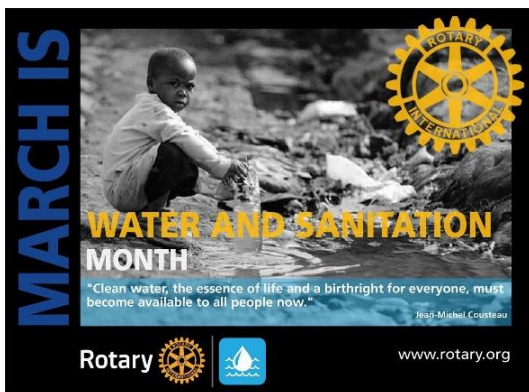


The Waratah

March 2019



**Rotary's
Water
and
Sanitation
Month**



Monday 4 March 2019 – Opening of New Hunter Multicultural Communities Café and Guided Tour of Shortland Wetlands

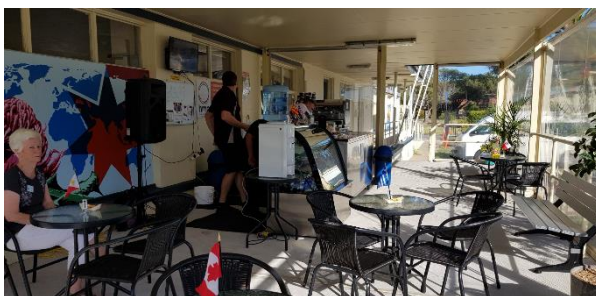


Our club was represented by Madeleine Atkins and Helen Main at the Official Opening of the Hunter Multicultural Communities café at Waratah.

The Lord Mayor of Newcastle Nuatali Nelmes and Federal Member Sharon Claydon MP were in attendance to opening the new café. Over 30 friends and supporters shared the occasion, and we all enjoyed a most impressive morning tea.

We wish Jason Scriven and Annette Gebhardt the very best of luck and congratulate them on obtaining the government grant needed and offering work experience for several local prospective employees.

The café is open from 7:00am Monday to Thursday. Please take advantage of supporting this worthy adventure.

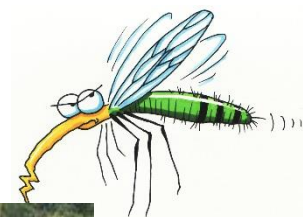


The Waratah Mens Shed supervised several "work for the dole" young people who put their talents into building a "site office" for the community garden in the grounds of the HMC Centre. You are welcome to call in any day of the week and have a look around or help out.



Ten members of the club enjoyed a guided tour of the **Shortland Wetlands** on the same morning. From all reports those who attended enjoyed themselves, however Chris reported rain is badly needed to freshen everything and attract the birdlife back. The members were not too keen on the mosquitoes who joined the tour group as well!

A huge thank you to Deborah Holt for organising the morning adventure.



Monday 11 March 2019 – Board Meeting and Club Assembly

President Howard chaired a very busy Board meeting this month with several items to discuss. These included the progress of the Waratah West school project, the 50th Charter Anniversary night, upcoming joint meeting with the Rotary Club of Cardiff, the Interact program, the Peace pole and the joint meeting with the Rotary Club of Singleton Sunrise with Peace Scholar Stephanie Woollard.

The Board also discuss the opportunity of part-funding a therapy dog and trainer at the Broadmeadow Courthouse for first-time juveniles appearing in court.



Can you guess who these men are? Yes, they are all Fred Neal's and Fred wins the prize for the most fines in living memory at tonight's club assembly. As always, thanks for being such a great sport Fred.

Friday 15 to Sunday 17 March 2019 – District 9670 Rotary Conference

Chris and Helen McGrath and Brian and Madeleine Atkins represented our club at the District 9670 Conference in Forster.

The conference commenced on Thursday night with a BBQ dinner at the Caravan Park with the main speakers and break-out sessions held at Club Forster over the weekend. The opening ceremony audio-visual presentation was a stand out!

