

Bulletin # 29, 13th February 2020



At this week's meeting Katrina Ridley gave us her behind the badge introduction.

A country girl Katrina grew up on a wheat and sheep farm, the eldest of four children

After school she worked for a short time with a stock and station agent before training as a teacher and later moved into childcare and out of school hours care in an administration role.

In 1997/98 she experienced a life changing event - the death of two young nephews within a short time – one through a chronic blood disorder and the other from acute myeloid leukemia.

She decided that in tribute to them she wanted to help people improve their quality of life and well-being. To this end Katrina trained in "Bowen Therapy", a gentle, effective and non-invasive treatment.

'Bowen therapy can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions'.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/bowen-therapy>

Katrina has been practicing for 16 years. Now also a trainer, she is passionate about improving people's quality of life and raising the profile of Bowen Therapy. In 2019 she raised \$8500 for HMRI towards "VIVA" (Viruses, Infections, Vaccines and Asthma) research.

The therapy bears the name of its developer Tom Bowen.

For more information go to:

<http://www.bowtech.com/WebsiteProj/Pages/About/History.aspx>

In this Bulletin:

Pg. 2: Mayor's Bushfire Golf Day, Dinner Fees, Doug's new glasses, RAWCS Bushfire result

Pg. 3: From the Board, Project Neighbour

Pg. 4: Upcoming events, Rotary Inspired

Birthdays 14/2 – 20/2

18th Feb John

Stuhmcke

18th Debbie Brigden

Heads and Tails:

Geoff Diemar

Raffle

John Crump

Member Duties 20/2

Door
Michael Jenkins / Peter McBean

Meet/Greet:

Ian McIver

Loyal Toast:

Peter Page

Grace:

Tricia Parnell

Bulletin:

Phill Smith

Photos:

Phill Smith

Binoculars:

Richard Turner

Michael Jenkins



Port Stephens Mayoral Bushfire Appeal Golf Day was held on Thursday with President Arja along with Doug Melhuish, Kathy Rimmer and Lesley Freeman helping on the day, along with Kylie Smiley. The five sold tickets and drinks for the cause. A well-run day with 180 players and all 3 courses of the Nelson Bay Golf Course used said Kathy Rimmer.

Many items which came from far and wide were auctioned by an Auctioneer from Denman. Proceeds will go to RFS and the Salvation Army. 100% of all items, food and alcohol was donated! Over \$30,000 has been raised so far.

Protracted negotiations with the Bowling Club and Caterer see our dinner fees remaining as is – for the time being.

This has come at the cost of tea and coffee which will no longer be provided.

The dinner fee traditionally has covered the cost of the meal, a donation to The Rotary Foundation and meals of guests including speakers. The on-going problem of paying for members who do not turn up continues to be a problem. Members are urged to advise their apology in time to prevent the us being charged. The Board are looking at other ways to keep fees down.



Doug Bairstow being presented with his special "Onion Cutters" glasses by Milton Williams.



RAWCS Bushfire Appeal

Donations to the RAWCS appeal has now reached \$585,000. A meeting will soon be held to decide how and where the money will be distributed.

It is worth noting that RAWCS administrative costs are 2.4%. This compares very favourably to some of the better-known organisations with costs as high as 24%.

**Next Meeting's speaker:
Scott Johnson, Toastmasters International**



Effective public speaking

From the Board Meeting

Milton Williams:



- \$3700 raised from Touch Football with Stock left over to be used at Dragon Boat BBQ on 13th March.
- Looking for volunteers for BBQ at Bunnings Family night to be held 2nd April.
- The container at "The Shed" has gone – new home at Croquet Club. Compound cleaned up and several loads of rubbish taken to tip.
- Bunnings on hearing of Doug Bairstow's insatiable onion fetish have gifted him a pair of specially designed "onion cutter's" glasses. See pic page 2 above.

John Stuhmcke:

- Working bee needed to spruce up Gan Gan lookout. Railings need painting, information plaques need to be removed, cleaned and improved to prevent moisture build up.
- Landscaping Working Bee at Yacaaba Centre also to be organised. Don Whatham and Milton Williams organising.

Chelsea Ellul:

- One of eight KIVA loans we funded has now been paid in full. The remaining seven are expected to be repaid by June at which time we can look at providing new loans.
- Iron Lung Road Show Launch, 29th February at Maitland (see separate item Pg4)

Liz Friend:

- Liz reported that the MHERV (Men's Health Education Rural Van) will be visiting the area on March 28/29. Members will be required to assist on a 2 hour roster. Anyone wishing to help please contact Liz.

President Aria:

- Rotary Golf Day progressing. Spoke with several interested people at Mayor's Bushfire Day and flyers left on tables.



Another enjoyable Project Neighbour afternoon at Corlette Hall

.....Patience Peter



END POLIO NOW

Rotary Foundation End Polio Iron Lung Roadshow Launch!

When: Saturday Feb 29th,
6pm for a 6:30 start

Where: Club Maitland City, Rutherford

Tickets: \$45 - Tickets are limited! And must
be booked before Feb 21.

Any questions please contact Kerry:

0417485293

www.trybooking.com/BICCR

Rotary
Nelson Bay



29th Charity Golf Day

Friday 3rd April 2020

NELSON BAY
GOLF CLUB

4 PERSON AMBROSE EVENT

Great Prizes for winning & placed teams

PROCEEDS TOWARDS

HMRI: Assoc. Prof. Kelvin Kong for
more efficient Indigenous Ear Disease Diagnosis
PLUS DROUGHT & BUSHFIRE RELIEF

2 X HOLE-IN-ONES PROUDLY SPONSORED BY

Maitland and Port Stephens Toyota



Discover the world one piece at a time



Registration: 9:00 am
Final Briefing: 10:00 am
Shot-Gun Start: 10:30 am
Prize, Presentation,
Raffle Draw and Silent
Auction: Approx. 3:30 pm



Registrations: www.nelsonbayrotary.org.au

Contact: Arja Levonpera

M: 0412 373 050 E: arja.levonpera@gmail.com



Regular get-togethers:

1st Thursday of each month Ladies get together dinner in Club Bistro.

2nd Wednesday each month: Project Neighbour.

3rd Wednesday each month: Honorary members get together 10:00AM Evviva Café.