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No guest speaker tonight, instead we had a great night of Rotary fellowship at Oasis Environmental Resort Boat Harbour. Dinner was a magnificent barbeque meal including crispy oven cooked chips and salads prepared by Judi. Chris and Doug Craike cooked the bacon, eggs, sausages and steak to perfection. This was followed up with a helping of very healthy sweet in keeping with our environmental location. At the conclusion of dinner it was great to see so many volunteers attend to the washing up and restoration of the area to its pristine condition. Above, Oasis Resort, below cooks in action.



Apologies/Extras: to Ros Cribb by noon on Wednesday Phone or Text to: 0401 450 239

Inside this Edition:

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- P3: Board highlights, Vale Rex Meehan
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Congratulations:

Birthdays:

- 18 Mar: Peter McBean
- 21 Mar: Maggie Jenkins
- 23 Mar: Tricia Parnell

Next Week:

Helen Ryan Rotary Reading Program Update

Door:

Bart Richardson, Bill Michel.

Meet & Greet:

Richard Harris, Michael Jenkins

Toast:

Geoff Diemar

Grace:

Richard Turner.

Introduce Speaker:

Ros Cribb

Thank Speaker:

Kathy Rimmer

Bulletin: John deRidder

Photos:

Henk Tobbe.

FUTURE MEETINGS AND CLUB PROGRAM.

23 March 2016: *Helen Ryan. Rotary Reading program update.*

30 April-1 May: *PETS at Singleton (Presidents Elect Training Seminar)*

10 May 2016: *RYDA (Rotary Youth Driver Awareness) at Nelson Bay*

13-15 May 2016 - *RYPEN (Rotary Youth Program of Enrichment) 14-17 years*

9 June 2016 – *Our 60th Birthday & Club Changeover.*

BUNNINGS BARBEQUE ROSTER EASTER SATURDAY 26 MARCH 2016

8.30 am to 12.30pm: John Stuhmcke, Don Whatham, Judi Priestley, Chris Bartlett

12.30 pm to 4 pm: Geoff Diemar, Ed Parker, Helen Ryan, Kathy Rimmer

Provisions: Doug Bairstow



THESE LUCKY ROTARIANS ATE THIS DELICIOUS MEAL



HIGHLIGHTS FROM THE MARCH BOARD MEETING.

- Plans are well advanced for our combined 60th Birthday Celebration and Changeover. This will be held on Thursday 9 June 2016 at Soldiers Point Bowling Club. A two course meal and two complimentary drinks will be served together with pre dinner canapés. Former members and friends of our club will be invited to help us celebrate. Club Historian Richard will release his publication of the next Ten Years of our Club's History on the night.
- Payment of the final instalment of the scholarship to Fatima has been made. Our club has sponsored Fatima's nurse training in Timor Leste over the past 4 years.
- Kathy Rimmer has been added to the District's team of Rotary Leadership Institute (RLI) trainers. Well done Kathy! Members John Crump, John and Judy Mitchell will attend the next training session.
- President Ann will represent our club at the Anzac Day Ceremony this year. Ann will place four book packs (containing peace themed books) as tributes on the cenotaph to be later presented to the district's four primary schools.
- Our club has donated basketball uniforms to the PCYC as thanks for their help on Australia Day. Our club is suitably acknowledged on the uniform.
- A payment of \$300 was made to facilitate our Project Neighbour Group in Senior's Week activities at Raymond Terrace.
- Assistant Youth Director Kathy is doing a great job liaising with our local schools about MUNA, RYDA and RYPEN.
- Our club was represented by 14 Rotarians at the District Conference held at Parklands Resort Mudgee last week. The conference was a wonderful opportunity to hear about the work of Rotary and enjoy fellowship with the members of other clubs. All speakers were of the highest standard and the program varied. In attendance was Jutta Bachmann a Rotarian from Norway and her husband. Jutta was a host mother of our most recent outwards exchange student Tegan.
- Our club has been thanked for supporting the D9685 conference held at West Diggers the same weekend. Delegates much appreciated the presence of our President Ann at their opening ceremony and the great catering effort during their Sunday lunch. Our members who attended are thanked by the board for their effort.
- The Rotary Foundation will forward raffle books to the club for ticket sales. Foundation Director Judy will issue a book to each member. We hope you will assist the Rotary foundation in this endeavor.
- All elected incoming officers are encouraged to attend the District Assembly in Singleton on 1 May. PE Judy and following PE Kathy will attend PETS the previous day.

VALE PDG REX MEEHAN



The funeral of PDG Rex Meehan was conducted at the Community of Christ Church last Wednesday. Rex a retired magistrate and later ordained church minister was District Governor in 1991-92. Rex was legal officer of our district for many years following his service as Governor. He was largely responsible for the District's incorporation and did much work with the District Constitution. Rex and his wife Verelle hosted many exchange students. Rex was a member of the Youth Exchange Committee for several years. He was remembered as a dedicated and compassionate magistrate. Rex served Rotary since 1968 as a member of Taree, Warners Bay and East Maitland.

Letter written to Club Presidents, Secretaries and Fellow Rotarians after D9670 Conference

We have all enjoyed another successful District Conference at Mudgee. Included in the excellent program with many outstanding speakers was Australia Rotary Health's Geoff Betts Postdoctoral Fellowship recipient Dr Tonelle Handley.

Tonelle is currently undertaking research in the National Drug and Alcohol Research Centre at the University of NSW. Her research focuses on suicide prevention and mental health promotion especially in young Australians. Her presentation provided an update on the research program she first outlined to district Rotarians at our 2014 conference in Newcastle. Tonelle's research has been supported by ARH since 2010 when she was awarded a Funding Partner's Scholarship to complete her PhD studies.

Much of Tonelle's research aims to assist those living in rural and remote areas. These locations are characterized by a lack of specialist assistance for those with mental health issues. Tonelle spoke of the 3000 computer apps or programs which have been developed for access by individuals suffering depression and other mental health issues. The sheer number, unknown usage procedure and predicted outcomes makes access to these treatments an overwhelming prospect for most.

Initially access to such outreach treatments was seen as the way forward. Tonelle made this point in 2014. However her current research indicates the uptake of the available apps has not been as effective as hoped. Tonelle's current work focuses on training 1000 individuals already working in allied health positions in rural areas.

She believes that local GP's and health workers will refer patients to the trained health worker who will then determine the best program and provide guidance to the patient in its use.

You may have read the item written by Jeff Kennett on page 21 of the Sydney Morning Herald 11 March 2016 headed "Another day, another eight lives lost". This is precisely the health dilemma Tonelle's work will address.

Tonelle is just one of many young Australians being financially assisted and supported in their health research study by Australian Rotary Health. Programs are also funded for indigenous health workers and Rural nurses to help provide health workers in remote and rural areas.

I write this to you in my role as ARH Ambassador and Life Member having served on the Board of ARH as Director and Vice Chairman for 5 years. I urge you to consider making a donation to ARH in your annual giving. I know that your club will support Hat Day on 7 October 2016, but hope that you will also consider a further annual contribution to ARH. My check of current giving statistics indicated many clubs in our district have not contributed to ARH so far this year. If we are continue to make our annual \$2m available for health research we need your help.

District chair, Chris Bartlett a member of my Nelson Bay Club is always available to visit your club. Further information about ARH can be accessed on our website, Facebook page and ARH Facts Booklet.

Perhaps you may consider publishing this letter in your club bulletin. How about appointing a club Ambassador for Australian Rotary Health.

Yours in Rotary

PDG Don Whatham. 12 March 2016.