The conference had an endless array of outstanding inspirational speakers with plenty of time to socialise. The conference was an outstanding success, and the Conference committee under the guidance of DG Brian Coffey and Carol and Conference Chair Christine Walmsley deserve our congratulations.



Chris and Helen did the man-sized share of the work over the weekend as they were the ShelterBox Ambassadors with the set-up and take-down and manning the ShelterBox display in the House of Friendship.

Our club received recognition for purchasing at least one ShelterBox each year over the past three years, as well as winning the Jim Henderson Trophy for the most improved Bulletin.



At the Conference dinner, ShelterBox was most fortunate to receive a cash donation of \$5000 from a donor who was a member of a local Rotary Club. This was a great surprise and most welcome to aid them in their work of providing aid to families in third world countries. Well done Waratah members. I encourage everyone to attend next year's conference at Belmont 16 Footers for DGE Graeme Hooper and Sue. Rotary conferences are something special, and each one offers so much to enjoy.

Monday 18 March 2019 – Annette Parkes-Considine from Hunter Diabetes Centre



An excellent evening of education on Diabetes awareness was presented by Annette Parkes-Considine from the Hunter Diabetes Centre.

Annette is a Registered Nurse and Credentialed Diabetes Educator, who provides her patients with evidenced based, best practice diabetes education.

Annette also speaks from experience as she has been a Type 1

sufferer for over 30 years.

The Hunter Diabetes Centre has been running clinical trials for the past year to find ways of helping those who suffer from Types 1 & 2.

An interesting statistic is that the Hunter has the biggest cluster of Type 1 in NSW. In Australia it is on the rise by 3% per year.

Type 2 is the most common and may be early or late onset, there is no specific age group that it affects. There are many contributing factors including age, family history and global location.

Women who have gestational diabetes have a tendency to move to Type 2.

Type 2 can be a progressive condition and most will end up insulin dependent.

An alarming fact is that children are now being diagnosed with Type 2.

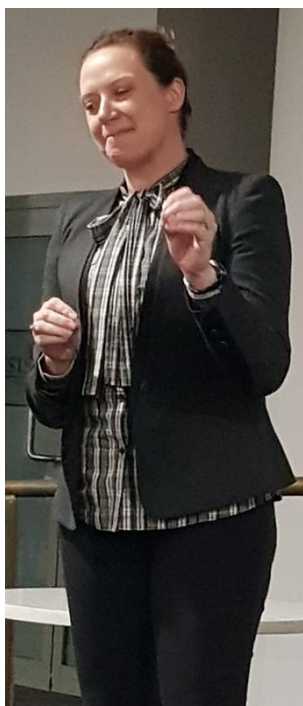
It is estimated that by the year 2030, 3.3 million people will be diagnosed with diabetes.

Some ways of preventing Type 2 are, lose weight, keep active, making healthy food choices and reducing serving sizes.

A most informative and entertaining night.



Monday 25 March 2019 – Night out at the Rotary Club of Cardiff at Wests Cardiff



Another one of the classic nights out, this time with 16 Waratah club members, partners and friends joining the Rotary Club of Cardiff at their meeting at Wests Cardiff.

We were made most welcome and certainly enjoyed the guest speaker Sarah Gray from Life Education Hunter Region. HLE has been in existence for 34 years and is run by a Board of Directors.

Their original Centre was opened 30 years ago with funds from the NBN Telethon. "Healthy Harold" is still their giraffe mascot. In the first year 7,000 students attended their sessions, but in 2018 this grew to 32,500 in the Hunter region. The area covered is from Denman to Forster to the Central Coast.

The program is based around preventative health; drugs, alcohol, cyberspace bullying and up to this point has been for primary students. They are about to launch a new program for high school students from year 7 to 10.

The last 18 months have concentrated on the following programs:

Decisions: a drug program for year 6 students to give them the skills to avoid peer pressure going into high school. Knowledge is power!

