





Rotary International President 2021-202

PRESIDENT: VICKI STEEP SECRETARY: GREG BEVAN BULLETIN EDITOR: GEORGE KONCZ

P O Box 101 CESSNOCK NSW 2325 AUSTRALIA www.cessnockrotary.org NEWSLETTER: 13th Feb 2022



# ROTARY CLUB OF CESSNOCK DISTRICT 9670



Our last Bunnings BarBQ we allocated the proceeds towards the District 9670 MHERV project. We are happy to announce that we have donated \$500.00 for this great District Project

Each year in Australia more than 4 men die every hour from conditions that are potentially preventable – that's 41,000 men a year!

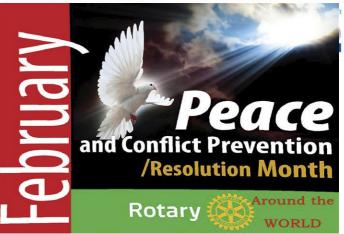
- The mhery project is touring rural and regional NSW testing men for signs of ill health. Most men in these areas don't see their doctor for years at a time. Many just drop dead in the paddock or the pub, because nobody saw it coming.
- We think that they come to see mhery because through our publicity, the project raises awareness and the women-folk are urging them to be tested.
- High blood pressure, blood sugar and cholesterol do not show 'symptoms' ... often until it's too late!
- . Since August 2017 10,237 people have been tested by the mhery project.

### PROPOSED NEW MEMBER FOR OUR CLUB



President Vicki is pictured with Annette D'Adams who attended our last meeting and is transferring from the Rotary Club of Toukley. They both went to Nepal in a similar humanitarian tour as the photo below. I am sure that we can talk them into a combined guest speaker spot









Little Wings is a non for profit organisation providing sick children and their families, throughout regional NSW, with free ongoing flight and ground transport during the treatment process. Your mission is our journey.

OUR GOALS:

- 1. Lessening the travel fatigue experiences by repeatedly travelling by road, train or commercial flights;
- 2. Lessening the financial burden associated with long distance travel and time away from employment;
- 3. Returning children home in a timely and safe manner enabling families to remain together as much as possible. This improves the child's quality of life, recovery process and family cohesiveness;
- 4. Providing urgent short notice transport services for family members to support their sick child;
- 5. Increasing the effectiveness of the child's treatment by not having them exposed to the risk of infection associated with travelling on public transport and commercial flights

Little Wings is a small but might charity based at Bankstown Aerodrome providing free air and ground transport to seriously ill children, and their families, whom reside in regional and rural NSW and need to access medical care only available at either the Sydney Children's Hospital Network, Royal Far West or John Hunter Children's Hospital. Further, with demand for our service significantly increasing in the Hunter region, we are expanding our locations and are opening the second hangar in Cessnock.

Whilst we have been landing in Cessnock for many years, however we have always operated a fly in-out service, with all aircraft based in Bankstown.

We are deeply grateful for the time and talent shared to help us establish our second base. Thank you so very kindly. We intent on hosting a base launch on March 10<sup>th</sup>, to which we will invite you over the coming week

Finally, we would love the opportunity to present to Cessnock Rotary if possible. We would like to share our work and reach in greater detail. Please let me know if this is an option. Thank you once again and we look forward to seeing you soon.

This event should be put into our calendar and hopefully have members attending.

# SCONE TIME AT MARTHAVILLE

We had a really nice editorial in the Cessnock Advertiser by Krystal Sellars as follows:

A new initiative by the Rotary Club of Cessnock aims to help people who are lonely or isolated to make new connections in the community over morning tea.

Scone Time by Rotary is held at Marthaville (200 Wollombi Road) every Friday from 10am to noon, with free scones, tea, coffee and hot chocolate on offer.

