

28 June 2021

President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

## From the President's Pen – Barry

So... we come to the last of my scribblings as President.

I could do a full list of what we did during the year and thank a whole lot of people, but I am afraid you will have to wait for the Changeover meeting on Monday for that.

I am sure my speech will appear in the notes on the meeting, in the next "In the Loop", so even if you can't make the meeting, you needn't miss out.

Glenys has done a splendid job of organising the meeting. It bodes well. She will make an excellent President.

I realise now, I could have done rather more to make more of a splash at last year's changeover, even if it was done during the COVID-19 lockdown. In my defense, I had never been to a changeover meeting and Les, the previous President, had only attended his own inauguration. Ho hum... water under the bridge.

Things have actually been a bit quiet over the last two weeks.

Apart from getting ready for the Changeover meeting, I have worked on **mherv** role descriptions a bit more, and am minding the operations ship while Les is away.

Please let the **mherv** team know if you are willing to help out at all. We will need to fill the positions in the next couple of weeks.

I am really looking forward to the Changeover meeting. We will have the current District Governor, David Roach, there, and also his wife, Amanda, who is the District Governor-Elect, and also Immediate Past District Governor, Graeme Hooper.

We will be inducting and welcoming some new members and giving out a few, well deserved, awards.

All in all, it is going to be a busy night, but also, I am sure, a memorable and enjoyable one.

*See you there!*

## Next Meetings:

**6:15pm for 6:30pm**

**Monday 28 June**

*Club Changeover Dinner  
& Awards Night*

**Monday 12 July**

*Club Assembly*

**Club Macquarie**

The meal and meeting will be held in the one room

**Rec Lounge**

The Club staff commence serving dinner at 6:30pm...

*Please ensure you have arrived, paid for your meal and found your seat by this time.*

**Thanks!**



Links to  
Google docs



[Dinner Meeting Roster](#)

[Survivors R Us](#)

[Club Program](#)

[Warners Bay Markets](#)

Click on the underlined words to open the link in Google Docs – remember to check regularly and to put your name down to help out in one of the spots.

Because...

*Many Hands Make  
Light Work...*



If you want your news, report, items, articles or photos to get into the next edition of "In the Loop" newsletter, please send them directly to the Editor, Brian, at

**[dataedge2@bigpond.com](mailto:dataedge2@bigpond.com) by Thursday 8th July Thanks!**

**Please Note:** This is an earlier deadline, as the newsletter will be produced & distributed by our wonderful new, incoming, Editor Brian – and will give him time to put it together. **Thank you.**

President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

*Many Hands Make  
Light Work...*



### A message from President-elect Glenys

#### CHANGEOVER DINNER

Our meeting on Monday, 28th June is our Changeover dinner, and we will be looking ahead to the new Rotary year.

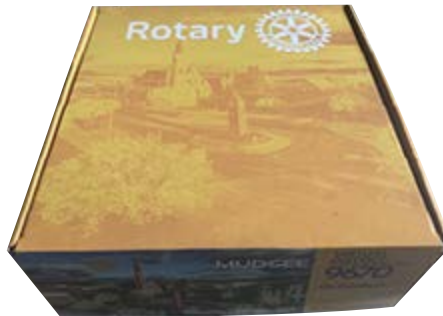
We have several special guests including DG David Roach [2020 – 2021] and his successor, DG Amanda Roach [2021 – 2022].

As this is an official evening, dress is smart casual with an emphasis on the colours, Red, Yellow and Blue.

Meeting begins at 6.15pm – time for a chat, find a seat and grab a drink from the bar [there will be a toast so be ready.]

#### CHANGEOVER RAFFLE

Following the District 9670 Conference in May, we received a hamper of yummy goodies from Mudjee, Rylstone, Kandos and some of the surrounding specialty venues.



For the Raffle for Changeover, we have divided this amazing hamper into 4 awesome prizes as well as adding a few extra goodies.

Tickets will be \$5.00 each and all proceeds will go to our MHERV project.



### Community Service – Kerry

**Survivors R Us BBQ breakfasts:** these continue every second Thursday morning. Helpers still needed for rest of year, just add name on Google doc spreadsheet (click on site in newsletter), or email me.

