



ROTABAY

The Newsletter of the Rotary Club of Runaway Bay

16th July 2019

Meeting No: 1558

What's Happening July/August 2019

16th July 2019

Chair: Karl Frick

Guest Speaker: All

Topic: Open discussion re Clubs social program

23rd July 2019

Chair: Anita Whiteford

Guest Speaker: Andy Bell

Topic: Adventures of an undercover cop – Part 2!!

30th July 2019

Chair: Nancy Notman

Guest Speaker: TBA

Topic: TBA

6th August 2019

Chair: John Murtagh

Guest Speaker: Sam O'Connor MP

Topic: Political stuff!

All Correspondence to

The Secretary,

The Rotary Club of Runaway Bay Inc.

P.O. Box 8, Runaway Bay' Qld, 4216

Email: rotaryrunawaybay@gmail.com

Meeting Apologies

Contact Secretary: Bob Curtis

Telephone: 07 5529 8302

Email: robert.curtis2@bigpond.com

Roster changes/Absences

Contact: Karl Frick

Telephone: 0418 493 295

Email: tmkwf@optusnet.com.au

Presidents Message – Greg Smith

Greetings one and all. Firstly, we had a very successful partners night and District Governors visit on 2nd July. Given that we had just had a partner's night the week before at the Changeover Dinner the attendance of a large number of members and partners was wonderful. The meeting went well, Harry Bolton our District Governor gave an interesting address covering various current issues affecting Rotary such as membership.

One issue arising from the recent partners nights was an indication that some members and partners would like to see more social occasions to enable members and partners to get to know each other, particularly those who are relatively new to the club, and to interact in a more relaxed environment. This issue was raised at the meeting on the 9th July and will be subject to further discussion at the next meeting. I think it's a great idea and offers us a range of options outside of the formal meeting environment.



At our last meeting we had the pleasing news that Roy Howard had used his networking skills to contact Mr. Basil Sellers, for whom the Bond University theatre is named, and request a donation. He was delighted to tell us that Basil Sellers had donated \$5,000 to the Mental Health Symposium. Huge well done to Roy.

If that wasn't enough Brian Heaton, then briefed us on the \$25,000 grant he had applied for and received from the Gambling and Liquor Funds for the purchase of a BBQ trailer for the club. Huge well done to Brian. He and Ken Lister are preparing a plan for the club to consider in relation to this matter.

Des Lovett is pursuing his quest to have a job for everybody and everybody in a job by way of allocating tasks and areas of responsibility to all of us. I think this is very important not only in terms of shared workload but as a strategy to involve newer members in the club's activities.

Phil Smith tells us John Cooke is on the road to recovery after his mammoth surgery and Nancy Notman must be feeling better as she is attending meetings and cracking the whip to keep us up to speed. I saw Paul Vertullo recently and he has just had a stent procedure and is recovering well. We wish all those with health issues all the best.

The final issue is of course the great curtain debate or rather lack of. The bowling club has removed the curtains separating the meeting area from the dining area due to safety concerns and this has created a situation where the diners are a distraction for the meetings, and I am sure we are equally disturbing to the diners. It is hoped some sort of resolution to this can be achieved, if only a short-term temporary solution, pending a permanent resolution.



Secretary's Message – Bob Curtis

Member attendances were 22 (Laurie Buckley, Nigel and Irene Cates, Del Cole, Tony Coxen, Bob Curtis, Brian Deasy, Peter Fisk, Karl Frick, Brian Heaton, Roy Howard, Ella James, David Kerr, Eric Lewis, Ken Lister, Des Lovett, David McKenzie, Nancy Notman, Greg Smith, Phil Smith, Tom Turner, and Anita Whiteford).



Visiting Rotarian was Gerard Delis of Rotary Club of Avonhead NZ.

We basked in the shadow of the greatness of Chair Nigel Cates and our trusty Sergeant Phil Smith.

All goes well for the Early Psychosis and Mental Health Symposium on 20 August. Del's PNG projects are all running very much in hand and she will be calling us for packing help soon.

Brian Heaton advised we have been successful in winning a \$25,000 grant to build a barbecue trailer, more details soon.

Ella James Delivered us a bracing talk on the relativities of Mental Health

Regards Bob



Runaway Bay – Why would you live anywhere else!!



