

Bulletin 37 for 6 April 2017

Dr Sean Mahony - Chiropractor

"Health is very important to me" says Dr Sean Mahony. Some years ago he lost his wife to breast cancer and after that became more and more conscious of the fragility of human life. Sean studied in Perth and after graduation he came back to the Bay to start a practice (Town Centre Circuit, Salamander Bay).

Sean takes a whole-body approach to helping you back to health, and can advise you on rehabilitation, nutrition, exercise and many other aspects of a healthy lifestyle that will give your body's healing process an extra boost. He also offers remedial massage therapy with his massage therapist, Rebecca, which may be beneficial for many health issues.

Chiropractors in Australia are a nationally registered and a regulated health care profession. Chiropractic is a drug and surgery free modality of treatment concerned with the diagnosis, management and prevention of mechanical disorders of the musculoskeletal system; this includes the effects of these disorders on the function of the nervous system and general health. It is based on the teachings of Galen and Hippocrates and the premise that the body can respond appropriately to its environment provided that the nervous system is free of interference. This was further developed by Palmer which lead to a focus on the spinal column and its functioning. In summary, chiropractors focus on the detection and correction of aberrant spinal function and its subsequent effect on how the nervous system controls and coordinates the body in response to its environment.



In Australia, chiropractors are educated in the University sector at an under-graduate and post-graduate level and there is a growing research and evidence base not only in Australia but through international federations. As with other healthcare professions, there are internationally and nationally recognised standards of qualification to enable practice in Australia and this is part of the National Registration and Accreditation Scheme.

With a number of informative slides Sean explained the importance of the brain-body connection and the negative influence on people's health when there are blockages in the communication pathways along the spine. "Adjustments" - the terminology for the manipulation of vertebrae in the spine - can open up these pathways and reduce pain, improve balance and posture and a whole string of other physical and mental health problems.

The number of questions from the members was a good indicator for the interest this presentation raised. Thanks, Sean and we wish you lots of success in your practice with many happy patients.



Contents:

1. Speaker's Presentation
2. Next week
A Story From Africa.
3. Satellite Club News,
Sick Bay
Hunter Gallivanting.

Congratulations

Members birthdays

2 April - Ian Brigden
14 April - John de Ridder

Partners birthdays

14 April - Josh Rimmer
15 April - Denise Diemar

Anniversaries

5 April - Bill & Mary Michel
14 April - Doug & Jenny Craig
14 April - Richard & Athleen Harris

Lady Luck

The raffled bottle went to Doug Bairstow who flipped the coins for Gordon Treble to win the Head & Tails.

Next Week

Hat Day

and
Barefoot Bowling + BBQ
at the NBBC

Door

Greg Flux
Liz Friend

Meet and Greet

Dieter Greiter
Richard Harris

Loyal Toast

Mike Jenkins

Grace

Arja Levonpera

Bulletin editor

Don Whatham



Next Week:

Barefoot Bowling, Hat Day and BBQ.

Next week is a special night where we'll have a bowling competition while wearing a funny hat, followed by a BBQ meal. Standard fee of \$23 pp applies and any monies left over from that will go to Australian Rotary Health.

Participants are requested to be at the NBBC (3d green) at 5:30 pm as the bowling competition will commence at 5:45 pm. Bowls supplied by the club or BYO. Wear flat soled shoes or else go bare foot.

The BBQ starts at 7 pm and good prizes are available for the winners in the competition. Oh and... of course, partners are more than welcome!

April is "Maternal & Child Health Month"

A Story From Africa.

Josephine Awor doesn't need statistics to know Uganda struggles to provide adequate health care to expectant mothers and babies. As a nurse who has worked with vulnerable populations in areas affected by conflict in South Sudan, she's seen firsthand what happens when mothers are forced to deliver and care for newborns without medical assistance. Still, the numbers don't lie.

According to the World Bank, 310 women die in Uganda for every 100,000 live births, compared with just 21 in the United States and 12 in the United Kingdom. Infants fare even worse. In Uganda, 45 out of 1,000 infants never reach the age of one, compared with six in the U.S. and just four in the U.K.

Kenya and Tanzania's infant and maternal mortality rates are as disturbing as those found in neighboring Uganda. Add in the HIV/AIDS crisis, poverty, and inadequate -- or nonexistent -- clinics and it's clear that programs like these are needed more than ever in East Africa.

Improving maternal health is one of the UN's eight Millennium Development Goals, which seeks to reduce the maternal mortality ratio by three-quarters and achieve universal access to reproductive health by 2015. To address this challenge, The Rotary Foundation and Aga Khan University (AKU) are working together to provide nursing professionals, like Awor, the skills and education they need to improve the lives of mothers and their children in East Africa.

"I need to be empowered to serve the poor and contribute to the government's efforts," says Awor.

She is one of 24 students who received Rotary scholarships to advance their nursing education at one of AKU's three East Africa campuses: Nairobi, Kenya; Dar es Salaam, Tanzania; and Kampala, Uganda. In February, the first class of students in the scholarship program graduated with either a Registered Nurse or Bachelor of Science in Nursing degree.

