

Rotary Club of Corowa



83 years of Service

Bulletin

Issue 83 number 3

14th July



SERVE TO CHANGE LIVES

Program and Roster:

Royal Hotel

Wed 21st July

Program



Christmas in July

Chairman

Neil Davis

Treasurer

Barrie Hunter

Rotary Grace

Sandie Hunter

Loyal Toast

Graham B

International Toast

Lis Newnham

Rotary Information

Graeme C

Sergeants Help

Ian Brooks

International Toast: In honour of Bastille Day we toast The Rotary Club Paris 905 District 1660, The Rotary Club of Paris meets on Wednesdays at noon at the Cercle de l'Union Interalliée. Every week, a renowned speaker gives us the opportunity to learn about a particular topic or delve deeper into a subject, in various areas such as humanities and social sciences, research, medicine, art, history, and the economy, or to share one of his or her unique experiences.

Rotary information: Save the date: 80th changeover dinner Apex Club Sat 14th Aug 6.30pm @ RSL also celebrating Greg Dickins 28 years with Apex. More information next week.

On this Day 14th July in 1934 Corowa Broadcast Station 2CO put a call out for Albury residents for desperate rescue plan-to call on motor vehicles to proceed to the Albury Racecourse and illuminate a landing strip for the aircraft Uiver in distress to help land safely.

Tonight we welcome Dr David Moniz into our Corowa Rotary family



President Deb Rowe was delighted to induct new Rotarian David Moniz who was supported by his wife Anthea. David was brought forward by his sponsor Neil Davis. President Deb inducted David and presented him with dinner badge, new member folder and visiting dinner badge and a bottle of her president's Muscat. After the official part of the evening, members were invited to welcome David and Anthea to the Rotary Club of Corowa.



SERVE TO CHANGE LIVES



Guest Speaker: Dave Harrison

This is the best place in the world

5 men took their own lives so far today – and another 2 will tonight

2 women

3318 in 2019 – increasing at over 3%/year despite all we do

85+ men a day dial 000 for a suicide related issue. Lifeline alone gets a call every 30 seconds

Top 3 risk factors are depression, anxiety and substance abuse – unless you are LGBTI or ATSI (x14)

Highest risk age group men 75+, women 40-44 yo

But that doesn't relate to us in Federation shire does it?

40% higher rate of suicide 99/100,000 (=12) NSW 61/100,000

of females self-harming in Fed shire has almost doubled since 2012

Let's put a face on what that means

If 25 in the room

- 6 lonely - ¼ Aussies identify as lonely and with no one to speak to
- 2 men & 3 women - 1/5 men & 1/3 women will have an anxiety disorder in their lifetime
- 3 people - 1/8 have had serious thoughts about suicide.
- 1 people - 1/25 have a plan (there are 600,000+ people out there with a suicide plan – 500 in our shire)
- Someone - 1/33 will attempt

• Males prefer hanging or suffocation, females prefer poisoning by drugs

• Men are 3 xs as likely as women to commit suicide

Account for 7% of casualty admissions (1/12 sitting in the waiting room)

You are 2.5 xs more likely to commit suicide than be killed on the road

Why? What are our Shire characteristics

As I said – I like data

- Median age 49 yo and increasing (NSW 38 yo)
- Under NSW average for every age group until 50 yo – then over.. and increasing
- Lone person households 28% increasing (NSW 22%)
- 22% on cash benefits (NSW 10%)
- 40% have no qualifications (NSW 30%) but decreasing
- 15+ Homeless

We are old, alone, unqualified and on benefits

So what's going on?

I still strongly believe this is the best place in the world to live – but we have attracted a population not able to participate in that. How do we get to lonely, anxious residents – across the shire?

A pig farmer with a plan

An integrated approach – FN@TS, M4M, TMT, Food Bowl, Amaranth – and more.. Developing a modelMet People invested – Who will make RUOK? Calls

RUOK? – we can do it better

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?

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: David Moniz



Cut the cards: Norm O'Flaherty



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 28 th July	Wed 4 th Aug	Wed 11 th Aug
Venue	Royal Hotel	Royal Hotel	Royal Hotel
Program	Adrienne Free Press	Sue Wynne Travel	Deb Telstra
Chairman	Stephen	Alan W	Ian Kerr
Treasurer	Neil	Stephen	Alan W
Rotary Grace	Barrie	Neil	Stephen A
Loyal Toast	Sandie	Barrie	Neil D
International Toast	Graham B	Sandie	Barrie H
Rotary Information	Lis	Graham B	Sandie H
Sergeants Help	Graeme C	Lis	Graham B

Deb's bright side of life



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

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