

Bulletin 43 June 30 2022

Voluntary Assisting Dying Program(WA)



We had two very special guest speakers at our meeting on Thursday, member Brian Comley and his wife Heather. It was an emotionally charged presentation as Brian and Heather walked us through the Voluntary Assisted Dying program in Western Australia, following Brian's dad passing in March this year. 16 members and three visitors, including Heather, Bob Walcott and Geoff Robinson listened to this sometimes-controversial subject that was presented with a montage of family photos being shown.

Brian's dad Rob suffering from life ending motor neurone disease decided on March 10 2022 that he wished to participate in Western Australia's Voluntary Assisted Dying program. Brian on RAAF duty in QLD received immediate compassionate leave and arrived in Perth on Monday March 14. Within hours of arrival Brian and family members were meeting with a Board member of the WA VAD Board. Brian's dad had lost the ability to speak and communicated through a tablet. Only the patient can make the decision to take part in the VAD program. Brian and Heather then walked us through a 10-step process for the patient to end his life. There are many checks and balances to be followed, again only the patient can authorise. There can be no family involved in this decision-making process. From the first meeting, the Voluntary Aided Dying process must be completed within 10 days. During this time the Comley family were able to ask Rob where he would like to pass away and other matters. Rob passed away peacefully sitting in favourite chair with a smile on his face and looking into the eyes of his long-term partner Kay. Brian was the second witness asked by his dad to be at his side. Both Brian and Heather still have mixed emotions, however, need to be congratulated on sharing this very personal story to members of our Club. Only WA and Victoria have active Voluntary Assisted Dying programs, QLD's program commences in January 2023 and NSW on November 23 2023 and SA in 2023. It is still illegal in the ACT and NT. Those members who missed this presentation might like to contact Brian and share a coffee or drink to get further details of the Voluntary Assisted Dying program in WA.

MEMBERSHIP FEES NOW DUE

The Club's membership fees are now due. Members received their invoices several weeks ago and they can be paid either annually or 6 monthly. Members are asked to pay their invoices by June 29 please. This will enable Secretary Chris to finalise membership numbers by the June 30 Rotary International deadline. Thanking you in advance.

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Birthdays this coming week:

None Listed

Anniversaries

None Listed

Heads and Tails: Bob Mitchell

Raffle Brian Comley

Member Duties 30/6/22

Door: Helen Ryan

Meet/Greet: Lesley Freeman

Grace: Changeover program

Intro Guest speaker:

Changeover program

Thank Guest Speaker:

Changeover program

Bulletin Don

Photos: Phill/ Henk

Binos Dieter

Meeting Speaker

Club Changeover-

Dress semi formal.

Next meeting – Thursday June 30 2022 Club changeover

Apologies/Extras to Phil Smith on Wednesday by noon

Ph 0401 450 239

Please remember the dress for this evening is smart casual, a chance to dress up a bit.

PRESIDENT DOUG'S YEAR OF ACTION IN THE LOCAL COMMUNITY



President Doug had a very active year, assisting many committee organisations, enhancing Nelson Bay Rotary's profile in our local area, plus planning and assisting with current and new local projects. Some of the organisations assisted at the SES, Tomaree Hospital Reflection Garden project, the Yacaaba Street HQ and the Emergency Accommodation, enhance relationships with Bunnings, CWA and Karuah Progress Association, worked on the community sign on Nelson Bay Road, meet Michael McQueen and taking a rest on the new parkbench at Tom O'Dwyer after all his labours. Community service above self, was Doug's motto throughout his year as President.



