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Brian Atkins

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NEWSLETTER: 14th November 2013



ROTARY CLUB OF CESSNOCK DISTRICT 9670 SPOKE

PRESIDENTS REPORT



As Rotarians we generally see our life as an opportunity and even a tool to make a positive difference to our community. We call it service above self and use the 4 Way Test as the barometer of our success and significance. Members of our club have lived through different social dispensations and all with there own unique challenges.

However, as Sally Coddington reminded us last week the 2013 society has placed many families and their children in situations and environments not previously navigated. The results are all too frequently a lessening of values and resultant lowering of self esteem. The work of Hunter Life Education in exposing children to right values and the understanding of their self worth is one

that will add significant value to our communities future. I'm reminded of the mission statement of Tom Reid which states "live your life like it matters because it really does". Next week we will also have the challenge from Andrew Rae on the issue of mental health. Please encourage as many of your friends and family to attend and don't forget "the Hat". President David

Hunter Life Education works in partnership with schools, community organisations and the Hunter Business Community, raising funds to ensure the Life Education program continues to be delivered to the children of the Hunter region. Hunter Life Education has been in operation and promoting the importance of healthy lifestyles since 1985 - to guarantee children are empowered to make healthy choices for a future free from the harmful effects of drugs. Each year we deliver the Life Education message to over 30,000 children through Primary, Secondary and Pre Schools in the Hunter Region. With the help of Healthy Harold and our Life Education educators, children of the Hunter are being empowered and educated to make smart lifestyle choices to stay healthy and free from the harmful effects of drugs.



HUNTER REGION
FOR A SAFER, SMARTER LIFE.

8th NOVEMBER

International HUG an EXCHANGE STUDENT day



Matt's 17th Birthday will be celebrated at Pindimar at the Jowett's residence on New Years Day. We are all invited to take part in this special day, so book that day in. John will inform us a bit more about sleeping and camping arrangements if you would like to stay over. Even though we just missed the very special day of "Hug an Exchange Student Day" you can all give Matt a big hug next Thursday.



Thanks President David for the "President's Award" for the work put in towards our new Website. We are going with the "Clubrunner" program and it should prove to be a real success. It should also prove to be an interactive site where our own members can access various current and past information of our club activities. Let you know when its open for viewing. Margaret Maley did the Rotary International Toast to the Rotary Club of Edinburgh in England.

ROSTER 14th November

INTERNATIONAL TOAST TELLER: Steve Jackson
WELCOME TO GUESTS: Maley/Davies
INTRODUCE SPEAKER: Gail Thomas
GUEST SPEAKER: George Koncz
VOTE OF THANKS: Andrew Rae
FINE SESSION: Janette Jackson
Peter Carver

21st November

Robyn Drayton
Maley/Steep
David Lennon
David Clark
Board meeting
Peter Carver

FUTURE EVENTS

14th Nov - Andrew Rae + HAT NIGHT
(PARTNERS NIGHT)
21st Nov - Board Meeting plus
Brian Howe This is your Life.

Meeting time is 6 for 6.33pm

Apologies to Graham Lidbury by 11am on Thursday on phone **0419 682 573**

or Email: lids@westnet.com.au

REMEMBER: you will be charged for your meal if you are absent and do not apologize.

ROTARY INTERNATIONAL CONVENTION COMES TO SYDNEY IN 2014



Sydney will be host to Rotary International's 105th annual convention 1-4 June 2014, which is expected to attract more than 18,000 Rotary club members from over 150 countries while injecting an estimated AUD \$60.5 million into the local economy. Sydney is a vibrant international hub as well as a gateway between East and West," said 2013-14 Rotary International President Ron D. Burton.

Often described as a "mini-United Nations" because of its global scope and cultural diversity, the always-colourful Rotary convention will transform the Sydney Olympic Park into a kaleidoscope of energy, colour and excitement as Rotary brings together its global network of volunteer leaders – men and women from all walks of life dedicated to tackling the world's most pressing humanitarian challenges – to engage in a full agenda of plenary sessions, workshops and a line up of world class keynote speakers. Each year Rotary International hosts a Convention that brings Rotarians from all over the world together to share in 4 days of uplifting, inspiring and empowering events. Amazing speakers, stories of the work of Rotary from around the globe and the opportunity to meet others of like mind are just some of the reasons to attend.

This year I (your Bulletin Editor) was nominated to try to have a reasonable participation at the convention. Well let me tell you this. I have many wonderful long relations with every member in our club and I urge all of you to attend as a club. Not just a few individuals but a whole club effort. I will be taking names shortly so that we can attend as the proud Rotary Club of Cessnock, with every member and partner in attendance as a solid group. More to come in the near future.



Beneath The Cap

One Day in a Veteran Police Officer's Shoes

ANDREW RAE

14th November 2013 Guest Speaker - Andrew Rae.

