

ROTARY CLUB of LISMORE WEST Inc
WESTWARD HO BULLETIN - Thurs 27 September 2018
Volume: 58 No. 10 Dinner No. 28919

Acting President Fred Rudwick opened the meeting with Rotary Grace and welcomed visiting Rotarian Patricia Wilson. Our guest speaker for our Mental Illness night is new member Dave McLoughlin. Fred was pleased to see that members had joined in the spirit of the meeting by wearing "silly" hats as a demonstration of "Lifting the lid on Mental Illness".

President Trevor was a late arrival and had arranged for Fred to do the honours. Trevor will be away till November.

Directors Reports

SECRETARY'S REPORT

- Just a reminder about Aussie Masters Hockey
- Mon 1/10 7-11am Ron Chittick, Graeme Hargreaves
- Wed 3/10 3-7pm Lester Huston
- Thurs 4/10 11am-3pm Bob Barnes
- I was fairly sure someone would know a young professional aged 25-40 who could benefit from "an amazing business opportunity with a high emphasis on building vocational exposure to facilitate leadership growth and development" through an exchange to the Philippines next March. I sent details to everyone.
- A bench seat we donated to Fromelles should be delivered this week.
- We contributed \$1000 to a World Grant project run by Sustainable Cambodia and applied for a matching grant from 9640. Our District matched this with a grant to the project, covering a larger contribution from RC Summerland Sunrise too.
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Welfare: Eric is reported to have put in place a requiem for the West Coast Eagles (just in case they win the flag!)

Eric asked that anyone being aware of a medical problem with any of our members please give him a ring.

Club Service: Tony Cicchinelli congratulated most of us on our "mad hatters" turn-out. The exception was one copy cat! Tony also spoke about a special guest speaker who was booked for the 18 October. That date coincided with the North Coast National and Tony wanted to know whether most of us would be at our meeting (yes).

Vocational: Gary advised that we have 6 Nominations and acceptances for the Pride of Workmanship awards. That is an excellent result and all 6 will be at our Ladies night meeting on 25 October for the awards. An excellent result. *Well done Gary.*

Birthdays for October: 1st Broughton Weaver, 6th Joan Denny.

Anniversaries for October: 1st Fred Rudwick (Jo), 5th Doug and Joy Ridley.

Sergeant. John Remyse had a lot of fun dishing out fines starting those without fancy hats, then a story about old people who could remember black & white TV and continued to support a particular team wearing black & white. Then there was Lester with a black eye, Patricia with the wrong ID, Rod & Cicca copy cats, Sec Graeme for his learner driver antics, Glen for his Disney Goofy hat,

Cicca again for almost anything about the Rabbitos, all the wan-a-be chefs at the Masters Hockey tournament and anyone else looking a bit guilty.

International What's it : Lederhosen Elio

Guest Speaker: New member Dave McLoughlin, our guest speaker on this Mental Health night was introduced by Tony Cicchinelli. Dave's Rotary Classification is Mental Health. He runs the Lismore GROW Centre and has State, National and International responsibilities for the development and implementation of the GROW mental health programs. Dave is a remarkable and admirable individual who has been to the depths of serious mental illness but has recovered to be an articulate and wonderful example to others. (A good guest speaker for other Rotary clubs too).

In the not too far distant past, no-one spoke about mental illness. Then we had mental health week and now mental health month. The conversation is finally starting but we have a long way to go. Dave spoke about a recent conference at Parliament House in Sydney, the Mental Health Co-ordinating Council headed by Carmel Tebbutt and with Australian of the Year Prof Patrick McGorry. The frightening statistic is that 45% of Australians will experience some form of mental health problem in their lifetime. Even worse, 8 people suicide every day in Australia.

In our health budgets, 5% is allocated to mental health where-as 15% of health issues relate to mental health. As Dave see it, our current system is broken and needs a major re-think. Mental health professionals talk about managing your mental health (usually with medication and specialised hospitals/clinics) where-as organisations such as GROW have programs developed over many years to give clients the tools to sort out their own problems and escape the mental health system.

The programs offered by GROW are anonymous and free. Many individuals join a GROW group, and over time, regain their self confidence and esteem, re-establish a network of friends and are able to re-enter the workforce and participate in society as normal, useful citizens. Keeping these people out of the mental health system saves vast amounts of money and achieves outstanding results for the individual and society.

GROW funds it's activities on a shoe string, receiving very little support from the Area Health Service (in spite of the vast savings that result). Community groups such as our Rotary club support GROW with our help in getting them back in action after the 2017 flood. This has helped GROW do a "Pasta Night" on the 1st Friday each month. Next one is Friday 5th October at 6 p.m. at the GROW centre, 18 Union St South Lismore. Just roll up or (preferably) book a table/place by phoning 6621 3737.

Dave was thanked by Tony for his very moving and authoritative address. A/Pres Fred added that he was most encouraged that Dave and his team at GROW were addressing the Whole person.

Thought: *Hughie Baker told us that one of the shortest wills ever written said "Being of sound mind, I have spent all my money"*

Roster:	4 October	11 October
	Normal meeting	Board Meeting
Welcome/Intro/Thanks:	Ray Seifert	Elio Zambelli
Sergeant:	John Remyse	Doc Dorahy
3 Minuter:	TONY Cicchinelli	Bob Barnes
Guest Speaker:	Barry Mason	None.
Thought:	Eric Hocking	John Egglestone

Absences: If you are going to be away please phone or email me the details so I won't roster you. Ed.

That's all folks

Red Fayle Bulletin Ed. (occasional)

PS John Remyse taking over as Bulletin Ed for October and November.