



Bulletin # 21, 17th November 2023



This week's meeting was a jam-packed one headed by guest speaker Marilyn Diesbecq – a Holistic Massage therapist from Fingal Bay. Marilyn has been practicing in the Bay for 13 years after moving here from Perth.

Hands on massage can cure our ills but, Marilyn subscribes to the acronym **SEEDS** as the basis to achieving a healthy lifestyle.

Social connection: People that don't have social connection will suffer more with depression, anxiety and make poor decisions bad for their health.

Exercise: whether it be walking, yoga, tennis, golf or whatever exercise is good for the mind.

Education: Challenging one's brain through learning new things can be beneficial in preventing diseases like Alzheimers.

Diet: Poor diet can lead to poor health outcomes whereas a healthy diet is the key to longevity, vitality and wellbeing.

Sleep: is vital to health and is needed for regeneration.

Along with these 5 needs Marilyn believes laughter and kindness are also important. These both release Serotonin the key hormone that stabilizes mood, feelings of wellbeing and happiness.

So how does all this relate to massage?

Massage can reduce pain, assist mobility, flexibility and boost the immune system.

Marilyn provides three types of massage:

- Remedial – improving joint mobility and the like.
- Relaxation – to relieve muscular tension, increase circulation and promote a sense of relaxation.
- Oncology – supporting cancer patients, reducing the effects of treatment and improving quality of life.

An excellent presentation well received by all.

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Heads and tails:

Peter Page

Raffle

Dieter Greiter

Birthdays 24/6 – 14/7

None this week

Anniversaries

Nov 18: Ella & John Clarke

Nov 21: Peter and Marianne McBean

Member Duties

Door

Lesley Freeman

Welcome

Peter McBean

Grace

Ian Brigden

Bulletin

Don Whatham

Photos

Phill Smith

Next week - Club Assembly – some important matters to be discussed



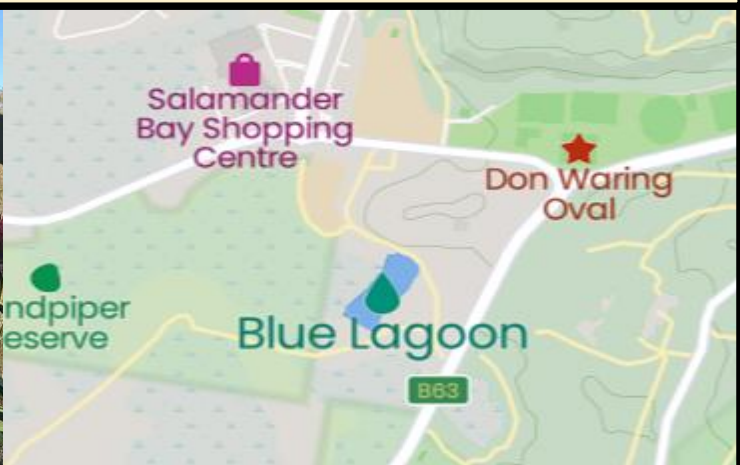
Visiting from East Maitland, Rotarians Sue and Brian Morgan took the opportunity to promote a RAWCS Project that they have been involved with for several years. In fact, they had been involved before becoming Rotarians and joined Rotary realising that they and Rotary had similar aims.

Through RAWCS assistance is provided for education and sanitation projects in remote villages in Cambodia.

Recognising the need for teachers and the inability to retain them, funds were originally provided to pay teachers \$50 month. With the success of the project the government came on board and built a primary school and now a pre-school is planned.

In one village ten toilets were provided for the population of 80 villagers and water storage towers built to provide water in dry times.

Emphasis is placed on empowering the villagers to take charge of their future rather than relying on hand-outs.



Who knew?

Bounded by Salamander Way and Nelson Bay Road is a little piece of paradise, remote yet not remote, and known as the Blue Lagoon Trail.

This little secret was revealed to us at this week's meeting by **Lesley Freeman** in her three minute speech. The lagoon is one of the highlights of the seven kilometre walking track known as "Blue Lagoon Trail." It is an important wildlife nursery which links with Sandpiper Reserve.

The three-minute speech has proved to be most entertaining since being introduced earlier this year.



What's been happening?

- Don Whatham and Doug Craike met with council regarding Gan Gan lookout. Our help in maintaining the area is still valued and some maintenance is currently needed. A working bee will be arranged in the next few weeks – contact Doug Craike.
- Maintenance in the form of mowing/gardening continues at the Yacaaba Centre.

What's coming up

- We have agreed to provide Clive's Cooker and cooks to assist a **Camp Quality Fundraiser** at Tomaree Aquatic Centre on Sunday 27th November.
- **Bunnings BBQ's**. We have two BBQ's scheduled – Saturday 3rd December and Monday 26th December.

Additionally, we have been rostered for the first Saturday of each month in the new year commencing 7th January, then 4th February, 4th March, 1st April, 6 May, and 3rd June.

We will again be providing our culinary skills for the Bunnings Family night on 8th December.

- The **MHERV** van will be visiting on Monday and Tuesday 5th and 6th December and Geoff Diemar is looking to fill rosters for those days.

There will be two shifts each day – 9:00AM to 12:30PM and 12:30PM to 4:00PM. Please contact Geoff if you would like to help.

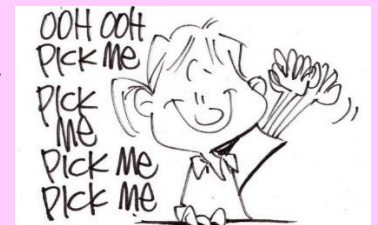
Geoff reminded us that the van also tests women.

The MHERV nurse and partner will be hosted by Don and Fiona Whatham.

- **Annual General Meeting**

Now is your opportunity to give back to the Club by Providing your knowledge, guidance, expertise and your own particular thoughts on how the Club can improve and prosper.

Nomination forms will soon be available.



and last but not least..... 2022 Christmas Party



Where	Fingal Bay Sports Club	Date	Thursday 15 th December
Time	6:00 for 6:30	Dress	Smart Casual
Fair	Main and sweets	Drinks	At own Cost
Tickets	Members and partner \$5 (yes \$5). Guests ticket prices to be determined by Board and announced at next week's meeting.		