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BULLETIN OF THE ROTARY CLUB OF WAGGA WAGGA Inc. - CHARTERED 1930

Web: - www.waggarotary.org

Facebook: - <https://www.facebook.com/waggawaggarotary>

Postal Address: - PO Box 246, Wagga Wagga, 2650

<p>RI President: Jennifer Jones</p> <p>Dist. Gov 9705: Geraldine Rurenga</p> <p>Area Three Gov: Elaine Almond</p> <p>Club President: David Wynne</p> <p>Club Secretary: Ellen Brasier</p>		<p>THE FOUR WAY TEST: Of the things we think, say or do: -</p> <ul style="list-style-type: none"> > Is it the truth? > Is it fair to all concerned? > Will it build goodwill & better friendships? > Will it be beneficial to all concerned?
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BULLETIN NO: 30

Thursday 23rd Feb 2023

FEBRUARY IS PEACEBUILDING AND CONFLICT PREVENTION MONTH

Club meets at **6:00 PM** for **6.30 PM** at the **WAGGA WAGGA RSL CLUB**, (*unless stated otherwise below*).

Duty Roster: If you cannot fulfil your rostered duty, please arrange for a replacement & inform the Bulletin Reporter.

Date:	2nd March	9th March	16th March
PROGRAMME:	Comedy Night	RYLA & Ukraine updates	Rotary Shine Awards
ATTENDANCE:	Philip Cross Ellen Brasier	Elle Palmer Margaret Keys	Awards Ceremony at Wagga Civic Centre In lieu of our normal meeting
SHORT & SWEET:	Bruce Heydon	Not required	
FINES-MASTER:	Peter Olson	Not required	
INTRODUCE SPEAKER:	Not required	Vida Smart (RYLA) David Wynne (Ukraine)	
VOTE OF THANKS:	Not required	Brad Bland	
BULLETIN REPORTER:	Bryan Short	David Payne	Vicky Donoghue
MEETINGS:	Nil	Nil	Nil

Invocation: *For good food, good fellowship, and the opportunity to serve through Rotary, we give thanks.*

Registration For Meetings: Members are required to register their attendance (and that of any guests) **BEFORE NOON ON THE MONDAY PRIOR TO THE MEETING** using the link in the email that they receive each week. Failure to respond to the email by the deadline will mean no meal will be ordered for you. Members who have problems with registration should not hesitate to contact Graeme or Vicky.

Visitors who wish to join us please contact Club Sergeant Graeme Callander (graeme.callander43@gmail.com), or phone Vicky on 0407 586186 as early as possible.

MEETING REPORT: -

President David welcomed all and invited us to join him in a toast to Australia and the vision of Paul Harris, 'the father of Rotary' who around this time 118 years ago, advanced the concept of Rotary International as it is known today.

In addition, he listed members' significant birthdays and anniversaries plus welcomed our visitors, who included our Key-Note Presenters Kieran Mulloy, Ned Evans & Steven Chapple from Wellways.



Attendance.

Thirty-four members were in attendance, plus the guests referred to above.

Administration Matters.

- David Payne reminded members of the forthcoming **PEACE DAY CEREMONY** (10:00 AM Sunday 26th Feb) at the Victory Memorial Gardens. He requested all members to attend wearing their club polo shirts.
- The lunchtime BBQ for the **GIRLS AT THE CENTRE** program, which is associated with International Women's Day, is planned for 8th March. The venue is the Mount Austin Primary School. Pres David is especially keen to see a strong representation from our female members at this event. Acceptances need to be lodged now so ladies, if you have not already done so, please inform David of your attendance ASAP.
- Our Club Meeting on the 16th March, will take the form of hosting the **SHINE AWARDS** in the Wagga Civic Centre. More detailed information will be provided as we approach this date.
- If it's not already in your diary, please 'block out' the weekend 20th - 21st May 2023 for our **ANNUAL BOOK FAIR**. More assistance at the Tuesday afternoon sorting would be much appreciated.
- Bill Prest recently met with Peter Chenoweth and reported that he is well and looking forward to becoming more active in Club affairs as his workload eases. Also, as reported recently, Bill has recently relocated to Gumleigh Gardens and advises that the widow of past member Dr Peter Macneil (PP 80/81) is one of his neighbours.
- Term 1 Clontarf Roster:

Date	Person 1	Person 2
03 March @0800hrs	Tony Hutchinson	John Studdert
10 March @0800hrs	David Wynne	Brad Bland
17 March @0800hrs	David Payne	
24 March @0800hrs	Graeme Callander	
	End of term1: 6 April	

Entrance to Mount Austin High School is via a Car Park in Leavenworth Drive (second gate on your left if travelling West from Lake Albert Road).

