PRESIDENT’S REPORT
The first Board meeting of the new Rotary year saw us put in place arrangements for the St Mary’s School “robotic visit” and fund raiser on 28 August, complete the administrative arrangements for the arrival of our German exchange student this weekend, and agree that Rotaract draw up plans for the dog park in our Rotary park.
Several host families, Counsellor Chris Hewitt and I will meet our German exchange student Simon Ossing at Melbourne airport this Saturday evening. On behalf of the Club I would like to thank Chris (and Glenda) Hewitt for taking on the role, at short notice, of Student Counsellor.
Next week’s program is a “Nick Cave Presentation” so we look forward to hearing about one of Warracknabeal more famous sons!
Yours in Rotary,
Tony

COMING DATES
Youth Exchange Inbound Orientation
11 Aug 2019 (Horsham)

Rotary Leadership Institute (RLI) 1
10 Aug 2019Charlton & Terang
17 Aug 2019 Geelong
24 Aug 2019 Casterton
7 Sept 2019 Ballarat

Foundation Seminar
17 Aug 2019 (Horsham)

RCW visits RC Kyneton
4-6 Oct 2019 Fri-Sun

Defy The Drift, Longerenong
23-25 Sept 2019

WPS Breakfast 2019
6 August

Tony - pickup goods
Sue
Mandy

Education is not the learning of facts, but the training of the mind to think.
Albert EINSETIN

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

Membership Fees are now due for 2019/2020
Fees are $210.00 p.a.
They can be direct deposited
Acc. Name:
Rotary Club of Warracknabeal
Bank: CBA BSB: 063 544
Account No: 1002 1494
Note Surname / Invoice Number when paying via bank transfer
See Treasurer if you wish to pay in instalments.

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
### Duties

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<td>Creekside Hotel</td>
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<td>Reception/Visitors</td>
<td>Ben Bentley</td>
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<td>Invocation</td>
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<td>Helen Peters</td>
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<td>Hospital Focus Meeting</td>
<td>Simon Ossing</td>
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<td>Vote of Thanks</td>
<td>Jean Wise</td>
<td>John Aitken</td>
<td>Ben Bentley</td>
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**Inductions:** Wendy Hewitt - July 27 2011  
**Birthdays:**  
**Anniversaries:** Ben & Joan Bentley - 30/7

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Thank you for the wonderful work that you do! This year we’re focusing on you for Keep Australia Beautiful Week. Keep Australia Beautiful Week is the week of 19th of August 2019.

The national theme for Keep Australia Week this year is ‘Respect our roadsides’. Keep Victoria Beautiful will be doing communications and promotions about the good work done by the Adopt a Roadside groups in Victoria.

Your group may choose to do a clean-up during the week in support of Keep Australia Beautiful week. If you do organise an activity in that week please send the details to us!

Or if you have any recent photos or stories of your groups activities that you are happy to share please send them to us. It would be great to get some photos and stories to help us promote the week.
Rotary Club of St Arnaud Changeover Dinner

Sue Watts and Helen Peters attended the St Arnaud changeover dinner on Tuesday night which was held at Farmgate Brewery & Distillery. The Rotary Club of Warracknabeal chartered the St Arnaud Club many years ago.

Greg Fithall was outgoing & incoming President. Joh Dunstan - Historian, has resigned after 43 years and was presented with a certificate, he stated Rotary has given back more than I gave, he will be hanging around as a friend of Rotary. In Johns speech as Historian he stated in the Rotary Year of 1905, Paul Harris Fellow came into being, also in that era if you drove a mechanical vehicle someone had to walk in front with a red flag so you didn't scare the horses, the Wright Brothers were just learning to fly and St Arnaud are now doing as their forefathers did by rotating venues for the meetings at peoples homes, only fortnightly.

The club also inducted 2 new members on the night. Greg did comment loosely that they attended the Warracknabeal changeover to be shown how to do it right! It was a good night of fun and laughter held at Farmgate Brewery & Distillery, with homemade pizzas and a tasting of a selection of their own distilled beers. Mal & Tania Jones have a great venue and will be adding glamping to the list so you don't have to drive home.

Some of the beers were St Arnaud Draught, Honey Wheat Beer, American Pale Ale, Irish Stout, Choc Chilli Stout and Ginger Beer.

We might need to look at a night there ourselves.
SPOTLIGHT ON TEEN SUICIDE

Thanks to Australian Rotary Health and its funding, teens are being given the tools they need to navigate their way through the sometimes rocky and turbulent adolescent years. Teen Mental Health First Aid (tMHFA) launched in Australia in 2014, and has so far taught skills, coping strategies and information on emotional and mental health issues to about 60,000 high school-age students. Not only is MHFA making a difference to the thousands of students who have experienced the program, but the curriculum has caught the attention of A Star is Born actor and singer Lady Gaga. According to reports, Lady Gaga has been so impressed by the mental first aid course, that she is exporting the program through her Born This Way foundation to teens in the US.

