

President	James Dishon	Rotary Foundation	Noel Howard
Vice President	Simon Wilson	Community	Kevin Safe
President Elect	TBA	International	Jenny Barke
Immediate Past President	Brian Jenkins	Vocational	James Dunn
Secretary	Lyn Christie	Youth	Leo Cummins
Treasurer	Bob Cadden	Catering	Bruce Warburton
Bulletin/Rosters/Webpage	Lorraine Wilson	Program	John Main
District Governor	Kathy Rivett	Assistant Governor Group 1	Darren Brown
	RC Alfredton		Casterton RC
Rotary International President	Jennifer E Jones	Rotary Club of Windsor- Roseland, Ontario, Canada	

Email address for the bulletin bulletin@rotaryhamilton.org.au

Meeting held on May 10, 2023

President James welcomed everyone to our meeting including our guest speaker Kate Couchman who is Director of Student Wellbeing at Monivae College, Jenny Hurse and Colleen Dunn

Code of Conduct for Child Safety Members need to read document and sign last page and return that page to the Secretary.

Next Meeting, we will be **visiting Baimbridge College** after an early meal at the Speckled Frog. Baimbridge has had some significant upgrades which we will be shown by Principal Warwick Price.

Bowelscan month Bowelscan Kits are available from James Dean Pharmacy. 50 more kits have been purchased.

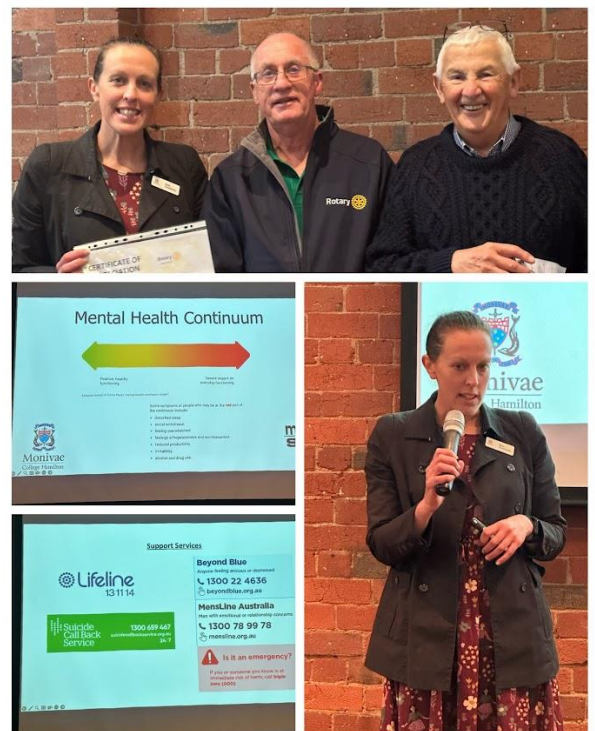
Regionalisation Update Lesley Shedden DGN

There was an online briefing / update tonight regarding the Regionalisation Pilot Project the Business Case for which was approved by the Rotary International Board in April 2023 DGE Ian McKay and Lesley updated Clubs and members in our District regarding this pilot – what we know now and what we expect will happen next. It is very important that you are aware of the plans for this exciting project.

Raffle Won by Kevin Safe. He will donate the prize for next week.

Sheepvention organisers are not organizing home hosting this year (usually a fund raiser for the club).

President James also invited members to join the Thursday Bike Group



Guest Speaker

James Dunn introduced our guest speaker, **Kate Couchman**, from Monivae College.

Kate has been a teacher for 19 years. She is currently Director of Student Wellbeing at Monivae. She facilitates the Standing Tall program at Monivae and is involved in mental health first aid and counselling.

She grew up in Echuca and studied teaching at Ballarat. During her final year of studies, she was recruited by Monivae, where she worked for 8 years. After this, she spent time working for Brophy Family Services, Southern Grampians Adult Education and Hamilton College, before returning to Monivae this year. Apart from her wellbeing role she also teaches PE and English.

