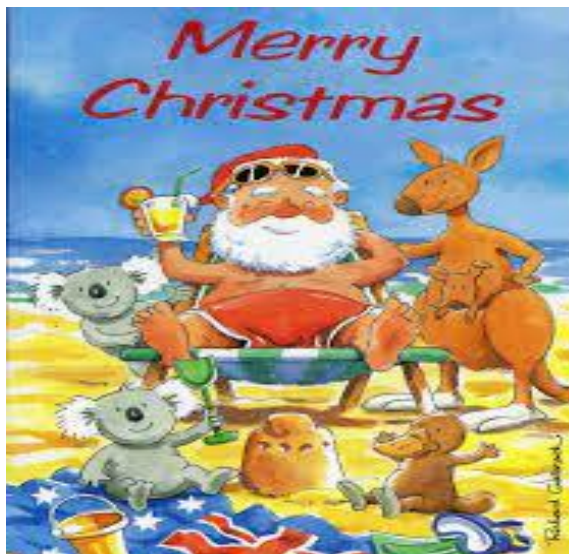


Bulletin #23 XMAS EDITION December 16, 2021

CHRISTMAS MEETING- LAST FOR 2021. A MERRY NIGHT DESPITE COVID

President Doug welcomed 18 members to our last meeting of 2021, prior to the Annual General meeting being conducted. It was a light-hearted affair, with good fellowship and fun throughout the evening. Doug gave a brief update of a few projects both underway and still being investigated. Two of the stories appear in this Bulletin, while the possible Hospital Reflection Garden project, is gathering pace. This is an excellent opportunity to get all community groups involved. After an excellent meal and impromptu fine session, Doug announced cakes would be served with coffee to celebrate the 70th Birthday of Secretary Chris. It was a nice gesture of Doug and Jenny and thanks are extended to them and the members present for their kind thoughts (this week's Editor)



COMMUNITY WORK CONTINUES



Richard and Craig hard to work at Gan Gan Lookout pre-Xmas clean up. Story Page 3



Phill and Doug putting in support poles at the Community sign. Story page 2

In this Bulletin:

Pg 2: 2022-23 Board members, Community sign upgrade

Pg3 Gan Gan lookout clean-up and other news wise sayings

Pg4 Australian Rotary health, Shelterbox, Dream job application

Birthdays this coming week:

Sat Dec 18 Chris Bartlett

Wed Dec 22 John "Stinker" Clarke

Jan 5 Helen Ryan

Anniversaries Jan 2

Don and Fiona Whatham- 59 years

Heads and Tails:

Treasurer Milton

Raffle John Cropley

Member Duties

Door: Chris

Meet/Greet: Richard

Grace: Warwick

Intro Guest speaker:

President Doug

Thank Guest Speaker:

VP Don

Bulletin: Don

Photos: Phill

Binos Dieter

Meeting Jan 13 2022

New District 9660 New

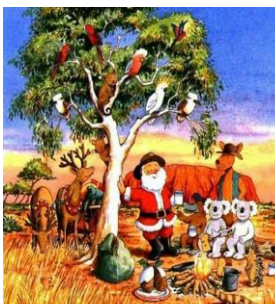
district Governor Neville

Parsons Zoom

presentation

PRESIDENT DOUG'S CHRISTMAS MESSAGE

At the conclusion of the AGM, Doug asked members to take care of themselves, and look out for others who may be experiencing difficulties at this time of the year. He suggested we keep safe and be careful with Covid on the rise. He concluded by saying be kind to each other and remember we are all volunteers. Merry Christmas 2021



Next meeting – Thursday January 13 2022 Neville Parsons District Governor of our new District 9660

Apologies/Extras to Phil Smith on Wednesday by noon

Ph 0401 450 239

ANNUAL GENERAL MEETING AND BOARD FOR 2022-2023



President Doug



President elect – Chris



Vice President- Don



Treasurer- Milton



Secretary Chris



Director- Lesley



Director John Cropley



Director Craig Paroissien

Nelson Bay Rotary Club's Annual General Meeting was conducted on Thursday night. There were several apologies, however a good attendance was present. The previous minutes were approved as were the Club's audited financial reports. The Club is in a healthy financial position, in all areas of operation of the Club. The Auditor suggested a couple of minor changes which were implemented by our current Treasurer Milton Williams, back in July 2021.

