



Woolgi Whisper

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The Rotary Club of Woolgoolga Inc.

VOLUME 35 ISSUE 14 10 March 2023

Club President
Kim Thompson
District Governor
Neville Parsons
Rotary International
President
Jennifer E. Jones

Meetings each month
2nd & 4th Mondays
6-8pm C.ex Club
Cinema Room
3rd Monday
Board meetings VIC
if 5th Monday,
contact Secretary

We acknowledge and pay our respects to the Gumbaynggirr people, the Traditional Custodians of the land and waters where we live, learn and work.

LAST MEETING : CHILL presentation by Judy Jackson

ChiLL is the acronym for Choices in Later Life, a short seminar program that invites participants to explore their options when planning for death. The group of professionals who present the seminars to groups of Seniors cover subjects involving Advanced care planning inc Power of Attorney and Enduring Guardianship. Also topics involved with preparing family and loved ones, accessing Palliative Care, Funeral Planning and how to celebrate life. CHILL would like to be part of our 'Pitch a Project' as the organisation needs ongoing funding to help it continue presenting future seminars.



It was very pleasing to welcome again to our meeting, guests Peter and Michelle McIntosh with their son Kyle. We offer our congratulations to **Kyle McIntosh** who won Gold in the 1500m at the NSW Athletics Championship. Kyle was a guest speaker at our Meeting on 13th Feb. He is a very impressive young man who has won many awards for his sporting skills and has been a great asset to our Northern Beaches Community. We also welcomed Jason Farr who has taken over the lease for the Auction shed. Jason is experienced in retail of second-hand goods. He plans to develop a market in providing good quality used furniture and goods with an extra focus on outdoor and Garden furnishings. We wish Jason all the best for success in his new business venture.



RYDA (Rotary Youth Driver Awareness) Congratulations to David Fayle for organising another very successful RYDA program after the hiatus due to Covid. Last Thursday, Year 11 WHS students and teachers were joined by students from Dorrig High at the new Wilgulla Multipurpose Centre. Facilitators were at each module to guide discussion among the students, so together, they can build some usable strategies to help them make a real difference to their safety and the safety of the people around them. There were 6 Modules: **Road Choices, Crash Investigators, The I in Drive, Mind Matters, Drive S.O.S. and Speed & Stopping.**

We are indebted to our Facilitators:

- the courageous crash survivor Fiona Luscombe, who came up from Sydney especially for RYDA to share her life-experience with the students.
- Diana Weekes, Community and Safety Officer of the City of Coffs Harbour, who also provided most of the extra materials in students' bags.
- Nicole Holland, Workplace Wellbeing Practitioner from Chess Connect in Coffs Harbour.
- George Bullivant, Get Licenced Driver Training, Coffs Harbour
- Wayne Hardy, of Allied Performance & Learning Solutions
- Sergeant Mark Andrews of the NSW Police;
- James Daniels and driver Sam Hill, the owner of Woolgoolga Service Centre on River Street



Board & Officers

President: Kim
Secretary: Patty
0467 072 905
Treasurer: Geoff
Vice President: Julie
President Elect: Rod
Community Services: all
Youth: Mary
Club Services: Pam F
Mem'ship & PR: tba
Public Officer & TRF &
Intl: David F
Bulletin: Mary
Pride in Work: Dick



Rotary International

1.2 m members

> 35,000 clubs

RI Australia



Power To The Kids , Our club donated \$300 to help this Pitch a Project begin with an Introduction Presentation at 5.30pm on Thursday March 2nd at the new Wilgulga Sport and Multi-purpose Centre. Power to the Kids is the brainchild of Dr Annemarie Winters, and was created to eliminate or at least reduce the amount of mental health issues besetting our children. Annemarie has become aware of unresolved mental health issues becoming increasingly more evident in her role as an emergency department doctor. She is witnessing presentations of self-harm at emergency departments in our younger generation. There were around 30 to 40 parents and interested community members present to hear the Introduction Presentation by Dr Nicola Holmes. Nicola has had extensive experience in raising mental health awareness having worked for "Headspace" a national youth mental health organisation for 10 years, specifically

educating General Practitioners and more recently delivering her own awareness and educational presentations to the parents of high school and primary school aged children. The overarching objective of the program, is to make our kids more resilient, less anxious and thereby "empowered". We want our children to realise that it's OK not to be in control of their feelings and there is a safe place to discuss their feelings. The monthly program will work on educating and providing strategies for the parents of all our children to cope with the afore- mentioned challenges (research shows that a supportive family unit is the key ingredient to better mental health outcomes).

REMINDERS:

Science and Engineering Challenge is on Tuesday, 4th April at the Wilgulga Multipurpose Centre . Patty has been busy co-ordinating with the University of Newcastle, Wilgulga Centre management plus other companies that our club will need to hire to help make the day run successfully. All volunteers will be needed on Monday 3rd April at 2.30pm at the Centre to become familiar with the new set-up and some new challenges for this year.

BUY SOON - NEARLY 1/3 gone already

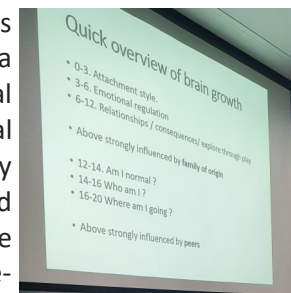


Woolgoolga: the History of a Village



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District Notices

2023

24-26 March **District 9660 Conference:** Tamworth
 15-16 April 23 and 22-23 April: **PETS and Assemblies at Port/Dubbo and Tamworth/ Maitland**
 29 April - 6 May **RYLA** (19-27 year olds). Applications close 29 March.
 May 27-31 **RI Convention:** Melbourne

Rotary International President Jennifer Jones imagines a Rotary where members act to make their dreams become reality and make the most of their club experiences. During this Rotary year, our President Jennifer Jones is focussing on four presidential initiatives that Imagine Rotary: advancing our commitment to Diversity, Equity, and Inclusion (DEI); creating a welcoming club experience; empowering girls; and expanding our reach.

MEETING DUTY ROSTER Please swap nights if you cannot attend

Date	13 March Club Meeting	20 March Board Meeting	27 March Club Meeting	17 April Board Meeting
Reminders	Cex Wga Order meal by 6	Agenda items to Patty	Cex Wga Order meal by 6	Agenda items to Patty
Welcome/Fellowship	Mary	4.30pm	David F	4.30pm
Introduce Guest Speaker/s	Patty	Visitor Info Centre	Pam F	Visitor Info Centre
Vote of Thanks	David E	na	Rod	na
Guest Speakers or Event	tba	na	tba	na

OUR LATEST PROJECTS

- ♦ Water Purifier Mullaway PS
- ♦ Sewing Group
- ♦ DV Safe Phone
- ♦ Sleeping bags, tarps, blankets
- ♦ Men's Health Van (MHERV)
- ♦ Tutu desks
- ♦ Compost bins
- ♦ Power to the Kids