salamander Bay



Our visitor tonite was Dorothy Chapman, guest of Doug Craike. Dorothy has visited us before and was impressed with our club and looked for something near home (Beacon Hill Syd) suggested was to join a Probus Club. Nothing was avail. in her area, either a waiting list or male only club. A Manly Daily article with expression of interest, so she decided to get involved to start one and became the founding president, little did she know the work involved. Sure to be a rewarding task. Good Luck with the club

It's on again

The Mayall Lakes Environment Study Weekend 26th – 28th Oct. Come and join for a great weekend with gourmet food, fine camaraderie and fun. Come for a day or the whole weekend. Contact Geoff Diemar for details, he needs the numbers for catering



Big Attendance tonite with interest in "Gut health"



The Rotary Dinner Ladies' monthly meeting

The NB Rotary Club Community Hours for September are 435 hours.

This is the time we actively worked for our community in Fundraising BBQ, beautification of our environment, School supports etc.

Coming Events

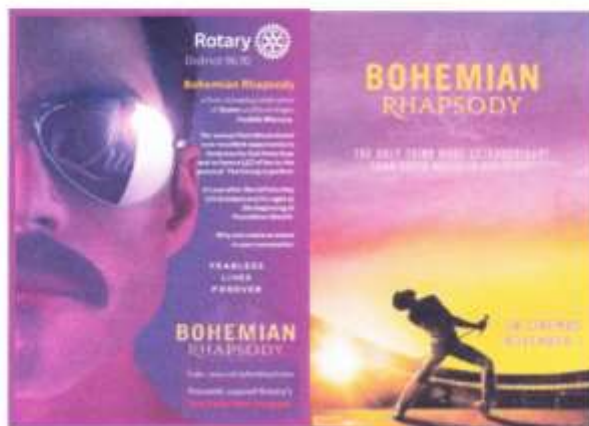
- **Tuesday 9th Oct.** Chip **free** Health Improvement Programme Information night @ Seventh Day Adventist Church Salamander Bay 7:00pm – 08:00pm
- **Wednesday 10th Oct.** Curry with a Twist @ Tomaree Library 7:00pm – 09:30pm (\$20.- donation)
- **Wednesday 10th Oct.** Board meeting
- **Thursday 11th Oct.** Club night & Warwick Mathieson's Postie-bike Variety Club Charity ride
- **Friday 12th Oct.** **Golf Day Please check the roster attached.**
- **Thursday 18th Oct.** MUNA Presentation
- **Wednesday 24th Oct.** RC Salamander Bay Film night title "Breeze" Fundraiser for Polio Plus
- **Thursday 25th Oct.** **No Meeting** (Wed. 24th Oct. is make-up)
- **Friday – Sunday 26th -28th Oct.** Myall Lakes Environment Study Weekend
- **Friday 2nd Nov.** Newcastle Enterprise Glendale Cinema Polio Plus Movie night "Bohemian Rhapsody"

Polio Plus Movie Fundraiser Friday 2nd Nov. Contact coordinator Helen Ryan

Polio Plus Movie Fundraiser, Friday Nov 2

Rotarians, their families and their friends are invited to a movie fundraiser for Polio Plus on Friday November 2, 6:30 pm, Glendale Events Cinema, Glendale, snacks and social from 5:30. This is a coordinated activity by the Clubs of Newcastle Enterprise, Wallsend/Marylands, Belmont, and Waratah. Tickets are \$20 per person, with \$12 going to Polio Plus. Clubs are asked to nominate a movie liaison person, who will be responsible for collecting ticket money and maintaining a list of attendees. Further organisational details and questions should be directed to Howard Bridgman (Rotary Club of Newcastle Enterprise), hialrotary@gmail.com or 0425281387.

Clubs should nominate one person as movie liaison. That person should collect \$20 from each participant, and create a list of names. \$12 per person should be donated to Polio Plus on behalf of the club. The remaining \$8 should be brought to the movie theatre on Nov 2 and given to Howard or a member of the organising committee for tickets. Clubs are asked to confirm their participation with Howard (contact details above), who will ask for participant numbers mid-week before the movie date.



Bohemian Rhapsody

Friday November 2, 2018, 6:30 pm

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music & their extraordinary lead singer Freddie Mercury, who defied stereotypes & shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs & revolutionary sound, their near implosion as Mercury's lifestyle spins out of control, & their triumphant reunion on the eve of Live Aid. For a preview, please go to: www.bit.ly/BohRapTrailer.

End Polio Now Film Night Fundraiser Organised by Rotary Club of Salamander



FILM NIGHT FUNDRAISER

ROTARY CLUB OF SALAMANDER BAY

Invites you to attend the special screening of
"BREATHE" (An inspirational TRUE STORY)



Wednesday 24th October 2018

Arrive at 5:45pm for Finger Food & Drinks

The festivities will be held at NELSON BAY CINEMAS

Film Starts at 6:45pm

**Tickets Only \$28 includes Movie,
Finger Food & Drinks**



DRESS CODE: WEAR SOMETHING RED

Lots of excellent RAFFLE PRIZES, so bring some extra cash to purchase your raffle tickets!

Buy your tickets online now

Go to: <https://www.trybooking.com/XVWJ>

This is a wonderful opportunity to bring your friends and family for a great night out in Nelson Bay & to support THE ROTARY FOUNDATION. BILL AND MELINDA GATES will add \$ to every \$1 dollar raised at our fundraiser.

