

Bulletin 17 of 19th October

Understanding Fetal Alcohol Spectrum Disorder (FASD)

Presented by **Jessica Hannan**
National Projects Officer
N O FASD

In this Bulletin:

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Induction & guests
Future Events

Heads & Tails:

Jessica Hannan

Birthdays this

coming week:

26th Oct. T. Fitzsimons

28th Oct. P. Buckley

22th Oct. M. McBean

22th Oct. F. Whatham

25th Oct. D. Downey

28th Oct. Mary Michel

Anniversaries:

23th Oct. I&D Brigden
(35 years)

31st Oct. B&J Mitchell
(53 years)

Members Duties

26th October

Door: Don Whatham/Ian Brigden

Meet&Greet: Doug Bairstow

Loyal Toast: Chris Bartlett

Grace: Ella Clarke

Intro Speaker: Doug Craike

Thank Speaker: John Cropley

Photos: Henk Tobbe

Bulletin: Phill Smith



Jessica holds a Bachelor of Health & Science Degree and Master of Occupational Therapy from UWS.

While working as Paediatric OT in Nowra saw an influx of FADS and decided to do more about this totally preventable disease.

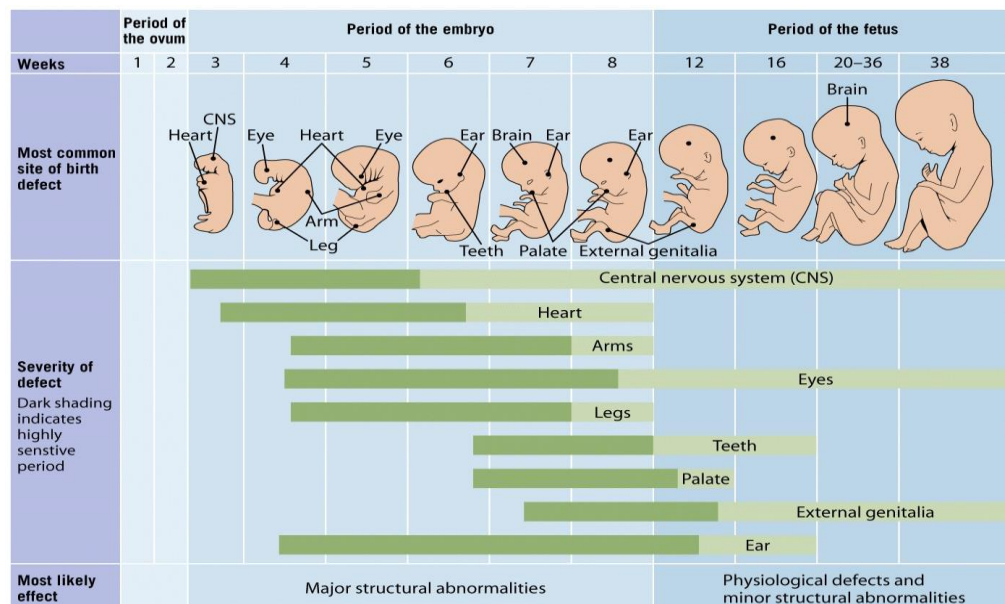
Her message was loud and clear: There is no safe time and safe limit to consume alcohol during pregnancy.

The tiny liver of an embryo cannot metabolise the smallest amount of alcohol (ethanol) in mother's blood stream.

Both neuro and physical development is affected.

FADS is the term used to cover both. To date there is no cure for damage sustained through prenatal alcohol exposure. In Australia it is currently the leading preventable cause of non-genetic disability estimated 1 in 100 infants born each year, more than Autism, Spina Bifida, Cerebral Palsy, Down Syndrome & SIDS combined. The economic Burden is estimated to be approx. \$ 10B.

See her full presentation [HERE](#) or contact jessica@nofasd.org.au



The dark green illustrates the highly sensitive period the central nervous system develops from the 3rd week of pregnancy on and may already be damaged if alcohol has been consumed



Ryan Palmer, Major of Port Stephens is awarded Honorary Rotary membership by Pres. Kathy Rimmer

Honorary Rotary Membership

Each year the Membership Committee identifies new candidates to recommend to the board in becoming an Honorary Member. This can often be given to retiring Rotarians or persons who subscribe to the principals of Rotary.

The Honorary Membership entitles to attend any of the 33000 clubs around the world and have all rights except to vote. They do not pay Club, District nor RI dues.

Honorary Membership is considered a great honour and not given lightly.

Ryan, welcome to the Rotary Club of Nelson Bay and congratulations.



Tammy Kelly our latest member inducted to the Rotary Club of Nelson Bay.

Tammy is the owner of Viva Café in Nelson Bay, the Water Park, located at Nelson Bay Beach and a Swim School.

Welcome to the Rotary Club of Nelson Bay



Guests at the meeting Beth Adam and Cal Baillie representing Tomarree High School



Guest at the meeting David McKinnon representing St. Phillips Christian College

Joke du jour

Do you know that when a woman wears a leather dress a man's heart beats quicker, his throat gets dry, he gets weak in his knees, and he begins to think irrationally!!

Did you wonder why?

Because she smells like a new golf bag!

You're invited to
join the McGrath Family at

A Night for Larry

A night of Dancing to celebrate the life of
Larry McGrath
Hosted by Rotary Club of Nelson Bay

When: Saturday 4th November

Where: Nelson Bay Bowling Club
Stockton St. Nelson Bay

Time: 6:30 pm for 7pm Start till 11pm

Cost: \$25 per person
Includes Finger food

If you would like to have dinner at Tails Restaurant at Nelson Bay Bowling Club
prior to the event you can book a table by calling (02) 4981 12 72

Tickets: <https://www.trybooking.com/319427>

Please note Tickets available until 20th October
For further information call
Chelsea 0409 782650

50's, 60's, 70's Dress Up Optional

No meeting Thu 2nd Nov.

JOIN US FOR OUR ANNUAL
**CHRISTMAS
DINNER**

30th November | 6:00 PM for 6:30 PM Welcome Drink
Little Beach Boathouse
Cost: \$55 Per Person
Pay at a meeting via Cash, Cheque or Credit Card (Square)
or via EFT
BSB: 637000
Account: 781017418
Reference: Your Name

Dress: Smart Casual Beach or Xmas Wear
RSVP: 18th November to **Judi Priestley**

Urgent help required

**BUNNINGS
warehouse**



This **Friday 27th Oct.**
& **17th Nov.** we have
BBQs at Bunnings
and require a total of
4 volunteers, 2 for
am shift (8:30-12:00)
and 2 for pm shift
(12:00-3:00).

Please advise Chris
Bartlett on:
0488 552 486 if you
can assist

Coming Events

- 26th Oct. Speaker: Dept. of Fairtrading
- 27th Oct. Bunnings BBQ
- 31st Oct. St. Dominic's School Cruise
- 2nd Nov. **No Meeting**
- 4th Nov. A Night for Larry
- 9th Nov. Immortals Night
- 30th Nov. **Christmas Party**

Pay your dues and special dinner fees by EFT:

Account name: Rotary Club of Nelson Bay Inc. - BSB: 637000 Account #: 781017418

(please, mention your name and what you are paying for.)



**You can also use your credit card for any payment via our
"Square Reader" EFTPOS terminal**