Our 2019-20 RI Presidential Theme



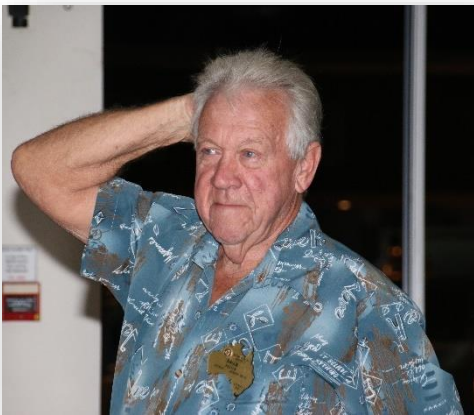
The Tale of the BBQ Trailer – PDG Brian Heaton (B1)

Once upon a time there was a Rotary Club in Qld, Australia, named Rotary Runaway Bay.

The Members of the Club would carry out many Barbeque days, cooking for various community projects, in and around the local area. To do this was quite a task for the members, who had to go early to where their equipment was stored in a shipping container, take along their utilities and box trailers, and expend much energy in getting the necessary gear out, pack their vehicles and proceed to whichever community event they were servicing.

Then, many years ago, they purchased a small caravan which had originally been used as a food van for these types of events. It was suitable for a number of years, but eventually it became more of a nuisance than an asset. Then they were back to the old process of load, unload, then back to the container at Labrador for re-storing.

In 2014 one of the members suggested that the club purchase a purpose-built trailer, similar to the many trailers other Rotary Clubs had acquired and were using with success. Some of these trailers were too big and cumbersome, and some clubs experienced problems with storage of the



unit. Nevertheless, the ease of usage at events was definitely a plus. In the meantime, the member had prepared some drafts outlining the design of a trailer that he had been involved in building back in 1987 when he was a member of a Rotary Club in the Sydney area. That trailer was designed and built with sponsorship money from St. George Building Society (now St. George Bank), with much of the construction work being carried out at the Gynea College of T.A.F.E. This trailer is still in use today.

However, Rotary Runaway Bay members put forward some pro's and con's, and as a result, the project did not proceed. Until more recently, one of the club's members was the main catalyst in taking on the responsibility of organising and collecting the equipment and accessories needed to carry out a barbeque event. Sadly, this member has since passed away.

At a recent meeting of a club planning committee held at the Paradise Point Bowling Club, the subject of a barbeque trailer reared its head once again, whereas the same member as previously put the proposal forward to purchase a purpose built and equipped box trailer, fully self-contained, and to seek a special community grant from The Liquor and Gambling Fund to cover all the costs. The committee accepted the proposal and

authorised the member to go ahead. A lengthy submission was prepared and forwarded, requesting the amount of \$ 25,000. This submission was successful, and on July 7th, 2019 the club received a very welcome email from the Fund Committee informing the nominated applicant that the request had been approved, and that the money would be deposited into the Club's Community Service Account within 14 days.

A small committee has been formed to plan, and to seek quotations from various local contractors to submit their tenders for the various components. It is envisaged that the whole of the Grant will be spent in providing a Barbeque facility that will allow the club members to carry out their Barbeque responsibilities with less arduous work and in much better comfort than in the past, including a full canopy type cover to protect from adverse weather conditions.

Where the unit will be stored safely and vandal proofed, is not quite established at this time – but we are confident that it will happen.

The inaugural Barbeque will be a social event, held at a suitable venue, for the Board, the Members and their families.

When this finally happens, they will all live happily ever after!!

Editors Note: Planning is underway – who knows what engineering marvel we will end up with, \$25,000 gives a lot of scope!!





The Governor visit





Positive Mental Health in The Wisdom Years – Ella James

As we get older, we become more vulnerable to change, stressors and trauma. Research indicates that a significant part of over 50's population struggle to bounce back after major setbacks, have a far slower rate of recovery and have higher risk rate of developing poor mental health.



What is poor Mental health then?

- Increased anxiety and rumination, catastrophizing (expecting worst case scenario outcome)
- Increased depression and anhedonia, loss of interest in everyday activities
- Social isolation and withdrawal
- Poor personal hygiene/grooming
- Loss of interest in maintaining a clean household, not paying bills, no checking mail
- Poor sleep or excessive sleep
- Poor appetite or excessive eating
- Increased irritability
- Difficulty focusing, racing thoughts
- Increased alcohol use
- Suicidal ideation, feeling useless, thinking others will be better off without them, seeing no hope for the future, nothing to live for...

