

ROTARY CLUB OF SALE INC.

CHARTERED 1928



Club President
Grant Ellers
Secretary
Laurie Smyth

WEEKLY BULLETIN OF THE ROTARY CLUB OF SALE.

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R.I. President
William (Bill) Boyd
District Governor
Dennis Heslin

June 2007 — Rotary Fellowship Month

Chairman: Laurie Smyth

PRESIDENTS' ANNOUNCEMENTS

President Grant made a brief announcement in relation to the District Assembly and described it as a good, fun day. This was followed by the President of the RC of Sale Central, Gary Gray, who thanked all those who supported the concert put on by the Welsh Male Choir. The proceeds from this event went to local projects and the Vanuatu Eye Project.

Guest Speaker: Owen Connolly

Chairman Laurie introduced the speaker, Owen Connolly, with the following synopsis:

- Owen works with the Mental Health and Drug and Alcohol Service across Gippsland to support workers who work with clients, carers and those who have Mental Health and Drug and Alcohol problems.
- He trained as a registered nurse 20 years ago and has been working in this field for the last 15 years.
- Owen has worked as a counsellor for people experiencing Depression and anxiety along with more severe mental disorders.
- He came from the North of the South Island in N.Z. and has lived in Gippsland for the past 7 years.



Rtns Alan Lewis and David Hollands with Lady Mayoress Beth Ripper



Presentation of the cheque to the mayor of Wellington for the skate park.

Owen commenced his address by stating some critical facts.

- Depression is not simply normal sadness, being moody or just a low mood, but a serious illness. It causes both physical and psychological symptoms.
- Depression is common. Up to one in four females and one in six males will experience depression in their lifetime.
- Depression is the leading cause of suicide.
- Depression is often not recognised or treated.
- Current treatments for depression are safe and effective.
- Depression also commonly occurs with specific anxiety

syndromes.

He said that about one million Australian adults and 100,000 young people have depression and that depression is an important risk factor for suicides. Owen indicated that the suicide rate for men is four times higher in men than it is in women although attempted suicides are higher amongst women. Suicides are also much higher in rural areas than in the cities. He said that the best thing to do when faced with a potential suicide of a depressed person is to call for help from the police as they are the people who can respond most rapidly.

People with depression or anxiety can be hard to help as they often don't see the point of doing anything and feel that no-one can really help them.



Common behaviours associated with depression include:

- Moodiness that is out of proportion to recent events;
- Increased irritability and frustration;
- More sensitivity to minor personal criticisms;
- Withdrawal from social events;
- Loss of interest in food, sex, exercise or other pleasurable activities;
- Being awake throughout the night;
- Increased alcohol and drug use;
- Staying home from work or school;
- Increased physical health complaints like fatigue or pain; and,
- Being reckless or taking unnecessary risks (eg. driving fast or dangerously).

Owen invited those present to ask questions and Alan Lewis commenced by asking what the relationship is between depression and bipolar disorder. Owen explained that in bipolar, there is a swing between high and low moods.

John Teheney followed up with a question about the basis of medication for depression to which Owen replied that treatment with antidepressants such as Aropax and Prozac is effective for most people.

Tania Jones wanted to know if long term depression can turn into bipolar disorder to which Owen responded that generally, as a rule, this does not happen.

In response to a question from Col Counsell, Owen stressed that to prevent a depressed person from suiciding, it is critical to keep the person safe for long enough to start treatment and to call the police for assistance.

A number of further questions were put to Owen and in answering them he stated that research has shown that there is a link between depression and people who had been emotionally or sexually abused as children. He also acknowledged that there is a high rate of suicides amongst farmers and that the Department of Human Services is very much aware of this.

At the conclusion of his presentation, Laurie thanked Owen and invited President Grant to respond on behalf of the Club. The meeting then closed with Chairman Laurie inviting members from both Clubs to enjoy fellowship.