**Oz Harvest:** Members continue to attend PCYC Windaour project to assist with packing hampers for needy families comes to an end after next week. I am waiting for Oz Harvest to let me know how our club can continue to support this great cause.

We were recently invited to a lovely 'thank you lunch' at the PCYC, prepared by some hospitality students.

### Polio Report – Kerry

Total reported cases of wild polio so far in 2021 = **remains at TWO** (1 Afghanistan, 1 Pakistan).

Some very sad news was received on Tuesday this week. In Afghanistan, 6 workers delivering Polio vaccinations were killed, and a further four were injured. Such a tragedy, these true heroes losing their lives in their dedication to ensure the Polio vaccine reaches children in these dangerous countries.

This emphasises the importance of Rotarians all around the world continuing to raise funds and get the job of eradication of Polio done as soon as possible.

World Polio day is coming up on Sun October 24th, we will look at something we can do to mark this day.

#### Where's Polly?

After appearing at the Lake Mac Autumn Fair and Raymond Terrace Heritage Festival recently, Polly is currently having a short rest before heading off again.



President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)



Rotary International District 9670



## 2021 Newcastle Challenge is on! Monday 26 to Friday 30 July

**Volunteers  
Needed**



**See Kerry  
for more  
info**

**2021 Newcastle SEC program for years 9 and 10 schools students  
in Newcastle, Lake Macquarie, Maitland, Port Stephens,  
Cessnock, Upper Hunter, and Central Coast areas**



**Focusing  
on the Future**



### PROGRAM UPDATE – July

Remember to keep checking the *Google Doc* program page.

There is now a new tab for every 3 months at the bottom of the page.

#### Monday 5th July:

RC Cardiff Changeover Dinner at Survivors R Us.

- RC Cardiff is our parent club and we have worked with them on various projects throughout the years. Their main charity is Survivors R Us and this dinner will be an insight into a new initiative that Survivors are developing.

- All proceeds of the evening will go to Survivors R Us.

- Contact Glenys if you are interested.

#### Tuesday 6th July:

Board Meeting – 7.00pm @ Glenys' home  
Unit 419 / 4 Howard St, Warners Bay

#### Thursday 8th July:

Survivors R Us BBQ

#### Monday 12th July:

Dinner Meeting @ Club Macquarie – *Club Assembly*

#### Saturday 17th July:

Warners Bay Markets

#### Thursday 22nd July:

Survivors R Us BBQ

#### Monday 26th July:

Dinner Meeting @ Club Macquarie – *Guest Speaker* – Evan Gardiner [RFS]

#### Monday 26th July – Thursday 29th July:

Science and Engineering Challenge



**July:**  
1st – Philip B



## End of Year Membership Report – Glenda

This is my Final Membership report. I would just like to say thank you to RCWB for giving me the opportunity to be Membership Director for the past 2 years.

It has been a challenge being brand new in Rotary and learning the Rotary way, COVID and this last year juggling District duties. It has been particularly challenging.

Having District Membership Coordinator Carol Coffey this year has been great. Being able to bounce ideas around and receiving guidance has been very helpful. I wish the incoming board and the club well in the future.

### Information Night & New Members

We held an Information Night for prospective new members.

This night was a great success with District Membership Director Carol & Brian Coffey attending and supporting the night. Thank you to the guest speakers, Erin, Barry, Glenys, and Carol for their input.

We have a new member from this Monday night, Pam Merlo. Congratulations Pam and we look forward to seeing you grow as a Rotarian.

We have members transferring into the Club... Graeme Hooper, and Steve & Janette Jackson. Welcome to our club and we look forward to your service and knowledge.

Our Rotary International President-Elect, (RIPE), Shekhar Mehta's theme is **"Serve to change lives"**. His focus will be on service, empowering girls, and increasing membership and has set a challenge to all DG's... **"every member brings one"**.

## Warners Bay Markets

The markets this year have been a bit of a mixed bag. We have had a few weather challenges, and a variety of focuses on the day.

We had a few Saturdays for the Trailer Raffle, supported the District Partner project, and our last market was a fun day and a great success.

We have approval for a BBQ for the next two markets. The coordinators are happy for us to be a part of their days.

