PRESIDENT’S REPORT

It was fantastic to meet David Turnbull our guest speaker on Wednesday night. Over the last few months I have been in contact with the Royal Flying Doctor service about their new Wellbeing service in our region. We have been very fortunate to have people like David coming into our community to deliver such an important program. As a clinician, I am sure David will have the tools to help those in our community cope with the stress and worries they are facing. I hope our Rotary Club can support David and the RFDS in other ways through the year.

It was disappointing we had so many apologies on the night.

The organization of the paddock to plate is going well thanks to Wendy and we now have a number of clubs coming up for it which is great.

Have a great week,

Chris

COMING DATES

Thurs 14th—6pm Fri 22nd March  Inter-Club Activity Challenge
Fri 22nd—Sun 24 Mar  D9780 Conference, Maryborough
Sat. 6th April  Paddock to Plate Dinner
Wed 3rd July  RCW Changeover
<table>
<thead>
<tr>
<th>DUTIES</th>
<th>Wednesday 13th March 2019</th>
<th>Wednesday 20th March</th>
<th>Wednesday 27th March</th>
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<tbody>
<tr>
<td>Venue</td>
<td>Creekside hotel</td>
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<td>Time</td>
<td>6 for 6:30pm</td>
<td>6:00-6:30</td>
<td>6 for 6:30pm</td>
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<td>Reception/Visitors</td>
<td>Jean Wise</td>
<td>Fellowship meal at The Royal Hotel</td>
<td>Ian Penny</td>
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<td>Chairman</td>
<td>Julie O’Brien</td>
<td>Board Meeting at the Rotary Shop</td>
<td>Wendy Hewitt</td>
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<td>Invocation</td>
<td>Bernie O’Connor</td>
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<td>Jean Wise</td>
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<td>Heads &amp; Tails</td>
<td>Jack Daniel</td>
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<td>John Tonkin</td>
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<td>Two Minute Talk</td>
<td>John Tonkin</td>
<td>7:30</td>
<td>Helen Peters</td>
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<td>“Something funny/interesting happened at work”</td>
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<td>Program</td>
<td>Rotaract reports on Annual Conference in SA</td>
<td>Planning for Paddock to Plate dinner</td>
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<tr>
<td>Vote of Thanks</td>
<td>Ian Penny</td>
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INDUCTIONS: -

BIRTHDAYS: Peter Martin 10th March

ANNIVERSARIES: -

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**Meeting 6th March**

**REPORTS**

**Youth Service**

WPS Breakfast on Tuesday: 70+ happy customers.

All Rotarians are asked to help find Youth Exchange hosts for a possible incoming German student. Letters have been sent to businesses and schools to find hosts. Herald article is coming. Time is running out so could all members please ask around their networks? The club is willing to support non Rotarian hosting families with up to $150 per week. We want this to go ahead if at all possible.

RYLA participants (18-25yo) and RYPEN participants (15-17yo) needed by March 31. Please ask around, don’t leave it to others. See websites or John A for more details.

**Paddock to Plate**

Wyndham RC has 22 coming. Thanks Ben & Joan for taking up extra billeting requests. Could all members start inviting friends to the night? It’s a major fundraiser for us and a promotion for Rotary and our region, so all support is greatly appreciated. Could c’tee members please email any task updates to Wendy.
Meeting 6th March

David Turnbull — Royal Flying Doctor Service “Wellbeing” Service

As a result of concerning levels of mental health issues and suicides in our region, the state government has funded the “Wellbeing” mental health program of the Royal Flying Doctor’s Service in the Warracknabeal, Hopetoun and Boort areas.

What is Flying Doctor Wellbeing?

RFDS offers six FREE confidential mental health and wellbeing consultations for local people over 18yo who may be experiencing: worry, stress, sadness, relationship of family difficulties, financial stress, lack of confidence, grief or loss, or concern for a friend or family member. They offer expert advice from psychologists and social workers, offering resources and strategies. No GP referral is required—contact is direct to them or through RNH. Appointments are at RNH or thorough telehealth facilities. The focus is on medium level issues and early intervention, with more severe issues requiring GP advice or contact through 000.

David and two other staff members will be servicing our area for two days a week.

David offered some very good tips for maintaining good health—relevant to everyone.

- Build relationships
- Eat nutritious food, exercise regularly, have at least 6 hours sleep a night. (Poor sleep is a god indicator of stress)
- Develop gratitude. Be thankful for what you have in your life.
- Identify and use your strengths—technology, knowledge, skills, leadership, organisational, communication.
- Create flow. Find an activity you enjoy, maybe a challenge, so you can ‘get lost in the moment’ ..music, sport, hobbies
- Give to others. Help others. Join a service club like Rotary!
- Connect with nature, spirituality or religion.
- Seek help—RNH, Royal Flying Doctor Service, Lifeline

Things to remember...
- Register for the D9780 Conference
- President Elect still vacant
- PHF nominations welcomed to Board
- ‘Get Active’ District Inter-club Challenge March 14-22….be an inspiration! Start now. Build up. That’s NEXT week!
Feeling worried or overwhelmed?

Flying Doctor Wellbeing can help when times are tough.

Mental health and wellbeing services are now available in your community.

Flying Doctor Wellbeing provides FREE and confidential mental health appointments with no need for a GP referral.

Call (03) 8412 0480 or email wellbeing@rfdsvic.com.au to find out about the service or make an appointment.