

Bulletin # 32, 28th February 2019

One of the most interesting and exciting speakers we have heard for some time - Only eclipsed by her topic - Hunter Medical Research Institute (HMRI).

This week our speaker Rebekah Wilson enlightened us to the incredible facility we have in this Newcastle area. Her comprehensive presentation touched on so many aspects of the Institute – too many for this poor editor to expand on in this item. If you were there you know what I mean. If you missed it, you missed something special.

Celebrating twenty years HMRI holds a high profile worldwide in medical prevention, diagnostics and research and provides an important bridge between discovery and practical implementation.

Medical Research Institutions - once they are recognised internationally for their areas of focus, are rated on a scale of “0” to “5”, with a “0” rating regarded as “Excellent” and “5” being “Above World Class”.

Of its eleven areas of focus HMRI is rated as “5” in ten of them and “4” in the eleventh.

“Bio-banks and freezer Farms” form a large part of the Institute’s function with tissue samples sought by overseas countries.

HMRI programs include work in:

Genetics, Brain and Mental Health, Cardio-Vascular health, Viruses, Immunity, Vaccines, Asthma, Pregnancy and Reproduction, Cancer Public Health (determining economic benefits).

Currently being trialled is a portable device that can determine the cause of a stroke (clot or bleed) and from that the correct drug to administer. Depending on the results this may become part of the standard equipment in Ambulances in future (like the defibrillator).



The majority of HMRI funding comes from the community including companies large and small, and individuals by way of direct giving, bequests and fund raisers.

Rebekah also encouraged us to participate in HMRI studies by joining the Research Register. More info on page 2.

In this Bulletin:

Pg 2: Visitors, Golf, Next week, HMRI application

Pg 3: Gan Gan Binoculars, Bunnings, “Dinner Ladies” night

Pg 4 District Conference, Membership, become a Bulletin Editor

Birthdays: 1st March – 7th March

2 March Christine Smith

5 March Jonathon

Cincotta

Anniversaries:

None this week

Heads and Tails:

Lesley Freeman

Member Duties 7th March 2019

Door: Ian McIver/Peter Page

Meet/Greet: Tricia Parnall

Loyal Toast: Helen Ryan

Grace: Phill Smith

Intro Guest speaker:

Judy Priestly

Thank Guest Speaker:

Gordon Treble

Bulletin: Chris Bartlett

Photos: Phill Smith

Binoculars

Helen Ryan/Phill Smith

For more information on the work of HMRI go to www.hmri.com.au

Next week: Dennis van Someren “Shine for Kids” (see page 2)

Apologies/Extras to John Crump by noon on Wednesday! Ph 0401 450 239



Next Week's Speaker:

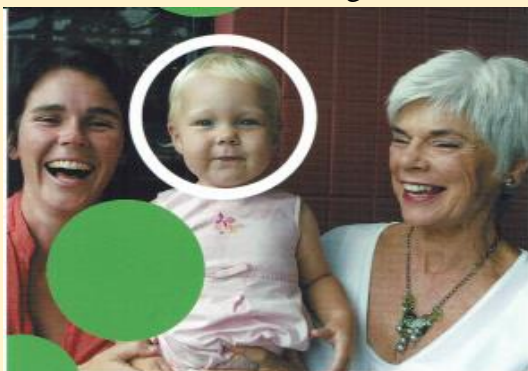
Dennis van Someren is a Rotarian from the Rotary Club of Kenthurst, and has been volunteering at Shine for Kids for the past 10 years.

Shine for Kids is a not for profit organisation that has been nurturing and caring for children who have been affected by parental incarceration for the past 35 years.

Shine runs early intervention programs to help stop intergenerational offending with some of those programs running at Cessnock and Kariong.

Having had a parent in prison as a young man, Dennis will reveal some disturbing statistics relating to a growing humanitarian problem we face nationally.

Join the HMRI Research Register



Help your community build a healthier tomorrow.

Join the HMRI Research Register

Researchers need your help to make discoveries that could improve your health, or the health of someone close to you.



Participate in a research study and help researchers in their investigations into conditions like asthma, heart disease, mental illness and cancer.

For more details or an information pack call 4042 0587, visit www.hmri.com.au or complete the Reply Paid card overleaf.

In partnership with our community



Health
Hunter New England
Local Health District



President Kathy and vice President John enjoyed the "Volunteers and Major Sponsors Day. Kathy played her first ever game of golf and John's team won the day.



Visiting Rotarian Janet Steele joined us from the Rotary Club of Paterson.



