

Birthdays:

None this week.

and Anniversaries:

None this week either.

The Four Way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

OBJECT OF ROTARY

- ◆ The Object of Rotary is to encourage & foster the ideal of service as the basis of worthy enterprise and, in particular, to encourage and foster
- ◆ The development of acquaintance as an opportunity for service
- ◆ High ethical standards in business & professions; the recognition of the worthiness of all useful occupations; & the dignifying of each Rotarian's occupation as an opportunity to serve society.
- ◆ The application of the ideal of service in each Rotarian's personal, business & community life.
- ◆ The advancement of International understanding, goodwill & peace through a world fellowship of business & professional persons united in the ideal of service.

ROTARY GRACE

Oh Lord and Giver of all good,
We thank thee for our daily food,
May Rotary Friends and Rotary ways,
Help us to serve thee all our days.

Board of Directors 2010 - 11

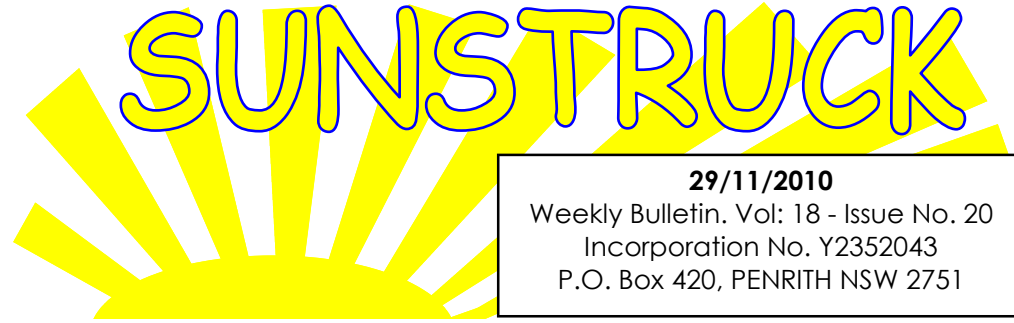
President
Ross Hutchison

- **Immediate Past President**
Ron Browne
- **President Elect**
Bob Kersten
- **Club Service Director/V.P.**
Ken Buttrum
- **Secretary**
Frank Portelli
- **Treasurer**
Neville Barnier
- **Community Service Director**
Bob Kersten
- **Vocational Service Director**
Aaron Tyers
- **International Service Director**
Neville Hearn
- **Youth Service Director**
Peter Quirk

ADVANCE AUSTRALIA FAIR

Australians all let us rejoice for we are young and free,
We've golden soil and wealth of toil our home is girt by sea,
Our land abounds with nature's gifts of beauty rich and rare,
In history's page let every stage Advance Australia Fair,
In joyful strains, then let us sing – Advance Australia Fair.

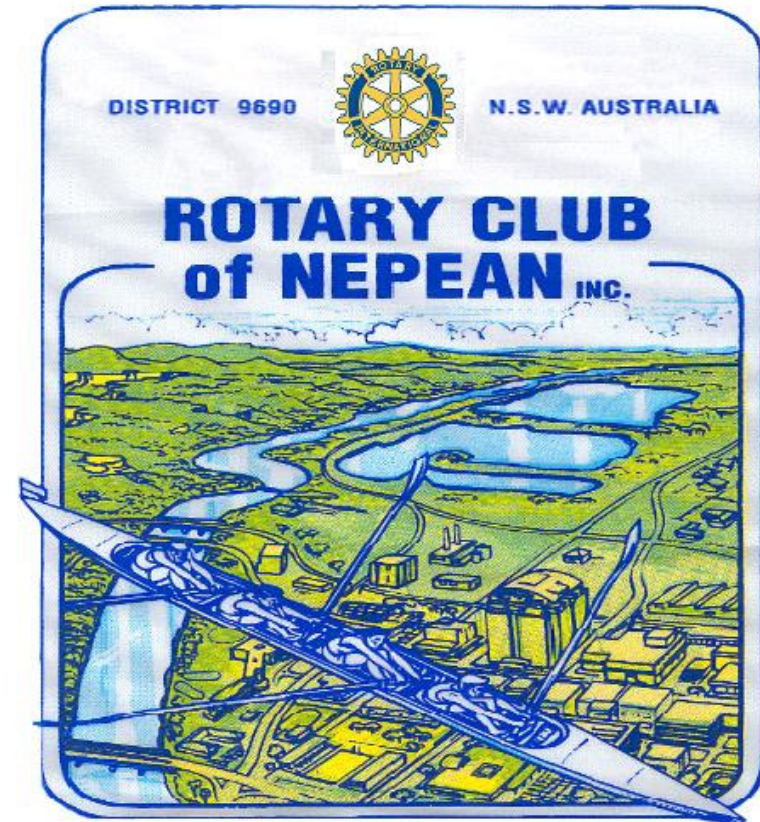
Beneath our radiant Southern Cross, we'll toil with heart and hands,
To make this Commonwealth of ours renowned of all the lands,
For those who've come across the seas we've boundless plains to share,
With courage let us all combine to Advance Australia Fair,
In joyful strains then let us sing – Advance Australia Fair.



29/11/2010

Weekly Bulletin. Vol: 18 - Issue No. 20
Incorporation No. Y2352043
P.O. Box 420, PENRITH NSW 2751

President Ross Hutchison welcomes Rotarians and their guests.



Meetings: Nepean Rowing Club
Bruce Neale Dr. Penrith
Mondays: 7:00am for 7:15am
Chartered: 19/11/1993
www.rotarnet.com.au/nepean



2010/2011
Rotary Theme

Meeting Chairman:
President Roscco
Hutchison

Today's meeting:
 29th November 2010
Minutes of:
 22nd November 2010



A minute's silence was observed in memory of Past President Doug Gilford, who passed away on Wednesday 17th November 2010.

