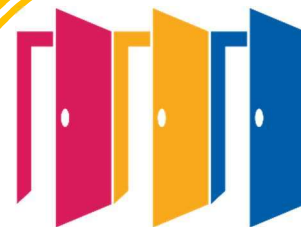


Rotary Club of Bairnsdale



Rotary Opens Opportunities

Tuesday Meetings

Login before 6:30pm

ZOOM Meeting
on a device in your home

BULLETIN 06
VOL. 83
01 SEPTEMBER 2020



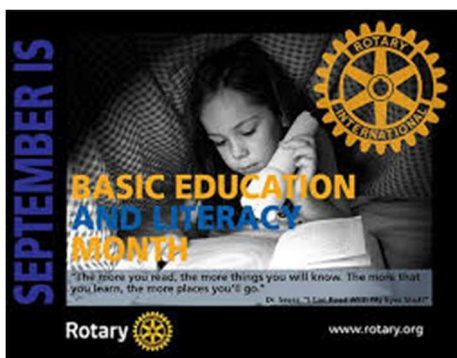
PRESIDENT'S MESSAGE

A wonderful visit from our DG Mark Humphries at our last meeting was welcome, and a good chance to hear what is happening in Districts mind and what Rotary else is going on in the wider world.

A full wrap up of DG Mark's visit and talk will be in the next bulletin edition.

I personally found it great to see that Foundation Chair Brenda has taken the Covid-19 restrictions in her stride as she plans our World Polio Day event. Tickets are already on sale and Michelle W has put together a nifty little logo as below.

Yours in Rotary,
Martin van Elst



COVID-19

ZOOM meetings are being held
for during of Stage 3 Restrictions

INDUCTIONS

John Beynon

39 Years – 1 September 1981

Bonnie Walker

4 Years – 6 September 2016

BIRTHDAYS

John Walker – 3 September

Michelle Worsley – 6 September

EVENT CALENDAR

SEP 01: ZOOM Meeting

SEP 08: ZOOM Meeting

SEP 15: Meeting

Either in person / ZOOM

SEP 22: BOARD MEETING

Either in person / ZOOM

SEP 29: Club Social Event

NO FORMAL MEETING

Social event has not been
set yet due to unknown
end of Stage 3 Restrictions

OCT 06: Meeting

Either in person / ZOOM

OCT 13: Meeting

Either in person / ZOOM

OCT 20: Meeting

Either in person / ZOOM

OCT 24: POLIO ZOOM PARTY

Saturday Night No-Fever

RI President

Holger Knaack

D9820 Governor

Mark Humphries

D9820 EG Ass. Gov.

Tony Murray

2020/21 EXECUTIVE

President

0450 921 756

Martin van Elst

vanelst.rotary@gmail.com

Secretary

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Judy Moore

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Treasurer

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Michelle Young

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Immediate Past President

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Patricia Murray-Walton

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2020/21 Directors

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Brenda Burney

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Membership & Vocation

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Brian Ross

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John Crawford

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Judy Moore

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Social Media

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Gillian Reeve

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Bulletin

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Martin van Elst

vanelst.rotary@gmail.com



CLUB PROGRAM CONTACTS

RC Bairnsdale Farmers Relief

Gillian Reeve

Co-ordinator

0411 432 522

bairnsdale.rotary@gmail.com

East Gippsland Rotary Fire Aid

Martin van Elst

Club Representative

0450 921 756

vanelst.rotary@gmail.com

Golf and Bowls Charity Day

Rex Estoppey

Geoff Johnston

Donations are very welcome to;

Rotary Club of Bairnsdale Projects Acct

BSB: 633-000

ACCT: 165960451

REF: Farmer Relief (or name of Club Project)

As drought continues in many areas of bushfire ravaged East Gippsland, RC Bairnsdale has continued to commit its resources to the Farmers Relief project.

The last of the hay from Melbourne Water Board has gone to Swifts Creek and the kindly Rotarian from Leongatha has brought us a load of silage at his own expense. He brought another load on last Friday.

With Rex and Lindsay maintaining social distancing and mask wearing it did make for an unusual delivery.

We all look like masked bandits just now!!

RC Leongatha member Lindsay Murphy and Rex Estoppey.



