

Rotary Club of Corowa



83 years of Service

Bulletin

Issue 83 number 5 28th July 21



SERVE TO CHANGE LIVES

Program and Roster:

Royal Hotel

Wed 4th Aug

Program

Sally Batten induction

Chairman

Alan W

Treasurer

Stephen A

Rotary Grace

Neil D

Loyal Toast

Barrie H

International Toast

Sandie H

Rotary Information

Graham B

Sergeants Help

Lis N

International Toast I'd like to propose a toast to the Rotary Club of Santiago de Compostela in Galicia, Spain. The Club is in District 2201 and was chartered in 1981. The members meet on Mondays at 8.30 pm at the Eurostars Grand Hotel Santiago. The Club banner depicts the famous 3 spired cathedral of St James. Sunday 25th July is celebrated as the birthday of St James. A patronal festival takes place when St James' birthday falls on a Sunday, making it a Holy Year. Pilgrims since the early middle ages have travelled the Camino across France and Spain to the apostle's crypt. As a modern day pilgrim, 20 years ago I cycled from Vienne on the Rhone River (in France) to Santiago - a journey of 1500 km over 25 days. Unfortunately, other information about the Club has not been forthcoming. I give you the **Rotary Club of Santiago de Compostela**.



Corowa Rotary Noticeboard

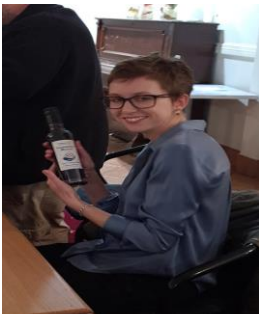


Fence @ Bangerang Park- Gary has spoken to council and they are happy to find the extra funding so that they get the wooden fence post opposed to metal.

Garden Project- At his time the garden project is being ran by the federation shire.

RYLA- Event for adults on 22nd Aug in Melbourne

Market- No market this weekend due to weather predictions



Guest Speaker:
Adrienne Hartnett
 Journalist @ Corowa Free Press



SERVE TO CHANGE LIVES

Hello.

For those who don't know, I started at the Free Press in March 2020, two weeks before our country went into lockdown. It was a very interesting time to start a new job. Unfortunately, I was only working from home for a very limited number of hours. It made it extremely difficult to learn how our newspaper worked. By July I was back in the office three days a week and being mentored by our other journalist Robert Muir better known as Moose. He's been a wonderful mentor and introduced me to people around town and helped me establish some great relationships.

I came back Full time in September and have fallen in love with the community. The people are great and there are so many hidden gems in this area. In fact, I moved to Wahgunyah from Wodonga two months ago.

So, I'm not a local, I was born in Brisbane so I'm a dirty Queenslander. My father works for the NAB and as a result we moved around a fair bit as I was growing up. I'm not sure how it is now but Army kids and banks kids typically do get moved around the country. The shortest we stayed somewhere was 11 months in a tiny town called Toogoolawah in QLD and the longest place was six years in Ayr which is just south of Townsville and that was for seven years. This is before my parents decided that enough was enough and Albury Wodonga became our home.

Before I moved here, north QLD was my favourite place to live. Has anyone travelled up there? So you know they are a different breed up there right? When we moved up there, I was 11 years old. It was such an exciting and terrifying place to live. I remember one morning I woke up and there was a brown snake wrapped around the legs of my bedside table.

Every time I took the bins out, I would check to see if cane toads, frogs or snakes were hanging out under the bin. And I still do, to this day. Another experience, 13 years old on the back of a motorbike with my friend who is the same age, cruising along the Burdekin River (which is mostly sand) being chased by a mother dingo and her pups. Insane. Just so many wild experiences.

At school I was a very gifted writer and on my last day of primary school my teacher went around the classroom and asked what we wanted to do when we were all grown up. When it was my turn to speak, she said to me.... I think you should be a journalist... I didn't even know what a journalist was, but I was such a teacher's pet/goodie two shoes that I said yes, that's what I want to do. And from that point on, O told everyone that was what I was going to do. My parents told everyone and everyone that knew me, knew that's what I wanted to do. Now in my head, I was going to be like Nancy Drew, or Clark Kent or Peter Parker... like a really glorified version of a journo. As I got older, I realised, it wasn't quite like that... but by then I was still very much into the idea.

Going into high school, the person I was changed. I was bullied... I was about half the size of my peers and for some reason that gave people the right to treat me differently. The physical and psychological. I never told anybody. It went on for about 2 and half years. Over that time, I became seriously depressed. I did not want to live. I became so insecure that I couldn't talk to people outside of my family or friends. I couldn't even look at myself in the mirror.

When my dad announced in 2007 that we were moving to northern NSW, I was so excited to be able to be away from that toxic environment. But unfortunately, while I was out of that environment, the move didn't magically heal what was going on inside of here. For the rest of my schooling years, I stopped in Narrabri and then eventually Albury High I just flew under the radar, didn't really try with my grades, and didn't go to parties or events. I still couldn't communicate very well with people.

Now you might be thinking, how can someone who is so insecure about them self, struggles to communicate ever going to survive working the media and communications world?

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?

I made a decision after high school that it was time to heal. I met a great friend on the gold coast at a youth camp who said to me, you are in control of your thoughts, your actions and your future. Yes, you endured a difficult period but ultimately you can overcome whatever it is, that's holding you back. This friend of mine became a great mentor of mine. I started seeking support, I started reading books about people who had overcome great adversity and become successful in life, and I started to choose wisely who I was spending time with.

I went off to university. I studied journalism at Charles Sturt university in Bathurst. I made some great friends and I slowly started to become the best version of myself. And then came my next hurdle.

