

## Bulletin 34 March 12 2020

### DISTRICT CONFERENCE CANCELLED

Our much looked forward to District Conference, due to be held next week, at Belmont 16 ft Sailing Club has been cancelled, due to the Covid 19 (Corona virus) pandemic currently causing concern worldwide.

District Governor Graeme Hooper issued the following statement on Saturday morning, delivered to all Rotarians in District 9670.

Yesterday afternoon, Conference 2020 Committee Chair Ed and myself met with the Gordon Maxwell, Operations Manager, of the Belmont 16s.

We left the meeting feeling confident that COVID-19 mitigation measures were being met by the venue.

Over the ensuing hours, I came up to date with media reports and various other experts on their viewpoints regarding the containment of COVID-19. The Federal Government were advising, that from Monday 16 March, for crowds of over 500, people should reconsider their plans. With this in mind and although our Conference is smaller than this number, a risk analysis indicated we should reconsider our position. During yesterday afternoon, I also received advice from the Australian Rotary Insurance Chair with a recommendation for Rotary Conferences and Events involving the public be cancelled.

This morning at 9:00am, I chaired a meeting of the District Management Committee (DMC) via Zoom.

A unanimous decision was reached to cancel our Rotary District 9670 "Breaking Through Barriers" Conference 2020 to be held at the Belmont 16s, The Parade, Belmont NSW 2280, from Friday 20 March to Sunday 21 March 2020.

I take this opportunity to sincerely thank each and everyone of you for the endless hours and dedication everyone has contributed over the past two and a half years.

When Sue and I took on the role of District Governor for D9670 almost three years ago, we had a vision from the start we could make our Conference something where we could dare to be different, to "Break Through Barriers". With a whole team effort, our program shaped up to be able to deliver this aspiration. However, forces beyond our control have determined otherwise.

We will now work through the logistics of the "wash up" and determine a prioritised agenda for action.

Regards  
DG Graeme and Sue,

#### In this Bulletin:

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Mherv information

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#### Birthdays this coming

**week: March 18** Peter McBean

**March 21** Maggie Jenkins  
**Anniversaries** None for this week

**Heads and Tails:** Our Tosser Doug Bairstow  
**Raffle** – President Arja

#### Member Duties Feb 13

**Door:** Kathy & Katrina

**Meet/Greet:** Helen Ryan

**Loyal Toast:** Richard Turner

**Grace:** Doug Melhuish

**Intro Guest speaker:**  
N/A

**Thank Guest Speaker:**  
N/A

**Bulletin:** Don Whatham

**Photos:** Dieter Greiter

**Binos** Liz & Lesley

**Guest Speaker** Club meeting

### IMPORTANT NOTICE

**Our meetings on Thursday April 2<sup>nd</sup> (night prior to Golf Day) and Thursday April 9 (prior to Easter) will NOT be held. Members please note**

Apoogies or Extras to be given to the Attendance Officer on 0401 450 239 by noon Wednesday

## BEHIND THE BADGE

One of the highlights of any meeting is getting to know your fellow members a little better. This week we heard from Helen Imienionek.



Helen one of the newest Club members was born in Melbourne. Her father emigrated from Mauthausen Poland in 1949, Helen has lived in Soldiers Point for the last 20 years and loves life in the Bay.

At 21 Helen got a job in a Merchant Bank typing up the cheques, She has remained in banking for most of working life.

Helen had never studied until 1997, Over the next 13 years and an MBA and 2 further degrees, plus a Master of Commercial Law and a Graduate of the Australian Institute of Company Directors. She is passionate about learning and says you are never too old to learn,

Helen specialises in Compliance, including implementing Policy and Procedures, She has helped companies, financial services and Non Government schools, She is highly credentialed and has assisted many high profile organisations. Helen completed her most interesting talk stating that the most successful people should be the most humble. Thank you Helen

## UP COMING EVENTS

**Wed Mar 20** Honorary & members morning tea at Evviva at 10am

**Thu Mar 21** Club meeting

**Thu Mar 26** Club meeting (Bay rooms)

**Sat Mar 28 & Mar 29** Mherv visit Salamander Bay

**Thurs Apr 2** No meeting, Bunnings Family night BBQ

**Wed Apr 8** Board meeting

**Thurs Apr 9** No meeting



Our meeting on Thursday provided the opportunity for some great conversation as Jim B, Richard T and John Crump enjoy this aspect of the meeting



All the signage at Gan Gan lookout is now in pristine condition. Club members Don, VP John and Warwick removed the signs and Warwick cleaned and repainted the signs and then they were reinstalled the same day. The binoculars provides a good passive income for the Club and the lookout is in excellent condition for the many tourists to enjoy





Our volunteering work at the Yacabba Centre, outlined in last week's Bulletin week's progressed further on Friday morning with the pavers moved and work commenced on the levelling of the area and laying the pavers. The crew are pictured preparing the site (top) last week and and starting the laying process on Friday. Doug Craike is missing from the photo, however he impressed with his laying skills. We are also helping the Centre apply for Government grants for much needed funds.



### BUNNINGS UPDATE

We had a very successful Bunnings BBQ on Saturday, with gross takings around the \$1250 mark, meaning a net profit of close to \$1,000, a good return on the day. We also received a good number of donations. The crews were AM Milton, Arja , Dieter, Chris B and PM VP John., Lesley, Chris B and Milton. Special thanks to Jim B for volunteering for the standby duties  
Doug B did a great job providing sausages, bread and onions.

We have two more BBQ's coming up in April, Thursday night Family night April 2 and Easter Saturday April 11(Volunteers needed)

**The Roster for the family night is Lesley, VP John, Doug Melhuish, Milton, Dieter and John Sully.**

Club members should be aware that we have \$1,100 worth of Bunnings vouchers available for prizes at the Charity Golf Day. Bunnings have also been most helpful promoting the Mherv van visit on March 28,& 29, through their Trade division.