I would like to give a big thanks to Craig Henningham who, every month, either helps to gather all the equipment needed and, when needed, bring to the markets and help put it all up; and Bernie who is my backstop and Number One supporter.

Thank you to all who have volunteered their time on a Saturday. We would not be able to do this without you. It truly shows the Rotary Spirit.

### Car Boot Sale

We are hoping these will start in September. I have had several meetings with the Warners Bay Market Coordinators. They are waiting for the Event Coordinator to be appointed for the Council and to receive their go ahead.

It will take a bit to set up, but once up and going will good fundraising venture and will not need as many volunteers.

### Satellite Club

A proposal was put before the Board to look at starting a Satellite Club in the area.

#### What is a Satellite Club?

Basically, a satellite club is unlike regular Rotary clubs, which require 20 members to start, a satellite club can form with just

eight members, who remain or become members of the "sponsoring" (or parent) Club.

Satellite clubs also give community members and Rotarians the chance to make a positive difference in a club environment that often differs from their local Rotary club.

Like all Rotary clubs, satellite clubs hold meetings, have bylaws and a committee, and get involved in community service projects.

A local Rotary club sponsors the club and provides advice and support. A Satellite club is:

- A way to attract a different demographic to Rotary or sub-group of individuals, vocations or service interests.
- A way to be innovative and re-imagine what we have traditionally thought of as Rotary.
- A way to re-energise Rotary.
- A way to be a more affordable club experience.
- A way to provide an alternative meeting experience, or format, where members can experiment with different forms of club organisation.
- A way to offer alternative service opportunities and membership
- A way to experience a smaller, focused group
- A way to bring Rotary to communities that might not be able to support a standalone club

The board has given support to investigate and present a proposal, presentation and engage an expert speaker to speak to the Club.

## Links To Google Docs Program And Rosters.

Each of these links will take you to the relevant document. You will [hopefully] be able to Click on each to open the document. Sometimes you will need to press the Ctrl key + click (Windows) to open the document.

RC Warners Bay Program	<a href="https://docs.google.com/spreadsheets/d/1WfRDoddQ5_freuxYtJT1YxBLuN7i90ipQiX5NikW5o/edit#gid=0">https://docs.google.com/spreadsheets/d/1WfRDoddQ5_freuxYtJT1YxBLuN7i90ipQiX5NikW5o/edit#gid=0</a>
Dinner Meeting Roster	<a href="https://docs.google.com/spreadsheets/d/1pmis_vzJ6F8hp4n4I4EO-PRDJfPMikV4FKeye-ol6c/edit#gid=0">https://docs.google.com/spreadsheets/d/1pmis_vzJ6F8hp4n4I4EO-PRDJfPMikV4FKeye-ol6c/edit#gid=0</a>
Survivors R Us BBQ	<a href="https://docs.google.com/spreadsheets/d/10I8MrdneT5C_g-rAUho790Y0yw25xshZPVBOgPPPqBc/edit#gid=0">https://docs.google.com/spreadsheets/d/10I8MrdneT5C_g-rAUho790Y0yw25xshZPVBOgPPPqBc/edit#gid=0</a>
Warners Bay Markets	<a href="https://docs.google.com/document/d/10HB_eXzrHDxQaGKrKQe-fv-z9bScCNmZumdlKEjH_qw/edit?usp=sharing">https://docs.google.com/document/d/10HB_eXzrHDxQaGKrKQe-fv-z9bScCNmZumdlKEjH_qw/edit?usp=sharing</a>

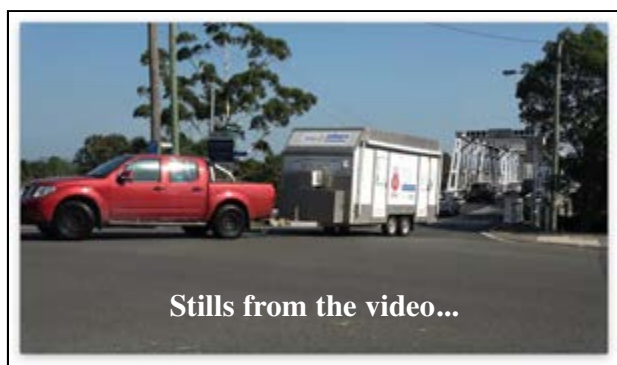
A report on the period August 2020 to June 2021 including the tour from February 1st to June 2nd 2021  
Particular thanks to RFBI, Operations Manager Les Corrigan, Barry Knowles, Nurse Rob Woolley, Jacqui Dann and Mike Wooller - Web & Video. Also Michael Weatherall and Rutherford Telarah Club members.

