

**20 October 2021 BULLETIN**

**TONIGHT WE WILL BE MEETING via ZOOM ... 6.15 for 6.30pm**

*October is Rotary's Economic & Community Development Month*

**Don't forget to 'dress-up' and wear a fancy hat for this evening's meeting!**



**Let's Lift the Lid on  
 Mental Illness  
 together this  
 October for  
 Mental Health Month!**

|   |  |
|---|--|
| <b>President:</b> Joanne Glaser                               | <b>RI President:</b> Shekhar Mehta         |
| <b>Secretary:</b> Angela Capri                                | <b>District Governor:</b> Jeremy Wright AM |
| <b>Treasurer:</b> Noel Watt                                   | <b>Assist. Governor:</b> Julie Collareda   |
| <b>IPP President:</b> Rose Pope                               | <b>Pres. Elect:</b> Aditya Ghose           |
| <b>Send items for the Bulletin to Editor: Michael Crowley</b> |  |

|   |   |
|---|---|
| Club website: <a href="http://westwollongongrotary.org.au">westwollongongrotary.org.au</a>  | District Website: <a href="http://rotarydistrict9675.org.au/">rotarydistrict9675.org.au/</a>    |
| Facebook: <a href="https://fb.me/westwollongongrotary">fb.me/westwollongongrotary</a>   | Club e-mail: <a href="mailto:westwollongongrotary@gmail.com">westwollongongrotary@gmail.com</a> |
| Instagram: <a href="https://www.instagram.com/rotary_club_of_west_wollongong/">www.instagram.com/rotary_club_of_west_wollongong/</a>            |   |
| Postal Address: PO Box 5040, WOLLONGONG NSW 2520  |   |
| Payments to the Rotary Club of West Wollongong can be made direct to:<br>Commonwealth Bank of Australia<br>BSB: 062-528<br>Account No: 28000503 |   |

| Birthdays   | Anniversaries         |
|---|-----------------------|
| 21/10 – Stephen Swan<br>24/10 – Dennis Simpson<br>25/10 – Adelle Chaplin<br>26/10 – Albert Cachia | <i>None this week</i> |

# CLUB PROGRAM

| Date  | Theme  |
|---|--|
| Wednesday 20 October 2021<br><i>ZOOM Meeting</i>              | ❖ <b><i>“Lift the Lid on Mental Illness”</i></b> – Cheryl Deguara from Australian Rotary Health + Ian Scott PhD Research Scholar, Kelly Tow ... with special appearances from:<br>- Mitchell St Clair-Glover – ARH PhD Research Scholar<br>- Abigail Leplaw – 2020/2021 RCWW John Chaplin Memorial Scholarship recipient |
| Wednesday 27 October 2021<br><i>ZOOM Meeting</i>              | ❖ <b><i>“Falling Off the Perch”</i></b> – Graham Lancaster, Lawyer<br>Albert Cachia will introduce Graham Lancaster & extend a vote of thanks  |
| Wednesday 3 November 2021<br><i>ZOOM Meeting</i>              | ❖ TBA  |
| Monday 8 November 2021  | ❖ Board Meeting  |
| Wednesday 10 November 2021<br><i>ZOOM Meeting</i>             | ❖ <b><i>ROMAC (Rotary Oceania Medical Aid for Children)</i></b> – DGN Tonia Barnes<br>Di North will introduce Tonia & extend a vote of thanks  |
| Tuesday 16 November 2021<br><i>ZOOM Meeting</i>               | ❖ <b><i>“Drive to the Future – Join the Electric Vehicle Revolution”</i></b> – Climate & Peace Forum webinar. Members & friends can register <a href="#">HERE</a> .  |
| Wednesday 17 November 2021<br><i>ZOOM Meeting</i>             | ❖ <b><i>Annual General Meeting – President Joanne Glaser</i></b>   |
| Wednesday 24 November 2021<br><i>ZOOM Meeting</i>             | ❖ TBA  |
| Wednesday 1 December 2021<br><i>ZOOM Meeting</i>              | ❖ Australian Rotary Health PhD Research scholar, Mitchell St Clair-Glover<br><b><i>‘Research Update’</i></b><br>❖ Abigail Leplaw – 2020/2021 RC of WW John Chaplin Memorial Scholarship recipient  |
| Wednesday 8 December 2021<br><i>ZOOM Meeting</i>              | ❖ TBC: <b><i>“Green Connect”</i></b> ... Ann Burbrook ( <b><i>Subject to reintroduction of face-to-face meetings</i></b> )<br>Rose Pope/Di Reid will introduce Ms Burbrook & extend a vote of thanks   |
| Monday 13 December 2021                                       | ❖ Board Meeting  |
| Wednesday 15 December 2021<br>Resumption of Face-to-Face Mtgs | ❖ <b><i>Christmas Party &amp; (long-awaited) Changeover</i></b> – Pres. Joanne & IPP Rose<br>❖ <b><i>Last meeting for 2021 ahead of a three week Christmas/New Year break</i></b>  |
| Wednesday 5 January 2022                                      | ❖ TBA<br>❖ <b><i>First meeting of 2022</i></b>   |

