

## Bulletin 29 – 4<sup>th</sup> Feb. 2021

### Guest speaker Brooke Vitnell (Solicitor)



Brooke is a member of RC Williamstown. She is born and raised in Port Stephens. Attended St. Philip's Christian College and graduated in Law and Journalism at the UON. She is from a well-established solicitor firm, her father David Vitnell has been practicing in Nelson Bay/Medowie for 40 years. After graduation she took up several jobs in fed. Politics Canberra which took her during her career to many of the South Pacific Is. as

as secretary of the Int. Trade Minister and Int. Trade Dev, Minister Indo Pacific. Her subject for this evening was Elder Abuse. According to statistics 14% of Elders over 65yr experience some form of Elder Abuse and due to the predominantly older population (over 65yr) of >22% in our area and not least due to COVID19, it is critical.

Elder abuse can take many different forms, the most common being financial abuse and/or neglect. This can be in form of physical abuse to cause pain or injury or psychological or emotional abuse, but most commonly involves money matters. Brook presented us with several real-life examples of persons that have been subjected to abuse and this often involves reporting to police. In order to keep track it is advisable to request and record the incidence number issued by the police.

In her Q&A session she provided a lot of free advice to our members questions. Some of the website to report or get information about elder abuse are:

<https://www.relationships.org.au/>; where there are children involved in abuse, sexual or otherwise the [www.nationalredress.gov.au](http://www.nationalredress.gov.au) is a good starting point.

If you witness any form of abuse don't sit by, go and report it to the appropriate authority, is the message Brook tried to bring across.

In summary an excellent talk to a very touchy subject.

You can reach Brooke on [www.brookevitnell.com.au](http://www.brookevitnell.com.au) on Family Law, Power of Attorney, Wills or Enduring Guardian etc.

### In this Bulletin:

**Pg 2:** Announcements

Bunnings BBQ, PHF award

**Pg 3:** Golfdays Flyer & Rego form with QR codes

### Birthdays this week:

18<sup>th</sup> Feb. J. Stuhmcke

18<sup>th</sup> Feb. D. Brigden

16<sup>th</sup> Nov. B. Michel

### Anniversaries:

none

### Heads & Tails:

Dieter Greiter

### Raffle:

Peter McBean

### Member Duties 11<sup>th</sup> Feb.

#### Door:

Lesley Freeman

#### Meet/Greet:

M. Williams

#### Grace:

David Clark

#### Intro Guest speaker:

n/a

#### Thank Guest Speaker:

n/a

#### Bulletin:

Chris Bartlett

#### Photos:

Phill Smith

#### Binos:

Lesley Freeman

### Gan Gan Lookout Working Bee

**Tuesday 9<sup>th</sup> Feb. 9:00**



General cleanup and removal of dead shrubs etc.



Vandals have unsuccessfully tried to break into the money tray by drilling the lock of the bottom bins.

**Dinner Menu next meeting: Steak w. mashed potatoes**  
**Apologies/Extras to Club Phone by noon on Wednesday Ph.: 0401 450 239**



## Announcements



**Sat 13<sup>th</sup> Feb.** is our next Bunnings BBQ  
Rostered are:

**AM shift 8:30 -12:15:** Milton, Chelsea,  
Lesley, Phill & Jim

**PM shift 12:00 – 4:00PM:** Dieter, Arja, Chris,  
Richard, Peter.

Any changes please advise Milton

### Remembering a great man with and infectious smile.

*Remembering a great man*  
**PETE RAYNOR**



*If tomorrow starts without me*

If tomorrow starts without me, and I'm not there to see,  
If the sun should rise and find your eyes, are filled with tears for me.  
I wish so much you wouldn't cry, the way you did today,  
While thinking of the many things, we didn't get to say.  
I know how much you love me, and how much I love you,  
And each time that you think of me, I know you'll miss me too.