Although very busy, Michelle Y took the time to pick up the full tins from the Bairnsdale Sporting & Convention Centre, who had been holding five tins since last Easter.

A good result that was appreciated by the Good Friday Appeal and a big thank you to Michelle for the counting and banking.

Funds raised by the Good Friday Appeal are used to purchase the latest medical equipment, fund innovative research and provide specialist training for staff at The Royal Children's Hospital. Support will give children the best chance for a healthy start in life by ensuring the hospital continues to offer world-class care.

Our donation has contributed to the ongoing success of the Good Friday Appeal and we are very grateful to all those who donated. We can all feel very proud to be part of such community generosity and participation.

FOSTERING FUTURES FOR KIDS IN FARKWA

We don't often get news of our sponsored students after they have completed their studies, however we do have news of one of them, Trasila Joachim.

Eight different sponsors have helped Trasila in one way or another over a long period of time. She was sponsored through secondary school at Farkwa, then went on to do kindergarten training. She got such high marks that she was offered the opportunity to upgrade to primary teacher training.

The last time I saw Trasila (in 2015), she was an extremely skinny kid with big sparkling eyes and a lot of ambition. Now she is working in a private primary school in Mbeya in the south of Tanzania. She is looking well-fed, healthy and happy.

It is great to know how things turn out for our students.

Joy Windle

Co-Ordinator - *Fostering Futures for Kids in Farkwa*

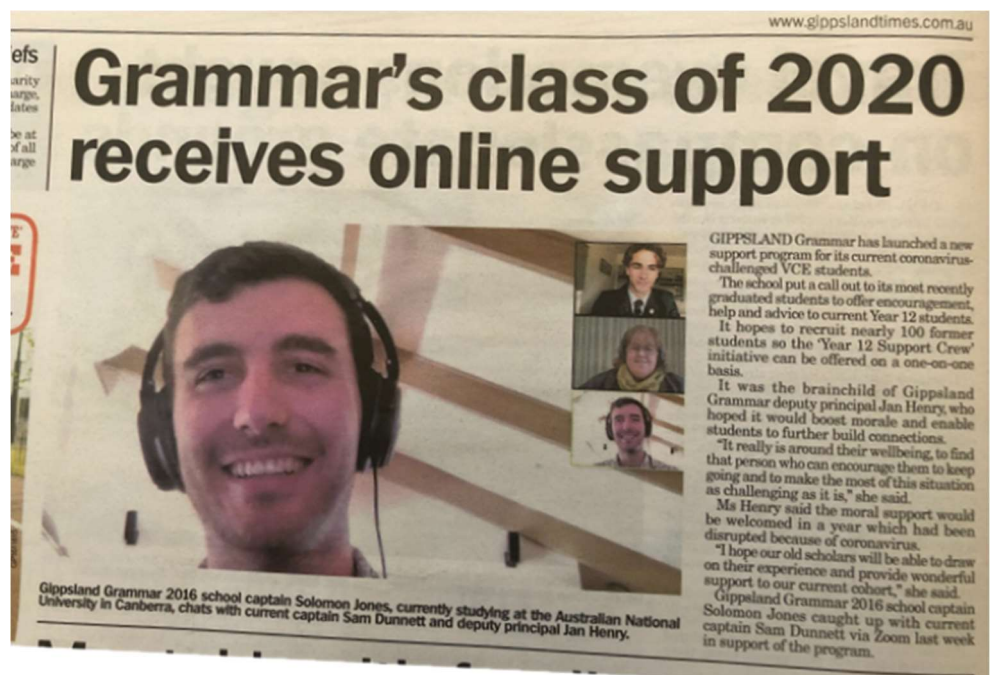


SOLOMON JONES SUPPORTING YOUTH ONLINE

Soloman Jones has appeared in the Gippsland Times, supporting his old school Gippsland Grammar online and mentoring the current school students.

Soloman has been in a few Rotary Youth Programs including NYSF, RYLA, RAIC and also Internal Science Program in Germany.

Soloman has a special connection with PP Patricia who has supported Soloman through his Rotary youth programs.





WHAT'S YOUR ANGER IQ?