Australian Rotary Health provides grants for research relating to the mental health of young Australians for up to three years per project with funds up to $70,000 per year. There are currently 27 related programs funded by ARH at a total investment of $1,384,683. In total, they have invested over 45 million dollars in funding to date.

Dr Laura Hart, a research fellow at the Centre for Mental Health at the University of Melbourne, and a co-designer of the tMHFA program says that the tMHFA program is safe and effective. “Students who receive teen mental health first aid are nine times more likely to ask a friend about suicidal thoughts in a supportive way,” she said. “That’s a strategy we know from research is highly likely to prevent suicide.” One in seven young people experience a mental health condition in any given year, and about one in 40 attempt suicide. “Suicide is the most common cause of death in young people,” says researcher Dr Claire Kelly, who works alongside Dr Hart to research, raise funds and roll out the program throughout Australian high schools. “We are in a crisis,” she says. “We are in a crisis in mental health. This is a program that can save lives.

How the tMHFA program works

Over three hour-long sessions the tMHFA course covers problems such as anxiety and depression and eating disorders, and crisis situations like suicidal thoughts and behaviours. “It helps kids identify when a friend might be in trouble and how to have a supportive conversation,” says Dr Kelly, who has 14 years of research experience in mental health.

Laura and I developed the curriculum for teen mental health first aid, and since then, Laura has remained very healthily involved in the research, while I have remained focused on the roll out and running the courses.” The roll out includes allocating resources and teachers to schools throughout Australia, including remote areas.

The need for teen suicide support

Studies show the program works. Research through the University of Melbourne has found high school students who go through the course are better able to recognise an anxiety disorder, and are significantly more confident in helping a friend with a mental health problem.

Dr Kelly says the program is saving lives that would have been lost to suicide, but there are still many out there who are not receiving enough support. “We know already kids are supporting each other at times when they’re having thoughts of suicide and other difficulties,” she says. “And we know they’re doing that at a very high level but probably not very effectively.” The program is designed to give teenagers the tool to help their friends if they are showing signs of suicidal tendencies or developing mental health problems. “Historically there’s been a reluctance to teach teenagers about suicide. The focus though, is to encourage teenagers to get an adult involved. We explain how and when to do this.

How ARH has helped

Dr Kelly is immensely grateful to Australian Rotary Health and the role that they have played in aiding the research funding for the project. “I have a long history with Rotary Australia,” she says. “It has been so supportive of tMHFA. My post-doctoral fellowship was funded by Rotary, in the name of a farmer in NSW who had taken his life. His community and Rotary club raised the money and wanted the funds to establish guidelines and content which we teach.”

“At a more local and club level, Rotary have played a really important role – supporting the community roll out, encouraging more clubs to join, teaming up with local government areas to look at funding, and helping increase awareness in more remote community regions.”

Dr Kelly says that the work of ARH is a good example of how to invest in your community and empower it too. “That’s when you start to get big changes. After a while, the Rotary Club will remain a partner, but the local community will take ownership and wonderful things will happen.”

Initially, says Dr Kelly, government agencies were reluctant to commit to their project and research. “Whereas Rotary have supported the research and the members of various communities have made a difference by raising funds.” The team have responded in kind. Their research has been published in a way that the community can understand it. “This is part of a really symbiotic relationship with Rotary, as they have helped to publish our findings throughout various community channels,” she says. “I love the way Australian Rotary Health is so grass roots and community focused.”

What’s next?

Other than the support shown from international superstar fan Lady Gaga, Dr Kelly and Dr Hart are working hard to support the changing face of their training program as it has matured since its launch. “One of the things we want to do is strengthen the tie with local governments and councils – to people in other areas who couldn’t see it working and provide them with a model that would work.”

They intend to increase the number of training in the community, particularly amongst the more transient population of the Northern Territory. They also intend to apply for further grant money. “As the research is continuing, we have been awarded a larger grant, almost triple the amount of our original. We would never have gotten that grant without Rotary taking a risk with us.
Simon has arrived safely in Australia.
Photo with Mel, Angus, Craig and Elsa Byron, Simon Ossing and Pres. Tony Gregson at the Airport.
What a great welcome sign done by all the host families. Hopefully we will all meet Simon soon. Simons first host family is the Keams. Byrons and Golders are also hosting. What a great experience for all involved.

A transcript from a past Rotary Youth Exchange Student.

My youth exchange year was one of incredible change and growth for me. In addition to seeing so much of the rest of the world, and making such wonderful friends, I changed in ways I never knew were possible. Thank you Rotary for the best year of my life!

You will have to adapt to unfamiliar and different surroundings and ways of life that are different from home. For some this will be the first extended period of separation from their family. This will bring about many trials and tribulations which you will need to overcome and by so doing develop many "survival skills".

To live away from home for the 50 weeks duration of the exchange is a demanding yet rewarding experience. It is not always smooth sailing and requires a great strength of character, tolerance and an understanding of the acceptance personal responsibility.

The exchange provides a unique opportunity for young Australians to experience at first hand the many cultures of a different country, a new way of life and in some instances another language. Often, the friendships they make will be life long and important in achieving the aims of the exchange - the building of goodwill and understanding between countries.