Golf Day Duty Roster

Times	Duty	First Name	Surname
	Pick up sponsor banners prior to golf day	Phill	Smith
		Chris	Bartlett
		Arja	Levonpera
5.00 am - 4.30 pm	Photography	Henk	If well
		Chris B	Back up
6.30am	Put out signs/banners on course	Warwick	Mathieson
		John	Stuhmcke
		Milton	Williams
		Laurie	Wilson
4.30pm	Bring in signs/banners from course	Warwick	Mathieson
		John	Stuhmcke
		Chris	Bartlett
		Milton	Williams
8.30am	Set up registration tables/ Wall mount player list	Arja	Levonpera
		Don	Whatham
9.00-10.00am	Usher - to guide players to registration area	Ian	McIver
9.00-9.45 am	Player registration - cards	Don	Whatham
		Arja	Levonpera
	Cart Keys	Kathy	Rimmer
Prior	Cash Floats	Liz	Friend
9.00am-4.30pm		Ian	Brigden
9.00-10.00am	Player Briefing	Kathy	Rimmer
9.30am-1.00pm	Betting Holes Coordinator	Peter	McBean
9.30am-2-45pm	Hole in one 11 - Toyota	Ed	Parker
		Warwick	Mathieson
		Bob	Greenlees
		Geoff	Diemar
5.30am-2-45pm	Hole in one 8 - Holiday World	Narelle/Doug	Melhuis
		Andrew	Downey
		Debbie	Downey
9.30am-2-45pm	Hole 5 - par 3	John	Sully
		Phill	Gorton
	Hole 14 - par 3	Richard	Turner
		Chris	McGrath
10.00am-2.30pm	Drinks Cart	Peter	McBean
		Lesley	Freeman
10.00am-2.30pm	BBQ Flannel Flower Hole 7	Doug	Craike
		Scott	Morrison
		Tony	Booth
		Jim	Booth

10.00am-2.30pm	Course Marshall - Cart	Chris Milton	Bartlett Williams
	GOLF CLUB AM AND PM		
After 10.30am	Set up tables & auction items	Liz	Friend
		Judi	Prestley
		Sue	Williams
	Audio/TV	Dieter	Greiter
	Slideshow of Sponsors and List Donators	ChelSea	Stut
2.30pm	Meet & Greet	Kathy	Rimmer
		Arja	Levonpera
		Helen	Nyan
		Claire	Morrison
2.30-4.00pm	Meat Tray Raffle Manager	John	Stuhmcke
	Sell Raffle Tickets	Judi	Prestley
		Liz	Friend
		Lesley	Freeman
2.30pm on	Collate golf results	Don	Whatham
	Assisting	David	Barr
		Arja	Levonpera
2.30pm on	MC Results, auctions, raffles etc	Kathy	Rimmer
		Don	Whatham
4.30pm - on	Pack up equipment & clean room	Arja	Levonpera
		Dieter	Greiter
		Chris	Bartlett
		Others	Please
	Operations		
	Co-ordinator - mobile 0412 373 050	Arja	Levonpera
	Course Marshall - mobile 0468 552 488	Chris	Bartlett
	Volunteer Essential Requirements		
	Sun Hat		
	Sun Block		
	Insect repellent		
	Closed in shoes		
	Chair		
	Sense of humour		
	Our club will provide water during the day, plus sausage sandwiches and finger food in the Golf Clubhouse after play has concluded (member contribution \$12-)		
	A number of our Sponsors will be present on the day, so please say hello and thank and thank them for their support.		
	If you cannot make it on the day, please advise Arja Levonpera or Chris Bartlett		

Bugger the Drought festivities bus trip to Merriwa (Sun. 21st Oct.)

Coordinators for this event are John Stuhmcke & Chris Barlett

The Merriwa Tourist and Welcoming Centre is closing the town for the day, except the normal tourist cafes etc., and have this day together at the Sports Oval. They are going to provide food, entertainment, refreshments, tea, coffee, and milk shakes. Included in this will be a BBQ lunch plus other country delights such as pulled pork and roast lamb. Included will be 3 free alcoholic drinks per person, (beer or wine).

The Sports oval is an alcohol free zone, however the police have granted an exemption for the promoters ONLY!

No food or drink on coach as per Port Stephens Coaches requirements

No food or drink to be brought into Merriwa Sports Oval

For extra refreshments the Sports club next door will be open

There is no program for the day; it's more of a friendly get together.

There will be a band, Pipes and drums, jumping castles and other entertainment for the kids.

The arrangements so far.....

THE COACH ITINERARY & COSTS PER PERSON

0715 Coach departs from McDonald Jones Stadium, Broadmeadow

0745 Pickup passenger from Heddon Greta Hotel car park

0815 Pickup passengers at corner, New England & Golden Highway Singleton. (rest area)

0915 Denman, location to be confirmed for morning tea (provided)

1100 Arrive Merriwa

1600 DEPART MERRIWA

1830 Arrive McDonald Jones Stadium

The money collected on Trybooking is to cover the coach costs.

Carol Coffey will be collecting \$20 from each passenger on the coach to cover meal costs etc., a wrist band identifying each person will be provided on arrival.

We are hoping that from the leftover money we can make a sizeable donation to the township to help with drought assistance.