Sergeants-at-Arms: Mike Smith

- Sergeant Mike had a busy night collecting fines from the members of two Clubs single-handed. He commenced with Alan for flying past Mike too fast to wave to him.
- Adrian was next on his list for failing with the bulletin yet again.
- Rod has joined the list of Rotarians who are batching so he not only suffered the inconvenience but had to pay for it as well.
- Brian Norris fell in this category too with Kerry having moved out (temporarily) to Canberra.
- Mike found that with the security at Sullivan Braham it was very difficult to get past the receptionist so he fined Viv.
- Daniel's holiday brought some rain so he can go more often but has to pay the sergeant for the privilege.
- All Sale Central Rotarians who did not come to the Dinner Auction were asked contribute.
- Because Mary is retiring, bot she and Les had to pay up.
- David Hollands' ability to attend 11 Rotary functions in 9 days amazed the sergeant so much he thought it was worth a fine.
- Grant, the invoice specialist at the Dinner Auctions, found himself on the paying end of the sergeant's fine session.
- Liz attracted an anonymous fine.
- Rod, having already paid for batching, copped another fine for taking a week off work to watch the Tigers play two games in Adelaide.
- John Techoney paid up because there was no dirt on him.

NEXT MEETING Monday 28th May

Club Night:
Chair: Leo O'Brien
Sergeant: Rod Exton
Attendance: Noel Langley
Set up: Bob Davis
Venue: Relish

Meeting Monday 4th Jun

Guest Speaker: Beth Ripper – The Mayor's Annual Address
Chair: Grant Ellers
Sergeant: Leo O'Brien
Attendance: Noel Langley
Set up: Keith Miller
Venue: Relish

ON THE RADAR

Mon 11th Jun – Public holiday
Mon 18th Jun – Rob Noble – Egypt – Land of the Pharaohs
Mon 25th Jun - Changeover

Relish Contact Details

Hosts: Tania Jones & Robert Wood
Phone/Fax: (03) 5144 5044
E-mail: relish8@westnet.com.au
Rotarians, please remember to notify Relish if you'll be absent by 12:00 midday on the Monday of the meeting.

NOTICES

Attendance: Many
Visiting Rotarians: Many
Guests: Many
Make-Ups: None reported this meeting
Raffle: Three winners: Viv Braham, Stephen Chalmers and Owen Connolly

If you are away from home you will find friends at all Rotary Clubs. You can make up for missed meetings of the Sale Club with any of the following local Clubs:

Bairnsdale: Tuesday 6:00pm Bairnsdale Club
Bairnsdale Sunrise: Friday 6:45am Main Hotel
Heyfield: Monday 6:30 Railway Hotel
Lakes Entrance: Wednesday 6:00pm Bellevue Motel

Maffra: Thursday 6:00pm Duart Receptions
Mitchell River: Monday 5:45pm Italian Club
Sale Central: Tuesday 6:00pm Princeton
Traralgon: Tuesday 6:00pm Traralgon Golf Club
Traralgon Central: Monday 6:00pm Latrobe Convention Centre
Yarram: Wednesday 6:00pm Yarram Club

For more information about Rotary check the following websites

Rotary Club of Sale: <http://home.vicnet.net.au/~rcsale/> Rotary District 9820: www.district9820.org Rotary International: <http://www.rotary.org>

Just for Fun

A woman was pregnant and was in a bad car accident, which caused her to fall into a deep coma. After nearly six months, she awakens and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby. The doctor replies, "Ma'am, you had twins - a boy and a girl. The babies are fine. Your brother came in and named them" The woman thinks to herself, "Oh, no! Not Mike; he's an idiot" Expecting the worst, she asks the doctor, "Well, what's the girl's name?" "Denise," the doctor answers. The new mother thinks, "Wow! That's a beautiful name, maybe I was wrong about my brother. I really like the name Denise. "What's the boy's name?" The doctor replies, "Denephew."