

Rotary Club of Corowa



83 years of Service

Bulletin Issue 83 number 16 13th Oct



SERVE TO CHANGE LIVES

Program and Roster:

Royal Hotel
Wed 20th Oct

Program

Polio Howard

Chairman

David P

Treasurer

Neil

Rotary Grace

Gary

Loyal Toast

Norm

International Toast

Jeff N

Rotary Information

Meredith

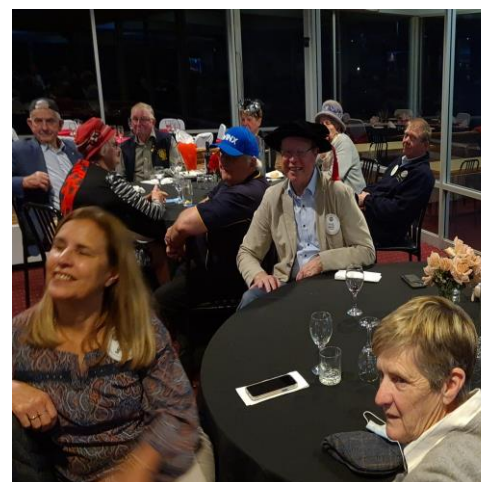
Seargents Help

Robyn R

International Toast : Rotary Clubs of Quetta

Victoria and Southern NSW suffered an earthquake a few weeks ago and were lucky enough to escape with very little damage and no loss of life. This week Pakistan was not so lucky despite the earthquake there being the same magnitude as that which struck in Australia. Unfortunately, scores of people were injured and many lives were lost in Pakistan. There was significant damage, most of it in the Harnai district east of the provincial capital Quetta. Tonight I thought it would be appropriate to spare a thought for those in Pakistan and toast the Rotary clubs of Quetta for all that they do in their community. I found three Rotary clubs in Quetta but unfortunately there was very little information about any of them. Only one, the Rotary Club of Quetta Bolan Valley, has a Facebook page. It was chartered in June 2008 with 23 members. Their current president is Malik Naimat. The other clubs are the Rotary Club of Quetta and the Rotary Club of Quetta Cosmopolitan. Fortunately the three clubs work together quite a bit so I was able to ascertain that they have been very active during Covid by distributing non perishable food to residence, PPE to medical centres and masks to local schools. All three clubs are also involved in the distribution of the Polio Vaccine in Pakistan.

Celebrations at the Corowa Golf Club with Yarrowonga Rotary Club for "Lift The Lid"





100% of the money raised during this year's Hat Day campaign goes directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses.



Dr Hallford

Recalling Positive Memories Reduces Severity of Depression

A new smartphone app that helps young people to recall positive memories has been found to reduce the severity of depression, according to a study funded by Australian Rotary Health (ARH).

ARH Mental Health Research Grant recipient Dr David Hallford from Deakin University lead a trial of a mobile-friendly adjunct memory specificity training program (c-MeST), aimed at enhancing the treatment of depression.

Participants (aged 15-25) who were already receiving some sort of treatment for an episode of major depressive disorder (e.g., psychotherapy or medication) were recruited to the study, with some receiving the online program in addition to their treatment and some receiving treatment as usual.

Dr Hallford said participants who received c-MeST were better at recalling specific memories and reported a lower severity of depressive symptoms than those who did not have access to the program.

“For the first time we can show that helping young people who are experiencing an episode of major depression to recall specific memories of positive events from their lives can help to reduce the severity of their depressive symptoms,” Dr Hallford said.

The study also found that more than half of adolescents and young adults in the study found the app easy to use, helpful, and would recommend it to other people who were depressed.

“These findings provide more evidence that we can provide simple and easy to access interventions that help reduce the severity of depression in young people.”

Dr Hallford noted that while the intervention helped to reduce the severity of depressive symptoms, it did not substantially reduce the number of people who would still be diagnosed with major depression by the end of the study.

“These findings encourage us to think in terms of what additional support we can provide to young people with depression, even when they are already receiving treatments,” he said.

One journal article has been published from this study, with other planned peer-reviewed publications expected later this year.

Dr David Hallford will join us soon on The Research Behind Lift the Lid podcast, stay tuned!

Donate to research like David's today.

Rotary Grace:

**Oh Lord, the giver of all good,
We thank you for our daily food.**

**May Rotary friends and Rotary ways,
Help us to serve you all our days.
Amen**

.....
**For Good Food,
For Good Fellowship
And the opportunity
for Serve service in Rotary,
We Give Thanks.
Amen.**

.....
**Today we are thankful for all we've received.
However we live, we firmly believe
All is a blessing that we must pass on
No matter our status or where we have gone.
Kindness and generosity are what we impart
Showing the world what's in Rotary's heart.**

Rotary 4 way Test:

1: Is it the **TRUTH**?
2: Is it **FAIR** to all concerned?

3: Will it build **GOODWILL** and

BETTER FRIENDSHIPS?

4: Will it be **BENEFICIAL** to all concerned?



**SERVE TO
CHANGE LIVES**

Reminder to pay your Annual Subs:

\$240 per person

These can be paid on line with:

Reference: Subs and your surname

Account Name: Rotary Club of Corowa

BSB: 082 559 - Account No: 692 592 173



Rotary Club of Corowa:

Website:

<http://www.corowarotary.org.au>

We are also on FACEBOOK!

<https://www.facebook.com/corowarotary/>

Please remember to notify **Neil Davis** if you **CAN NOT** attend our weekly meetings or if you wish to bring any guests.

Neil can be contacted by:

Phone or text on 0400 481 496

Email: davis98@bigpond.net.au

Deadline for replies is 11am Wed

Raffle Presidents Muscat:Howard



Cut the cards:Bill



Meeting Date	Wed 27 th Oct	Wed 3 rd Nov
Venue	Royal Hotel	Royal Hotel
Program	Assembly	Matt Flaherty Nepal
Chairman	Deb	Howard
Treasurer	David P	Ray
Rotary Grace	Neil	David P
Loyal Toast	Gary	Neil
International Toast	Norm	Gary
Rotary Information	Jeff	Norm
Sergeants Help	Meredith	Jeff



Lady Luck Sandy

Deb's bright side of life

**News flash!!
Sticking your
tongue on an
outdoor bug
zapper lamp will
cure the virus.
Yep, I read it on
the internet.**



The Rotary Club Of Corowa meets every WEDNESDAY @ The Royal Hotel: 6.30pm for a 7pm start

President 2021-2022: Rotarian Deb Rowe

Secretary: Rotarian Margaret Brown

Treasurer: Rotarian Paul Miegel

Vice President: Rotarian Norman O'Flaherty

President Elect 2022-2023: Rotarian Stephen Apps

P.O. Box 153 Corowa, NSW 2646.

Bulletin Editor: Rotarian Kerrie Crawford
crawfordkerrie@y7mail.com – 0439 930 739



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