The Clontarf Room can be seen from the car park as you look towards the school. The BBQ itself is usually just outside the Clontarf Classroom.

Short & Sweet:



In lieu of the conventional Short & Sweet, Elaine Almond introduced us to Princess, a five-year-old Golden Labrador who immediately won the hearts & minds of all in attendance.

Princess was originally trained as a Guide Dog (at an estimated cost in excess of \$50,000) but has since progressed to be a Therapy Dog and accompanies Elaine to numerous stressful situations. The most common of these situations is at our local courthouse where Princess acts as a calming agent for stressed litigants and/or defendants. She is especially beneficial in cases involving domestic

violence and sexual assault.

Princess will probably also have a role at Pro-Patria as that organisation extends its activities.

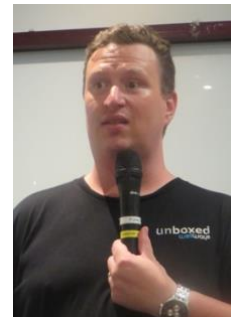
Fines:

With the limitation of time, the Fines Session was omitted from this meeting. Club Treasurer, Nepal, suggests that members should prepare for a doubling up at our next meeting.

Guest Speaker:



David Kennedy formally introduced our Key-Note speakers Kieran Mulloy, Ned Evans & Steven Chapple from *Wellways*, a mental health and disability service provider that was established in Wagga in July 2022 by Murrumbidgee Primary Health. Wellways works mainly with men (aged 16 plus), their families, friends and carers. Wellways is based in both Wagga & Griffith where men's depression and subsequent suicide has been identified as



a developing problem. Their objective is to assist qualifying men so as to establish opportunities thus allowing them to fully participate in the community. This is achieved through their 'Unboxed' programme which was explained in some detail.

Unboxed aims to create an environment that focuses on hope rather than the mental illness. The programme includes 'Talking Tools' (targeting tradesmen & farmers), 'Thought, Talk, Tackle' (targeting sporting bodies) and 'Striking Out Stigma' (specifically targeting football clubs). All of these seek to connect men experiencing disabilities or challenges to their social and emotional well-being. They bring together evidence from men who have 'been there' and know what works; men that have experienced mental health issues and know about recovery.

In the short time that these programmes have been in existence here, they have assisted well in excess of 34 men (there was some contradictoriness amongst our presenters -this number might in fact be up to 80). Some of those assisted had demonstrated suicidal tendencies.

Wellways also communicates with clinicians, GPs, hospitals, community health organisations, alcohol and other drug support organisations, and government departments, seeking to improve current systems and seek positive change in laws, policies, social norms and behaviours.

Terry Mecham thanked these gentlemen for their presentation and his comments were robustly endorsed by all in attendance. He presented a certificate indicating that our Club will, on their behalf, vaccinate ten children against polio as part of the Rotary PolioPlus project.



If you or someone you know needs to contact this service, it can be reached on 1800 800944.

From the Board Meeting:

Secretary Ellen recently received the following letter addressed to our Club from John Egan, Australian Rotary Health representative for District 9705:

*Well known Griffith Rotarians Cyril and Rosa Ceddia suffered the loss of their son **Jono** recently.*

Jono died in his sleep from pneumonia.

He was a long term sufferer of schizophrenia, a debilitating and mysterious condition that affects many lives.

The Rotary Club of Griffith Avanti has set up an appeal in honour of Jono for research into his condition, which will be donated to Australian Rotary Health.

I'm writing to ask for your Club's support in this.

Schizophrenia is horrible. The funds raised will be dedicated to researching the condition, with the hope that we might be able to reduce the incidence of it, and find ways to keep the condition under control.

That it has affected a great Rotary family makes it even more poignant!

The Board authorised a Club donation. Any member who wishes to make a personal donation can do so by using the following bank details:

BSB 325 185

a/c 01008940 (Rotary Club of Griffith Avanti)

Reference: ARH Jono.

Be sure to reference your club as well.

District Event:

Register for PETS and Learning & Development

This year we are combining both **PETS** (President Elect Training) and **Learning & Development** (previously known as **Club Assembly**). This will ensure more time for Club members to learn their individual roles within their Club, and provide an opportunity to build a strong team, within your Club members and with other Clubs. There is strength in unity. We are providing two opportunities to attend - one in Merimbula and one in Orange.

