



PO Box 324 BUNBURY WA 6231

www.rotarysouthbunbury.org



THE BULLY

Number 11 : 12 Sept 2012
September is New Generations Month



Quote of the week:

Tell me and I'll forget, show me and I'll remember, involve me and I'll understand

Dinner Bookings & Makeup's

South Bunbury:

Rose Hotel
Wednesday
6.15 for 6.45pm start,
0413 743 601 before 10 am

Bunbury:

Parade Hotel
Monday
6.00 for 6.30pm start
97212933

Bunbury Leschenault:

Parade Hotel
Wednesday
12.00 for 12.30pm start
97212933

APOLOGIES: TO
www.rotarysouthbunbury.org

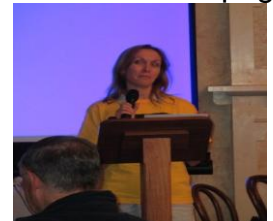
Or Sgt-at-arms Dean, by 10am by phone or email on 9727 0236 or 0428 915 571 deanandgail@hotmail.com

Send Contributions & Information for the Bully to:
dawn.naylor@ecu.edu.au

ONE LIFE, LET'S MAKE THE MOST OF IT.

Ray Philp introduced our guest speaker, Melody Birrell, from the One Life Suicide Prevention Project. Melody gave us some confronting statistics about the increasing prevalence of suicide. In Australia there are 170 cases per day and worldwide there is one completed suicide every 41 secs. There are no stereo-typical characteristics of people who complete suicide, which makes it even more difficult to diagnose. Mel gave a personal account of how she was drawn to her passion to overcome the stigma attached to suicide. She emphasized the growing need to raise awareness that 'telling someone' should be taken very seriously.

Continued over the page



NEXT MEETING: MONDAY 17 Sept 2012



MONTHLY KEYNOTE SPEAKER ; World ISSUES

**Dr Henry Oakley
at
Koombana Bay Sailing Club**

CELEBRATIONS

12 – 18 Sept 2012

BIRTHDAYS

David Keyser 13th

PARTNERS' Birthdays

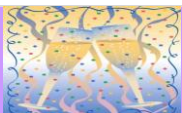
Helen Harris 16th

WEDDDING ANNIVERSARIES

45yrs John & Anne-Marie Gray 15th

INDUCTION ANNIVERSARIES

N / A



OTHER GUESTS THIS EVENING.....

In addition to our guest speaker, Melody, we also welcomed James Hill back for a second visit and Sharon Toll as Ben's guest.

I'd like to introduce Sharon Toll, our newest employee at Barretts. She is an embalmer.



SOME REPORTS

Community, Peter Hill, reminder about the Spring Clean Pantry can collection on 26 Sept. Christmas cakes order are also being taken, cost is \$14 per cake.

Administration, Ben Andrew, reminder about next Monday, the meeting will be held at Koombana Bay Sailing Club. Commences 6.00 for 6.30 start. Cost is \$30 pp, guests welcome. We are expecting over a 100 people, so volunteers are needed on Sunday at lunchtime to set up chairs.

Membership, Rod Downe, a small ceremony was held prior to the meeting tonight to endorse mentors for David and Steve.

FINES

Stewart Binnie was fines master this week. Cedric had to carry the box for the correct erection of the advertising sign. Interesting fines ranged from keeping the bar staff on overtime, Olympic dog walking, absence from cycling but made up on a cycling machine, free printer but the cartridge cost \$150, and the never-ending story about car hires and trips to Perth and Bunbury and Perth and Bunbury- but the car was returned in the end.



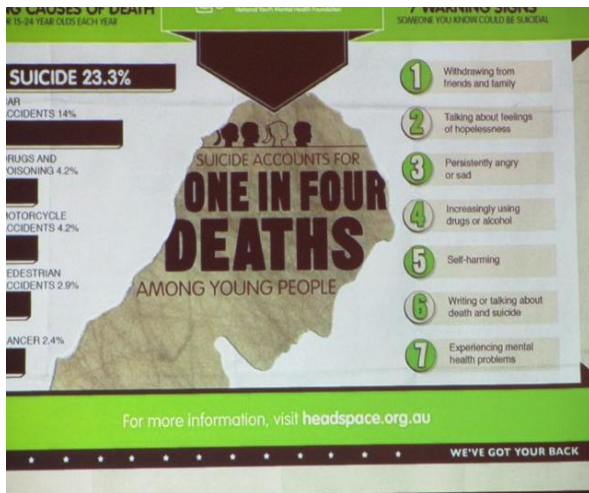
WEEKLY COMPETITION

Raffle ticket sales – over 100 tickets tonight, well done everyone. Stewart and John won prizes this week. The jackpot was not taken and as such next week there is \$180 up for grabs.



MORE FROM ONE LIFE SUICIDE PREVENTION PROJECT

The high risk group for suicide was men aged from 15-25 yrs. Suicide is the largest killer of men in this age group being at 23.3 % above cancer and road fatalities. Mel identified the importance of networks to this group. Second on the hit list were again men but in the 30-39 age bracket, with reasons attributed to lifestyle changes such as FIFO workers and families dysfunction. This group's needs were for mentoring programs. The last high risk group were men over 55 , facing retrenchment, planned for retirement but with bodies unwilling.



Mel described a four step approach to preventing suicide. Firstly, ask RUOK ? Secondly, listen without judgement. Thirdly ,encourage action and lastly follow up. Mel's main goals were to demystify the beliefs behind suicide, bring it out into the open, recognise it is a voluntary act, raise the awareness of agencies and look at histories. Headspace, a major source of help, found on www.headspace.org.au will be coming to Bunbury in January

ON A LIGHTER NOTE....



We're on Facebook now!



John, Neil and Terry before the meeting



President Stephen kicks off the meeting



Real flowers on the table



Clive and Peter having a chat



Clive (again) Wally and who's that trying to get in on the scene!



David and Morris

REMINDERS:

Monday 17 Sept
26 Sept
28 Sept
21 Nov

Dr Henry Oakley at Koombana Sailing Club
RYLA information session at Bunbury Catholic Grammar
Sundowner- maybe at Sandro's - TBA
DG Bob Cooper visits

Responsibilities for the next fortnight!



Duties:	19 Sept	26 Sept
Host & Grace	NO MEETING	TBA
Properties		
Properties		
Reception		
Reception		
Introduction		
Thanks		
Ticket Sales		
Fines		
Raffle Spinner		

ED *That's all folks!*