

16th August – 5th September 2023

PRESIDENT PAULINE's PONDERINGS

- Congratulations to Gippsland Lifeline for 55 years of supporting our community.
- Thank you to Marika Furnell for a very informative and compassionate address on the work that Lifeline does.
 - International President Gordon McNally, having lost a brother to suicide, has prioritised Mental Health in this his Presidential Year.
- Congratulations to Don Blackley for 45 years of service through membership of the Rotary Club of Drouin.
- 'Rotary Leadership Institute' coming up next month, new members are invited to attend these 2 sessions offered at the Drouin Hub. September 2nd & October 7th
- Member Questionnaire: Please fill this in and return it if you haven't already done so. It is an opportunity for you to make suggestions and comment on our club.
- Thank you to Drouin & District Community Financial Services for their donation to assist with the cost of shopping bags for our Drouin Rotary Market.
- De-badging working bee at the Drouin Ambulance was a very successful effort with around thirty people attending for up to four hours including: off duty ambulance officers, *lots of* Lions, CWA, three groups associated with Warragul Community House, some community members who heard it was on and, Keith, Tim, Diane Roberts and me from Drouin Rotary. Boxes of items for de-badging were also delivered to Rex & Jill Greenland, Rob Stewart and Bob & Maggie Vogt. Thanks to all.
- Thank you to Ian Haughton for organising the dinner on August 30th at *Food4Thought* at Drouin Secondary College.

ANNIVERSARIES

- *In this coming period*: Jane & Roger Playdon and, Glenda & Robert Stewart celebrate wedding anniversaries; induction anniversaries celebrated by President Pauline (16 years) and so also by Don Blackley (45), Tim Wills (18) and Bob Vogt (12).

DATES for the DIARY

TUESDAY 22nd August – Breakfast Club – *David & Pauline Proposch*

TUESDAY 22nd August – BOARD MEETING at 6.00 at the Hong Kong Inn

WEDNESDAY 30th August - Dinner (partners) at *Food4Thought Restaurant*, Drouin Secondary College

THURSDAY 31st August - Breakfast Club – *Pauline & Brian Maunder*

TUESDAY 5th September – DINNER MEETING at 6.30 at Hong Kong Inn – *How Did You Learn to Read?*

SATURDAY 16th September – Drouin Rotary Craft & Produce Market

TUESDAY 19th September – DINNER MEETING at 6.30 at Hong Kong Inn – **PIE NIGHT** 

TUESDAY 26th September – BOARD MEETING at 6.00 at the Hong Kong Inn

TUESDAY 3rd October – DINNER MEETING at 6.30 at Hong Kong Inn – *Mental Health month*

Saturday/Sunday 14th/15th October – Garden Show at Lardner Park



Pauline recognises Don Blackley's 45 Years



Coming or Going DvL?



Guest Speaker Marika Furnell & Pauline



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

District 9820 & ZONE 8 & ROTARY INTERNATIONAL News

- Read the latest District news at <https://rotary9820.org.au/>

PROGRAM – LifeLine

Meeting Chair Rob Stewart introduced Marika Furnell, a Crisis Services Coordinator with *Lifeline* Gippsland where she trains and mentors crisis support workers while also taking calls, which she has been doing for five years. Lifeline is Australia's largest suicide prevention service provider.

Lifeline Statistics

- Each year, over 1 million Australians reach out to Lifeline for support.
- Lifeline's 13 11 14 crisis support line receives a call every 30 seconds.
- Lifeline's network of 41 centres, 10,000 volunteers, and 1,000 employees provide a lifesaving national infrastructure for those experiencing immense pain and anguish.
- There are 3,500 Crisis Supporters working with Lifeline so that no person in Australia has to face their darkest moments alone.
- Lifeline Australia was founded in 1963 and turns 60 years old this year.
- Lifeline Gippsland was the second Lifeline phone room nationwide and founded in 1968 – we are celebrating 55 years this year!

Suicide Statistics



- 8.6 Australians die every day by suicide. That's more than double the road toll ([ABS, 2022](#)).
- 75% of those who take their own life are male ([ABS, 2022](#)).
- An unknown number of Australians attempt suicide every year, with some estimates suggesting this figure may be over 65,000 (Slade et al, 2009).
- Suicide is the leading cause of death for Australians between the ages of 15 and 44 ([AIHW, 2022a](#)).
- The suicide rate in Aboriginal and Torres Strait Islander peoples is twice that of their non-Indigenous counterparts ([ABS, 2022](#)).
- People in rural populations are 2 times more likely to take their life by suicide by suicide ([AIHW, 2022b](#)).
- LGBTIQ+ community members report having attempted suicide in the past 12 months at a rate 10 times higher than the general Australian population ([Australian Research Centre in Sex, Health and Society, 2021](#); [Australian Research Centre in Sex, Health and Society, 2020](#)).
- Beyond the tragic loss of the person, the impact of suicide deaths are felt by up to 135 people, including family members, work colleagues, friends, first responders at the time of death ([Cereel et al, 2019](#)).
- Males aged 85 and older experience the highest age-specific rate of suicide ([ABS, 2022](#)).
- An estimated 1 in 3 of Australians reported feeling lonely ([AIHW, 2021](#)). Lifeline is here to listen.

Marika told us that Sunday 6th August had the highest number of calls since “lock down” and that phone shifts are from 5 to 7 hours long, which include necessary breaks. Volunteers must “take care of themselves”.



The service is about “listening” not giving advice or referrals. Every call is treated as a “one-off” as it is not a counselling service – it is about helping callers in their time of crisis.

For emergencies call 000

Many other services can be accessed when help is needed, including  and 



REMINDERS

- Keep the surveys coming in. Every comment will be part of the overall review and planning for the future of our club.
- Partners' Dinner at Drouin Secondary College restaurant on **Wednesday** 30th August. \$40 pp BYO



- Market Committee has been working hard for a 'Spring into Spring' Drouin Market on 16th September.

Centenary projects

Peace Poles

AMONG the key community projects Rotary Adelaide aims to deliver this year is the popular Peace Poles initiative.

Rotary Adelaide and Rotary clubs across South Australia will be distributing 100 peace poles to celebrate 100 years of Rotary in South Australia. The Peace Poles symbolise the message of peace, inspiring unity among people from around the world.

Rotary Adelaide Centenary Committee Chair Heidi Unferdorben said they were proud to lead this important community initiative in 2023.

"Our aim is to distribute 100 Peace Poles for 100 years of Rotary in South

Australia as we spread the message of peace across our state. Together, with Rotary clubs across SA, we have already distributed more than 85 peace poles to schools and community organisations, including one

in Kandy, Sri Lanka, and one at Adelaide Oval.

"The ethos behind the Peace Poles symbolises our common wish for a world of peace. They stand as a silent vigil, reminding us to think and act in the spirit of peace." RDU

ABOVE: Rotary Adelaide members Janet Patton and Kay Dowling at Kilkenny Primary School's peace pole ceremony.



One of many great articles in this month's Rotary Down Under magazine

BOOKINGS and APOLOGIES

Members are reminded that they need to make contact with William Wong **0418 391 586** not later than 11.00 AM on the Tuesday of our meeting if you are not going to attend, or if you will have a guest.

You will be charged if no apology has been received.