The Club have managed the Covid situation very well the last couple of years and the previous Boards are thanked for their efforts.

Nominations for the flowing Board positions for 2022-2023 as follows.

President Doug Craike

President Elect 2023-24 Chris Bartlett

Vice President Don Whatham

Secretary Chris Bartlett

Treasurer Milton Williams

Directors Lesley freeman, John Cropley and Craig Pariossien All were elected unopposed and congratulations to all.

Speaking after the meeting President Doug said it was pleasing to see John Cropley back on the Board and new member Craig Pariossien accepting the opportunity to learn more about Rotary. This year's Board already "multi tasks", working as a team to run the club effectively on behalf of the members. Doug also mentioned several other members are interesting in joining the Board in the future and he will liaise with them over the next six months. It has been a difficult few years with Covid creating havoc and hopefully better times are in front of us.



COMMUNITY SIGN REPAIRED



President Doug announced on Thursday night, the Nelson Bay Road Community Road sign project was well underway after many months of planning. Some members of the Community believed the sign was the property of our Club, however Council have defined it as a community sign. President Doug applied for a grant from Port Stephens Council and Councillor Glen Dunkerly kindly gave a grant of \$250.00 to purchase equipment to repair the sign. The top picture shows the condition the sign was in before work commenced. On Thursday Doug, Phill Smith and Chris B installed the new posts and scrubbed the Board sign down, ready for painting.

Friday morning dawned a little damp, however Doug and Chris arrived to do a final clean up of the sign. The weather cleared and Doug's Brother-in-law, master painter Peter Chant kindly donated his time to paint the Notice board, with assistance from Doug. The bottom picture shows painter Peter doing a great job transforming the sign. Warwick has ordered a new Rotary sign to go on the Board and other community groups are also going to put their new signs on as well.

The total cost was \$280.00, with our Club paying the additional \$30 as part of this community service project. Many thanks to those who did the "hard yards" and of course Peter for a great paint job.



Jim Booth Set to RNR





The hard-working team at Gan Gan Lookout taking a water break.



Dieter clearing the binoculars on Wednesday.

We had an excellent response to our pre-Xmas Clean up at Gan Gan Lookout on Wednesday. 8 members fully armed with a variety of battery charged tools, rakes and brooms carrying out some fine work despite the very warm conditions, very large March flies and of course the odd mosquito. The result was a great tidy up ready for the many tourists who are expected to visit the lookout over the next few months. Dieter also managed to collect \$226.00 from the binoculars. Dieter is now collecting the money twice a week.

The Volunteers were Phill, Richard, Lesley, Craig, Dieter, John Stuhmcke, Bob, and Chris. The lookout is the most visited site in Port Stephens on Trip Advisor. Thanks, are also offered to all those who assist in the maintenance and coin collection. The binoculars are certainly a gift that keeps on giving and proves a great earner for the local community, enabling our Club to conduct local projects and assist those in need.

**THERE ARE ONLY TWO TYPES OF
COMPUTER USERS.
THOSE WHO HAVE LOST DATA AND
THOSE WHO ARE GOING TO.**

=====
**My wife says that if I buy one more
train, she is going to leave me.
I'm going to miss her.**

=====
**Don't worry about the world coming to
an end today.
It's already tomorrow in Australia.**

=====
**IF YOU CAN'T FIX IT WITH A HAMMER,
YOU'VE GOT AN ELECTRICAL
PROBLEM**

=====
**Don't panic; In just two days from now,
tomorrow will be yesterday.**
=====



The club assisted at Bunnings for their family night on Thursday night, last week, making it very worthwhile for us. Volunteers Geoff, Warwick, Peter Page and Chris had a great night. Our next official BBQ is Saturday March 12th. We have a community BBQ assisting Port Stephens Koalas on Australia Day. Bunnings have expressed an interest in helping the Club on the proposed Community Hospital Garden project.



