



Report for June 14, 2022; Volume 83, No: 45 Rotary Club

of Bowral-Mittagong (Combined with Moss Vale)

District 9705 Charter Date 26 March 1940

President: Will Eddowes Secretary: Trevor Fair



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Rotary International President Shekhar Mehta's theme for 2021-22,

Serve to change lives,

is urging members to become more involved in service projects, saying that caring for and serving other is the best way to live because it changes not only other people's lives, but also our own.

Future Events

June 21 - Bowral Bowling Club - Vicki Kelley - Pop-In Update

June 28 - The Hermitage - Rotary Club Changeover - Partners and Guests

July 2 - Highlands Golf Club – District Changeover \$45pp

July 5 - Bowral Bowling Club

July 12 - Kookabar - Social Meeting

July 19 - Bowral Bowling Club

July 26 - The Hermitage

***** Confirm by Sunday for Tuesday Night**

Venue: The Hermitage

Journalist: Ian Langford

President Will Eddowes opened the meeting at 6:30 by welcoming us members and guests.

Guests: The guests were Robyn Liberale, Susan Law, Mara de Jongh, Tim Bowland, Carsten Prien and the Guest Speaker Alice Richards of ReFrame.

Jim Gasson was invited to recite the **Invocation** and **Ian Langford** was asked to give the International Toast.

International Toast - Ian Langford

Iceland, the only above sea part of the mid Atlantic Ridge was first settled by Norse adventurers in 874 AD. The centre plateau is highly volcanic and is constantly under eruption. Jules Verne declared that it also has the entrance to the Centre of the Earth.

The island is only 500 km east west by 400 north south and is home to 372 000 people.

After various wars and treaties in Europe it came to be ruled by Denmark and eventually at the end of 1944 it became a republic. It celebrates its Independence Day this Friday, the 17th June.

The country produces all of its electricity from hydro and geo thermal generation - the highest production per capita in the world so its naturally cheap electricity allows it to have a large part of its economy in aluminium refining.



Its capital Reykjavik is on the west end of the island and the small town of Egilsstaðir, population 2 300 is near the east coast.



In 1966 the Rotary Club of Egilsstaðir was chartered in District 1360 which covers the 32 Clubs in Iceland.

President Sveinn Jonsson leads 28 Members serving their small community.

Editor added: Iceland has some of the most unique landscapes in the world, a place certainly worth putting on one's bucket list



President Will Eddowes:

President Will then announced that he was very pleased to be able to perform one of the most important presidential tasks namely to induct a new member into Rotary. He then invited Carsten Prien to join him at the front. President Will explained why Carsten was considered worthy of joining the Club and outlined how it was expected that the Club would benefit from his membership as well as Carsten benefiting from his membership.



Carsten responded with a few words and then he was applauded by the members with a standing ovation. Congratulations Carsten and welcome.



President Will reminded members that this Sunday (19th June) the club will be supplying breakfast and lunch for about 200 people at the Marulan Race Track. We will be using their equipment and just supplying food and labour. We need to start serving at 7:00am so an early start will be needed as it's about a 45 minute drive.

Guest Speaker

After the tasty dinner the Hermitage provides **Denise Coad** introduced our guest speaker **Alice Richards**. First of all Alice apologised that Skye Leicester of the Bowral District Children's Foundation (BDCF) had taken ill and was unable to be at the meeting. She might be able to visit us at another time.



Alice is a Clinical Integration Manager at Community Links Wellbeing; Alice is also Secretary of The Southern Highlands Suicide Prevention Program. Alice is very passionate about supporting young people in the ReFrame Youth Mental Health service while driving to Zero Suicide Rates in Australia.

Alice explained how the various groups in the area are pulled together by "Community Links Wellbeing"

(<https://www.communitylinks.org.au/>)

and she told us about the "ReFrame Youth Mental Health Service" to which she apportions a large part of her hours. <https://www.communitylinks.org.au/reframe/>

ReFrame is a free walk-in service for young people aged 12-25 in the Wollondilly and Wingecarribee areas. ReFrame provides psychological therapies delivered by Mental Health Professionals and Youth Engagement Workers within a hub-based and outreach framework. They provide information, support and services for young people who are having a tough time managing stress, anxiety or worry and depression or feelings of sadness, physical health, family and relationships, study or work pressures.

Anyone can refer to ReFrame and is not limited to General Practitioners. People can attend their walk-in located in Station Street, Bowral or the walk-in at Tahmoor.

The “Bowral District Children’s Foundation” was originally formed as “BDCU Children’s Foundation” in 2005 as a Business Community Partnership between BDCU and Southern Highlands residents to support the needs of the Children’s Ward at Bowral Hospital that was in urgent need of refurbishment. Since that time, the scope and achievements of the foundation have continued to evolve but with the continuing central mission based on “caring for our children’s health and wellbeing”. The BDCF is operated by a committed and 100% voluntary committee, and further supported by a community of like-minded “Friends of the Foundation”, who help with fundraising events and other support.



During 2022 the BDCF is supporting a number of organisations as they work with the Children of our local area including the Pop-In as well as ReFrame. Pop-in provides a safe and friendly place which supports women and children who are threatened or impacted by domestic violence and abuse. It is a safe space to be heard and to receive advice and counselling about anything that is required.

Since its opening in 2021, Pop-In has been overwhelmed with demand for its services which sadly highlights an enormous unmet need in our community. This year the BDCF is continuing to support the position of a qualified children’s counsellor to help the children who are affected by domestic violence and abuse.

Alice outlined how youth mental health concerns are very high in the Southern Highlands. She is a Mental Health and Resource Ambassador. As well as collaborating with the Pop-In, ReFrame is working with Ben Quilty and the Ngununggula regional Art Gallery where art can often help with mental health.

Time then ran out and Will allowed a couple of questions before thanking Alice for her extremely informative talk and presented her with a pen to remember her visit to our meeting.

Raffle: Lucky Rose Conley won the raffle and received a good looking bottle of red wine.

President Will closed the meeting and reminded us that Vicki Kelley will be speaking next week about the Pop-In and that the monthly birthday pizza lunch is this Friday at the Imperial Hotel at 12:00pm.

Coming up Next week....