## [Tonight’s main guest speaker – Kelly Tow, Ian Scott PhD Research Scholar, ARH](#)

Research Focus: ‘Help for the helpers: The impact of role-identity and educational training on mental health help-seeking in Australian paramedics’ ... University of Wollongong, NSW – Scholarship Awarded in 2019

### Kelly’s Research Profile

After completing a double degree in Psychology and Marketing at the University of Wollongong, Kelly had a very strong passion for psychology and decided to undertake her honours year in Psychological Science. The research experience proved highly enjoyable and rewarding, sparking her interest in starting a PhD. Kelly was very fortunate to be accepted to commence a PhD in Clinical Psychology at UOW in 2018 and has loved the experience so far!



Kelly is particularly interested in examining help-seeking behaviours in individuals such as emergency services personnel, who constantly help others but whom often struggle to seek appropriate help for themselves. Kelly is looking forward to the years ahead, with hopes that her research will assist to improve the health and wellbeing of Australian emergency services personnel.

### Seven Women Project

On behalf of Seven Women, you are invited to ***“A Spirited Journey: The Seven Women Documentary”***, coming up soon on three alternative evenings of 20, 21 and 22 October.

This is the uplifting and inspiring story of a visionary social enterprise which has changed the lives of thousands of previously marginalised women in Nepal, as it follows a group of open-minded and open-hearted participants from all around the world on their 10-day Seven Women cultural immersion experience in Nepal.

This documentary will inspire you, move you and show you that sustainable social change is possible, and also truly amazing in the scale of its positive impact. This is the story of a group of remarkable Nepalese women who, as a result of our sustainable social enterprise model, have been empowered to change their lives - from being marginalised and cast-aside to now being strong and proud, self-sufficient, and beaming with joy and happiness.

Filmed in 2019, the documentary follows a group of Seven Women supporters from across the globe that travelled to Nepal with the Seven Women and Hands On Development Founder Stephanie Woollard, OAM. The film vividly captures the life-changing impact of their experiences, when they meet and directly work with the Nepalese women whose lives have been empowered through education, skills training and income generation.

This is a stirring story of courage, resilience and strength as these women seek to create a better life for themselves, their families, and other women in Nepal.

Please book [HERE](#).

With the three alternative dates available, the ticket cost is just \$25, with proceeds going towards the vitally important future development work through Seven Women.

If you would like a sneak preview of this amazing and uplifting film go to this [You Tube clip](#).

### **Report on last week's meeting: Phil Peckman**

- ✦ **President Joanne Glaser** welcomed all members to the meeting including the Person with the Power (PWTP) and the Person with No Power (PWNP).
- ✦ **Sergeant Ray Lee** wished both **Kerrie Hayes-Williams** (19 October) and **Jim Christensen** (16 October) a very Happy Birthday.
- ✦ The *Reflection* given by **Phil Peckman** highlighted how well the community had done regarding Covid-19 and vaccination rates.
- ✦ The *International Toast* was given by **Rose Pope** to the **Rotary Club of Glasgow**, highlighting the UN Climate Change Summit in Glasgow to be held later this year. The club runs a program 'Go Green Glasgow Clean' for school children with ideas generated on how to achieve a 'Greener' Glasgow.
- ✦ **Pat Roberts** reported that he had spoken to **Jessie Blundell** during the week and **Barry** was not doing so well in palliative care. **Joanne** reported she had spoken to **Michael Campbell** who is well and looks forward to joining our meetings again in the future.
- ✦ **Dennis Simpson** reported the *Charles Hotel* had reopened and *'Jag the Joker' on Thursdays and the Meat Raffle on Fridays* will both commence again this week. We have enough **members** volunteering for this week, who **must be fully vaccinated**.
- ✦ **Dieter Glaser** reported that the *Bunnings BBQ* is on again at Bellambi Bunnings on Sunday 24 October. **Volunteers must be fully vaccinated**. **Dieter** will send out a sheet for volunteers for either 2-hour or 4-hour shifts.
- ✦ **Dieter** also called for volunteers to help organise the *Melbourne Cup on-line event*. **Jim Christensen, Ray Lee & Dennis Simpson** volunteered to assist **Dieter** in organising the event.
- ✦ **President Joanne** then sought nominations for Board Positions in 2022/23:
  - **President Elect 2022/23:** **Aditya Ghose**
  - Nominations Received

|                       |                         |          |
|-----------------------|-------------------------|----------|
| ▪ President 2023/224  | <b>Dieter Glaser</b>    | Accepted |
| ▪ Treasurer           | <b>Noel Watt</b>        | Accepted |
| ▪ Club Administration | <b>Marilyn Phillips</b> | Accepted |
| ▪ Youth Portfolio     | <b>Ken Potter</b>       | Accepted |
| ▪ Public Relations    | <b>Jim Christensen</b>  | Accepted |
| ▪ Secretary           | <b>Di North</b>         | Accepted |
| ▪ Foundation          | <b>Joanne Glaser</b>    | Accepted |
| ▪ Community Service   | <b>Phil Peckman</b>     | TBA      |
| ▪ Membership          | <b>Dieter Glaser</b>    | Accepted |
  - *The AGM will be held on 17 November to confirm all positions and present the financial accounts for 2020/21.*
- ✦ **President Joanne** will be sending out a survey in the next week regarding a return to face to face meetings.

