

The Warracknabeal Bulletin



Rotary



Club of Warracknabeal

Wed. 6th March 2019 Vol 60, Issue 33

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

Club Meets:
Creekside Hotel
Scott Street, Warracknabeal
Unless otherwise noted
Contact Jean to confirm venue
Wednesdays
6.00 for 6.30 p.m.

wbealsecretary@gmail.com
PO Box 141,
Warracknabeal 3393
Bulletin Editor:
wbealbulletin@gmail.com
www.clubrunner.ca/warracknabeal

APOLOGIES / GUESTS

Jean Wise
By lunchtime Tuesday
0487 159 242
or email to
wbealbulletin@gmail.com

COMING DATES

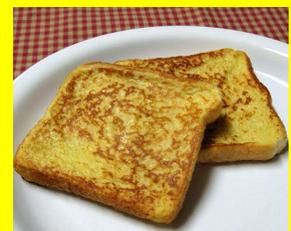
Thurs 14th– 6pm	Fri 22nd March	Inter-Club Activity Challenge
Fri 22nd—Sun 24 Mar		D9780 Conference, Maryborough
Sat. 6th April		Paddock to Plate Dinner
Wed 3rd July		RCW Changeover

NEXT WPS BREAKFAST

Tuesday 12th March

Tony Gregson (pick up)

Bernie & Karen O'Connor



DUTIES	Wednesday 13th March 2019	Wednesday 20th March	Wednesday 27th March
Venue	Creekside hotel	<p>6:00-6:30</p> <p>Fellowship meal at The Royal Hotel</p> <p>7:30</p> <p>Board Meeting at the Rotary Shop</p>	Creekside Hotel
Time	6 for 6:30pm		6 for 6:30pm
Reception/Visitors	Jean Wise		Ian Penny
Chairman	Julie O'Brien		Wendy Hewitt
Invocation	Bernie O'Connor		Jean Wise
Heads & Tails	Jack Daniel		John Tonkin
Two Minute Talk <i>"Something funny/interesting happened at work"</i>	John Tonkin		Helen Peters
Program	Rotaract reports on Annual Conference in SA		Planning for Paddock to Plate dinner
Vote of Thanks	Ian Penny		-
INDUCTIONS: - BIRTHDAYS: Peter Martin 10th March ANNIVERSARIES: -			

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 or 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 good 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!

A photograph of two men standing outdoors in a rural setting, possibly a farm. One man is wearing a dark jacket and a wide-brimmed hat, while the other is wearing a dark jacket and a flat cap. They appear to be in conversation. The background shows a fence and some trees.

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.

