

Rotary
CLUB OF BURNIE



CLUB NUMBER - 18437

THE BULLETIN

81ST YEAR - No 16– OCTOBER 17th 2022



**IMAGINE
ROTARY**



President – Roopa Mulik
Secretary - George Austin
Treasurer - David Bennett
Bulletin Editor – Allan Jamieson

INVOCATION

For good food, for good fellowship, may the
giver of all our blessings make us truly thankful.

ROTARY MONTH: OCTOBER – ECONOMIC & COMMUNITY DEVELOPMENT

Apologies: please call before 1:00 pm Monday

Dr Themba Bulle on 03 6432 2222 or George Austin on 0438 450 801

Duty Roster: Graeme MUIR & Dilani WIJESORIYA

Club website: <http://www.burnierotary.org.au>

Date	Event or Speaker/Topic	Venue
OCTOBER 24	Leanne Cullen – “My story”	RSL
OCTOBER 31	??	RSL
NOVEMBER 14	Emily Dunn, Marinus project update	RSL
Ideas for speakers? Contact George Austin		

BIRTHDAYS AND ANNIVERSARIES – OCTOBER 2022

Birthdays		Wedding Anniversary		Club Anniversary	
6	Senzeni BULLE	2	Paul/Philipa KEARNEY	18	David McCARTHY
9	Allan JAMIESON			20	Graeme MUIR 1968
				22	Nigel MORGAN

RAFFLE WINNER	Lindsay Morgan (Guest Speaker)
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ATTENDANCE	11 (42%) + four partners
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President Roopa:

Roopa welcomed the partners to this Hat Night meeting, an annual event designed to raise awareness of mental health issues. As well, she welcomed PDG Kevin Shadbolt, Chairman of Australian Rotary Health, and Rot'n Lindsay Morgan of Ulverstone West RC, who will be our Guest Speaker.

Roopa also distributed copies of Past President Themba Bulle's Annual Report for year 2021-22.

Secretary: George

- Unfortunately, Themba's Report omitted to mention our \$5,000 donation to the Ukraine Appeal.
- With what turned out to be a long story, George explained how he had found it easy to dispose of many large tins of Milo. Thus, he said, each of us should take some tins and *try!*
- Burnie 10 [**Sunday Oct. 23**]: We need three volunteers to assist in marshalling work and another two to be in our marquee to hand out free cups of Milo. The urns are to be supplied by the race committee.

PDG Ken Moore:

- Ken handed out a Mental Health Awareness Quiz, with 26 questions. Attendees formed groups of four and attempted to answer the questions, after which Ken gave us the answers. Eight examples:
 - In any one year, one in four people will suffer from a mental health problem

- Schizophrenia is the most common mental illness
- One in five people are affected by depression.
- Globally, 1.1 billion people have a mental health problem
- About two-thirds of those with obsessive compulsive disorder are women
- 200 Australians attempt suicide each day
- A tendency to anxiety *can* be inherited
- Half of all mental illnesses occur *before* the person turns 14 years of age

Guest Speaker: Rot'n Lindsay Morgan

Lindsay is a strong supporter of ***Beyond Blue***, the Australian mental health and wellbeing support organisation. In the past 12 months, this organisation had noted a 42% *increase* in the number of contacts made to their 1300 224 636 number. Mental health consequences cost Australia about \$600 million per day and there are 9 suicides a day (7 men, 2 women). Lindsay revealed his personal experience, which he convinced himself for too long was NOT a mental health problem. He fought against the advice of his GP, of a psychologist, of his wife and of his friends. The initial inkling of this situation arose when he suffered a heart attack. Rushed to hospital, he was saved, but his GP insisted that Lindsay would have psychological problems within ten years – *if he did not already have such problems!*

Lindsay began avoiding meetings and parties where he felt incapable of conversing adequately. He left his job. His body strength weakened and his memory suffered as well. Still, he did not acknowledge that he had a mental problem.

He suspected that he had been placed on a Suicide Watch by his GP. Eventually, he did accept that he needed to seek help to cope with his psychological problems. He ended his talk by saying:

“If you think you might have a problem, for God’s Sake go to someone! Don’t deny that you have depression!”

At the end of the meeting, President Roopa handed a cheque to Kevin Shadbolt to aid the work of Australian Rotary Health, which has just commenced a research program aimed at the mental health of children under 14 years of age.

Close 8:14 pm

What about the hats, you ask. Roopa won the women’s prize and Ken Moore won the Men’s prize. Some of the hats are shown below and over the page.

From left: Lindsay Morgan, Kevin Shadbolt, Bruce Clark (excused Burnie Rot’n)





Eleanor



Marie



Roopa



Kuniko



Glenda