

Bulletin 7 August 15 2019

RETRO ISSUE- FLASHBACK TO THE BAY 1965



It was a big night for long serving Vice President John Stuhmcke, Not only did he run last night's meeting, He then gave the Club a great insight to Nelson Bay back in 1965 when he first moved to the area, he also won both Heads and Tails and Raffle, collected the fines to complete a very memorable night indeed.

Our attendance was down with a large number of members away travelling or unable to attend. However great fellowship was enjoyed and an excellent meal provided by the Nelson Bay Bowling Club's new caterers was enjoyed by all. This was followed by an entertaining Sergeants session before John shared some of his recollections since moving to Nelson Bay in 1965.

John, a member of the RAAF was transferred to Williamstown and wife Yvonne was 7 months pregnant. There was no permanent accommodation for long term rental, and they were shown some units at the Illuka Flats where the Real Estate agent opened all the doors and windows and waited outside so the fleas and other bugs to leave. Both John and Yvonne's daughters were born in Nelson Bay at the old hospital which is now the Community Arts Centre. There were only two Doctors, Satori and Clark, and No dentist, the nearest being in Kotara in Newcastle. There was no main road into Soldiers Point, the only access being along Mambo Road. The RSL was not built until 1968. There was only one Grocer's shop in Cascade walk. A small Coles/ BiLo was the only supermarket.

PRESIDENT ARJA ON LEAVE

President Arja is on leave currently. Her brother was seriously injured in an accident in Canberra last Monday, PP Kathy updated members on this unfortunate situation at the meeting. VP John has received a request from Arja asking that all Rotary matters be directed to VP John in the first instance or other Board members. Our positive thoughts are with Arja's family.

The Soldiers Point Bowling was a tin shed and the former town cinema was converted into Badminton Courts, where Yvonne used to play. More highlights on **Page 2 of this Edition**

NEXT WEEK'S MEETING

Our next week's speaker, John Mitchell Adams is highlighted on Page 3 in this Bulletin.. We have a high number of apologies in already and those members attending are asked to invite partners and friends to what will be a very interesting and topical discussion on Wildlife preservation and topical issues. Please notify John Crump as early as possible.

In this Bulletin:

Pg 2: Chelsea Ellul/Ian Mclver OBE

Pg 3: Next week's speaker/ upcoming events

Pg 4: ARH New, Neil Armstrong

Birthdays this coming

week: Aug 18 Phyllis Mclver

Aug 23 Yvonne Stuhmcke
Anniversaries None

Heads and Tails: John Stuhmcke

Raffle John Stuhmcke

Member Duties 22nd August

Door: David Clark/Doug Craike

Meet/Greet: Peter McBean

Loyal Toast: John Stuhmcke

Grace: Grace Smith

Intro Guest speaker: John Crump

Thank Guest Speaker: Chelsea Ellul

Bulletin: Phil Smith

Photos: Phil Smith

Binos: Ian Mclver/peter Page

Guest Speaker John Mitchell- Adams

Destination Africa

Partners/ Guests Welcome

Guest Sgt Doug Craike

Next meeting -

Apologies/Extras to John Crump by noon on Wednesday!

Ph 0401 450 239



CHELSEA IS A WINNER

Our Club's Rotary Foundation/ International Service Director and Chelsea Ellul was the winner of the Find a Bone competition organised by DG Partner Sue Hooper to promote her Partner's project. She received her prize and a nice note from DG Graeme this week and proudly displayed this on Thursday night. Chelsea, is arranging a visit to Ian Brigden this week as she can't find the bowl in this month's competition in the DG's newsletter!!

Chelsea is our youngest member and celebrated her 2 year Club anniversary on August 9th.

She is proving to be a very good Rotarian.

IAN McIVER OBE

Ian McIver joined the Club's OBE (over Bloody Eighty) ranks on August 1 and gave our members some insight into the surprise birthday party organised by his wife Phylis and their family to celebrate this milestone event. The family came from as far away from Adelaide to help Ian celebrate his OBE title and a family lunch was held at Scratchley's in Newcastle. Ian has been a long serving member of the Club. Congratulations Ian.

