



Club Information

Welcome to our Club! Come and Join Us

We meet
Thursdays
at 6:30
PM
Whale
Motor Inn
104
Wagonga
Street
Narooma,
NSW
2546
Australia



[District
Site](#)



[Venue
Map](#)

Speakers

Oct 16, 2014
[Club Assembly](#)
Club Assembly

Oct 16, 2014
[Directors Meeting](#)

Oct 23, 2014
[John Glover](#)
A fortunate life

Oct 30, 2014
[Heide Smith](#)
A Photographer 's Story

Nov 06, 2014
[Ian Langworthy](#)
ACTIVE ENDEAVOURS

Nov 13, 2014

Stories

[narooma rotary beacon 16 October 2014](#)

Posted by Charmaine White on Oct 12, 2014

Hats off for Rotary

Narooma Rotarians and friends donned all manner of hats at a fun Hat Day dinner at the Whale last Thursday to raise awareness and funds for Mental Health Research.

It was a top night with the Whale staff also entering into the spirit.

While there was a fascinating trivia quiz on hats and prizes for various styles, guest speaker Matthew Salen spoke about the reality and extent of mental illness in our south coast community.

Matthew is the Southern NSW Cluster Manger for Richmond PRA which helps people 'on their mental health recovery journey'.

'Mental health affects us all,' he said. 'We all know someone who has experienced mental health issues.

'Many people have challenging times in their lives and everyone responds in different ways.'

Mr Salen reminded us that for generations most people didn't discuss such things, saying 'she'll be right', yet talking about it is one of the most important things we can all do.

He spoke of the enormous value in listening to each other and how that can overcome a person's sense of isolation, even desolation, and of how a community needs to look after each other.

One comment really stuck - 'It takes seven minutes to talk someone out of suicide.'

Mr Salen works with a great range of people, including some who have been institutionalised for some years, and the difficulties they often have in finding housing.

He spoke of the importance of early intervention particularly with people aged 12 to 25,

Mr Salen's talk elicited many great questions and comments. One was from Vietnam veteran Mick Nightingale who alerted everyone to the problems many servicemen and women face returning from service overseas.

'Young veterans need all the help they can get,' he said.

Hat Day is an initiative of Australian Rotary Health, one of the largest non-government funders of mental illness research in Australia.

The night raised \$500.

[Jeff Tipping](#)*East Timor volunteering*

Nov 20, 2014

[Mark Jolly](#)*Defibrillation and heart matters*

Nov 20, 2014

[Directors Meeting](#)

Dec 04, 2014

[Charmaine White](#)*Back to the Roots in The Kimberley*

Dec 11, 2014

[AGM](#)*Director's Meeting*[View entire list](#)**Upcoming Events**[Bega Narooma Car Rally](#)

Nov 08, 2014

[Bodalla Sorta Brass Concert](#)

Dec 04, 2014

6:09 PM – 9:16 PM

Birthdays & Anniversaries*Member Birthdays***George Barker**

October 12

Angie Ulrichsen

October 31

*Join Date***Enid Holmes**

October 10, 2013

1 year



Rotary hat prizes Michael O'Connor (an Irishman wearing an English helmet), Anne Colquitt (most exquisite), Jack Wightman (cross-dressing), Karen Bull (the Princess prize), Iris Domeier and Frank Eden (best couple's hats) and Anthony Whittle (most like TV personality Gilligan)



Rotary – Hat organisers Narooma Rotary's great organising team with guest speaker Matt of RichmondPRA, front left. The team of Bob and Merinda Antill, Rachel McInnes; Anthony Whittle, back left, David McInnes and Rolf Gimmel.

CAR RALLY – Sat. 8 November (pm) (David & Rachel McInnes): The first stage of our car rally has been routed. It will rake contestants around the streets of Dalmeny, Kianga and Narooma ; testing their observation and deduction skills (as well as the ability to follow instructions!) There is a secret location for afternoon tea planned, where we will meet with the Bega Rotary Crew before continuing on for more navigational challenges, culminating in a second surprise location for dinner. Details are currently being finalised; however, it is envisaged that "drivers and their crews" will meet for the prologue, in Rotary Park, Dalmeny (opposite the IGA) around 1.30pm. At the prologue we will go over the general rally concepts, to

help people navigate the course and discover the answers some of which are very easy – others not so much! Vehicles will set off at 2-3 minute intervals and hopefully you will enjoy an afternoon crisscrossing each other! The cost of the afternoon (*covering afternoon tea and dinner*) will be established closer to the event.

DISTRICT CONFERENCE, 14-16 Nov at the National Convention Centre, Canberra: Our District Governor, Rowley Tomsett, urges Rotarians, especially new members, to join us at this great Conference. Great incentives include New member's registration fees being waived to encourage you to join in.

Could those attending please pass on your names to either Bob Anthill or Jack Wightman to pass on to ADG Vere Gray.

The Conference website and registration page are on the District website: <http://www.rotaryd9710.org.au/2014-district-conference.htm/>

INVITATION to SortaBrass Band at Bodalla: The evening of **Thursday 4 December** has been earmarked for another lovely Rotary night of dinner somewhere in Bodalla, followed by a performance by Sorta Brass at the All Saints Church there. An invitation has also been extended to the **Rotary Club of Batemans Bay** to join us. A small donation will be requested towards the church building fund on the night. More info closer to the date.

Thank you Lynda and Ash.

Please organize with someone else if you are unavailable to do the meeting duty as rostered below

DUTY	16 October	23 October	30 October
Chair	Angie Ulrichsen	Bob Antill	Angie Ulrichsen
Cashier/Wheel	Lynda Ord	Peter Bull	Jack Wrightman
Invocation	Michael O'Connor	Frank Eden	Anthony Whittle
3 Minute Talk	Peter Bull	Mike Young	Michael O'Connor
Happy Moments	Chris O'Brien	Lynda Ord	Rolf Gimmel
Introduce Guest Speaker	Club Assembly	Rolf Gimmel	Chris O'Brien

Thank Guest Speaker	-----	Bob Antill	Lynn Hastings
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