

ROTARY CLUB OF WELLINGTON POINT
FORTNIGHTLY NEWSLETTER

VOLUME 11. ISSUE 05. 14 OCT 2019

THE
WELLO HELLO



Let's continue to make our personal and collective mental health a top priority throughout the year – not just on the 10th October – and encourage those around us to do the same.



A WELLO HELLO TO YOU ALL!

This month we recognise the theme of “economic and community development” on a local, national and international scale. There are numerous ways that we can support the growth of our economy and community, including buying goods locally, supporting small businesses, investing in planning and development projects, participating in community forums and workshops, and purchasing sustainable products. What’s your vision for the Redlands in the next 10 years? And how can we, as a Rotary club, perhaps participate in making this a reality?

MENTAL HEALTH

Every year, 1 in 5 Australians experience a mental health challenge, which equates to 45% of Australians throughout their whole lifetime. In light of this, we shared our personal tips on self-care last week. These suggestions included gardening, spending time with nature, mindfulness, positive affirmations, shifting mindsets, practising gratitude and reading.

A challenge that I would like you to join alongside me is the concept of interrupting and addressing even the tiniest speck of negativity, doubt or fear. This can happen even unconsciously when we mull over these thoughts, recognise a friend who is struggling or even hear unconstructive commentary. We need to be reminded in these moments that our worth, purpose, identity and personal experiences are priceless – so in turn, we must always respect and value those around us.



THE WELLO HELLO

More than \$750 was raised for mental health research through the morning tea fundraiser and our general meeting (Whacky Hat Wednesday). What an incredible effort! I am so grateful for the input of our members in opening their homes, organising fun activities, promoting the events, including members of the community, sharing their personal stories and serving our community for such a worthy cause. Let's continue to make our personal and collective mental health a top priority throughout the year – not just on the 10th October – and encourage those around us to do the same.





UPCOMING EVENTS

If you have your diary handy, pop these date savers in!

Diabetes Walk 20th October

World Polio Day 24th October

Eulo fundraising dinner 25th October

Bunnings BBQ 30th October

Eulo trip 8th – 11th November

Swimathon in partnership with

Bentham Foundation 16th November

District Governor Ros Kelly's visit 11th December

Club Christmas break-up party 13th December

Club raffle

Christmas Wrapping

FAMILY NEWS

Glen continues to rest in the Logan Hospital as he awaits his upcoming operation on his ankle, and to be transferred back at the Redlands Hospital. Please keep the best wishes, visits and calls coming – he is so grateful for the ongoing support!

SYCAMORE SCHOOL

Our meeting to be held on the 30th October is a Member's Choice social activity, where we are planning to visit the Sycamore School as a vocational visit. Recently, the club supported the school through a District grant to supply an interactive touch screen which will assist as an educational resource. This will be a fantastic opportunity to see firsthand how the primary school helps children with autism and how we can continue this partnership.

So as we continue to look after ourselves and others, may we reflect on what things nourish our soul and brings joy. May we nurture whatever it may be, whilst giving it room in our life. May we delight in the growth of one another, and always pursue new ways to build one another up. May we have the courage to exercise a heart of compassion, a mind of self-control, and a soul of peace.

President Catherine

ODE TO GLEN

Saturday night - and I felt like a dance
Went to see Glen - but I'd missed my chance
You see, he'd tripped the light fantastic the day before
Now in a hospital bed, broken ankle, and quite sore
Resting up, trying to stay still, his mind at ease
The tea trolley comes around, and he says 'yes please'
Magazines to read are what he would really like
Crochet and knitting ones definitely not his delight
So if you have a spare moment - to Glen drop in
This week he won't be rattling that Corporal's tin!

Lorraine



VALUE OF ROTARY VOLUNTEERING

A special report prepared for Rotary International by the Johns Hopkins Centre for Civil Society Studies estimated the value of Rotary member volunteer hours at \$850 million a year.