I had so much to live for, and so much yet to do,  
It seemed almost impossible, that I was leaving you.  
I thought all the yesterdays, the good ones and the bad,  
I thought of all the love we had shared, and all the fun we had.

If I could relive yesterday, just even for a while,  
I'd say goodbye and kiss you, and maybe see you smile.  
You have been so faithful, so trusting and so true,  
So won't you come and take my hand, and share my life with me.

### President report:

The \$1.- commemorative 100 years Rotary coin is in circulation, (look out for one) this to be followed by a Auspost stamp in April.

The Yaccaaba Centre to receive another \$200.- for food hampers in addition to the \$400 already given earlier.

Wendy Stein thanks the members for the generous donations at the previous meeting this is to be matched 1:1 by the Dick Smith Foundation.



At the 2020/21 changeover in June Milton was awarded the Paul Harris Fellowship but due to Covid restrictions only online meeting were held; this was the first opportunity to present Milton the well-deserved award.

This week we said our "Good Byes" to our long time members **Lorraine & Murrey Nicol** from our area as they moved back to Forestville where they lived before coming to Corlette.

Here are extracts from a recent article that appeared in the Examiner:

Rotary members Lorraine and Murray Nicol's community service is recognized with bench dedication.

Lorraine and Murray Nicol have been honored by the Corlette Hall Committee with the bench located off Danalene Pde, Corlette.

"Over many years both Lorraine and Murray Nicol have worked tirelessly for Port Stephens," a plaque on the green bench, donated by the hall committee, states.

In her service to the community, Mrs. Nicol organized countless functions and events on behalf of Tomaree Breast Cancer Support Group and Nelson Bay VIEW.

Nelson Bay VIEW sponsors children from disadvantages families through the Learning for Life program run by The Smith Family. Hall committee member Brian Watson-Will said the bench, located off Danalene Pde, is to recognize the Nicols' service to Corlette, their fundraising contributions with Rotary and the VIEW club.



### Boardmeeting:

Wednesday 10<sup>th</sup> Feb,

Thursday 11<sup>th</sup> Feb. Club-meeting with directors' reports



## Announcements



Ivan has a PhD from Adelaide University on microbial genetics. This was an exciting period in the biological sciences as it was the start of the revolution of DNA sequencing and the massive revolution that followed. He is also involved in the [Pandis](#) organisation. In 2013 he presented at the first Tick-borne Disease conference in Sydney on a form of the vitamin D binding protein which can potentially activate macrophages allowing for significantly increased immune ability as well as other functions such as repair of organs. This is now Ivan's on-going interest. His talk today was centred around [Lyme disease](#). As carer for Natalie Hain (see story "Save Natalie") he painted a grim picture of no or little support here in Australia, and currently only treatments are available in Germany, USA & Mexico at huge expenses.



**The Big Picture** Natalie Hain has been suffering Borreliosis (commonly known as Lyme disease) from a tick bite acquired while working as a park ranger. Like COVID-19, it's a zoonotic disease with health impacts that are equally severe. Natalie CAN NOT obtain the global best practice care in Australia and she needs funding for medications, testing and specialized treatment.

Natalie has:

- serious multiple infections and is allergic to many medications
- MAST cell activation causing her to require very experienced, specialist care
- a constant risk of sepsis from opportunistic infections due to immune suppression from the Lyme
- hyper-coagulated blood and is a risk of stroke
- a special port IV so she can have life-saving IV treatments at home
- to live away from her family so she can be close her doctor for weekly treatment

*\*All a result of being denied appropriate care in a timely fashion here in Australia.*

Natalie gets weaker every day and is in pain. Many of her fellow sufferers have not made it this far, succumbing to medical complications such as infection, stroke or sadly, suicide. The mental trauma from the reality of permanent chronic pain and possible death is hard enough but facing insurmountable medical bias and denial of treatment is often just too much.