Andrew Rae was raised and did his schooling at Maitland (Vice Captain MHS 1983) and after commencing training as an accountant joined the Police Force in 1986. In 2007 Andrew was medically discharged suffering from Post Traumatic Stress Disorder (PTSD). Andrew's presentation is a fascinating account of that major disruption to his life and the means by which he has largely overcome his disability by writing a fiction novel "Beneath the Cap", drawing on his medical trauma and its causes and on anecdotal events encountered by police colleagues and himself. He says that his therapy is now complete and the result is a good yarn; an educational tool on PTSD; a tribute to the Police Force, particularly behind the scenes policing; and a release of his own emotions. He hopes to stir the emotions of his

NOVEMBER ROTARY ANNIVERSARIES

JOINED ROTARY: John Jowett 3/11/1993
BIRTHDAYS: Margaret Koncz 7/11, Astrid Lidbury 11/11.
Janette Jackson 11/11, Peter Carver 25/11
WEDDING ANNIVERSARY: No November ceremonies ANN



RYLA for District 9670 has recently been held and our representative was Emma Kirk pictured centre bottom row. Emma is also one of our enthusiastic Cessnock Rotaractors. RYLA 2014 is tentatively booked for 27th September to 3rd October next year, at the Tocal College Paterson. Its not too early to start thinking of possible candidates for this wonderful opportunity.



I don't have time to worry about who doesn't like me. I'm too busy loving the people who love me.

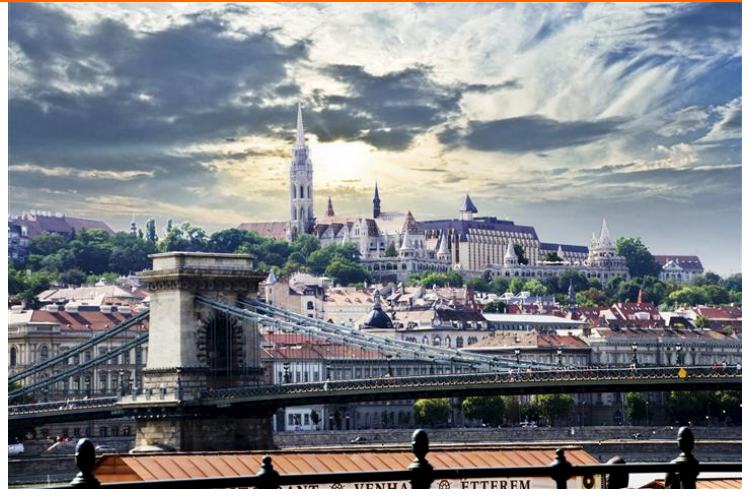
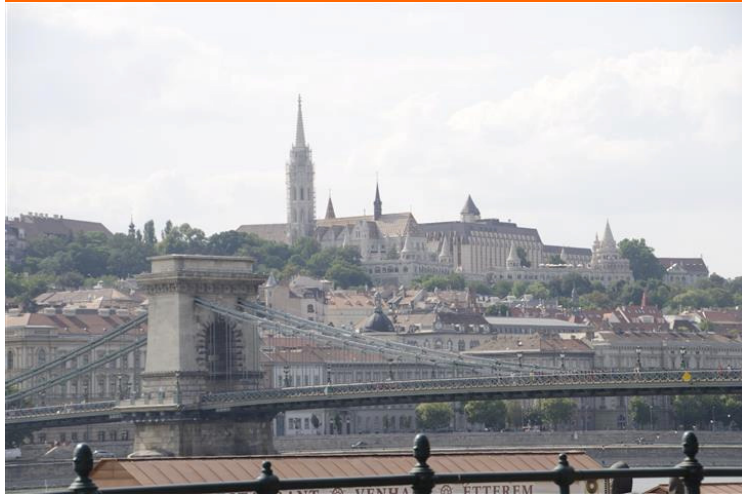


POSTED BY THE
FIGHT LIKE A GIRL CLUB™

**Dear God, I've been very good today -
no grumpy thoughts, no swearing,
no smacking people in the head,
and no whining at all.
But I'm about to
get out of bed now,
so I may need Your help
with the rest of the day.**

-Unknown

PHOTOSHOP FOR BEGINNERS COURSE



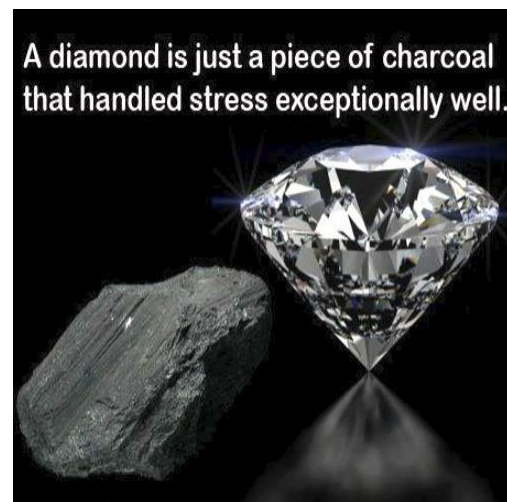
I have been discussing the Photoshop beginners course with a few of our members who suggested some interest in it. Two of my examples above shows you the difference that a bit of adjustments can make to your photos. Kathrine Finn was the one who started me on the right track, even though I have been using Photoshop for a long time. Her phone number is 0415 557 594. If you are interested to arrange a group to do a Photoshop beginners class then ring Kathrine to get the group together at a time that would suit everyone.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Be thankful for the bad things in life.

For they opened your eyes to the good things you weren't paying attention to before!



A diamond is just a piece of charcoal that handled stress exceptionally well.