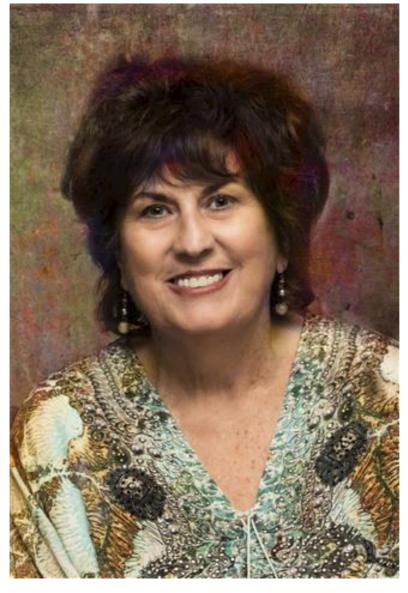
Club president Vicki Steep said the event is designed for people who might not usually venture out for morning tea to connect with others.

"It's for people who are lonely or isolated, and who want to have a conversation and meet new people," she said.

The Rotary club has recently formed a partnership with Marthaville, taking on the garden maintenance at the historic house as a club project.

Scone Time coincides with Marthaville's Friday trading hours, so guests are welcome to check out the volunteer-run arts and crafts centre while there.

Large groups are advised to book in advance for Scone Time. Call Vicki on 0418 250 887 or email cessnockrotary@gmail.com for bookings or more information. Cessnock Rotary Club hosts Scone Time at Marthaville on Friday mornings. We are having an increase in numbers attending and a big thanks to our volunteers for making the scones and cakes.



Kay Carver is having her Birthday Celebrations on the 19th Feb 2022 and would like to invite Rotarians from the club. It will be a BBQ at their residence starting around 5pm. Please call Kay or let Peter know if you can attend.



Don't forget that the next Rotary meeting will be at the Poppet Head Park in Kitchener. Vicki will be providing the food so just bring yourself, friends and your own drinks. 6pm start.



Our new sponsor Riley Electrical is a family owned business in the Hunter run by a Husband and Wife that have two little kids! We specialise in all your Domestic Electrical Needs inclusive of Downlights, Ceiling Fans, Pendant Installs and Much, Much More! The head of the Business Zac has been in the electrical trade for over eight years with a lot of experience in many areas across Domestic, Commercial and HVAC Electrical! Riley Electrical offer FREE quotations and we will do our best to accommodate with everyone else's busy schedule to get the job done! We are also available most days over the Christmas and New Year break for emergency call outs! Should you have any questions please contact our Facebook Page or 0437 927 550!

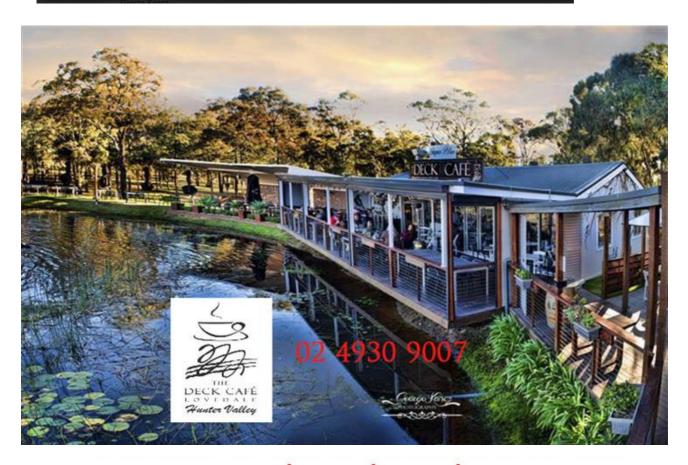








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THEN

### **FUTURE EVENTS**

16th Feb - Feeding the Needy at Cumberland Car Park at rear of Allira House

17th Feb - Rotary meeting at Poppet Head Kitchener 6pm start

18th Feb - Scone Time at Marthaville Cottage Cessnock 10 - 12pm

3rd March - Club meeting at Leagues Club Heinz is doing "This is Your Life"

6th March - Broke Markets BBQ

10th March - Base launch for "Little Wings" at Cessnock airport (Time to be advised)

3rd April - Bunnings BBQ for "Bandage Bear" Childrens Hospital

8th May - Cooking pancakes at Nulkaba Crematorium for Creightons.

Three day event at Tocal College to be discussed. This will be a big commitment



The Feeding the Needy at the back of Allira House Op Shop has grown a lot. We were catering for four or five people when we started this project and last week we served between 50 - 60 people. This project and the Scone Time at Marthaville Cottage is an attempt this year to focus on "Doing something for the Community" and not just Fund Raising.