Contributing factors:

- Personal illness or that of family member/spouse/close friends
- Chronic illness/poor prognosis
- Unemployment/retirement/redundancy
- Bereavement/loss of spouse/child/close family member
- Empty nest syndrome (adult children moving out/away from home/relocating to other state, country)
- Separation/divorce, unsuccessful re-partnering
- Personal relocation/social isolation, loss of social connections, loss of familiar surroundings and existing supports and networks
- Financial difficulties
- Loss of ability to live independently/loss of mobility
- Physical and sensory impairment, (hearing, eyesight, joints) (particularly with men)

Risk factors:

As with most challenges in life, it is much easier to deal with one issue at a time. When we face two or more of the contributing factors mentioned above, our emotional resources become depleted. At such time we begin to feel increasingly tired, agitated and anxious or withdrawn and flat. Initially, these symptoms can be part of a normal response to challenges outside the norm. This state of mind can persist if the situation continues and does not seem to be resolving in the near future, and over time become debilitating mentally and physically.

In cases of bereavement (*not spouse or immediate family*), retirement, relocation for example, we experience a period of adjustment during which poor mental health is a temporary condition and resolves itself as things settle or as other issues or interests distract our attention.

Other challenges such as bereavement (spouse, child), separation/divorce and/or chronic illness have a greater impact on mental health. Recovery is slow and difficult, and chronic depression and suicidal ideation is more prevalent.

Research indicates that protective factors that can assist with maintaining good mental health and reduce the likelihood of suicidal behaviour among older adults include:

- strong social networks and supports
- community participation/opportunity to volunteer, sharing personal knowledge/skill, feeling useful.
- learning new skills or having a hobby, i.e. improve computer literacy, University of the Third Age.
- maintaining physical health/ good diet/regular exercise/good sleep hygiene and personal grooming.
- self-sufficiency, help seeking, connecting with support services in the community.
- connection to land, spirituality and/or ancestry, kinship networks and cultural continuity.

Looking after ourselves:

- engage in outdoor activities
- maintain social connections with friends, family
- surround yourself with positive people and implement boundaries with toxic others
- take up a new interest/hobby
- practice memory games daily, sudoku...
- set goals for the future, challenge yourself to do something different

What can we do for others at a personal level???

Have the conversation

- Talk to family/friends/neighbours/peers if you are worried about them.
- Prepare when and what you are going to say.
- Learn more about depression and anxiety in older people.

- Try to understand things from their perspective.
- Value their wisdom and experience.
- Be supportive and ask how you can help.
- Find a balance between helping and respecting their independence.
- Help them understand what support is available.
- Be patient and respect their privacy.
- Let them know that you are there to support them. Let them know they are not alone.

NOTE: *People tend to provide support soon after an incident. Research indicates that individuals receive support at the time of the incident; however, reality generally hits 3-4 weeks after the incident, when most supports end/withdraw, and family/friends return to their own personal lives. This time presents of very high risk in individuals' recovery journey when they try to make sense and meaning of their loss/experience. Please be the one to touch base well after everyone is gone.*

What can we do at a club level?

- Reach out to the community. This age group represents our main source of membership. Let's open an opportunity for people to engage in the community and improve social connections.
- Collaborate with other services to create events promoting social engagement, Ballroom dancing/Barn dancing, etc...
- Increase our public image locally by having physical presence in the community, i.e. Paradise Point Markets, etc.

Overview

There are many advantages to being older. This is when you have more time for family, friends, travel, hobbies, and other things you've wanted to do for a while. Not to mention you're wiser, and more experienced. You have a lot to give and you have the time to do it.

Your wellbeing is as important now as any other stage of life. You can experience many changes in your older years – living arrangements, physical health, brain function and memory, among others. Therefore, it is important to devote the time to looking after yourself, so you can then be able to help others as well.

Mental health and wellbeing often involve an alignment of social belonging, physical health, feeling supported, and having a clear purpose in life. Taking part in enjoyable and relaxing activities and being involved in the community are great ways to start. Volunteering and activities that help others can also have a positive effect on your wellbeing. Let us share this with others, as a way to keep ourselves engaged in the community and make a difference in the life of others.

Thank you Ella

Anniversaries – May/June 2019



Please let the editor know of any upcoming anniversaries!!

Like to join us for a meeting?

Location: -

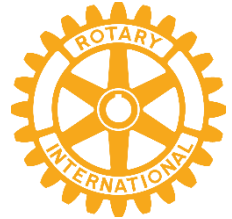
Paradise Point Bowls Club

22 Thrush Avenue, (corner Sunbird Ave)

Paradise Point, Gold Coast, Qld

When: Tuesdays 6.00 for 6.30 pm start (except public holidays)

Please email us for more information: rotaryrunawaybay@gmail.com



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