

Rotary Club of Christchurch South



Ursula Keay - Taking the Power Back and Maintaining Mental Health

Ursula Keay presented a very moving speech about mental health from a personal perspective as well as giving us many key ideas to reflect upon.

She gave examples of how she found strength amid a variety of issues that she has had to contend with. These ranged from a partner with a gambling addiction, having a baby, being rejected and her own mental health issues. There were times, Ursula told us, that she felt like ending her life but instead was able to turn it around, believing that her life was not going to be defined by failures.

Being driven, rejecting the Tall Poppy Syndrome, Ursula continued her story outlining that we can firstly set the bar too high for ourselves and have unrealistic expectations. Secondly that failure was a mindset and that to achieve success there is a need to take many small steps towards our goals.

'When life gives you lemons make lemonade'.

Use failure as a motivator and focus on successes'.

Lastly there is a need for connection – a sense of community and belonging to ensure people feel wanted and needed.

She spoke about depression and the alarming suicide rate advising us to reach out. There is a necessity to listen for the warning signs.

Key questions to consider when we doubt ourselves according to Ursula:

1. If money wasn't an issue would I still be doing what I am doing?
2. If I had 30 seconds to give a message to the world what would it be?
3. Can I truly see myself being successful in this?

Question time and thanks to the speaker made reference to Ursula's inner strength and bravery to present her speech from such a personal viewpoint.

We all wish Ursula every success in her life journey and her goal to gain a Bachelor of Broadcast Journalism.

Thank you Viv for this weeks report.



Ursula Keay, Guest Speaker

Next Week

Anita Wreford - Climate Change

Upcoming Events

6 - 7 September

MS & PD Appeal

Learning and Info Seminar - Barbara 021 966 631

11 September

New Horizons Rotary Fundraiser Quiz -
gabriellecooper@xtra.co.nz

18 September

Gala Peace Dinner - register [here](#)

19 September

Rotary Lunch - Kahikatea Common

20 - 22 September

Rotary Regeneration Conference - register [here](#)

11 October

Pink Ribbon Appeal

12 October

Guess Whose Coming To Dinner

19 October

Cashmere Residents Association BBQ

The best of National and International Barbershop Concert. The Plainsmen Chorus of which Alan McKinnon is a member are the hosting the National Barbershop Convention at the Isaac Theatre Royal. The highlight public performance is the Parade of Champions Concert at 7:45pm on Saturday 14th of September. Not only does this concert showcase the best of NZ barbershop it also features the 2018 International Barbershop Quartet Champions, After Hours. If you like a capella music you will be blown away by this. Tickets are \$27.75 for senior. This event is preceded by the National Young Singers in Harmony contest for high school students. Their Champions Concert on Thursday 12th of September will also be a spectacular event. To purchase tickets for either of these events, go to www.ticketek.co.nz and search for barbershop.



RYLA
rotary youth
leadership awards

We are seeking applications for RYLA candidates for the 2020 course

The course is for 18-25 year olds who have shown leadership potential or may be involved in a leadership activity currently

Course date: Sunday 12 to Friday 17 January 2020

Venue: College House, 100 Waimairi Road

Applications: To be received by **28th September 2019**

Please note that the course will be a week earlier than recent years.

Applications forms can be found [here](#)

Applications should be forwarded to Tony Blackler who will handle communications with the Lincoln club organisers - blacklers@xtra.co.nz

Duties

Duty	11 September	18 September
Cash Desk	L Bermingham	K Gunasekara
Cash Desk	R Mackie	A Stewart
Reception	D Buist	C Ayrey
Speaker Host	M Opie	C McCarthy
Grace	D Peterson	D Johns
International Toast	B Wales	K Dalziel
Thanks to Speaker	V Ellis	G Fowler
Quote	J Woodward	A Kim
Speaker Reporter	C McCarthy	M Opie
Sergeant	P Mears	D Peterson
Deputy Sergeant	C Ayrey	L Bermingham

Notices

- Hensh debrief on Wednesday 2nd October after normal club meeting
- Guess Whose Coming To Dinner:
 - ◇ Saturday 12 October
 - ◇ We need hosts and guests
 - ◇ \$25pp if you're a guest and BYO
 - ◇ Hosts will have 4 guests (couples or singles)
 - ◇ This is a fun fundraiser with the money going to the Music Section of the Champion Centre which is managed by our own Paul Harris fellow Julie Wylie
 - ◇ A board will be sent around Rotary 18th and 25th September

Don't forget to follow us on our [Facebook](#) and [Website](#)

Reminders

Record your apology by:

- Notifying the Reception Desk
- Email chchsouthrotary@gmail.com before 11am on that Wednesday
- Emergency apologies to Mike Bruce on 022 540 1251
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Leave of absence requests (three weeks or more) must be in writing to the Secretary