Kate posed the question “What is a mentally healthy community?” Responses from the various tables and Kate included:

- Engaged
- Involved
- Respect
- Have your back
- Diverse
- Inclusive
- Happy
- Supportive
- Sense of belonging
- Contributing
- Social connectedness
- Meaning and purpose to life
- Less spent on healthcare and reactive interventions
- Proactive and encourage protective factors to support positive mental health

Kate explained that there was a continuum of mental health, from positive, healthy, functioning to a severe impact on everyday functioning.

Signs indicating a decline in mental health include:

- Disturbed sleep
- Social withdrawal
- Feeling overwhelmed
- Feeling hopeless/worthless
- Reduced productivity
- Irritability
- Alcohol and drug use



Kate is also involved in Live4Life in the local area. Live4Life has the aim to empower rural communities to improve youth mental health and reduce youth suicide. Mental health first aid courses are run for adults and students in all schools in the area. <https://www.live4life.org.au/>

Kate also spoke about RUOK? <https://www.ruok.org.au/>

1. Ask
2. Listen
3. Encourage action
4. Check in



It is important to be prepared for such a discussion and choose a suitable time and place.

Finally, a discussion was had on how to look after mental health and wellbeing:

- Take care of yourself
- Exercise
- Sleep
- Good food
- Social connectedness
- Activities you enjoy
- Gardening
- Volunteering

Support services for people having problems with mental health include Lifeline, Suicide Callback Service, Beyond Blue, Mensline Australia, general practitioners and 000 (in an emergency).

**“PRIDE OF WORKMANSHIP” AWARDS
NOMINATION FORMS ARE NOW AVAILABLE**

Acknowledge employees who display outstanding qualities in terms of approach, attitude, dedication & commitment to their job.

Do it once, do it well. Build a Better Australia

Pride of Workmanship Awards are to be held Wed 7th June @ The Speckled Frog.

Nomination and Acceptance forms will be available at the next meeting or attached to this email. If additional copies are required, please contact Chairman James Dunn 0408 922 316.

Please note nominations close Wed 17th May.

Roster	Cashier	Cashier/Raffles and Sales	Chairman when required	Computer Set up	Bulletin
May 17	Bob Cadden	Ian Black	Heather Ward	Simon	Lorraine
May 24	Bob Cadden				

Those members with RSA and encouraged to keep it updated as it will be needed for the Art Show in October. https://liquor.vcglr.vic.gov.au/rsa_refreshers/

May is Rotary Youth Month		
May 15	Harness Racing	Gate roster
May 17	Zoom The Speckled Frog	Club Board Meeting Visit to Baimbridge College Warwick Price Principal Early meal at The Speckled Frog followed by visit.
May 24	Pastoral Museum	Social Night Roast Lamb and Desert \$30
May 26 - 31	Melbourne	Rotary International Convention
May 31	No Meeting	
June is Rotary Fellowship Month		
June 5	Mt Gambier	Meet Rotary International President Gordon McInally RSVP
June 7	The Speckled Frog	Pride of Workmanship Awards Night
June 14		TBA
June 21		TBA
June 28	The Speckled Frog	Changeover Dinner

Family of Rotary – all our members and their families are important to us.

Almoners Rose Howard and Bruce Wheeler. Past Rotarian Peter Schroder is now being cared for in The Birches

COVID is still about, and we ask members to take care and take a RAT test if feeling unwell.



Bike Riders Thursday meet at Ansett Museum 9:00am Coffee at 9:35 at Tosca Browns
Coffee @The Roxburgh Fridays 10:30am



**Celebrations in May
Birthdays**

Michael Hartwich 20th Heather Ward 22nd
Val Wilkinson 15th Carolyn Safe 23rd

Wedding Anniversary

Lorraine and Peter Wilson 18th

Induction Anniversary



ROTARY HAMILTON SUPPORTS THESE YOUTH PROGRAMS

Defying the Drift
Defying the Drift starts with a challenging residential program at leading tertiary agricultural institute, Longerenong College, where participants learn new skills, discover many rural futures, visit a range of rural enterprises, meet some great young agriculture role models and have a great time. Years 10 & 11 students
<https://www.defyingthedrift.org/about-rural-support/>