I finished my degree in 2015 and had committed to doing a gap year in the defence force before embarking on a media job with the army. I had been training for about six months to be fit and strong enough to do that... it was the healthiest I had ever been in my life.

I flew up the Gold Coast to celebrate the end of unit and all that and caught a stomach bug. Now normally a stomach bug is just a short unpleasant experience for about week. For me, it was a little bit different. I ended up in hospital and then somehow my brain thought that food was what made me sick, not the bug. I developed an eating disorder. I very quickly lost a lot of weight, didn't have much to start with and unfortunately go through with my plans to with the defence force.

So being broke I knew I had to get work. I had applied for jobs in the media, but I received rejection after rejection. I decided to just get work in hospitality and stick with it until something came up hopefully within 12 months.

12 months turned into five years. I worked in cafes and restaurants and helped run businesses. Now, some of you would know this, but the hospo industry is pretty, challenging. Over the years, I was underpaid, screamed at, made to work 22 days straight at one place, not paid super, and the drama was just insane. Now we all know the effect those types of environments can have on a person. I became very disillusioned. I had given up the thought that anyone in the media would hire me. I would come home very day feeling mentally drained. The end of 2019 I had become so angry and so sick of the situation I was in, that I decided it was time to get out. I started applying for jobs in the media again. I got quite a few rejections and that went on for a while... but then I got a call back from an editor home lifestyle magazine in Sydney, and I was one of two candidates they were considering hiring. Now I was shocked. I thought, omg, someone sees my potential. And I didn't get the job but suddenly I started to believe that there was hope for me after all. MY whole mindset and attitude changed. In every aspect of my life, I started focussing on the positives. I saw the good in every day. I saw the good in every person. When I was cleaning tables and toilets at work, I was thinking how lucky I am to be able to do this, to have a job.

And then, a job advertisement came up online for the Free Press. I'd never been to Corowa and I thought why not. I'll apply. I didn't hear back for six weeks, I think. So much time had passed that I had forgotten I applied. I did eventually get a call for an interview which I attended but didn't expect it to go further than that. January 2020, on one particular very bad day at the café I was working at, I quit on the spot. It was very unlike me, but I'd just had enough. I went to the carpark, bawled my eyes and 10 minutes later I got a call from the editor of the Free Press, and secured the job. Unbelievable. My boss said to me... I could hire someone with more experience, but you want it more than them. So yeah, it's been quite journey. In terms of the job itself, reporting on COVID-19 has been a real challenge in itself. When you work in the media you are constantly wired to what's happening. You essentially become the news. And I've found in the last few months, unplugging from the news, from covid updates, lockdowns etc..... Has been really challenging

I think as a paper we do balance our covid news with our good community news quite well. There are some great organisations in this town, like rotary, businesses and individuals that are still doing remarkable things when they can despite covid. And these community groups and individuals have made my job so worthwhile. I've formed these great relationships and friendships with people in this community and it's just been wonderful. I'm really invested in this communityome people do underestimate me because I'm young and inexperienced. It's not all sunshine and rainbows but I think I've slowly become more confident, and I've learned to stand up for myself if someone gives me trouble. I work with great people too who have my back.

I was hired as a cadet journo, moved up in the ranks to a graded journalist. Some people say to me, surely you're going to move on soon? I think there's a general misconception that working in regional and rural places isn't on the same level that metropolitan media is. I think that's a shame. In the country, we have to be versatile, we have to be the journalist, the photographer, manage the websites and social media. And that's so much more responsibility that what the city journos have to do. Plus, the perks. No traffic, my own office, access to a work car, free food when I go to events so it's just awesome. And I know for a fact that I am so much happier compared to my journo friends that work in Sydney or Melbourne.

Every week is new adventure. One week I'm writing about rogue wombats and the next I'm writing about the new \$10.2m aquatic centre. It's just great. And I'm quite happy to stick around for a while. Corowa's great. And it has so much potential. And I defiantly can't wait for the day I don't have to write about covid anymore.

Thanks etc. 😊

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/>

Raffle Presidents Muscat: Graeme C



Cut the cards: Ian K



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

Meeting Date	Wed 11 th Aug	Wed 18 th Aug	Wed 25 th Aug
Venue	Royal Hotel	Royal Hotel	Golf Club
Program	Deb Telstra	Gary Reeves	Fellowship /Fun
Chairman	Ian Kerr	Wally C	Bill B
Treasurer	Alan W	Ian Kerr	Wally C
Rotary Grace	Stephen A	Alan W	Ian K
Loyal Toast	Neil D	Stephen A	Alan W
International Toast	Barrie H	Neil D	Stephen A
Rotary Information	Sandie H	Barrie H	Neil D
Sergeants Help	Graham B	Sandie H	Barrie H

Deb's bright side of life

ADULT

A person who has stopped growing at both ends
And is now growing in the middle.

BEAUTY PARLOR

A place where women curl up and dye.

CHICKENS

The only animals you eat before they are born and after they are dead.

COMMITTEE

A body that keeps minutes and wastes hours.

DUST

Mud with the juice squeezed out.

EGOTIST

Someone who is usually me-deep in conversation.

HANDKERCHIEF

Cold Storage.

INFLATION

Cutting money in half without damaging the paper.

MOSQUITO

An insect that makes you like flies better.

RAISIN

A grape with a sunburn.

SECRET

Something you tell to one person at a time.

SKELETON

A bunch of bones with the person scraped off.

TOOTHACHE

The pain that drives you to extraction.

TOMORROW

One of the greatest labor-saving devices of today.

YAWN

An honest opinion openly expressed.

And MY Personal Favorite...

WRINKLES

Something other people have,
Similar to my character lines.

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

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Rotary



**SERVE TO
CHANGE LIVES**