We encourage as many members of your Club as possible to come along.

PETS (President Elect Training) is an important event in your Calendar when you are coming into the **President** role in your Club. It is a requirement of Rotary International that you attend this training to prepare you for this important role. The responsibilities for Presidents Elect will be outlined and discussed in sessions separate to Learning and Development.

This year we are combining PETS also with inviting **all your club members to attend - not just your Board but everyone and including new members to your Club.** All members will be working with their particular area of interest for the Learning & Development sessions.

We want to support preparing your Board and Club members for their roles. This will assist in providing a strong united Club, understanding each role and its place in the smooth running of your Club. It will also give you a chance to work with your Area Governor and understand how they are there to support and assist your Club.

And last, but not least is the camaraderie we always enjoy when we are all together!

MERIMBULA

- Date: 17th to 19th March 2023
- Venue: Merimbula Services Club.
- [REGISTER FOR MERIMBULA HERE](#)

ORANGE

- Date: 31st March-2nd April, 2023
- Venue: Orange Services Club
- [REGISTER FOR ORANGE HERE](#)

RI President 2023-2024



The Rotary International President for 2023-24 is **Gordon R. McNally**. Gordon is a Scotsman and a member of the Rotary Club of South Queensferry, Lothian.

Gordon has adopted “**CREATE HOPE IN THE WORLD**” as his presidential theme.



**CREATE HOPE
in the WORLD**

Upcoming meetings:

Next week we will enjoy a night of comedy featuring Pres Dave’s neighbour, Ben (an aspiring stand-up comedian) supported by our own members Geoff Treloar, Mike Murray & Graham Russell – as well as Pres Dave of course. Limited vacancies still exist; if you can ‘spin a yarn’ let Dave know so he can include you in the programme.

This should be an enjoyable night – why not invite a guest?? But please remember to RSVP for them so that they are served with a meal.

March 9 will see us welcome Damien Nye who will provide an update on the provision of aid to Ukraine, as well as the two participants who were sponsored to attend RYLA by our Club.

On March 16, we will convene at the Wagga Civic Centre for the Rotary Shine Awards Ceremony.

And one for your diary..... there will be NO ROTARY MEETING on Thursday April 6th (start of the Easter long weekend.)

PLEASE BLOCK-OUT THE FOLLOWING DATES IN YOUR DIARY: -

26th Feb 23

Wagga Peace Ceremony (Sunday)

2nd/3rd Mar

Science & Engineering Challenge

8th Mar 23

‘Girls At The Centre’ day (Wednesday)

16th Mar 23

Rotary Club of Wagga – SHINE AWARDS.

(In place of our regular meeting)

17th/19th Mar 23

P.E.T. Training/‘Club Assembly’ (Merimbula)

30th Mar 23

Board Meeting

31st Mar/2nd Apr 23

P.E.T. Training/‘Club Assembly’ (Orange)

11th May 23

RYDA day (Our Club is Rostered)

20/21 May 23

Rotary Club of Wagga Wagga – ANNUAL BOOK FAIR.

29th June 23

Rotary Club of Wagga Wagga CHANGEOVER.

12th Jul 23

Lilier Lodge Casserole night.

13th Sept 23

Lilier Lodge BBQ night.



BIRTHDAYS & ANNIVERSARIES: -

(26th Feb – 4th Mar)

Birthdays: Mike Murray (26/2), John Heazlewood (2/3)

Rotary Anniversaries: Geoff Treloar (3/3/22), Jenny Masters (3/3/22)

Wedding Anniversaries: Nil



SOME 'HAPPY SNAPS' FROM THIS WEEK: -



≈ KOOKABURRA ≈



Fred had two of the best tickets for the Rugby World Cup Final. As he sits down, another man comes along and asks if anyone is sitting in the seat next to him. 'No....' says Fred, 'the seat is empty.' 'This is incredible!' says the man, 'Who in their right mind would have a seat like this for the World Cup Final, the biggest sporting event of the Rugby world and not use it...?' Fred replies, 'Well actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first Cup Final we haven't been to together since we got married....'

'Oh, I'm sorry to hear that.' says the other man. 'I guess you couldn't find someone else, a friend, or a relative, or even a neighbour, to take the seat....?'

Fred shakes his head....'No, They're all at the funeral.'



*My therapist told me, 'Write letters to the people you hate and then burn them.'
I did that, but now I don't know what to do with the letters.*

Always find a reason to laugh. It may not add years to your life, but it will surely add life to your years!

