

Bulletin II – 19 September 2019

Barry Elliott – Psychology & Road Safety

A psychologist is not a psychiatrist

Psychiatrists are trained medical doctors and focus on medications, as a course of treatment of people with emotional and mental suffering.

Clinical Psychologists focus on psychotherapy and behavioral interventions for those seeking help

Non Clinical psychologists focus on applying scientific principles to study human behaviour in all its manifestations.

This evening's guest speaker was Barry Elliott a highly qualified, semi retired Consulting Psychologist. Barry lives locally and previously or currently has many roles including those with the University of Newcastle, National Heart Foundation, Advisory Committee on Road Trauma (Hawke Government), OECD Marketing of Traffic Safety, designer of NSW 2013 Safe Driver Course, former Rotarian, facilitator Tomaree Prostate Cancer Group, Life member Australian Psychological Society and Nelson Bay croquet player and golf club member.

Barry's focus over 30 years has been on road safety. He has been significantly responsible for the introduction of random breath testing in NSW, compulsory wearing of bike helmets, ignition interlock devices for drink drivers, Safer Drivers Courses for NSW Learner Drivers and has worked in Vietnam, Malaysia, New Zealand and Paris OECD Scientific Expert Group Road Safety.

Barry emphasised that establishing a change in human behaviour has been instrumental in the improved outcomes for motorists. Positive changes have occurred with novice drivers, drinkers who also drive, recidivist drink drivers and cyclists. Behavoural changes have been brought about by causing a change in attitudes and beliefs (eg. It is no longer acceptable to drink and drive), and by changing the environment in which they perform their behaviour. Examples of change in the environment since we were young and drank include



26 Sep: Peter Page 27 Sep: Doug Melhuish Anniversaries Nil

Raffle- Heads & Tails:

H&T: Kathy Rimmer Raffle: Phill Smith

Member Duties 26 September 2019 Door: Milton Williams, Jim Booth **Meet/Greet:** Ella Clarke Loval Toast: Doug Craike Grace: John Cropley Intro Guest speaker: John Crump **Thank Guest** Speaker: **Chelsea Ellul Bulletin & Photos: Phill Smith**

Next meeting – Marion Sampson – Real Futures – Menu: Beef pie and veggies. Apologies/Extras to John Crump by noon on Wednesday! Ph 0401 450 239

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legislation, enforcement, penalties, RBT and advertising campaigns.

Following the success of RBT, Barry has worked with the introduction of the law regarding wearing helmets when riding bicycles and the use of ignition interlock devices which prevent convicted drunk drivers from operating a motor vehicle whilst intoxicated.

There have been some unintended outcomes of RBT legislation such as the increase in pedestrian fatalities.

Future research will address drivers who use vehicles under the influence of drugs and motor accidents involving the use of mobile phones and other technology. Safe driver courses and driver awareness courses for young drivers are showing positive benefits. Barry emphasised the benefit of defensive and non-aggressive driving with a clear recommendation to allow 50m between vehicles. Graph 1 below shows overall fatalities since 1930 and graph 2 the improvement due to RBT.

Road Fatalities per 100000 Population per annum 35 30.4 30 25 23 22.1 20. Fatalities 20 66 15 9.49 10 6.14 4.65 5 0. 1950 1960 1970 1980 1990 2000 2010 2018 1940



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COMING EVENTS.

Thursday 26 September: Science Discovery Day – Tomaree High School

Thursday 26 September: Club meeting – Speaker Marion Sampson - Real Futures.

Friday 27 September: End polio fundraiser – Film "Ride Like A Girl" Nelson Bay Cinema

Thursday 3 October: Club Meeting.

Saturday 5 October: Bunnings BBQ – proceeds to Nelson Bay Junior Cricket.

Wednesday 9 October: Project Neighbour 2pm – Board Meeting 5.30pm.

Wednesday 16 October: Members, Honorary and Past Members and Friends morning tea - Evviva.

Thursday 17 October: Club meeting featuring presentation by members of US Friendship Exchange.

REGULAR EVENTS.

First Thursday of each Month: Dinner Ladies in the Bistro.

Second Wednesday of each Month: Project Neighbour at selected locations.

Third Wednesday of Each Month: Past & Present Members Morning tea at EVVIVA restaurant.

CLUB NEWS AND EVENTS.

- Richard Turner reported that the Rotary Town Clock is at last shortly due for completion. Designs and plans are with the manufacturer and unless there are more unforeseeable delays the clock should be in place in Yaccaba Street well before Christmas.
- Last Sundays Bunning's barbeque was particularly successful with a stream of customers all day. Overall profit from the day was in the vicinity of \$1,000. Secretary Don emphasised the importance of these barbeques in our annual fundraising. Wonderful fellowship between members is also a positive outcome of these events.
- Planning for the Judy Mitchell Memorial Long Lunch for MND Research is proceeding with regular committee meetings convened by Chair David Clark. Immediately the End Polio fundraiser concludes advertising of the event will be in full swing. Even so at this time over 50 tickets have been sold which is most encouraging. Tickets are on sale now at <u>www.trybooking.com/544940</u>. The Dinner will be held from 11.30am to 3.30pm on Saturday 16 November 2019 at Saltwater Restaurant Fingal Bay.
- Bulletin Editor Chris published the community service calendar in last week's bulletin. It should be noted that October is a particularly busy month with many service projects. An additional event has been added with catering for the Salt Ash Pony Club on Sunday 20 October. All these events coincide with the USA Friendship visit our club is hosting during the month. Please check the calendar and let Director Milton know of your availability to help.