NELSON BAY ROTARY/BUNNINGS HELP OUT AT KARUAH ABORIGINAL VILLAGE



Recently Club members Milton and Chris took Clive's Cooker (it's first outing in some time) up to the Karuah Aboriginal Village after a request from Bunnings Taylors Beach. Bunnings have committed to assist the village with the supply of metal garden boxes, soil, compost and plants for a community garden project out the newly delivered Village Community office. The building, the former Karuah Police Station needs some work done before it is fully functional. Bunnings supplying the food for lunch including sausages and rolls plus soft drinks, plus tea and coffee for the Volunteers who worked on the project and other community volunteers. The wet weather and a covid 19 outbreak caused volunteer numbers to be down, however Milton and Chris certainly enjoyed a few hours with the "locals", meeting some Bunnings staff where we were able to promote Rotary and talk with village residents. I have attached an informal email from our Taylor's Beach contact Lan Robson

Copy of email from Lan Robson, Taylor's Beach

The girls who were responsible for making it all happen with me (can't do it without them) are the fabulous: Alanna Loreto, (Bennets Green Warehouse), Maddy McLennan, (Maitland Warehouse), Krista McMahon (Maitland Warehouse) and of course little old me Mellanie (Lannie Robson) of Port Stephens.

Thanks again for all your wonderful help with not only our BBQ's but our community. It was a terrific "diversity" event, where business, rotary and the aboriginal community worked closely together.



Due to Covid, Bunnings BBQ's proved to be our main fund raising activity for this Rotary year. Not only did we raise funds for our Club, our Community BBQ's raised funds for Horse Haven, Port Stephens Koala Rescue, the Karuah Progress Association, while we provided labour to assist the CWA ladies. There were a number of regular volunteers, however all those who helped raise funds to improve our local community thank you. Incoming President Bob has a list of BBQ's up to Xmas and hopefully the Club will continue to support this fund raiser. Bunnings were very generous to the Club this year, however budgets may not be as high next year due to increased demands from other Community groups.

FINANCIAL UPDATE

Treasurer Milton has prepared an excellent financial report for the Club which will be distributed at Changeover on Thursday night. A brief preview will show the Club will have a balance in all accounts, approximately \$2,000 less than last year. Donations have been over \$35,000 in the current Rotary year. Milton has prepared a comprehensive budget for incoming treasurer Geoff Diemar and is working with Geoff to ensure a smooth transfer occurs on July One. All accounts were paid promptly on either invoice or receipt of payment, with Milton doing a great job for the club.

THANK YOU

As this will be my last Bulletin for the Club; I would like to take this opportunity to thank my fellow editors. I joined the team in 2015 after my year as President. After a quick learning curve and a brief break following my heart issues, I have enjoyed being part of the Bulletin team of Phill, Don, John Cropley, Dieter and Craig (a brief stint). Of course, photographer Henk and in recent years Phill have provided many photographic highlights, while I have been able to catch our volunteers at work in the community. It's a real team effort from these dedicated Editors who deliver a Bulletin to 80 people on the Bulletin list. Readership is up from 38% to around 55% this year which is encouraging. The other 45% are missing out on a good read. A special thank you to those who have contributed articles and photos for the Bulletin over the years. Again, my thanks to the team, for help and assistance especially when things don't go to plan, it is greatly appreciated. **Chris**



This being my final bulletin, I have taken the liberty to publish a few photos of my daughter's wedding in London last Thursday afternoon, June 16 It was also Lauren's and her new husband Kieran, from Kurrajong birthdays as well, making things easy to remember for anniversaries etc. The very happy couple intend to purchase a home in London, price permitting. As you will gather, I am a very happy Dad.

MEMBERS MOVING ON

We are unfortunately losing five members after changeover on June 30, three with extensive Rotary experience. I have prepared a summary of each the members.

Craig Paraissien

Craig a newer member was elected to the 2022/23 board at the AGM and served as the club's Environmental Officer since October last year. Running a B&B business at Anna Bay limited his attendance at weekend activities. The timing to join Rotary was not right for Craig

Tammy Kelly

Tammy was a member of the Club for three years. Due to her and her husband running multiple business including locally, nationally and overseas, Tammy was unable to attend any meetings. However her generosity and time helping out when she could at events, especially the Charity Golf Day were greatly appreciated. Tammy felt she could not fulfil her obligations to Rotary and wishes the Club all the best, plus the offer to help at events, when her work schedule permits

Trip to Brisbane for science student

Members will recall our Science Student Isaac Charrles missed the face to face segment of his recent advance Science Course due to Covid. To compensate these students they have been offered a week in Brisbane in August to complete the Face to Face aspect of the course. Great news for all.