Help keep your cool in COVID-19 lockdown

It's the age of outrage, so you're not alone if you're feeling more irritable or aggressive than usual. But you can manage your knee jerk reactions.

You probably don't need a checklist of natural disasters, medical emergencies, economic contractions or social uprisings to know there is a lot to be angry about in 2020 – reaching a point where even the most level-headed of us have become familiar with the hot rush of rage.

"The world is very stressed right now and there's a lot of unease," explains Dr Celin Gelgec, a clinical psychologist and director of Melbourne Wellbeing Group. "When uncertainty is high, we can feel a whole lot of emotions, and anger is certainly one of them."

Patrick Dixon, a psychologist at The Indigo Project agrees. "Key social and political issues have caused outrage internationally and there's a sense of frustration. Add to this the increased uncertainty that comes with COVID-19 and a platform for problematic anger opens up."

It is, of course, acceptable to feel angry some of the time; it's an emotion like any other. But it is neither healthy nor productive if it remains the only way you feel. "We simply don't have the capacity to take on every single issue that arises – so we shouldn't try to," notes BBC broadcaster Ashley 'Dotty' Charles, whose new book *Outraged* explores how the age of agitation has put civil discourse on a path to extinction. "Outrage is subjective, so just because something has provoked someone else doesn't mean that it will elicit a similar feeling in you."

What it means to be angry

Let's get one thing straight – anger isn't a dirty word. In fact, in certain cases, it can be downright helpful.

"Anger can help you stay safe and alive," says Dixon. "If you're under attack, anger kicks in to provide that extra bit of energy to keep you out of harm's way. It also works like a vantage point for your moral compass, when something has happened that goes against who you are and what you stand for."

The problem with anger lies in the fact that it's driven by impulse. Activated by your amygdala – the part of your brain responsible for emotion – anger is often triggered without question or consideration, and this can cause you to act on perceived injustices even when they aren't exactly valid. How your anger presents itself depends largely on whether or not you internalise or externalise it.

"When people internalise anger, they can often experience physical symptoms such as a clenched jaw, frequent headaches and stomach aches, and they also exhibit passive-aggressive behaviour, such as being irritated or disagreeable".

Calculating your anger IQ

For both Dixon and Dr Gelgec, anger – whether internal or external – becomes problematic when it causes conflict within your relationships and leaves you feeling distressed. "When anger is on the higher end of intensity, out of proportion to the situation, occurs frequently and is difficult to control, it's considered a problem," says Dixon. "Behaviours associated with problematic anger include frequent verbal aggression, like swearing and screaming, physical violence towards yourself and others, constant interpersonal difficulties, arguments, bullying and harassment."

If you identify with any of the above behaviours, it may indicate that you have an anger problem. Keeping track of your emotions can also help identify whether or not you have a problem; by writing down your reactions, you'll better understand your triggers and the frequency with which your anger occurs.

"Spend five minutes a day reflecting on your daily schedule and taking note of any moments that made you angry. You can also jot down the intensity of the emotion from zero to 10 – with 10 being the angriest – as well as any physical sensations you experience."

1. Investigate your anger

Instead of ignoring your anger, or trying to suppress it, Dixon says it can be more helpful to approach it with curiosity.

"Allowing space for and analysing anger can reduce its intensity," he explains. "Ask yourself: where do you feel it in your body? How big is the feeling? How deep within your body is it? What shape is it? Then breathe deeply into the shape, while reminding yourself that it will pass soon enough."

2. Take a breath

Breathe slowly and deeply rather than taking shallow breaths. "Deep breathing can mitigate the effects of your fight-or-flight response and activate the calming rest-and-digest response."

Apps such as Calm and Headspace are great in guiding these deep-breathing techniques."

3. Do the opposite

Take a moment to assess whether or not your anger is unhelpful, like if you feel like screaming at someone or becoming violent. Then do the opposite. "This technique is a Dialectical Behaviour Therapy strategy that helps with managing difficult emotions such as anger," explains Dixon. "The opposite of anger could be compassion, so consider a compassionate interpretation of the situation."

4. Nourish your body

Exercising, eating well and feeling rested can also help. So make sure you work out at least three times a week, make healthy food choices and set up your bedtime routine for restful sleep.