That Rotary members log a lot of volunteer hours should come as no surprise to anyone familiar with the organization. But a new report just released by Johns Hopkins University provides a powerful look at the impact of all those volunteer hours.

The special report prepared for Rotary International by the Johns Hopkins Center for Civil Society Studies found that Rotary members had volunteered a total of 5.8 million hours within a four-week survey period. Extrapolating those results over an entire year, the report gave a conservative estimate of nearly 47 million hours of volunteer effort generated by Rotary members in a typical year.

The report then analyzed the economic impact of all those hours and estimated the value conservatively at \$850 million a year, if communities had to pay for the services that Rotary volunteers provide.

Rotary, with the help of Johns Hopkins University, is the first global service organization to conduct an empirical analysis of its volunteer's impact using an internationally sanctioned definition of volunteer work. The authors of the report noted in their conclusion that at each stop, the analysis had chosen the most conservative estimates. "This makes the results reported here all the more remarkable," the authors noted. "Translated into economic terms, Rotary is annually generating a scale of social and economic problem-solving effort that is worth nearly nine times more than it costs the organization to produce."

Rotary General Secretary John Hewko said the figure doesn't even include the in-kind contributions and the money that Rotary clubs and the Rotary Foundation raise every year. In addition, the figure doesn't include the volunteer work of the many relatives and friends of Rotary that members often involve in a project, or that of members of Rotaract, Interact, or the Community Corps, that would easily double the estimate of Rotary's economic impact.



The Rotary Club of Wellington Point ROSTER + EVENTS

DATE	MEETING LOCATION	WELLO FELLO	ATTENDANCE	CHAIRPERSON	ROTARY TOAST	SPEAKER INTRO	SPEAKER	SPEAKER TOPIC	SERGEANT
16-Oct	Front Room	Kenn Van-Noort	Gordon Lawrence	Barry Melgaard	Peter Moody Australia+International	-	-	-	Steven Knight
23-Oct	Front Room	BOARD MEETING	BOARD MEETING	BOARD MEETING	BOARD MEETING	BOARD MEETING	BOARD MEETING	BOARD MEETING	BOARD MEETING
30-Oct	TBC Sycamore School	Tony Mills	Matty McKenna	Kerry Bunker	Mitch Parsons Australia+International	Gordon Lawrence	Romwyn Collier	Sycamore School	Steven Knight
6-Nov	Front Room	Barry Melgaard	Mitch Parsons	Gordon Lawrence	Mona Brammall Australia+International	-	-	-	Steven Knight
13-Nov	Front Room	Mitch Parsons	Neil Waterer	Kenn Van-Noort	Sue Reid Australia+International	-	-	-	Steven Knight

IMPORTANT
If you are rostered on but unavailable, please kindly ask a fellow Rotary member to fill your position.

DATE	EVENT	LOCATION	TIME	VOLUNTEERS	CONTACT	MOBILE/EMAIL	ACTION	SPECIAL NOTES
Sun 20 Oct	Redlands Diabetes One Walk	Beth Boyd Park + Aquatic Paradise Park	7am - 11.30am (til last walker)	3 x SET/PACK UP + 3 x SERVICE	Barry Melgaard	m 0466 748 210 melgaardbh@gmail.com	Attending the Water Station for walkers	Stay until last walker, then pack up
Fri 25 Oct	Eulo Fundraising Dinner	Redlands Museum	6pm - 9pm (til after auction)	YES	COMMITTEE	COMMITTEE	Setup/Cleanup/Food Prep/Cooking/Serving/Entertaining	
Wed 30 Oct	Bunnings BBQ	Capalaba	All day	YES	Neil Waterer	neilwaterer2@gmail.com	Contact Neil to help	-
Wed 6 Nov	Bunnings BBQ	Capalaba	All day	YES	Neil Waterer	neilwaterer2@gmail.com	Contact Neil to help	-
8-11 Nov	EULO TRIP	EULO	4 days	YES	Lorraine Hooker Di Thompson	Lorraine 0410 539 303 Di 0408 985 527	Drive Carefully	Have fun