



# IMAGINE ROTARY

## “Lift The Lid” – Mental Health Day



### IMAGINE ROTARY

#### Program and Roster:

**Norm O’Flaherty**

**Venue:  
Royal Hotel**

**Wednesday 12th  
September**

**Chairman  
Ian K**

**Treasurer  
Sandie H**

**Rotary Grace  
Barrie H**

**Loyal Toast  
Rosemary F**

**International Toast  
Helen D**

**Rotary Information  
Neil D**

**Sergeant’s Help  
Kerrie C**

This week’s meeting saw the club donate to Australian Rotary Health with our annual “Lift the Lid” Hat Day. This yearly campaign sees club members wear a hat and donate to ARH to make Mental Health Research a focal point. As usual it was a fun evening and Rotarian Graham Brown’s Rotary Information was about the campaign and he also showed a short podcast on the importance of Mental Health awareness.



## LIFT THE LID *on mental illness*

Lift the Lid on Mental Illness is Australian Rotary Health’s National annual fundraising day for mental health research.

The campaign, founded by ARH Vice Chairman Greg Ross, started in 2016 in partnership with Rotary Clubs of Victoria. The event was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and in order to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

You can support this wonderful initiative by making a donation on World Mental Health Day, October 10 to your local Rotary Club or to Australian Rotary Health. As we are also celebrating Hat Day, you are invited to hold an event and wear your most eye-catching hat.

For further information, please contact the Australian Rotary Health office on: (02) 8837 1900 or [admin@arh.org.au](mailto:admin@arh.org.au)

#MentalHealth #LiftTheLid #Community #Charity #Research #Depression #Anxiety



I guess his hat didn't come with instructions.

"Please not Slytherin. Please not Slytherin," Harry thought.



DOES ANYONE STILL WEAR...



...A HAT?



SILLY HATS

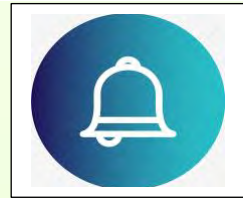
Because there's clearly not enough about you that's hilariously eccentric.







# NOTICES:



**International Toast – Rotarians in the South of Wales:** who broadcasted ROTARY TV on Monday 29<sup>th</sup> September. The program was televised on Sky 212 and Freesat 401. It features the Rotary Young Musician final, the Launceston Rotary Shop, Children’s Hospice South West and the World’s Greatest Meal to end Polio Fundraising. The program was designed to be one of several programs to spread the word of the good work of Rotarians in the South West. It is hoped that people will see to how Rotary works and people may join of help.

**Rotary Information** – “LIFT THE LID” – Information from Graham B (see above)

**Anniversaries or birthdays this week** - NIL

**Guests** – We had a guest this week Gurmej Singh (Gurmesh) a pharmacist from Pharmasave.

## Special Presentation:

This week, President Stephen, presented Rotarian David Talbot with a special Parliamentary certificate (instigated by MP Justin Clancy) for his Sapphire Paul Harris Fellow.

Rotarian Bill Bott also received one via mail and was also congratulated on the night.



### 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  
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?

# Rotary Club of Corowa:

## Website:

<http://corowarotary.jimdo.com>

We are also on FACEBOOK!

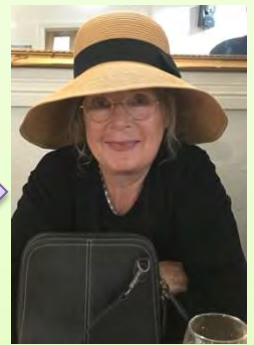
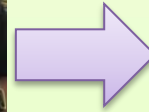
<https://www.facebook.com/corowarotary>



## Raffle:

Presidents Muscat: - Stephen A

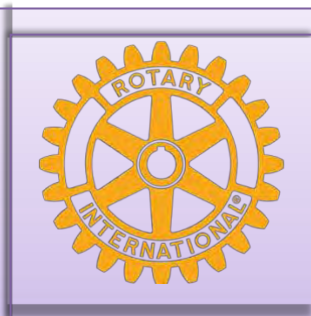
Who then gave it to Sandie for all the prizes and cupcakes!!



Cut the Cards: - Stacey P - 4 Diamonds.



Meeting Date	WED Oct 26th	WED NOV 2nd	WED NOV 9th
Venue	Golf Club	Royal Hotel	Royal Hotel
Program	Social Night	TBA	TBA
Chairman	Meredith M	Jeff N	Norm O
Treasurer	Ian K	Meredith M	Jeff N
Rotary Grace	Sandie H	Ian K	Meredith M
Loyal Toast	Barrie H	Sandie H	Ian K
International Toast	Rosemary F	Barrie H	Sandie H
Rotary Information	Helen D	Rosemary F	Barrie H
Sergeants Help	Neil D	Helen D	Rosemary F



The Rotary Club of Corowa meets every **WEDNESDAY**  
at **The Royal Hotel: 6:30pm for a 7:00pm start**

President 2022-2023: Rotarian Stephen Apps

Secretary: Rotarian Margaret Brown

Treasurer: Rotarian Paul Miegel

Vice President: Rotarian Deborah Rowe

President Elect 2023-24: Rotarian Bill Bott

**P.O. Box 153 Corowa, NSW, 2646.**

Bulletin Editor: Rotarian Bill Pentney



**IMAGINE  
ROTARY**



Please remember to notify **Deb Rowe** if you **CANNOT** attend our weekly meetings or if you wish to bring any guests.

If you are arranging a guest speaker, please advise Deb of the number of people attending and if they need a screen of projector.

**Deb can be contacted by:**

Phone or text: 0413 122 884 or email: [seeshell84@hotmail.com](mailto:seeshell84@hotmail.com)

**YOU WILL BE INVOICED FOR A MEAL  
IF YOU FAIL TO NOTIFY IF NOT ATTEENDING.**

**OCTOBER IS**



**ECONOMIC AND  
COMMUNITY DEVELOPMENT  
MONTH**

"To the world you may be one person; but to one person you may be the world."

Dr. Seuss

Rotary



[www.rotary.org](http://www.rotary.org)

**Rotary**



**IMAGINE  
ROTARY**