



ROTARY CLUB OF COROWA

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EDITION 36

**President Bill Bott AM, District Governor Neta Kirby,
International President Gordon McInally**

Rotary Information – Supplied by Alan Wilson

“Don’t fight in front of the kids!” By Joy Gillett OAM CEO Australian Rotary Health

I first wrote this back in 2017, and I think it’s more relevant now than ever, with our current interest in research into the mental health of 0-12 year olds.

As parents and grandparents, we always want to know what we can do to help our children become healthy, happy adults.

(Now Emeritus) professor Michael Sawyer OAM, university of Adelaide & medical adviser to the board of ARH, spoke on the “lottery of life” and the “luck of the draw” in the genes we are given at conception, and the family environment in which we find ourselves during our early childhood. If you have healthy parents who live happy and loving lives, there is a good chance that you will also grow up to be healthy and happy adult. However, if during your childhood you live in a house where your parents often fight with each other, your chance to future happiness and wellbeing diminish greatly. Exposure to fighting parents is a key factor causing mental health problems among young children and adolescents. One simple message to parents that Rotarians can use to promote the health and wellbeing of children is ‘Don’t fight in front of the kids!’.

We can’t change the genes children are given at conception, but we can change the family environments in which they live their early lives. During the 1980s, the Slip! Slop! Slap! Campaign played a major role in the changing attitudes to sun protection, leading to a reduction in the state of skin cancer. It would be wonderful if Rotarians were able to use the simple Jingle “Don’t fight in front of your kids!” to change attitudes and behaviours to parenting fighting, leading to reduction in the rate of mental health problems in Australia.

Australian Rotary health provides funds each year to mental illness research. All donations are tax deductible and 100% of your donation goes to research. Administrative costs are paid from the interest earned from our investment funds. Please consider making a donation to a strain Rotary health, (www.arh.org.au),

Let’s lift the lead on mental illness.

Congratulations to Annic & Jayden on their selection into the Riverina golf team! 😊🏌️🏌️

To top off this great result, both Annic and Jayden achieved the best scores in the girls and boys trials.

#LoveWhereYouLearn



This picture of Annic is from the school face book post Congrats Annic



BEYOND BLUE RALLY CATERING

When- Friday 12th April

Start @ 10 am ready to serve 270 people from 12-1.30

More about this next Wed

If anyone can make a slice please do

Federation Markets

Sun 7th April

Early Start- Neil, Bill, Bill, Mel, Wal, Dave T, Garry, Ted

Late start- Rosie, Robyn, Stephen & Browns

BBQ-early - Meredith, Paul, Stace, Wal

BBQ late – Sally, Nette, Wal, Bill

JBS Cultural Dance @ 11.30am & we are to provide food for those who are doing dance



Meredith



Ian

Ian Brooks

Get Well Soon

Remember, laughter is

The best medicine.....

.....unless you've got the sh*ts

April
celebrations



Roster of duties

Wed 10th April Royal Hotel

Program – Niamh Lavis

Chairman – Paul M

Treasurer – Steve K

Grace – David T

Loyal – Mel R

International Toast – Stacey

Rotary Info- Ray T

Sergeant's help- Alan W

Roster of duties

Wed 17th April Royal Hotel

Program – Assembly

Chairman – Bill B

Treasurer – Kerrie

Grace – Steve K

Loyal – David T

International Toast – Mel R

Rotary Info- Stacey

Sergeant's help- Ray T

Birthdays

Helen Duncan 9th April 1972

Bill Pentney 22nd April 1956

Inducted

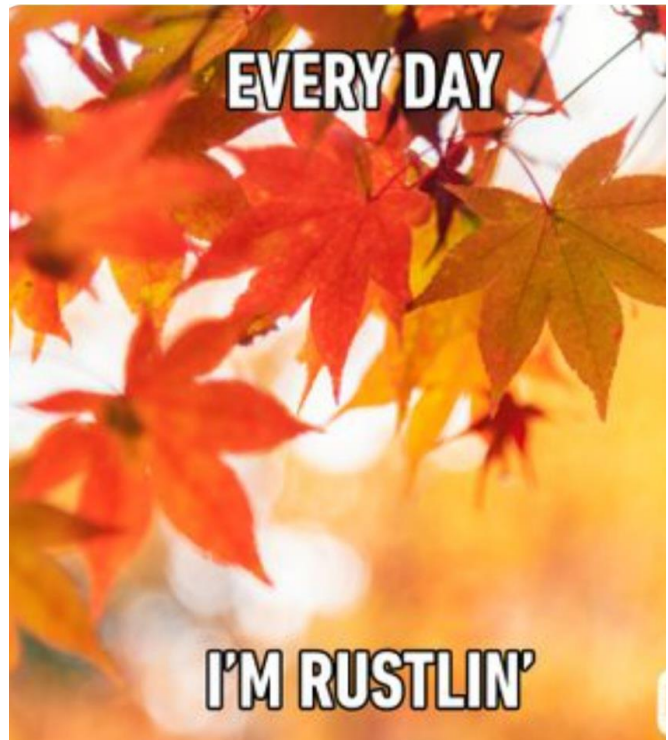
Kerrie Crawford 14th April 2020

Ted Stevens 19th April 2023

PHF

Stephen Apps April 2017

David Potts April 2004 & April 2013



**TerryWhite
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Sat-Sun opening hours 9am to 1pm