Sadly, as previously reported, due to the COVID-19 pandemic, mherv operations were suspended on 17th of March 2020. Much had been done to prepare for a restart in August that year, but the on-going pandemic and its consequences forced the abandonment of the second 2020 tour. (August - December)

As alluded to in our previous report, there were moves afoot to change arrangements within Rotary with regard to the 'ownership' of the mherv project. So while we couldn't be on the road, energy was redirected towards settling the legal and practical changes that would be necessary.

Adrian had stepped back as team leader and Michael Weatherall from the Rutherford Telarah Club agreed to take on the leadership role. Initially the plan was for the two clubs, Warners Bay and Rutherford Telarah to become partners in the mherv project and to co-own it, so moves to bring this about were begun. In the meantime, Rutherford Telarah club members had taken possession of the Nissan utility and the van, and undertook some of the much needed long-term maintenance and makeover that was needed. Their contribution gave the rig a new lease of life. However, plans for both clubs to own the project were subject to legal and Rotary compliance advice, and in the end, the plan of joint ownership was deemed unworkable. It was decided that Rutherford Telarah Club and team leader Michael would withdraw. On the 21st of May 2021 A formal resolution was passed unanimously by representatives of all (but two) clubs in the District to give the mherv project to Warners Bay exclusively.

One of the activities mentioned in our last report was the production of a video about mherv as an entry in the Rotary Zone 8 Conference video competition. The video had been scripted and Rotarian Martin McGrevy, retired Newcastle TV professional shot it mainly on locations in Morpeth arranged by Past District Governor Brian Coffey, whose idea it was to enter the competition. Rotarian Michael Wooller, (ex BBC and ABC TV) edited it to the prescribed two minutes. It won the competition's first prize jointly with an entry from New Norfolk in Tassie. The winning mherv video is available on <https://vimeo.com/manage/videos/443270801> All those attending the Zone 8 conference (Australia NZ and the Philippines) albeit on Zoom, were able to see it as a result of the win..



The van was made 'COVID-safe, with a perspex screen, manufactured and donated by Trident Plastics in Newcastle, a new touch-free thermometer to test body temperature and a wrist-style blood pressure machine to minimise touching and maximise ease of sterilisation between clients. A whole raft of new procedural requirements was also put in place and a QR code was applied for to meet government tracking requirements.

Following a nail-biting Christmas and New Year, it was thought that we would be able to get back on the road at the end of January 2021.

And so we did...

But a sad event occurred at this time with the passing of Past District Governor Peter Raynor. Pete had long been a champion of the mherv project. His energy and enthusiasm had helped sustain the team ever since mherv began to tour with its own RN. He will be sadly missed by all members of the Rotary Club of Warners Bay, and by those who knew him as District Governor... Vale Peter.



So, a brand new tour had been designed with clubs agreeing that they felt comfortable with the COVID situation at that time, and the show could go on...

These are the towns in which Rotary Clubs hosted the project between February and June 2021: Rutherford Telarah (Maitland), Belmont, Morisset, Cessnock, Singleton, Denman, Muswellbrook, Dungog, Nelson Bay, Taree, Gloucester, Lauriton, Bellbrook, Willawarren, Macksville, Sawtell, Coffs Harbour, Woolgoolga, Guyra, Warialda, Moree, Narrabri, Bogabri, WeeWaa, Gunnedah, Coonabarrabran, Walgett, Warren, Parkes, Wellington, Mudgee, Merriwa, Quirindi and Scone.

---

#### **During the tour February to June 2021, 33 lives were saved:**

442 people were tested (mostly men) ...

**a.** 242 people were referred ... "See your GP asap to be assessed for treatment"

**b.** 33 people were referred ... "See your GP or seek medical attention **IMMEDIATELY** ... you may be at serious risk." (Typically, blood pressure was very high).

The remaining 167 people were relatively healthy although they were all advised to set up a regular visit to their doctor for on-going checkups.