5. Let it out

Bottling up your anger will only lead to an outburst, so Dixon suggests releasing your anger in a cathartic way. "Perhaps scream into a pillow or yell along to your favourite song. Do whatever allows your anger to flow through you, as long as the action is true to your values."



Rotary Club of Bairnsdale

FROM THE BOARD

For an unprecedented 1 week early Board Meeting, we had a good turnout with all those who attend meeting on Zoom present, with the exception of the Walkers whom we wish John a speedy recovery in hospital.

MEETINGS

ZOOM meetings continue to be weekly and a way for us all to stay connected as a group and continue to serve our community.

PUBLIC RELATIONS

Facebook is being regularly updated thanks to Michelle W so it's a handy hint to check it out every chance you get.

FOUNDATION

Brenda & Michelle has certainly been busy over the last few weeks. They have put together an extravaganza of an event for World Polio Day on 24 October 2020.

Polio Zoom Party (Saturday Night No-Fever) is the event and it promises to be an exceptional night. Tickets are available for \$20 on Eventbrite, with a link on our facebook page.

Brenda has an auction planned as well as the usual fun and games on the night that Brenda is known for. Saturday Night No-Fever is the theme so have your costume prepared.

MEMBERSHIP

It is sad news that we have had the resignation of John Ariens.

44 years of being a Rotarian with Bairnsdale has certainly been an active time for John and with Covid-19 making its mark on the way we all go about our lives, he has decided now is as a good a time as any.

Rob Moore has also decide to call time on his Rotary service, with his life taking a different direction.

FARMERS RELIEF

We are still pressing ahead with our Farmers Relief project with bales of hay and stock feed still going out to those who require it.



RC Mitchell River (Bairnsdale)
Bairnsdale RSL
Monday 5:45 for 6:00pm



RC Bairnsdale Sunrise
Bairnsdale International Hotel
Wednesday 6:45 for 7:00am



RC Lakes Entrance
Central Hotel
2nd & 4th Wednesday 6:00 for 6:30pm



RC Orbost
Orbost Club
1st & 3rd Wednesday 6:00 for 6:30pm

A DIFFERENT CHANGEOVER

Rotary Club of Mermaid Beach

On Wednesday lunchtime I attended the changeover of the Rotary Club of Mermaid Beach, which turned out to be a very low-key affair. Cliff, the President for 2019-2020 was taking on the role again for 2020-2021. There were only about 16 people present including myself and another lady, Chris from the Rotary Club of Wendouree Breakfast (Ballarat), John and Bonnie's old stomping ground. No partners attended and everyone was in casual clothes, I thought I might jump up my dress code and was a bit overdressed.

Cliff outlined the fragmented year that he had, with four months rubbed out with Covid, although eventually they embraced Zoom meetings. They still managed to distribute funds of which \$5000.00 was donated to EGRFA, a cheque I was able to receive on behalf of our committee. Cliff made the whole affair very light hearted, thanking the Past President for his great work and advising the new President that he had big shoes to fill.

He was keen to get rid of some of the formality that still exists at their meetings, as he has seen in other clubs how relaxed they are. They still recite a very lengthy Rotary grace, which I just let go by, plus a toast to the Queen. Her picture is still prominently displayed but kept getting knocked over today, which leads the way for it being stored permanently in the storage room. Remember when Tim took "Queenie" away to the Historical Society, it took most members four months to realise that she was no longer there. All clubs have the same issues and it is a fine line becoming more modern, in an attempt to attract more, younger members.

It was a great meeting and even though extremely informal, at the end of the day, Cliff is still the President for 2020-2021 and I am sure he will do a great job. Sometimes we worry too much about the pomp and ceremony, but it all works out in the end. I am glad that I am able to attend a face to face Rotary meeting as well as our own club's Zoom meetings, a good mix.

Still enjoying myself in sunny Queensland!!!!

Gillian Reeve

Rotary



PEOPLE OF ACTION

WELCOME ROSTER

SEPTEMBER 01: Not Required

SEPTEMBER 08: Not Required

MARQUEE ERECTIONS

NOVEMBER 2020: Bairnsdale

MARCH 2021: Bairnsdale