✚ **Di North** reported on several matters;

- The *Imagination Library* meeting reported 210 children were currently registered and they were expected more. Costs have increased to \$100 per child and fund raising would be required in the near future to meet financial obligations.
- The *Foundation Dinner* has been moved to 16 February 2022. Other Rotary Clubs will be invited and it is also a spouse's night.
- The *Polio Train Ride* has been moved to 23 February 2022.
- Next week is '*Fancy Hat*' night so please dress up accordingly.
- **Stephanie Woollard** from the *Seven Women Project in Nepal* has produced a documentary that will air 3 nights next week at a cost of \$25.00 per viewing. Di will send out details to members via email.

✚ **Diane Quinlin** gave a presentation of the current *Bee Project*. A short video was shown talking of how Bees are vital in the overall food chain and populations have collapsed in parts of the world for a variety of reasons relating to disease and climate. Australia is currently free of many of these but under threat and electronic tracking tags are being used to more fully understand Bee movements, behaviour and stressors.

- She spoke of the 5 hives that will be purchased which includes 'Social Bees' that are stingless. The hives will be placed at Kemblawarra, Lakes Heights and Warrawong Public Schools and 2 hives at Wollongong Greenhouse Park. A grant for \$15,000 had been applied for with the result to be advised by 15 November. WW Rotary will provide \$5,000 to allow the purchase of the hives, which will be reimbursed should the grant be successful.



✚ Please deposit \$20 in the WW Rotary bank account to participate in the raffle for four weeks, which will recommence next week.

✚ **President Joanne** thanked all for attending and **Sergeant Ray** told a pretty good joke and closed the meeting.

**Next week's guest speaker is Graham Lancaster on the topic of "Falling Off The Perch"**

**Graham Lancaster is the Principal at Lancaster Law & Mediation.**

Graham started his legal career in 1984 as a law clerk and was admitted to practice in the Supreme Court of NSW and the High Court of Australia in June 1990. He has since practiced in most areas of law and has appeared in Federal Courts and State Courts both instructing Barristers and as a Solicitor Advocate, without a Barrister.



Since 1997, Graham's practice has focused more particularly on Commercial Law and Insolvency, of which he is an Accredited Specialist in Commercial Litigation (Insolvency), and he has developed specialised knowledge and experience in Commercial Litigation and Dispute Resolution. Graham has since attained National Mediation Accreditation.

However, Lancaster Law & Mediation also offer legal services in Commercial Litigation and Dispute Resolution; Insolvency Law & Asset Protection; Estate Planning & Succession Law; Estate and Will Disputes; Shareholder and Partnership Disputes and Advocacy in Court.

*Albert Cachia will introduce Graham and pass a vote of thanks.*

**ROSTERS**

Please arrange your own substitute if you are not able to attend meetings

| Date  | Sergeant      | Reflection & Scribe | Int. Toast*** | Charles Hotel<br>Joker Draw & Meat Raffle |      |       |      |
|-------|---------------|---------------------|---------------|---|------|-------|------|
|       |               |                     |               | Date                                      | Team | Date  | Team |
| 20/10 | A Ghose       | M Phillips          | K Potter      | 21/10                                     | TBA  | 22/10 | TBA  |
| 27/10 | D Simpson     | R Pope              | D Quinlin     | 28/10                                     | TBA  | 29/10 | TBA  |
| 03/11 | J Christensen | K Potter            | P Roberts     | 04/11                                     | TBA  | 05/11 | TBA  |
| 10/11 | B Stevens     | D Quinlin           | D Simpson     | 11/11                                     | TBA  | 12/11 | TBA  |
| 17/11 | P Roberts     | D Simpson           | M Stanojevic  | 18/11                                     | TBA  | 19/11 | TBA  |
| 24/11 | D North       | P Roberts           | B Stevens     | 25/11                                     | TBA  | 26/11 | TBA  |
| 01/12 | J Erickson    | M Stanojevic        | S Swan        | 02/12                                     | TBA  | 03/12 | TBA  |
| 08/10 | R Lee         | B Stevens           | N Watt        | 09/12                                     | TBA  | 10/12 | TBA  |

\*\*\*Int. Toast: Each member to research and select their own Rotary-based international toast.

| The Charles Raffle Thursday 6.00pm |                  |            |               |              |               |
|------------------------------------|------------------|------------|---------------|--------------|---------------|
| Team 1                             | Team 2           | Team 3     | Team 4        | Team 5       | Team 6        |
| Jim Christensen                    | Marilyn Phillips | Ken Potter | Barry Stevens | Arthur Booth | Dieter Glaser |