The number of lives saved since 2017 now stands at over **333**.

---

At the conclusion of each mherv visit to a country centre, Rob Woolley, our Registered nurse compiles a report which gives us statistical information and some anecdotal stories that remind us about why mherv is out there and why as Rotarians and partners we need to maintain our support for the project. These are a few of Rob's recent musings....

"I saw a bloke who came in with his wife. He was very positive about getting a health check but was shocked to hear his blood sugar level was 28.2 (...through the roof!) I did a re-test but with the same result. His cholesterol was 7.3.





He said he knew he has diabetes but didn't realise that the sweet drinks, fairy floss and chocolate would cause his blood sugar to be so high. I did a full (drawings and all) rundown of the dangers of blindness and amputation due to major circulation problems caused by that amount of sugar in his blood. As he stepped out of the van, he tipped his drink out and threw away his fairy floss ... I think he will seek a full medical review ASAP. Perhaps his wife also realised how close she was to becoming a widow!"

"I only had one Category 3 person today (...a person whose tests indicate a threat to life)... It was a lady with really high blood pressure and high cholesterol numbers. She has an extensive family history of cardiovascular disease and had a good understanding of the results... her merv visit was a timely wake-up call as she realised she had not been paying enough attention to her health. She said she would seek a full medical review as soon as possible".



"It's not always about hypertension and blood sugar... I saw a 30 year old fellow who had been bleeding from the bowel and who frequently soiled himself. He said he had gone to the doctor and all the doctor had done was give him a bowel cancer kit. No digital examination had been done. I explained that he should have had a digital check and that he probably has haemorrhoids but he needed to be referred to see a gastroenterologist ASAP as it could also be indicative of a much more serious condition. I explained that if it's the case, he would at least need the haemorrhoids treated as soiling himself at such a young age needs a proper medical fix, and besides, he would appreciate the positive change to his lifestyle.. I will follow him up".

"It is very clear that that access to Doctors in the country is problematic. A 73 yr old gentleman came in. There is a doctor in his town but because he's had a relatively good bill of health over the last two years he hasn't been for a checkup. Just recently he was unwell but when he tried to make an appointment to see his doctor he was informed that he had been taken off the books and that he would have to find another doctor. However being off the books didn't prevent them from writing his prescriptions every 6 months for the last 2 years, so he had no warning signs that access to his doctor had been cut off. The pressure on country doctors is clearly another good reason for merv to be out there providing life-saving checkups".

"This bloke was only 39 years old. He was of Pacific Island origin with high blood pressure and cholesterol numbers. He was a very nice fellow who had no idea his health was so fragile. I gave him a full education session about the risks of cardiovascular disease and the increased risk of having a heart attack or stroke. He was a bit shocked and said he would get a full medical review. He was very thankful and complimented the merv programme saying if we hadn't come to town, he wouldn't have known his health was so shaky".

"The last bloke today was in denial about his health, with really high blood pressure and weighing over 130kg. He was with his wife and two young kids. I thought he was a bit too off-hand maybe stoic, despite his wife being a Registered Nurse who continually hassles him not to eat so much and to exercise. My education session with him was delivered quite sternly saying his health won't improve by laughing it off. He and his family left the van asking me for any "quick recommendations". I told him if he is having so much trouble lowering his weight, to get a full medical review and maybe ask about a banding procedure as he is only 50 years old with a lot of life left ahead. I think I did get through to him".

## The future:

With the project moving under exclusive care of the Warners Bay Club, on Monday the 14th of June (the commencement of Men's Health Week) Adrian Payne and President Barry Knowles gave the club an enthusiastic re-introduction to the mherv project. Several new members knew little about it and part of the future plan is to increase the number of people on the team to focus better on specific areas of need. The presentation started and concluded with video segments, and following Adrian's history of mherv, Barry invited members to put up their hands for some of the 'jobs' yet to be filled. Immediate Past District Governor Graeme Hooper, had already volunteered to take over from Adrian to lead the team. Adrian will remain on the team supporting existing sponsors like RFBI and seeking others for specific projects including the replacement of the current utility and caravan with a new mobile home, for which we have already received one generous donation. Other new roles will include 'fund raising' (for operational expenses) Administration, Asset manager and IT support.