High School Drug Program: A high school program designed to be more on details about the effects of drugs on the body, and to put the myths to bed

with high schoolers. This program is interactive through a mobile phone app that students work through in the class.

Respect and Connect: All about personal safety, bullying and cyberspace bullying. A new concept for this decade. These days bullying can follow a student home via the web without a parent's knowledge. Each of these programs come with a parent component.

Hunter Life Education programs have remained basically the same and cover everything from children's health to wellbeing. They keep themselves abreast of the "new" challenges to young people.



The organisation is part-funded by the NSW Department of Health at \$4 per student with other funding coming from corporate sponsors and the community. It costs \$26 per student to run the program in the Hunter. The Federal Government cover the cost of designing the programs not necessarily delivering them. Nationally, over 1,000,000 students have benefited from HLE.

Sarah attended a "Breaking the Ice" forum in Maitland recently and expanded on the ice epidemic in this area, and the concerns we all should have around this issue. The forum

was to address the problems associated with young people making one wrong decision.

Sarah confidently shared statistics on young people being much healthier than several decades ago with only 20% to 40% drinking to a concerning level, and 12 to 18 year-olds not taking up smoking. The main issue is obesity with young children. This improves as they reach their teenage years.

Mission Australia conducted a survey on the three main issues concerning young people these days. They were (1) Drug and Alcohol, (2) Image and (3) Financial Stability in adulthood. The pressure these days is on young people studying hard, so they are financially secure in the future.

Unfortunately, the Hunter has the highest presentation at hospitals for substance abuse than anywhere in Australia.

Interestingly, the issue among young people about nationality and sexuality is not an issue for them. Sarah was well received and appropriately thanked with a donation to Life Education Hunter Region from the Rotary Club of Cardiff.

We look forward to sharing more nights with other clubs like this in the future.



Congratulations AG Amanda Roach, District 9670 District Governor Nominee Designate.
Announced at the District 9670 Conference In Forster.

(Left to right) District Governor Brian Coffey, AG Amanda Roach, Rotary International President's Personal Representative (RIPPR) PDG James Wilcox from Longford Tasmania

Upcoming Waratah Meetings in April 2019

1 April No meeting – transferred to Thursday night

4 April (Thursday) Guest Speaker Peace Scholar Stephanie Woollard OAM hosted by Rotary Club of Singleton Sunrise

8 April Board Meeting and Club Assembly

15 April Guest Speaker Rotaract Club of the Hunter

22 April No meeting – Easter Monday

29 April Guest speaker to be confirmed

What the District and other Clubs have on offer: (check the District website) April 2019

Friday 5 April – Nelson Bay Club's 28th Annual Charity Golf Day

Saturday 6 April – Rotaract Club of the Hunter's Drag Queen Bingo night

Sunday 7 April – Kurri Kurri Club's Mountain Bike Pedal ride to Richmond Vale Railway Museum

19 April – RYPEN applications close

Sunday 28 April – Rotary Leadership Institute (RLI)

2018-2019 Executive

President: Howard Mole

Mobile: 0417 223 673

Email: howardm@live.com.au

President-Elect: Howard Mole

Secretary: Bob Main

Treasurer: Grant Pettigrew

Public Officer and WWC: David Winkelmann

Sergeant-at-Arms: Fred Neal

Club Service Director: Grant Pettigrew

Community Service Director: Kevin Goodwin

Youth Services Director: Howard Mole

Vocational Service Director: Michael Grant

International Service Director: Roslyn Parton

KEEP IN CONTACT - VISITORS WELCOME

Website: <https://portal.clubrunner.ca/10174> Facebook: www.facebook.com/rotaryclubofwaratah

Rotary International Website: www.rotary.org

Rotary Club of Waratah meets on Mondays 6:15pm Memories Function Centre

3 Charles Street Wallsend NSW 2287 Australia

For more information email Webmaster AG Chris McGrath: cjm@internode.on.net

All correspondence to PO Box 57 Waratah 2298