Through a packaged grant, Rotary provided financial support -- about \$14,000 per student -- to cover tuition, books, and room and board, among other things. To be eligible for the program, applicants had to live where AKU's East African campuses are located, and their career goals had to focus on improving child and maternal health issues -- an area of focus for Rotary.

During the two-year nursing program the students worked, participated in community outreach activities, and received mentoring from Rotary leaders in their community. Yet despite their hectic schedules, many of the nurses graduated at the top of their classes. Awor beat out students on all three campuses to graduate with the highest honors in the

Bachelor of Science in Nursing program.

Sam Farouk Mukasa-Kajubi, an AKU Rotary coordinator, says mentoring was a key component of the program, which sought to instill confidence and improve communication skills in the students as well as educate them. "It was about turning the nursing students into professionals," he adds.

Part of his role as an area coordinator was to work with local Rotary clubs to identify community leaders who could mentor the students. Mentors not only encouraged students to perform well in school, they also taught them financial management and personal safety. The mentor program also introduced the students to the values and humanitarian goals of Rotary.

"The students are now on committees in their hospitals. They are carrying out programs to teach health care to men and women in their communities. And they are taking part in outreach programs," says Mukasa-Kajubi, a member of the Rotary Club of Kololo-Kampala in Uganda.

Because the program met just two days a week, the students -- many with families and careers -- were able to return to their jobs and community each week and put their knowledge to practical use.

"The experience has made me realize that we need to be mindful of those who may not be able to take care of themselves," says Awor. "There is always someone out there who is willing and compassionate to help them."

*By Maureen Vaught for Rotary News.
[Rotary International web site.](#)*

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**Account name: Rotary Club of Nelson Bay Inc. - BSB: 637000 Account #: 781017418
(please, mention your name and what you are paying for.)**



YOUR INVITED

The President of the Rotary Club of Nelson Bay invites you and a friend to a Rotary Information Night

Join us for coffee and cake and learn about how to become involved in community projects with Rotary!

Tuesday 11th April 2017

7pm at Little Beach Boathouse

4 Victoria Parade, Nelson Bay

\$15 per person

RSVP by Monday 10th April 2017

to

Kathy Rimmer: 0409 070 622

or

Register at

<https://www.eventbrite.com.au/e/rotary-club-of-nelson-bay-satellite-club-information-night-tickets-33233765086>



Satellite Club News

On the left there is a reprint of the invite for an Information Night where initiator Kathy Rimmer will welcome prospective members of the Rotary Satellite Club of Nelson Bay. Feedback from numerous Rotary surveys and focus groups has repeatedly shown that prospective Rotary members and current younger Rotarians require flexibility in their Rotary club membership. The concept of a "Satellite Club" was developed to provide an alternative approach to establish Rotary Clubs. The concept gives Clubs the opportunity to start up a small group with the ultimate intention of forming a new club in due course - or have the satellite club members join the host club at a later stage.

Satellite Clubs are an extension of the Host Rotary Club. They do not need to have their own charter, constitution but will be able to create their own bylaws and dues structure.

They offer more flexibility to attract members that may not, and would not, ever join a traditional Rotary Club.

They may look and feel like a separate club because they will have their own leadership and committees but these leadership roles and committees are expected to be in close partnership with the parent club. Members of the satellite club are formally member of the host club and pay their dues just as ordinary members.

Attendance on Tuesday evening of existing members of the Rotary Club of Nelson Bay is appreciated. So far six people have expressed serious interest in the satellite club.

Serving our community since 1956

Sick Bay



PP Chris Bartlett (left) was rushed to hospital last Monday where he was diagnosed with a necrotic gall bladder. They cut the bad piece out and Chris is now recovering and hopes to be home next week. Visitors are very welcome in the Mater Hospital, 4B room 25. All the best, Chris and get well soon.

Greg Flux reported that our Honorary Member Terry Fitzsimons is home minus one (lower) leg and looking forward to practice walking with a prosthesis. Terry has a history of severe, diabetes induced infections and necrosis in that lower leg which now looks to be a thing of the past.



Gallivanting in the Hunter.....



Vocational Director John de Ridder is preparing a study trip to the Hunter Valley and it's wineries - especially the ones with restaurants - on Saturday the 27th of May. So far a bus has been organised (20 seats only) that'll cost \$25 pp. However other options - like a second or larger bus - are still under consideration. Hunter specialists Bob and Judith Mitchell will in the next couple of weeks do a pre-study and check out some eateries and locations on quality and affordability.

As so far there are only 20 seats available for this outing (of which six

already have been taken), it is important to register early. Registering is only possible by paying in advance. First in best dressed. Payments can be made on a club night to Kathy Rimmer or - and much preferred - by electronic fund transfer of \$ 25 per person into the Club account. (For account details see the bottom of page 2 of this bulletin). Don't forget to mention your name and "Hunter Trip" to make it easier for our treasurer to allocate your payment.