National Youth Science Forum NYSF
The National Youth Science Forum (NYSF) Year 12 Program is designed to give students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and to encourage continued studies in these fields. Held in January
<https://www.nysf.edu.au/programs/year-12-program/>

Rotary Youth Leadership Award RYLA
is an intensive leadership experience organized by Rotary clubs and districts where you develop your skills as a leader while having fun and making connections. RYLA participants are nominated by local Rotary clubs. Ages 18-25 <https://ryla9780.org/>

Rotary Youth Exchange RYE
Students learn a new language, discover another culture, and truly become global citizens. Exchanges for students ages 15-19 are sponsored by Rotary clubs in more than 100 countries. <https://www.rotary.org/en/our-programs/youth-exchanges>

Young Artist Award
Young artists are encouraged to enter our Annual Art Show held in October each year. First prize is \$500. Open to Year 10-12 students and up to age 21
<https://artshow.rotaryhamilton.org.au/>

Rotary Hamilton is invested in supporting the youth of our community

Standing Tall
Hamilton Eisteddfod
<https://portal.clubrunner.ca/1943/Page/ShowHomePage>

CONTACT US FOR INFORMATION OR USE LINKS TO FIND OUT MORE DETAILS

Ask RU OK?

Make staying connected and asking R U OK? part of your everyday

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graph TD
    Start[Start by asking "Are you OK?"] --> No[No, I'm not OK. Dig a bit deeper.]
    Start --> Yes[Yes, I'm fine. But your gut says they're not.]
    No --> Q1["What's been happening?"]
    Yes --> Q2["It's just that you don't seem to be your usual self lately."]
    Q1 --> Q3["Have you been feeling this way for a while?"]
    Q2 --> Q4["I'm always here if you want to chat."]
    Q3 --> Q5["I'm ready to listen if you want to talk."]
    Q4 --> Q6["Is there someone else you'd rather talk to?"]
    Q5 --> Listen[Listen with an open mind]
    Q6 --> Listen
    Listen --> Encourage[Encourage action and offer support:]
    Encourage --> Q7["How can I help?"]
    Encourage --> Q8["What would help take the pressure off?"]
    Encourage --> Q9["What do you enjoy doing? Making time for that can really help."]
    Encourage --> Q10["Have you thought about seeing your doctor?"]
    Encourage --> Check[Make time to check in:]
    Check --> Q11["Let's chat again next week."]
  
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Find more tips at ruok.org.au

Rotary Leadership Institute D9780 2023

RLI has 3 parts - you have 2 options
Choose either course or mix & match

Course Z (zoom)
Parts 1 & 2 will be on zoom
RLI1 - Fri 28 July 7-8pm
Sat 29 Jul 9-12.30
Sun 30 Jul 9-12.30
RLI2 - Sat 12 Aug 9-12.30
Sun 13 Aug 9-12.30

Course F (Face to Face)
Parts 1 & 2 will be in Naracoorte
RLI1 - Sun 6 Aug 9-4pm
RLI2 - Sun 20 Aug 9-4pm

Part 3 - Face to Face - Combined Group
RLI3 - Sun 10 Sept 9.00am-3.30pm
(Location tbc)

Course Fees: Course Z \$35, Course F \$65
Registrations Open Fri March 24
Registrations Close Fri 30 June

<https://rotary9780.org/sitepage/rotary-leadership-institute>

Participating in RLI may be the most important Rotary training you undertake, informing you, empowering you as a leader and creating a network of other Rotarians from many Clubs around the District.

The focus of the program is on the participants rather than on a presenter, as RLI is about learning and developing skills and definitely not a lecture. It is fast-paced, cooperative learning at its best, with Rotary knowledge, leadership skills, public speaking, public relations, membership, and fun all rolled into 3 one-day sessions.

Weekly Bulletin, Webpage and Facebook
Our club webpage can be accessed on <http://portal.clubrunner.ca/1943> It is now live. This will allow stories from our bulletins to be published on the webpage and information from the District and RI webpages (which also use ClubRunner) to be shared. Our club also has a Facebook page which shares stories and events, and this page is also shared to other Facebook pages to get our message out.
<https://www.facebook.com/rotaryhamiltonvicau>