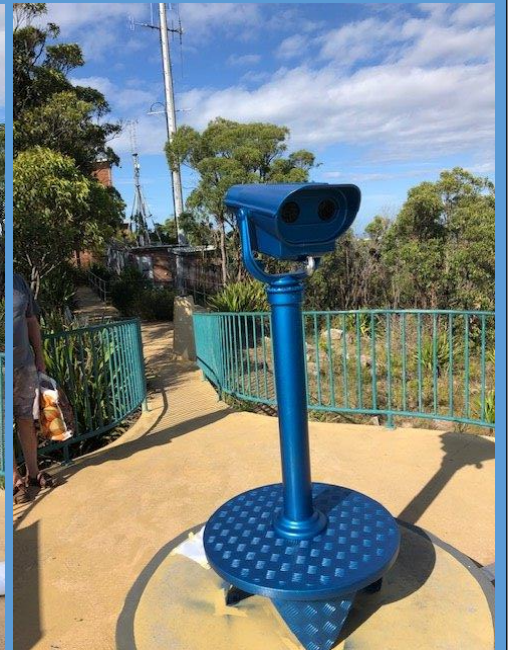
The Town Clock Project is proceeding slowly reports Richard Turner. The ball is still in Council's court.

For more information about HMRI's team of research participants contact HMRI above.

5th April RC Nelson Bay 28th Charity Golf Day



\$75:00 per player.
Entry forms will be out this week.



The Binoculars at Gan Gan are sporting a fresh coat of paint thanks to Milton Williams and Chris Bartlett

BUNNINGS



Friday Bunnings update

We had another quiet day on Friday at Bunnings with \$380 collected for a net profit of \$261.00, Thank you to VP John, Liz, Dieter, Lesley, Milton, and Chris B and of course Doug B for their contribution. Also, a thank you to Liz for her assistance with the Roster, especially next Saturday March 9, proceeds going to DG partner's project Carol Coffey's Lift the Lid on Mental Health. For the Volunteers on the day please wear your favourite hat.

Milton and Chris met with Lauren Denison (last day before 12 months maternity leave) and her replacement Lan Robson yesterday to negotiate our next 6 months Bunnings BBQ's schedule and reducing the hours of the Friday BBQ's

We have secured Saturday October 5 (long weekend), Boxing Day and New Year's Day, plus locked the "family nights" nights for the rest of the year. They are Easter, Mother's Day, Father's Day and Xmas.

We have a limited schedule of Fridays at this stage, and may be awarded extra week-ends over the next 6 months.

Bunnings management have agreed to reducing the hours on a Friday. We can now commence packing up procedures at 2.15pm and leave by 3.00pm. This should enable us to reduce the number of volunteers required on a Friday.

Milton and Chris presented Lauren with an Australian Rotary Health bear for her soon to be arriving son and a thank you card on behalf of the Club.

Upcoming BBQ

Roster

Saturday 9th March

AM: 8:30 – 12:15

John Stumchke,
Phill Smith,
Judi Priestley,
Kathy Rimmer
(from 11:30 – 1:30)

PM: 12:15 – 4:00

Chris Bartlett,
Arja Levonperra,
Milton Williams
(Milton & to pack up)

Ladies (partners and friends) will meet next Thursday 7th March in the Bistro.



It's not too late:
Re-charge your batteries at the 2019
District Conference.



DISTRICT CONFERENCE 2019

Forster

15 -17 March

Register at: <https://www.trybooking.com/book/event?eid=342994&>

Reproduced from Rotary on the move

"MEMBERSHIP VIDEOS"

By Lawrence Furbish, ARC Zone 32

Two parts videos on the importance of inviting someone to join Rotary and some of the things to keep in mind when doing so.

THE ASK, Part 1

From Beyond Borders, Newsletter of Rotary Zones
24 & 32, Dec 2018



<https://ga.vyond.com/videos/0JHEFTveDJbo>

THE ASK, Part 2

From Beyond Borders, Newsletter of Rotary Zones
24 & 32, Jan 2019



<https://ga.vyond.com/videos/02azubP84re4>

Editors wanted

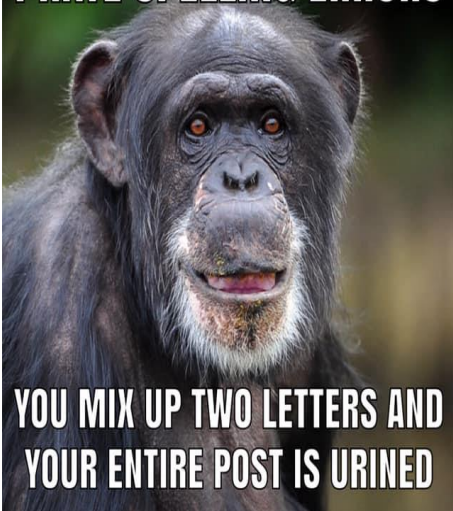
It's not that the enthusiasm of the editors is flagging, but an extra editor or two would help share the load.

There is a bit of work involved but if you have a bit of a journalistic bent, passed year 2 English, spelling and grammar you are probably the person we are looking for.

You'll cop a bit of flack now and then but that only makes the job more interesting. Contact Philll, Don, Chris or Dieter



I HATE SPELLING ERRORS



Beneficial attributes:



2 Fingers



(optional) thick skin



Some formal education



Sense of humour