

Bulletin # 44 – 5th May 2016



The effervescent Peta Tehan was our speaker tonight.

Daughter of Rotarian Doug and Jenny Craike, and wife of Patrick, Peta is well known to the Club and tonight she brought us up to date on her career at the University of Newcastle where she lectures in podiatry.

Peta is particularly interested in vascular assessment of the lower limbs and her PhD which she recently completed was based on the validity of the various methods of non-invasive assessment techniques. Peta recognised that tests being used were often

inconsistent with a diagnosed condition and that tests that were favoured often varied from area to area, meaning that results for the same person might differ depending on where the person lived? Her research suggests that the profession would benefit by standardising assessment techniques.

More than the bunions, corns, calluses, flat feet and the other day to day things we “civilians” think of, Podiatrists are acutely aware of the problems associated with Peripheral Vascular Disease (PVD) such as blood clots, coronary artery disease, limb amputation and restricted mobility due to severe pain.

Tips to prevent PVD:

- Don't smoke
- Maintain a healthy weight
- Eat a healthy diet
- Exercise regularly
- Lower your blood pressure.

In this Bulletin:

Pg 2: Next week, Richard's thoughts, Coming up

Pg 3: 60th Birthday/ Changeover. More Pics

Birthdays this coming week:

None this week

Anniversaries :

9/5 Ed & Glennys Parker

10/5 Greg & Paula Flux

Heads and Tails:

Bart Richardson

Raffle:

Chris Coy

Member Duties 3rd

March 2016

Door:

Bart Richardson/Judi Priestly

Meet/Greet:

Ed Parker/ Richard Harris

Loyal Toast:

Katyhy Rimmer

Grace:

Ros Cribb

Intro Guest speaker:

N/A

Thank Guest Speaker:

N/A

Bulletin:

John de Ridder

Next meeting 14th May – Club Night

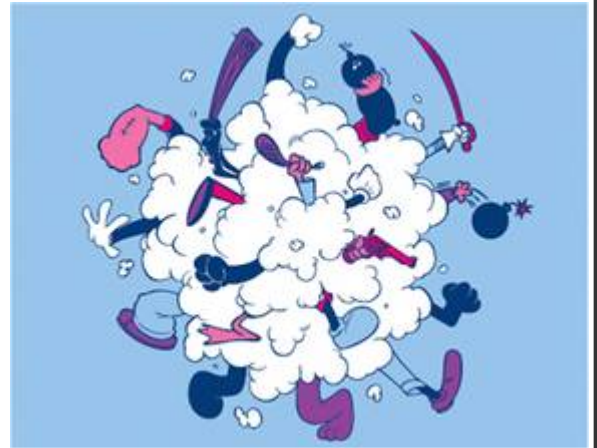
Apologies/Extras to Ros Cribb by noon on Wednesday!

Ph 0401 450 239

Next week:



Club
night



Your opportunity to catch up with what's going on and express your opinions.

RYDA

All set for next Tuesday. Approximately 240 students are expected to attend this year's event.

Thanks to Geoff Diemar and Mike Mobbs for our "crash test dummy". Not sure if he has been named but I reckon "Lucky" might be appropriate.



From Historian Richard Turner

Q: Is it legitimate to take money from publicly raised (service) funds to cover administrative expenses?

A: The short answer seems to be that there are no Rotary regulations governing this, so long as the Club complies with local law.

Rotary Foundation takes 5% for administrative costs.

Richards quote of the week:

"The best way to find yourself is to lose yourself in the service to others"

Mahatma Gandhi

Coming up:

- 10/5 RYDA (Rotary Youth Driver Awareness) at Nelson Bay
- 13-15/5 RYPEN (Rotary Youth Program of Enrichment) 14-17 years
- 9/6 Our 60th Birthday Celebration and Changeover
- 24-30/6 RYLA (Rotary Youth Leadership Awards) at Tocal 18-25 years
- 15/5, 29/5 & 19/6 RLI (Rotary Learning/leadership Institute) Training



*60th
Birthday
and
Changeover*



This year the Rotary Club of Nelson Bay will celebrate 60 years of service to the Local, National and International Communities.

To celebrate, a birthday party will be held in conjunction with the 2016/2017 changeover night.

The night will be held at the Soldiers Point Bowling Club on 9th June – 6:00 to 6:30 start.

Cost of \$45:00 per person will include a two course meal and two complimentary drinks.

Payments can be made to our bank account:

BSB 637000 A/c 781017418. Please show your name in the reference area.

More pics from the meeting



RYDA organiser Kathy Rimmer, “Lucky” Geoff Diemar, Mike Mobbs



Peta with Mum & Dad Jenny and Doug Craike



Three of the partners that joined us - Athlene Harris, Maryanne McBean and Lorraine Nicol



Nice try Warwick – make an appointment