He is pictured here with another of the Club's OBE's Peter Page carrying out door duties recently. Peter is off of his annual car fund raising event in a few day's time. Enjoy Peter



I TOLD YOU THAT I DO NOT
HAVE ALZHEIMER'S, I HAVE
"SOME-TIMERS"
SOMETIMES I REMEMBER AND
SOMETIMES I DON'T!!



Our lovely meal this week.



NELSON BAY 1965 CONTINUED

Some more 1965 facts are listed below.

- Catholic Church located in Magnus Street
- No Child Care Available
- Street lights went out at midnight until 1975
- You could not buy a can of Coke or any other drink after 8pm
- You had to catch a ferry into Newcastle, They ran at half hour intervals weekdays and hourly weekend as no bridge at Stockton
- D'Albora's Marina was only a very long jetty with a T junction at the end. John recalled an associate of his Fishing for his son's bike after the son had ridden off the end of the wharf
- The public school as located where the Community College is now located
- Only on Café in town- Darts Café. John related a humorous story about a fire at 2 am at Darts in 1970
- The Shell Station was the site of the first Chinese Takeaway, where you took your pots to collect your takeaway meal.
- Government Road Shoal Bay was all swamps
- The Council Tip was located where our Rotary shed is now located.
- John concluded by mentioning that all Rotarians wore a suit and tie to meetings.

An interesting presentation and well received by members. Thank you to John for his preparation at short notice.

NEXT WEEK'S SPEAKER- JOHN MITCHELL-ADAMS



Our speaker is John Mitchell- Adams runs his Destination Africa business in Nelson Bay. John is a good speaker and will be talk on environmental and topical issues concerning wildlife in Africa. As this a retro edition, our senior members might like to bring out their Safari suits in the spirit of the evening.

UPCOMING EVENTS

Wed Aug 21 Past members morning tea at Evviva

Thursday Aug 22 Meeting Guest Speaker John Mitchell- Adams Destination Africa. Partners and guests most welcome

Thurs Aug 29 Bunnings Family Night BBQ

Thurs Aug 29 Guest speaker Barry Elliott
Change Psychology and Road safety

Wed Sept 4 School Breakfast Tomaree High School

Thurs Sept 5 Club Assembly, Ladies Dinner Night

Fri Sept 6 Bunnings BBQ

Thursday Sept 12 District Governor Graeme Hooper's Visit. Partner's/guests night.



KIVA LOANS REPORT

International Service Director Chelsea gave a report on the small loans to needy people. This program changes people's lives and with a return rate of 97% worldwide. usually with months of the loan being made. The Club has \$145 USD invested and the small loans have been distributed as follows

Water filter for a family in the Cambodia

Hearing Aid for a lady in the Mexico

Toilet for a family in the Philippines

Dental treatment for a gentleman in Mexico

Sewer system for a family in Moldova

Loans start to be paid off from as early as Sept/Oct so we will be able to reinvest in other loans

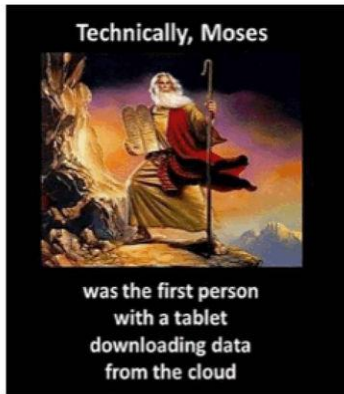


VOLUNTEERS NEEDED

Due to a large number of members being away over the next month, we need Volunteers (6-7) for the Bunning family night beuing held on Thursday August 29 from 5.30 to 8.00 pm. As this is a meeting night, it would be greatly assist us if partners or friends could help out on the night. Please advise Doug Craike as soon as possible. Bunnings supply all the food and drinks we just have to cook and serve, and collect donations. It also enables us to enhance our ongoing relationship with Bunnings.

FOR ALL OUR OBE'S

When I turn 80
I won't need
glasses...
I'll just drink
from the bottle!



ON JULY 20, 1969, AS COMMANDER OF THE APOLLO 11 LUNAR MODULE, NEIL ARMSTRONG WAS THE FIRST PERSON TO SET FOOT ON THE MOON. HIS FIRST WORDS AFTER STEPPING ON THE MOON, "THAT'S ONE SMALL STEP FOR MAN, ONE GIANT LEAP FOR MANKIND," WERE TELEVIEWED TO EARTH AND HEARD BY MILLIONS. BUT, JUST BEFORE HE RE-ENTERED THE LANDER, HE MADE THE ENIGMATIC REMARK "GOOD LUCK, MR. GORSKY."

