

Rotary International President Holger Knaack's theme for 2020-21,

Rotary Opens Opportunities,

asks Rotarians to create opportunities that strengthen their leadership,

help put service ideas into action and improve the lives of those in need.

Future Events

29 June - Changeover - Book your table now -\$50pp which includes welcome drink and nibbles, 2 course alternate drop and 80th anniversary birthday cake. A bar will be in operation. **RSVP by 18th June.**

7 July - Pie Time Celebration - Samuel Gee Pies

Please Note: Apologise by Friday noon, attendance is the default position.

Meeting Notes - June 22 2021

Venue: Pepperfield House, Pepperfield Resort



Journalist: Trevor Fair

Welcome: President Rod Aistrope: Welcome to Louise Murphy, guest speaker, Ian Law - past Rotarian who was a Charter member of the first multi-racial Rotary Club in South Africa RC of Victoria 6. Ian and his wife moved to Australia 36 years ago and has been a Rotarian at St Ives and Wellington. Recently moved to the SH.

Welcome, also to Paul Leota, originally from the RC of Dural, 2009-2012. After retirement moved to Renwick, where he came across our recent BBQ. Paul is looking to get back into Serving Above Self.

A warm welcome to partners Stephanie, Liz and Eric.

Invocation: Des Rudolph, First time good job

International Toast: Vicki Kelley

Madagascar is the fourth largest island on Earth and lies 400km off the east coast of Africa in the Indian Ocean. It was part of the super continent Gondwana but when it broke up the island separated and its animal and plant species evolved independently. Today 90% of its wild life is unique to the island.

The people of Madagascar were impacted by traders and immigrants from Africa and Arabia for centuries but were ruled by their own monarchy until the French took them over and absorbed them into their colonial Empire in 1897. They regained their independence in 1960 and will celebrate their Independence Day this Saturday, the 26th June.

Today the Republic of Madagascar has a population of around 28 million but it is a very poor country with low living standards. Its economy relies on eco-tourism, mining and agriculture for foreign income. On the east coast is the port city of Toamasina also known by its French era name Tamatave. It has a population of 330 000 served by the Rotary Club of Tamatave. The Club was Chartered in 1967 in District 9220 which covers 75 Rotary Clubs in six Indian Ocean island states with 19 Clubs in Madagascar. The Club has 27 Members led by President Mary Rakolonandria.

In a nation so poor there is much to be done by Rotary and the Club recently made their distribution of donated clothing in the slum areas of the town.

Announcements:

2 BBQ on the weekend. Brian Ritson reported on the weekend activities. Jim Gasson had to fix the trailer lighting before the weekend commenced. A big thank you to Jim.

Renwick 260 serves. Approx turnover \$2k with costs to come out

Komatsu variable number of serves with about \$1500 profit.

Thank you to everyone who assisted.

Donations - Renwick \$67, and Komatsu \$100.

Guest Speaker - Louise Murphy

Louise had been in contact with Ray Williams. Louise started Australian First Responder Foundation as is a Churchill Fellow.

Background is as a registered nurse, in mental health and drug and rehab.

One in 5 persons will experience some mental health difficulties.

Where it all began. My passion is as a St Johns Ambulance service. Was asked to develop a peer support program for first responders.

The aim was to develop a plan to look after the mental health welfare of the volunteers.

One afternoon was at a Grand Final at a major stadium and was on the emergency bike. First call was for a collapsed patron. Unpacked the bike with the gear including defibs, oxygen etc.

Immediately needed to attend another job. Etc. a very busy night.

Her colleague finished the night and never was seen again. This caused Louise to thank about who looks after the first responder volunteers.



Churchill Fellowship is a very tough selection process. Was successful in getting a grant to travel to UK & USA and Canada. Spoke to emergency first responders seeking answers to how first responders coped with difficult situations.

Was able to get into New Scotland Yard and worked close to a tight team.

During the 2020 bush fires worked at Yarrawich immediately after arriving back from overseas. During Covid allowed Louise to spend time setting up Foundation.

There are currently 380,000 First Responders in Australia, of which 240,000 are volunteers. As there is a mixed bag of personalities, with experiences and skills they have a variety of vulnerabilities and resilience.

1 in 3 volunteers report being diagnosed with a mental health condition.

Volunteers have a higher than average psychological stress. 3 x more likely to have a suicide plan.

A World with Responsive and Mentally Healthy First Responders. The aim is to deuce mental health and reduce suicide.

Deployment is usually in a basketball court on bunks etc. So the 3 day retreat is a residential free course with peer support and see what has been learnt during the experiences.

The one thing that keeps people alive is connection.

The best way to assist the foundation is to invest by promotion of the cause.



President Rod won the raffle. Only the wine this week.

Thank you to Barbara Sinden for her catering.

Changeover - please book and pay by RSVP - 18th June.



The Rotary Club of Moss Vale

73rd Annual Changeover Dinner

30th June 2021

President Ross Craig

and members of the Rotary Club of Moss Vale

Invite you and your wife/husband/partner/guest

to join us for our **Annual Changeover Dinner** and the induction of

Incoming President Margie Stuart and the Board of Directors for 2021/2022

Venue: Dormie House, 38 Arthur Street, Moss Vale

Time: 6.00pm for 6.30pm start

Cost: \$50 per person for a two (2) course meal, drinks @ bar prices

Payment please by electronic funds transfer **or** cash/cheque deposit to:

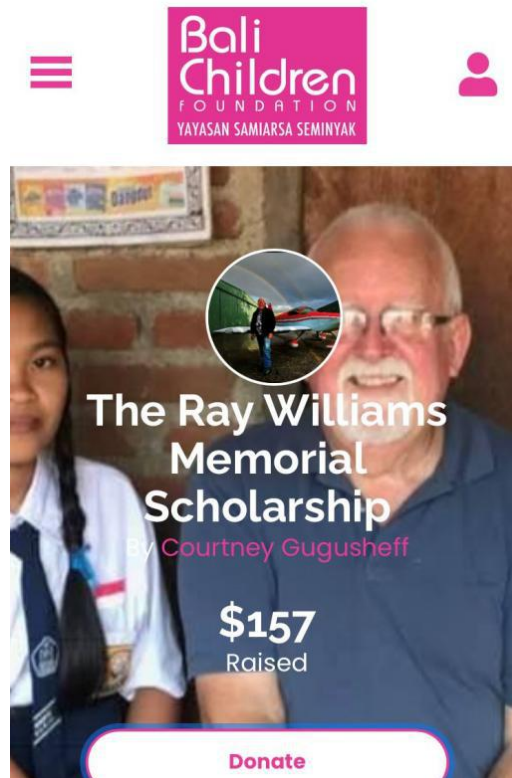
The Rotary Club of Moss Vale, BSB 062 576 Account No. 00800229

(please include your name/s) **or** card/cash/cheque on arrival.

RSVP by 23rd June 2021 **to Ross Craig: 0488 998 640,**

rossc041260@gmail.com

In lieu of flowers please consider making a
Donation to Bali Children Foundation



<https://fundraise.balichildrenfoundation.org/fundraisers/courtneygugusheff/the-ray-williams-memorial-scholarship>

Thank you for reading this Bulletin: Journalists and Editor appreciate your interest!