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A SPICY NIGHT IN THE “BAY”



Our meeting this week was a club cultural experience evening at the Only Place Indian Restaurant in downtown Nelson Bay, members and partners enjoying delightful Indian cuisine, with both mild, and spicy dishes the order of the evening. Director John Cropley had planned the experience for some time and it was worth the wait. The members were able to select from a comprehensive menu, which included lightly spiced dishes to the hot vindaloo goat curry. Some terrific conversations were had during the evening on a wide of variety of topics, making this a memorable evening. Well done, John and we look forward to our next international culinary evening. A special thank you to Henk and Anges Tobbe who supplied the photos of the night, and our Indian host for taking the main photo

In this Bulletin:
Pg 2: Director Lesley’s Youth upcoming Youth activities
Pg3 Garden Update and Pg4 photos.

Birthdays this coming week:
Apologies tech issue
Anniversaries
As As Above

Heads and Tails: N/A

Raffle N/A

Member Duties
30/6/22
Door: Chris Bartlett
Meet/Greet: Lesley Freeman
Grace: Doug Craike
Intro Guest speaker: Club night
Thank Guest Speaker: Changeover program
Bulletin John Cropley
Photos: Chris
Binos Geoff
Meeting Speaker Club meeting/ member discussions

GUEST EDITOR NOTE
I am happy to help our Editors out this week, with Don in recovery mode after his twin knees op, Dieter soaking up the sun and to give “Croppers” a break. I had a few technical issues, so a few things may be missing (birthdays etc). This issue is a one off larger edition, due to some additional photos in this week’s garden update. I trust you enjoy the read and photos



Jimmy Booth politely asking for a refreshing glass of iced water after sampling one of the banquet delights at our Indian restaurant evening.



Next meeting – Thursday August 3rd Nelson Bay Bowling Club- Club meeting and discussion night



BUSY TIME FOR YOUTH DIRECTOR LESLEY IN AUGUST

SCIENCE & ENGINEERING CHALLENGE VOLUNTEERS NEEDED

The State finals of the High Schools Science & Engineering Challenge being held at Newcastle University from August Tuesday August 22 to August 24 require volunteers. Rotary and our club have always had a close relationship with program and if you can spend a day assisting please advise Lesley as soon as possible, Lesley and Chris B will be attending on Tuesday 24.



SCIENCE DISCOVERY DAY VOLUNTEERS REQUIRED THURSDAY AUGUST 31ST 2023

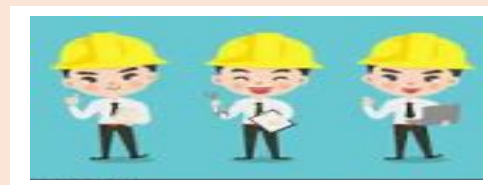
The annual Science Discovery days for year 6 Primary schools is being held at Tomaree High School Auditorium on Thursday August 31st, just a month away. All local primary schools, including some from Medowie will be attending the day, primarily organised by Newcastle University.

Normally Secretary Don is the prime organiser, however he is recovering from knee surgery, with Youth Director Lesley Freeman stepping into the breach. This is a terrific day for both the kids and the volunteers and we will require a minimum of 9 volunteers. An early morning team will also be required to assist at Tomaree High at 7am on the day to assist with the unloading of equipment and the set up. Lesley is asking for volunteers, who must have a current Working with Child Check (WWCV) number. Please advise Lesley if you can assist to make this a successful day.



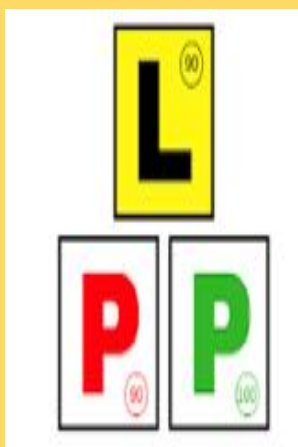
BBQ ON AUGUST 5

A gentle reminder to our volunteers, we have a Bunnings BBQ on Saturday August 5th. Please remember the later start time for the A.M. shift at 8.45. The AM shift is Richard, Jim, Geoff Robison and Chris PM Shift is John Copley, David Clark, Ella Clarke and Doug Craike. Doug and Chris are the Coordinators and filling in for Dieter and Judi



ROADWHYZ IN THREE WEEKS

Nelson Bay Rotary Club's Roadwhyz program for local Year 10 high school students is rapidly approaching. This life saving program will again be held at St Phillips Auditorium on Friday August 18 2023. It is anticipated in excess of 200 plus students will participate this year. All club members are welcome to participate, however our tasks revolve around morning tea activities.



GARDEN UPDATE AND PICTORIAL TRANSFORMATION THIS WEEK

A big week at the garden this week, with a wonderful transformation taking place when hundreds of native plants and trees were planted at a very productive working bee on Wednesday. 14 Rotarians, partners, friends of the Club and a couple of other volunteers working under the watchful eye of talented garden designer Megan Cooper, who had placed all the plants in the appropriate places in the garden the day before to ensure all was according to the plan. Once planted everything was fertilised and then the cedar pine bark mulch was spread carefully throughout the garden. The result was fantastic and all those who attend enjoyed their time in the garden and each other's company. Special thanks to Sue Williams who provided the majority of the great morning tea and Vicki Clark who baked a lovely cake. I trust the following couple of pages of photo coverage will highlight this week's activities, which would not have happened without the many hours of volunteer work and tasks. **Thank you all**



Flashback- PP Doug and Garden designer Megan Cooper survey the original plans back in early 2022..



Sir Walter Grass pictured below is due to arrive at the garden next Friday.





Taiji is an ancient Chinese martial art used to promote emotional and physical well-being. Hundreds of studies have investigated Taiji's benefits, which include diminishing anxiety, depression, and stress, increasing focus, concentration, and self-esteem, and an overall sense of mental wellness. What is the secret behind Taiji's powerful effects on the human mind and spirit? The explanation is simple. One can begin to grasp it by looking at the *yin-yang* symbol. Taiji is about a circle. Not just any circle, but *the* Circle, the crucial pivot between nothingness and being. This circle has no beginning or end; beginning and end are continually *one*. So Taiji is about ultimate Oneness from which all beings originated.

Project Manager Doug taking a moments serenity break at the garden midweek



- WHAT'S NEXT**
- Sir Walter grass to be delivered next Friday for laying
 - Screens installed, to "hide" the air conditioning systems to be complete
 - The old concrete slab which leads onto the new concrete needs to be painted in a similar colour to the new slab.
 - The sprinkler system needs to be installed and some minor adjustments made to the water feature
 - Recognition and thank you sign completed and installed
 - Water blasting & maintenance to be carried out
 - Garden plants and lawn watered on a regular basis

You drop something when you were younger, you just pick it up.

When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.



By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.



I don't let my age define me, but the side effects are getting harder to ignore