Rob Woolley our Registered Nurse will retire from travelling after the next tour ending in December. Rob will assist in finding a suitable replacement and hopefully go on to remain as a consultant to the management team on a voluntary basis. During his 3 years of touring he has made many friends among the Rotary Clubs of NSW and has received 2 Paul Harris fellowships for his work with mherv. He will be a hard act to follow and we are hoping that when he settles down at home on Queensland's Sunshine Coast he will find a suitable Rotary Club and join up!



### Major partners:

RFBI ... generously donated the RN's fees for nursing services for the 2020/21 financial year. They have recently advised that they will do so again for 2021/22 ... We are most grateful for their continuing support.

Rotary Clubs in districts 9670, 9650 and 9640 mostly acted as hosts, often making club donations that assist with other expenses.



Royal Freemasons'  
Benevolent Institution



23/6/21



A project of The Rotary Club of Warners Bay. Team leader is Graeme Hooper, Operations Manager Les Corrigan, Registered Nurse Robert Woolley, Web and Video production Mike Wooller, publicity officer Jacqui Dann. Sponsorships Adrian Payne



# FREE Men's Health Checks

Rotary  
Clubs of New South Wales



**mherv**  
men's health education rotary van  
saving lives in regional australia

Most men in country New South Wales don't pay very much attention to their health - 'she'll be right!'... But, persistent high blood pressure, cholesterol and diabetes have little or no early symptoms and **suddenly! ... it's too late!**

If you don't remember when you last had a checkup... It's time!

**Get checked ... see mherv ... its FREE!**



**There are opportunities for sponsorship:**

**mherv** has tested over 8,500 people and **saved over 330 lives** The cost of travelling around NSW and the cost of consumables is ongoing. Wear and tear on the caravan and towing vehicle means both need to be replaced. If you would like to help please call: **0425 204 815**

Royal Freemasons' Benevolent Institution supports mherv by donating the cost of nursing services and has generously done so since 2017





President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

## Rotary Club of Warners Bay – Dinner Meeting – 14 June 2021

**Attendees:** Barry K (President); Christine J-E (Treasurer); Glenys T (Club Service; Pres-Elect); Kerry H (Community; End Polio); Glenda K (Membership); Kate B (International); Toni G (Compliance); Philip B; John E; PDG Graeme H; Bernie K; Brian Mc; Toni Mc; Ross Mc; Adrian P; Helen P; Steve T.

**Apologies:** Les C (Imm Past Pres); Katrina H (Secretary); Julie B; Craig H (Area Governor); Paul B; Jenny C; Gail C; Kevin C; Vina C; Jacqui D; Ian K; Erin M; Michael W.

**Welcome:** After ensuring that we all had a glass of bubbles President Barry welcomed everyone before he led a toast to Queen Elizabeth followed by President Elect Glenys leading all singing God save the Queen before presenting a toast for “Us” and the service of dinner just after 6:30pm.

**Farewell Vina C:** Sadly, Vina has resigned from our club. She has been a valued member of our club for many years. She remains a friend of Warners Bay Rotary and plans to participate in club projects when she is able. We will all miss her encouraging presence at our meetings.

**Memories:** President Barry presented an address of his memories about celebrating the Queen’s Birthday especially on the **Trooping of the Colour** held this year on 12 June. He explained that the Queen’s birthday is officially celebrated by this ceremony and is an impressive display of pageantry by her personal troops, the Household Division, on Horse Guards Parade, with Her Majesty the Queen herself attending and taking the salute. Over 1400 officers and men are on parade, together with two hundred horses; over four hundred musicians from ten bands and corps of drums march and play as one. Some 113 words of command are given by the Officer in Command of the Parade. The

parade route extends from Buckingham Palace along The Mall to Horse Guards Parade, Whitehall and back again.

During the ceremony, The Queen is greeted by a Royal salute and carries out an inspection of the troops. After the massed bands have performed a musical ‘troop’, the escorted Regimental Colour is carried down the ranks. The Foot Guards and the Household Cavalry then march past Her Majesty, and The King’s Troop, Royal Horse Artillery, rank past. The Queen rides in a carriage back to Buckingham Palace at the head of her Guards, before taking the salute at the Palace from a dais. The troops then return to barracks. Her Majesty then joins other members of the Royal Family on the palace balcony for a fly-past by the Royal Air Force.