**Christmas
in Australia**



MENTAL HEALTH FIRST AID

Mental Health First Aid - Teaching individuals in more than 25 countries to recognise symptoms of mental health problems and how to give initial help. Professor Tony Jorm and his wife Betty Kitchener are the brains behind the Mental Health First Aid program. Since its inception in 2000, over 3 million people have been trained in Mental Health First Aid globally, over 25 countries have adopted MHFA, over 800,000 Australians have completed the course, and over 4500 MHFA courses are run in Australia each year. Research funding has also led to the development of Teen Mental Health First Aid (tMHFA), which teaches high school students in years 10-12, and years 7-9, how to provide mental health first aid to their friends.

SOME HIGHLIGHTS OF AUSTRALIAN ROTARY HEALTH DURING THE PAST 40 YEARS.



Cool Kids Program - 2 in 10 children experience anxiety, this world-renowned program helps children and parents manage their children's fears and worries.

Professor Ron Rapee developed the Cool Kids program, a self-help, multimedia program to relieve anxiety symptoms in teens aged 14-18 years. Ron and his team evaluated the efficacy of the program, which found that teenagers showed significantly greater reductions on most measures than teenagers on the waiting list. The program has since been extended, adapted for online use, and has helped children with anxiety in more than 20 countries worldwide.

ARH held its annual meet our local Indigenous Health scholars in Newcastle recently with area ARH rep Chris Bartlett and his District team of Chris McGrath (Waratah RC) and Courtney Bendall (Singleton RC) present. ARH indigenous scholarships have helped over 200 doctors and nurses to complete the program over the last 20 years.



GREAT RESULT FOR SHELTERBOX GIVING DAY

As members will recall our Club were involved in this promotion where our \$1,000 donation turned into \$2,000 for this initiative campaign. We have been strong supporters of ShelterBox since for member and past president Scott Jarman kicked off ShelterBox in our District in 2010. A special thanks to all those members who help us raise the funds to support some great Rotary programs. Shelterbox Australia are still collating figures and late donations but with all your help, Rotary Clubs across Australia showed outstanding support of the ShelterBox Giving Day and have helped hundreds of families in need. At the last count, together we raised over \$150,000!!!!, an increase of \$19,000 over last year.

17th December, 2021

Interested in leading Rotary District 9660?

Applications are now open for the position of District Governor 2024-2025 and closes 31st March 2022

Rotarians

Are you interested in becoming the Governor of District 9660?

Please feel free to contact me to discuss this role and the opportunities it offers.

Confidentiality will be maintained if you wish to discuss this role with the current G-Train members.

The following is an extract from RI bylaws setting out the requirements for a DG:

16.010. Qualifications of a Governor-nominee.

Unless excused by the board, the person selected as a governor-nominee shall at the time of selection:

- (a) be a member in good standing of a functioning club in the district;
- (b) have served as club president for a full term or as charter president for at least six months;
- (c) demonstrate willingness, commitment, and ability to fulfill the duties and responsibilities of a governor in section 16.030.;
- (d) demonstrate knowledge of the qualifications, duties, and responsibilities of governor as prescribed in the bylaws; and
- (e) submit to RI a statement that the Rotarian understands those qualifications, duties, and responsibilities, is qualified for the office of governor, and is willing and able to assume and faithfully perform those duties and responsibilities.

Please give this opportunity some consideration and I await your call.

What must I do to apply for this position?

Complete the District Governor Nominee Form (see attached)

Provide a CV supporting your application – outlining both professional & Rotary experience.

These documents can either be mailed to your current District Governor at the following address:

DG Amanda Roach

PO Box 41

Rylstone NSW 2849

or sent by email to:

amanda.roachdg2122@gmail.com

Please note that the application must be received by close of business 31st March 2022.