

## Bulletin 27 February 23 2022

### FIRST MEETING FACE TO FACE OF 2022

Our first face to face meeting of 2022 was held at the Bowling Club on Thursday night with 15 members enjoying a roast beef dinner and excellent conversation under Covid conditions. President Doug welcomed everyone back.

Our covid safe dinner (pictures below arrived promptly and enjoyed by all. After dinner, Doug gave the members some updates on Club happenings including our new sign erected by Warwick on Wednesday (See Page 2). We are also providing assistance to the Yacaaba Centre Housing complex on Monday, where will be clearing out a shed and putting the contents kerbside for a Council pickup. A fun fine session was conducted where doug handed out some of the Club's new pens. some members also have their new shirts, delivered by Kathy earlier at the meeting.

Doug was also able to give the members present an update on the reflection Garden project at the Tomaree Community Hospital. The Club Board passed a request to commence Stage one of the project, after receiving written confirmation from NSW Health (continued and conducting due diligence **Continued Page 3**)



Our special guest speaker next Thursday will be local sporting icon, Bruce Scott, who had the new \$7 million Tomaree Sporting complex named in his honour on Sunday.



**COVID  
SAFE  
DINING AT  
NELSON  
BAY  
ROTARY  
CLUB**



### In this Bulletin:

**Pg 2:** Imagine Rotary, New sign, coming events

**Pg3** A Koala tale, Bunnings , binos, news

**Pg4** ARH Parkinson's breakthrough, Aussie facts

### Birthdays this coming week:

**Mon Feb 07** Helga Grieter  
**Sunday Feb 13** Erin Brinkley

### Anniversaries

None Recorded

**Heads and Tails:** Peter Page

**Raffle** Double to Peter Page.... Well done, Peter

### Member Duties

**Door:** Chris

**Meet/Greet:** Peter Page

**Grace:** Erin

**Intro Guest speaker:**

Bob Mitchell

**Thank Guest Speaker:**

Ian Brigden

**Bulletin** John Cropley

**Photos:** Phill

**Binos** Dieter

**Meeting** February 13 2022 Bruce Scott, chairman of the Tomaree Sports Council- partners and friends welcome

**Next meeting – Thursday February 13 2022 Bruce Scott, Chairman of the Tomaree Sports Council. Partners & friends welcome**

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

**Ph 0401 450 239**

COMING EVENTS

- Mon Feb 7** Yaccaba Centre Accommodation clean-up for Council pick up
- Tuesday Feb 8** Board meeting at 5.00pm at President Doug’s home
- Thursday Feb 10** Club meeting. Speaker Bruce Scott. Partners and guests welcome
- Thursday Feb 17** Meeting Speaker TBA
- Thursday Feb 24** Meeting Speaker tba
- Saturday Feb 26** Assisting at Soldiers Point Yacht Fishing event, Dragon Boat Function 9am.
- Sunday February 27** Bunnings BBQ, Volunteers needed. Day 2 of assistance at fishing Event.



FROM THIS



TO THIS



Our new Nelson Bay Rotary sign has finally be installed on the upgraded community notice Board on nelson Board. Special thanks to Warwick, for organising the sign, which was kindly prepared and painted at No charge by Nelson Bay Signs. This has been an ongoing community project after Port Stephens Council provided us with a grant of \$275 via Councillor Glen Dunkely. Clr Dunkely responded to a letter of thanks sent by the club, commenting on a good job carried out by Rotary members and Volunteers. It is certainly an eye opener for those locals and visitors driving into the Bay. Several other clubs including Soldiers Point Lions and our friends at Nelson Bay CWA will also be putting up new signs as well. A thank you letter will be sent to Nelson Bay signs and well done for all those volunteers who worked on this project



IMAGINE  
ROTARY



"Imagine Rotary" is the 2022-23 presidential theme that RI President-elect Jennifer Jones revealed on 20 January. She is asking Rotary members to dream big and take action: "We all have dreams but acting on them is a choice. Imagine a world that deserves our best, where we get up each day knowing that we can make a difference."