### MHERV VAN VISIT TO SALAMANDER BAY- FREE MEN'S HEALTH CHECKS

Nelson Bay Rotary will be assisting in providing Free Men's Health Checks at Salamander Bay Shopping centre on Saturday March 28 and March 29. Previous clinics held at Tea Gardens and Medowie have been well attended

mherv - 'Men's Health Education Rural Van' is a Rotary project. It is a purpose-built caravan with two consulting rooms which since 2017 has toured through well over 100 centres in NSW, many of them more than once. It has a full time Registered Nurse who conducts health tests among rural men. The Men's Health Education Rural Van (mherv) is out and about in rural New South Wales to save lives. That sounds a bit dramatic perhaps, but plenty of rural men just drop dead in the paddock, because nobody saw it coming. Many men in rural and regional Australia haven't had a check-up with their doctor since they don't remember when... in fact many haven't darkened a surgery door for years! Rotary's mherv project offers a free, ten minute, non-invasive group of tests. • Blood pressure just to check the heart isn't too stressed.

• Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. • Cholesterol ... just another pin-prick to see if levels are high and need attention. High levels of any of these have virtually no symptoms and can kill.

Yet these conditions can be detected by the mherv tests and if noticed in time can easily be treated by a local family doctor. A health check with mherv is completely free. It is a community service provided by Rotary and our sponsors, particularly the Royal Freemasons' Benevolent Institution and the Rotary Clubs of New South Wales. By the end of May 2019... 2,368 people had been tested who were recommended to contact their G.P. to arrange for a regular medical checkup. 3,136 had been advised to take their test results to their doctor, as there was a specific issue that may need treatment. 164 had been advised to seek medical advice immediately as they were at risk of suffering a serious episode, perhaps a heart attack or stroke.

It is unlikely these people would have sought medical advice without the mherv test and would soon have experienced a potentially life threatening or terminal event. These lives were probably saved by the project's efforts.

The van will be located in the rear car park for the weekend. There are some slots available for members to assist with this visit, please get in touch with Liz Friend. Thank you to Don and Fiona for home hosting the Mherv driver for the weekend.






**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



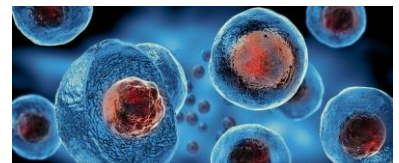
**Registration: 9:00 am**  
**Final Briefing: 10:00 am**  
**Shot-Gun Start: 10:30 am**  
**Prize, Presentation,**  
**Raffle Draw and Silent**  
**Auction: Approx. 3:30 pm**



**Registrations: [www.nelsonbayrotary.org.au](http://www.nelsonbayrotary.org.au)**  
**Contact: Arja Levonpera**  
**M: 0412 373 050 E: [arja.levonpera@gmail.com](mailto:arja.levonpera@gmail.com)**

## ROTARY HEALTH RESEARCH INTO MOTOR NEURONE DISEASE

### Stem Cell Research for Motor Neurone Disease



PhD Scholar [Sally Vuong](#) will begin a stem-cell research project this year in hope of understanding why neurons die over time and more quickly in neurodegenerative diseases such as Motor Neurone Disease (MND)

MND has a high mortality rate and affects more than 2000 Australians in all age groups, with a prevalence rate of 1 per 11,000. Currently, there's no known effective treatment or cure for MND, in part because we know little about how the nervous system develops. With an Australian Rotary Health/Rotary Club of Cronulla Funding Partner PhD Scholarship,

## GOLF DAY UPDATE AND PR INFORMATION

President Arja gave the members an update on our annual Charity Golf day on Thursday. Things are progressing well with 80 players, some sponsorship money secured and tasks allocated for the day. At this stage the Golf Day is proceeding. Below is the PR release issued this week, the release accompanied by a photo of President Arja, PP Kathy and Kelvin Kong.

Nelson Bay Rotary will hold its annual Charity Golf 29<sup>th</sup> consecutive Charity Golf Day, being held at Nelson Bay Golf Club on Friday April 3<sup>rd</sup> 2020. With numerous other appeals being conducted recently for Bush Fire relief, the Club have found it more difficult to gain sponsorship. However many local business' and supporters of this day have ensured the day would proceed as normal, said Club President and Golf Day organiser Arja Levonpera. She thanked the many valued sponsors and players who make the day a success.

The Rotary Charity Golf Day has returned over \$300,000 to our local community of the past 29 years, providing some needed funds for a wide variety of community projects and community groups.

This year's beneficiaries will be a research program being conducted by former Nelson Bay Ear, Nose and Throat Surgeon, HRMI Associate Professor Dr Kelvin Kong, Australia's first aboriginal ENT surgeon. The project will provide more efficient Indigenous Ear Disease Diagnosis especially in children. The Club has already contributed \$20,000 to this project with another \$10,000 required to meet the Club's commitment. Many local Indigenous children are assisting in the research. Additional funds, over the \$10,000 will be distributed to Bush Fire and Drought victims through Rotary projects where all funds given go directly to the victims. As a Club we have contributed over \$17,000 to Bush Fire Victims, so far this year.

Long standing sponsor Port Stephens Toyota will again provide a new Toyota Yaris for a Hole in One, while Holiday World, Salamander Bay, offer a \$10,000 holiday for a Hole in One. Sponsorship opportunities and remain open as do player and team nominations, if you would like to assist Nelson Bay Rotary, please contact President Arja Levonpera on Mobile 02412 373 050 or email [arja.levonpera@gmail.com](mailto:arja.levonpera@gmail.com), or visit the Clubs Website or Facebook pages.