**Her Story** While working for the National Parks, NSW, Natalie was bitten by many ticks. The initial symptoms of the tick-borne bacteria in Natalie's blood were fatigue and aches. This slowly escalated to seizures, encephalitis and wheelchair confinement. In 2019 Natalie was close to death with a young daughter to care for and to live for.

In order to survive, Natalie had to sell her home and travel to America and Mexico where Lyme clinics are set up to efficiently and expertly treat Lyme. Thankfully after six months of treatment Natalie was walking and talking again.

Sadly, the money ran out before Natalie was safely on the road to recovery and she still requires life-saving medical care and support. She needs more treatment from American doctors and medications only available outside of Australia. The alternative is a slide back into the debilitation she previously suffered. Her neck and chest cartilage are permanently damaged from the infection.

Natalie dreams of being well enough to live independently and spend time with her daughter and help other Lyme sufferers get medical recognition and financial help.

**Australia** Thousands of Australians have Lyme Borreliosis and associated infections. The Lyme Disease Association of Australia, Australia's peak patient body, estimate that there are just under 500,000 Australians sick with these infections (based on an estimated 5.8% mean global prevalence). Because of medical politics in Australia at this time, testing, diagnosis and treatment of Lyme is extremely limited. Natalie's Australian doctor is doing his best but is so restricted Natalie is finding herself regressing following the gains she made with treatment overseas.

Mel. 0425 206 444

### Rotary Nelson Bay 29th Charity Golf Day Friday 26th March 2021



**4 PERSON AMBROSE EVENT \$75 per person**  
**Great Prizes for winning & placed teams**

#### PROCEEDS TOWARDS

**HMRI:** Assoc. Prof. Kelvin Kong for more efficient Indigenous Ear Disease Diagnosis and **Rotary Community Projects**

**HOLE-IN-ONE PROUDLY SPONSORED BY**

**Port Stephens Toyota**



Registration: 9:00 am  
Final Briefing: 10:00 am  
Shot-Gun Start: 10:30 am  
Prize, Presentation,  
\$5 Meat Raffle Draw and  
Auctions: Approx. 3:30 pm



**Registrations:** [www.rotarynelsonbay.org](http://www.rotarynelsonbay.org)

**Contact:** Arja Levonpera

**M:** 0412 373 050 **E:** [arja.levonpera@gmail.com](mailto:arja.levonpera@gmail.com)

**NE:** [www.trybooking.com/712593](http://www.trybooking.com/712593)



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**Contact:** Arja Levonpera

**M:** 0412 373 050 **E:** [arja.levonpera@gmail.com](mailto:arja.levonpera@gmail.com)

**BOOK ONLINE:** [www.trybooking.com/712593](http://www.trybooking.com/712593)

**Registration 9:00 am | Shotgun Start 10:30 am**  
**Social Golfers maximum handicap Men 26 – Ladies 36**

**\$75 per player includes:**

Golf Green fees | Prizes for winning & placed teams (Terms & Conditions apply)  
Sausage, Bacon & Egg Sandwich during round | Burger & Chips at Presentation

Name	Golfink No.	GA Handicap

**Contact Person for your team Name:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

#### Golf Cart Hire

**Are you bringing your own Cart (tick box)?** ☐  
**Golf Cart (HIRE)?** Y/N | No. of Carts \_\_\_\_\_ @ \$30 per cart (Paid to Pro Shop on the day)

**Book Online:** [www.trybooking.com/712593](http://www.trybooking.com/712593) or [www.rotarynelsonbay.org](http://www.rotarynelsonbay.org)  
**Contact:** Arja Levonpera **M:** 0412 373 050 **E:** [arja.levonpera@gmail.com](mailto:arja.levonpera@gmail.com)  
**Payment by:** Direct Deposit to BSB 637 000 Account 720 252 945 (quote names)  
**Cheques payable to:** 'Rotary Club of Nelson Bay Inc.' PO Box 103 Nelson Bay NSW 2515