The logo for the theme was designed by Riki Salam, an Australian artist and graphic designer specializing in contemporary Indigenous art, design, and communications. He also created the 2023 Rotary International Convention logo which will be held in Melbourne, Australia, thus connecting the two by a shared visual language.

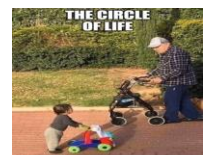
Meaning of the design elements

There is, of course, a deeper meaning behind each element of the design. The circle in aboriginal culture for instance, signifies our connections to one another. The dots around it represent people and there are seven because of Rotary’s areas of focus. The circle and the dots together become a navigation star – our guiding light. The solid line underneath is what is referred to as a digging stick and it is used when doing hard work. And since Rotary members are people of action – it represents a tool for getting things done.

Colours

The colors green, purple, and white are not necessarily connected to aboriginal culture. President-elect Jennifer Jones asked the new crew of Governors to use one, two, or all three when dressing for official events instead of using a theme jacket. "As we celebrate diversity, equity and inclusion, I wanted all of us to be able to express ourselves differently in what we wear, but still have connection", Jones explained.

There are several ways to interpret the colors: Purple for example stands for polio eradication, green for the environment, the newest addition to our areas of focus, and white for peace, our core mission. Together, they are the colors of the women’s movement, the Suffragette – a subtle nod to this history as Jones pointed out, since she will be the first female RI president.





**Reflection Garden Update from Page One.**

Stage One is the drawing of the plans for the Garden, local company Dream Design Scapes (Megan Cooper). Engineer Nick Diemar (nephew of Geoff) will provide engineering details of the retaining wall. Both sets of plans need to be approved by NSW Health before we can proceed to stage 2.

There has been much interest in this project from many members so far. President Doug would like all members of the Club involved in some capacity and will be forming teams to be formed to cover various aspects of the (i.e. Project Management, Finance, Supplies, volunteer co-ordination, publicity, etc) The Club have applied for two grants to assist in the funding of the project. The estimated cost of the project will be \$60,000. The Board will discuss the above in more detail at Tuesday night's Board meeting. Following this meeting a full outline of Stage 2 including costs will be approved by the Board and made available to members. The project not only provides the opportunity for all members to be involved, plus building relationships with sponsors and the opportunity for new club members, after witnessing what can be achieved by a committed group of volunteers, who have provided much to the local community since 1956.



Behind the scenes volunteer Dieter has been busy since Xmas collecting money from th binoculars at Gan Gan lockout, plus checking on security as well.he has collected over \$1,700 since mid- December. We currently have a small issue with the locks, however this will be resolved shortly. A big thank you to Dieter for his efforts.



**A KOALA TALE- MERCY AND OTIS SEEK REFUGE**

Youth Director and Koala rescue volunteer Lesley Freeman recently told members of a unique rescue which occurred at the Koala Rescue centre at One Mile. A Koala and her baby were being chased by a lace monitor lizard wandered into the centre.seeking admission. After being checked by staff, it was discovered the Koala was microchipped 13 years ago, before being rleased back into the bush. The now 16-year-old Koala called Mercy, and her baby now named Otis were given a full health check, with the baby microchipped. Having spent 10 days at the Centre the lucky koalas will be returned to their natural habitat. It was a great result for all (except for the lizard of course). It also highlights the power of technology and the great work of the many volunteers in the local area



Lesley and Chris helped our friends at Koala Rescue Volunteers at Bunnings on Australia Day. It was a hot steamy day and sales were exceedingly quiet as everyone headed to the beach. Bunnings did provide some stock for this BBQ. The picture below shows the Koala ladies (Lesley on left) during the day They managed to raise a few dollars for their efforts. The good weather saw the beaches around the Bay well utilised.