The first Trooping the Colour which is reviewed by The Major General usually takes place two weeks before the actual Birthday Parade.

The second Trooping the Colour which is reviewed by The Colonel of the Regiment usually takes place a week before the actual Birthday Parade.

<https://www.householddivision.org.uk/trooping-the-colour>

Adrian Payne gave us his memories of the **Reliant Regal**, a small three-wheeled car and van that was manufactured by the Reliant Motor Company in Tamworth, England.

It replaced the earlier Reliant Regent three-wheeled cyclecar van. As a three-wheeled lightweight vehicle (under 7 cwt, 355.6 hg) construction, under UK law it was considered a “tricycle” and could be driven on a full (class A) motorcycle licence.

[https://en.wikipedia.org/wiki/Reliant\\_Regal](https://en.wikipedia.org/wiki/Reliant_Regal)



1953 Robin Reliant Regal Mk I

**Party Game:** Ross McNabb kept the party theme going with a test of our knowledge of the Queen and events in her life with most present getting a “tries hard, could do better” result but all enjoying the fun. Given the variety of dress by some present, suggesting attachment was with other areas other than England, this result may not have been unexpected and necessitated a group photograph.

**Upcoming Events:** President-Elect Glenys reminded us of some upcoming events including:

1. The Provisional Rotary Newcastle Discovery Club Trivia Night on 22 June at the Argenton Hotel (6:30pm for 7:30pm);
2. Survivors R Us (22 & 24 June);
3. Club Changeover Dinner (28 June);
4. Science and Engineering Challenge: Newcastle Challenge 26-30 July at Forum Sports Centre at University of Newcastle, State Finals 24-26 August; and
5. Aunt Molly’s Winterfest at 11am on 21 July at the Wyong Golf Club.

Rotary  **Club of Warners Bay**

**mherv**  
men's health education rotary van  
saving lives in regional australia

**MHERV:** Adrian Payne presented an overview of **mherv** (Men’s Health Education Rotary Van) reminding members that it is a purpose-built caravan with two consulting rooms that tours centres in NSW. It has a full time Registered Nurse who, with the assistance of local community nurses, will conduct health tests among rural men. He reminded us that **mherv** was now our club’s major project and that we need to build an appropriate structure to insure that **mherv** continues to be successful in the future. This would require the club to build a team of people including members that would successfully promote the operation of **mherv** as well as maintain the \$15,000 yearly funding required with at least two



President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

years funding in reserve. The team roles should include the following:

- General Manager/ Team Leader
- Assets Manager
- Operations Manager
- Promotions Manager
- Tour Nurse
- Sponsorship Manager
- Administrator
- I.T. Technical Manager
- Funds Raiser

The presentation included details on what **mherv** does with three levels of reports recommending actions that the person tested should take. The three classifications are:

1. No problems identified;
2. Some reason to see a doctor;
3. High blood pressure, high cholesterol or high blood sugar indicates a need to see a doctor as soon as possible.

Questions raised at the end of the presentation indicated that **mherv** had saved about 300 lives during its years of

operation so far and that it commenced in 2008 when Rotarian Tony McKenzie began discussions with the General Manager of Western District Hospital in Mudgee, Joy Adams, about the incidence of late presenting, poor health events among rural men. The main area of operation for **mherv** is in rural New South Wales although there have been occasions when it has drifted over the border into Queensland.

For more information on **mherv** ([mherv.com.au](http://mherv.com.au))

**Meeting Close:** President Barry closed the meeting at 8:36pm.



SERVE TO CHANGE LIVES

## Annual Changeover Dinner



at Club Macquarie, 458 Lake Road, Argenton  
**Monday 28 June 2021**

Fellowship from 6:00pm  
for a 6:30pm start

### 2-course Meal

(Please advise of any special dietary requirements)

**\$30 per person**

Bank Details: BSB 646 000 Acc: 100067991  
Or pay at the door (EFT available)

**Dress:**

**Be BOLD Be BRIGHT Be AWESOME**

Dress in primary colours: **RED YELLOW BLUE**