Apologies: Rob Ely, Sean O'Brien, Brian Rees, Joe Kovacs, Aaron Tyers.

Guests: Peter Fehon.

Board Reports:

President: Book called "People Like You" features Roscco and other well known locals, that was published recently.

Vice President: Completed RYDA for the year and new material has been developed for next year by the new executive. We have provided 36 man days of support this year - many thanks for that.

Secretary: Wednesday 6th April - Combined Services Club Meeting at the Chairman's Lounge at Panthers. District Conference, Bathurst - Frank will start looking at accommodation

Treasurer: Attendance 19 members = 73% and 1 visitor . Funds are coming in for the Jazz Cruise and Race Night

Community: Santa Fun Run on Sunday November 28th at Memory Park Penrith. Then the last Harvey Norman BBQ of the year is 4 - 5th December. Also has the Rich Fruit Cake Rotary Christmas Cakes for Sale for \$20. March 2011 Fairfax is looking at a Fun Run for Northern beaches from Dee Why to Manly. We are providing 80 wall fans to Torton Place and we have sourced them at \$25 each and just need to be installed. Look at installing them before Christmas.

Vocational: Nothing to report.

International: Nothing to report.

Membership: Nothing to report.

Youth: One nomination for RYLA in January 2011.

Sergeant at Arms:

- No fines today. Please just pop your cash in the plate.

Cross Fines

- Nil

General Business

Sean O'Brien is in Australia for some training and will take a club banner to the Rotary Club of Shanghai. Kate is now a settled in ex-pat wife and enjoying herself.

The book "People like You" by Ellen Hill was officially launched in Penrith last week.

Guest Speaker - Peter Fehon. Suicide and Mental Health

Lost Beth nearly 6 years ago and Doug Gilford last week. Average is 22 suicide attempts per day in Australia - about 7 are successful and those who aren't successful will try again.

Mental illness is not a choice - it is an illness that brings on the psychotic decision. People say it is a cowards act - but it is actually a very brave act. They feel it is the best choice for the people that they love.

It is very difficult to understand how someone comes to this choice that things are so black that the only way out. We say "No one in their right mind would make this decision" and that is correct - people aren't in their right mind when they decide to commit suicide. Have a look at www.suicide.org for information on this terrible problem.

Depression is the silent killer that often leads people to suicide. Symptoms include:

- Feeling sad for 2 or more weeks
 - Feeling lethargic
 - Feeling worthless, hopeless, helpless, negative and pessimistic
 - Eating too little or too much
 - Sleeping too little or too much,
 - Withdrawing from others
- And many more....

You have been bitten by the **Black Dog** if some or all of these symptoms are true for you. It needs to be de-stigmatised!!

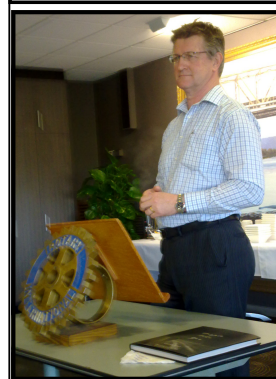
Club Meeting/Commitment Schedule and Detail

Date	Details	Meeters & Greeters	Intro & Thanker
29 November Club Meeting	Geoff Wood on the importance of Vocational Service, and ethics in business	Kim Ford and Ken Hansford	Frank Portelli and Aaron Tyers
4-5 December Harvey Norman Barbecue	Four volunteers will be needed in two shifts 8.30-11.00 and 11.00-2.30 each day	Please let Bob Kersten know if you can help out on any of these shifts	
6 December Club Meeting	Special meeting - election of Board Members for the 2011- 2012 Rotary Year	Peter Hodges and Chris Holden	
10 December Presidents' Meeting	To commence at 6.30pm at Panthers' Club in Mulgoa Road, Penrith		
13 December Club Meeting	A meeting focused on the world-wide work of Rotary led by Neville Hearn	Geoff Lenton and Peter Quirk	
20 December Club Christmas Meeting	To be held at Bob's Skatel in Russell Street Emu Plains		
21 December Board Meeting	Venue: Bob's Skatel in Russell Street, Emu Plains at 7pm for 7.30pm	The Club will break for the Christmas Holiday period and resume meetings on 10 January 2011.	

Yumi's Dinner Roster:

30 November - Roscco and Di Winter
 7 December - Peter and Sue Quirk
 Re-commence Tuesday 18-1-2011

None of us is perfect and amongst those imperfections is a brain that doesn't function properly. Since Beth's death, Peter has been involved with a Bi Polar association with Toppo Rodriguez, former Wallaby. Doug was probably Bi Polar and Kerry would have had to deal with



his bad days and we would have only seen his good days.

Peter is just weaning himself off anti depressants that he has taken for the past 3 years. Doug became a Christian about a year ago, so Peter is happy that both Doug and Beth are in a better place.

Discussion from the floor included Garry Rumble reminding us of our lack of support for the Nepean Mental Health Forum, so we should attend next year. Doug had a life full of ups and downs and we should all understand that these events may have brought Doug to his final destination.

Greg Cassimaty is in contact with Kerry in regard to arrangements for the Funeral and she has asked for anyone who attends to talk about happy stories about Doug.

Brian Richardson advised that Bi Polar order is often undiagnosed for a long time and if the highs are missed, then the individual is thought to have depression. No one is sure of the progress or timeline for

development. Treatment for Bi Polar is different to Depression.

Ken Buttrum mentioned that few of us are aware of the high frequency of this level of mental illness. Chris Holden suggested we should work to keep Kerry and the kids in our Rotary Family, especially this Christmas.

Doug was a high achiever and his downs would have created the stress that brought around his final decision. He will be sorely missed.