We have a couple of Bunnings BBQ's coming up soon, the first on Sunday February 27<sup>th</sup>, we have 3 volunteers already, however we need 5 more. We have another one scheduled on Saturday March 12<sup>th</sup> as well. Bunnings have advised all community groups face masks need to be worn at BBQ's, and Volunteers are asked to advise of their vaccination status when signing on for shifts.



Some call it multi-tasking, I call it doing something else while I try to remember what I was doing in the first place

It took  
"Click it or Ticket"  
to get people to  
wear a seatbelt.  
I wonder if  
"Mask it or Casket"  
might work?  
Donald Ray Whitley

AUSSIE FACTS- COVID READING



1. The Australian Alps get more snow than the Swiss Alps.
2. 90% of Australians live on the coast.
3. Tasmania has the cleanest air in the world.
4. The Great Barrier Reef is the largest ecosystem in the world. It is made up of nearly 3,000 individual reefs and can be seen from space.
5. Australia has over 60 separate wine regions.
6. Fraser Island is the largest sand island in the world.
7. The Indian Pacific train has the longest straight section of train track in the world.
8. The Great Ocean Road is the world's largest war memorial.
9. 80% of Australian animals are unique to Australia.
10. 5 km of Uluru is underground.
11. Australia has the world's longest golf course measuring more than 1,350kms long.
12. Australia is home to 21 of the world's 25 most venomous snakes.
13. Perth is the only city in the world which can have aircraft land in its CBD.
14. Australia is bigger than we realise, it's almost the same size as mainland USA.
15. The largest cattle station in the world is located in Australia, Anna Creek Ranch in South Australia, and it's bigger than Israel.
16. The first Police Force in Australia was made up of the most well-behaved convicts.
17. It would take around 29 years to visit one new Aussie beach every day – there are 10,685 of them!
18. AFL invented to keep cricketers fit in the off season, there are claims that the game may have been influenced by Indigenous Australians.
19. The world's largest rock is not actually Uluru, but Mount Augustus in Western Australia & actually twice the size of Uluru.
20. Australia is the 6th largest country in the world

## Breakthrough Research for Parkinson's Disease May Contribute to New Treatments

Results from a study funded by Australian Rotary Health (ARH) suggests that patients with Parkinson's disease have a unique blood signature compared to those without the disease. Such a discovery could further be investigated to better understand and develop treatments for Parkinson's disease (PD).

Parkinson's disease is an incurable, degenerative neurological condition that progressively affects a person's ability to control their body movements. Approximately 4 per 1000 people in Australia have Parkinson's, with its chances of diagnosis increasing to 1 in 100 over the age of 60. Miss Jasmin Galper from the University of Sydney received the David Henning Memorial Foundation PhD Scholarship between 2018 and 2021 to conduct research into clinical and pre-clinical characterisation of PD.



Miss Halpers research initially focused on the role inflammation plays in PD, by measuring blood inflammatory markers in participants with and without PD, as well as participants with high risk on developing PD due to genetic indicators. Out of the 370 participants, it was found that such inflammatory markers were not promising in identifying PD or classifying PD risk in patients.

In a second research project, Miss Galper's team explored different markers in the blood of PD patients, to better understand potential disease alterations. Particularly focusing on blood lipid measures, the study was an Australian-first in the emerging but underexplored area of PD research. It involved 536 blood samples from participants with and without PD, measuring over 1,000 different blood markers. It was discovered that there was a distinguishing unique blood signature of patients with Parkinson's disease compared to those without the disease. Such breakthrough findings suggest that lipid metabolism may represent a novel marker for diagnosing and potentially treating PD.

In the same study funded by ARH, an additional investigation into 88 cerebrospinal fluid samples further illustrated differences in lipid markers in PD patients compared to those without.

"The results from this study indicate that Parkinson's disease patients have a unique blood signature compared to people without the disease. This research suggests that the components of this blood signature should further be investigated to better understand and develop treatments for Parkinson's disease," said Miss Galper.