Treasurer Milton Williams PHF

Milton was introduced to Rotary in 1982 by former PDG Howard Grigor, his next door neighbour at the time to join Raymond Terrace Club. Milton's work in the Marine Industry took to various states and over the years he has been a club member in Tasmania, Victoria, QLD and finally Nelson Bay Rotary 4 years. He has not served continuously in Rotary with work and farming commitments. He spent a year on the Club Board as Community Service Director and the past 12 months as Club Treasurer. He and his wife Sue were always willing volunteers at most club fundraising functions, while their dog Howie attracted plenty of interest when on site supervising. Milton's ability to streamline processes, assist in mechanical repairs and assist in the implementation of the Square payment system, plus preparing a budget for incoming treasurer Geoff Diemar to make his job easier will be greatly appreciated. Milton is also a Volunteer with the SES. He has particularly enjoyed working on local community projects and will be missed. Milton and Sue are pursuing other interests,

Below is an extract from an email received from incoming DG Neville Parson, regarding a letter I sent him regarding cost of volunteer membership I intend to discuss some options in this regard with members as I visit Clubs and it is hoped that Clubs can review and respond to ensure that anyone with a heart to do good in their community

Club membership Director PP Kathy Rimmer PHF

Kathy is just shy of completing 10 years with Nelson Bay. She is the Club's youngest member and has performed outstanding service for the Club and District 9670. Kathy has managed to keep her growing training consultancy firing on all cylinders and taken on new challenges. Some of Kathy's Club achievements include being Club treasurer, Club Membership Director, President Elect a two year stint as President, and providing valuable support to Directors over her 10 years in the Club. Her work on the Kelvin Kong project with PP Arja Levonpera saw the Club donate \$30,000 to improving hearing for aboriginal children's hearing took 3 years to achieve and will change many lives. Kathy has served on several District 9670 committees over the past 10 years, including a long stint with the Rotary Learning Institute as a trainer and facilitator. Kathy suffers from ill health from time to time, however always tried to assist wherever possible. We have watched her young children grow into teenagers of the years. She has been a friend to many, a helping hand at so many Rotary events and fund raisers and assisted Treasurers using her knowledge and skill as a former banker. She also worked hard to improve relationships with other community groups. To stay she will be missed is an understatement. We wish Kathy all the best in her new role at Newcastle University. She is training and consultancy business continues to grow, her family is growing into young adults, and again all the best to your family. Thank you for all you have done for so many.

Club Secretary PP Chris Bartlett PHF

Chris joined Rotary in Auckland New Zealand in 1995 and served until 2000. a Member of the Club Board for 4 years and President Elect when he left NZ to return to Australia. Re-joined Rotary at the upper Blue Mountains Club in 2008 served on the Board in various roles and was President Elect when move to Nelson Bay in 2012. Served on the Board from 2013 to 2019, mainly in the Community Services portfolio. Was Club President in 2014/15. Among Chris's achievements was assistant project manager for the NB Rotary fitness & Exercise trail, which took three years to complete with Past Presidents Peter Clough and Ann Evans. The project cost over \$110,000 dollars, however funds from a Golf Day was the only money the Club put into the projects. Grants from the Federal & State Governments, plus PSC and the Rotary Foundation funded the project. NB Rotary were able to convince Council to buy the equipment and save tens of thousands of \$ in GST. Another milestone was the cooked breakfast served to nearly 500 ex Navy ladies and volunteers at Shoal Bay Beach several years ago which resulted in nearly \$5000 profit returned to the Club account to assist in defraying our cost of doing business charges for the past few years. Chris loves working in the local community and working with other community organisations. Chris has been District 9670 Australian Rotary Health Representative since 2014 and was appointed ARH Chair for the new District but has stepped down. He has a long history of working on District Committees in District 9670. He was an Assistant Governor for three year from 2016 to 2019, spent four years as a facilitator of the Rotary Learning Institute and a year on District 9670 Board as one of the elected by my peers representatives, several years on the Rotary Foundation Committee, plus 3 years as a Shelterbox ambassador. Much has been achieved in 20 years, I will miss Rotary, however my health comes first and I am finding financially difficult to be a Rotary volunteer. Good Luck to everyone

YACAABA CENTRE REPORT

Executive Summary

This report was produced to review the current funding support provide by Nelson Bay Rotary Club to the Yacaaba Centre Information and Counselling Service Port Stephens Inc (Yacaaba Centre). This report is to provide the Nelson Bay Rotary Club with accurate information about the organisation's use of donated funds to the Yacaaba Centre during the period of 1 July 2021 to 30 April 2022.