MANY PEOPLE AT NASA THOUGHT IT WAS A CASUAL REMARK CONCERNING SOME RIVAL SOVIET COSMONAUT. HOWEVER, UPON CHECKING, THERE WAS NO GORSKY IN EITHER THE RUSSIAN OR AMERICAN SPACE PROGRAMS. OVER THE YEARS,

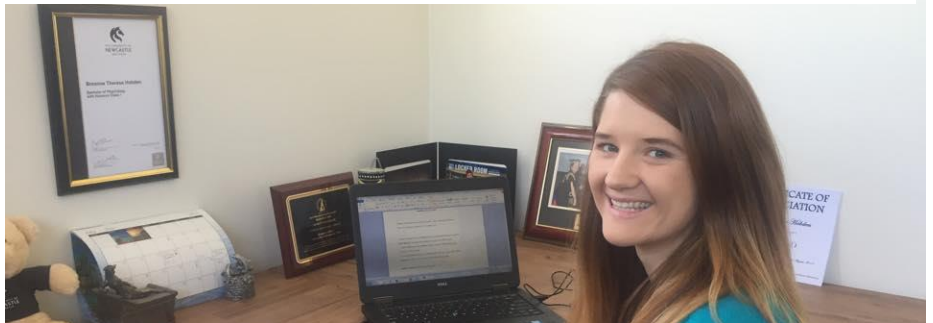
MANY PEOPLE QUESTIONED ARMSTRONG AS TO WHAT THE 'GOOD LUCK, MR. GORSKY' TAMPA BAY, FLORIDA, WHILE ANSWERING QUESTIONS FOLLOWING A SPEECH, A REPORTER BROUGHT UP THE 26-YEAR-OLD QUESTION ABOUT MR. GORSKY AND THIS TIME HE FINALLY RESPONDED BECAUSE HIS MR. GORSKY HAD JUST DIED, SO NEIL ARMSTRONG FELT HE COULD NOW ANSWER THE QUESTION. HERE IS THE ANSWER TO

"WHO WAS MR. GORSKY?": IN 1938, WHEN HE WAS A KID IN A SMALL MID-WESTERN TOWN, HE WAS PLAYING BASEBALL WITH A FRIEND IN THE BACKYARD. HIS FRIEND HIT THE BALL, WHICH LANDED IN HIS NEIGHBOR'S YARD BY THEIR BEDROOM WINDOW. HIS NEIGHBORS WERE MR. AND MRS. GORSKY.

AS HE LEANED DOWN TO PICK UP THE BALL, YOUNG ARMSTRONG HEARD MRS. GORSKY SHOUTING AT MR. GORSKY,

"SEX! YOU WANT SEX?! YOU'LL GET SEX WHEN THE KID NEXT DOOR WALKS ON THE MOON!"

AUSTRALIAN ROTARY HEALTH UPDATE



Those members who attended PDG Helen Ryan's District Conference may remember Leanne Hobden, who attended Newcastle University. And was a guest presenter at one of the Breakfast meetings. Australian Rotary health recently the results of her FHD studies.

From 2015-2017, [Breanne Hobden](#) conducted research on depression management for individuals with comorbid alcohol dependence with an Ian Scott PhD Scholarship from Australian Rotary Health. "*One in two people seeking substance abuse treatment report depressive symptoms indicating that regular screening and monitoring of these symptoms should be considered in this setting,*" Breanne said.

During her PhD, Breanne found:

- In a general practice setting, approximately 1 in 15 people may be both depressed and be misusing alcohol, however, general practitioners only accurately identify 21% of these people.
- The rate of depressive symptoms is high in substance abuse treatment clinics, with 55% of patients in this setting screening positive for depression.
- Substance abuse clinicians are relatively aware of depression in their patients, being able to accurately identify 73% of those that report being depressed.
- Only seven studies have examined the best psychosocial treatment for co-occurring depression and alcohol misuse.
- The studies which have examined psychosocial treatment for co-occurring depression and alcohol misuse were generally poor quality and therefore stronger research is needed to inform clinical treatment.