Objective

The Yacaaba Centres objective for the current funding were:

- Support the local community with provision of essential needs including food, toiletries, travel cards, and phone credit.

Strategy

Under the objective the Yacaaba Centre can support the community through emergency relief (ER)supplies with the monthly funding provided by Nelson Bay Rotary Club.

About

The Yacaaba Centre was established in 1989 as a women's only information and counselling service that was not able to advertise its location for the safety of its clients. In the last 30 years we have evolved into what it is today, a prominent 'hub' providing services to our community including our most vulnerable and isolated members. Our clients now consist of men, women, and school aged children from all backgrounds and demographics.

We are the only Centre of its kind on the Peninsula and unfortunately the demand for our services is consistent. Our mission at the Yacaaba Centre is to provide counselling support, information, and advocacy for our clients, enabling them to develop strategies to sustain physical and psychological wellbeing.

Rotary Monthly Funding

With the monthly \$500 donation Nelson Bay Rotary Club has provided the Yacaaba Centre we have been able to support the community by purchasing much needed items. With a plan to focus on providing items to individuals and families struggling with financial and food insecurity. Since July 2021 the Yacaaba Centre has purchased items that directly go into our food hampers and pamper packs.

The month of February, we allocated Rotary funds to purchase a new freezer for the Centre at a cost of \$729. From March 2022 we have been able to use further funding to purchase pre-packaged frozen meals to provide a quick and nutritious solution for individuals and families.

In the financial year ending in 2022 the Centre has priced hampers at \$50 and pamper packs \$20 on average however with the cost of living increasing this will be reviewed next month with an expected increase.

Data

During the reported period the Yacaaba Centre has on average supported 28.6 clients per month with emergency relief (hampers, bread, milk, toiletries). November 2021 saw the highest request for tangible support in the reported period at 41.

December and January the least clients requesting hamper support with 19 and 21 respectively. However, December data did not include Christmas hampers provided which were an additional 126 hampers provided through Food Bank.

Note from the Manager

I would like to personally thank Doug and the Nelson Bay Rotary Club for their ongoing support both financially and with their time and skills at the Centre. The whole team at the Yacaaba Centre have come to rely on your team's support whether it be helping us pull down cupboards to cleaning the driveway. You have always been there, and we are consistently thankful. We also love receiving visits from Howie!

Yours gratefully

Louise Simpson



**NELSON BAY ROTARY
AT WORK HELPING
YACAABA CENTRE**

Sample Food Hamper

Cereal
Pasta/Rice
Pasta sauce
Tin baked beans/spaghetti
Tin soup/cup a soup
Packet of 2 minute noodles/bowl of quick noodles
Continental mix
Tin tomatoes
Tin tuna/salmon
Tin fruit
Tin vegetables (corn, 4 bean, asparagus, etc)
Vegemite/honey/jam
Packet of biscuits
Peanuts/muesli bar or something like that (treat)
Tea/coffee
Additional – Pre-packaged frozen meals
4

Pamper Pack – Women

Shampoo
Conditioner
Moisturizer
Deodorant
Toner/Cleanser
Face cleansing wipes
Make up
Hair Spray/Gel
Hand wash
Razor
Shaving Cream/gel
Toothpaste
Toothbrush



Conclusion

There is a clear need to be able to provide essential items to the most vulnerable in our community. With the cost of living increasing the Yacaaba

Centre has seen an increase in clients seeking assistance. The current monthly donation provided from Nelson Bay Rotary Club has allowed us to provide ongoing essential items to people who are experiencing financial difficulties and food insecurity. Without support and donations of other services and individuals the Yacaaba Centre would not be able to provide the vital services to the people of the Tomaree Peninsula.

