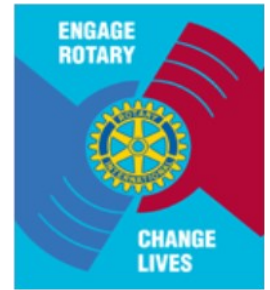


Rotary Club of Cooma Inc

Meeting - 18 June 2014

Frances Robertson -
Young People in Community Service



Frances is the new Principal of St Patrick's school and she comes to the position with about 34 years teaching experience but tonight she spoke about the importance of Community Service.

Recent studies have shown the importance of action and social service within a community. Studies have shown that community service is vital not only for good academic results but also for supporting at risk students and students who need to feel connected to something or someone.

It has been shown that community service has a couple of important long term outcomes, one is that it helps combat depression and another is that it leads to longer lifespans. Other benefits include good psychological and physical outcomes for the participants, it creates opportunities for bonding and connection with others. It can alter anti-social tendencies and improve communication skills.

The whole concept of volunteerism is about holding a community together. It has the advantage of exposing and educating people to political and civic awareness, along with experiencing diversity and multiculturalism. It has been shown that people who volunteer have an increase in happiness which is the equivalent of receiving a salary increase in the vicinity of \$75K—\$100K.

At St Patrick's the Year 10 students have been issued the challenge of developing their own community service tasks. So far they have made Boxes of Hope which are at the school and people donate goods which will then be given to the St Vincent's group to distribute to homeless or people who are currently down on their luck. This week the students, on their own, organized a Mad Hatters Tea Party, the funds from this will be given to the "Fine Line Project" which is raising funds to support Youth Cancer (you can see more about the Fine Line Project on the last page, which tells about what Frances's son and a couple of mates are doing to raise funds). Later this year the students will also be participating in a Living and Learning Program which entails doing a few days of service in the community.



Rotary Theme of the Month: **Rotary Fellowship Month**

Dave H delivered the 3 Minuter this week. He reminded us that he has lived a long time and has often contemplated what interests and motivates him. This relates to an article he recently read on depression and he noted 3 points stood out in dealing with this condition. The first was having enough money to live on, the second was having friends and the third was having something to get up for.

He shared with us things in his life that relate to the third point. Firstly for most of his life he has got up and gone for a run or a ride each morning. These days the ride might be only 30 minutes but during this time he goes through his Banjo Patterson repertoire, therefore keeping body and mind fit. He makes sure that he puts upcoming events in his diary so he knows he has something to look forward too. Finally, recently he has taken up cooking which he finds a pleasure and quite interesting. But in addition to cooking he has discovered that if you invite people over for dinner you have to clean the house. This has given him an insight into a housewife's life and has realized that it is a career and when you do it you have to do it seriously.

Richard L informed us that Bowel Cancer Awareness Month has now finished and it has been the best year ever since the Bowelcare tests have become easily available through our local chemists. This year 308 kits were sold in the area.

Margaret E put a call out for screw-top glass jars to be used for jam making. All the funds raised from

Thought of the Week - Margaret H

Experience is something you don't get until just after you need it.

This Weeks Attendance: 81.8%

Visiting Rotarians:

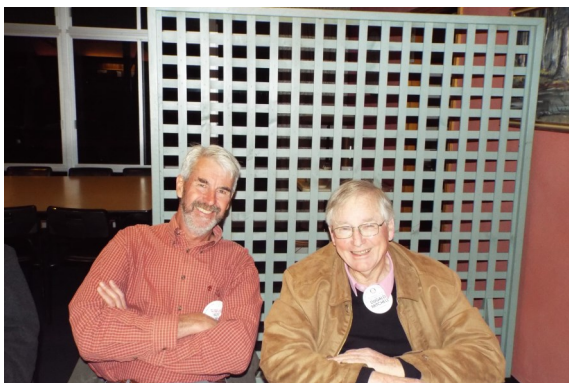
Guests: Rebecca, Frances Robertson (Club), Gilbert Wallace (Darrell G), Helen Caldwell (Geoff B)

Apologies: Tom B

Leave: Mark C, Peter D, John V, Les S **Make-ups:** **We Also Missed:**

Projects being supported by Cooma Rotary include:

- End Polio Now
- ROMAC
- Shelter Box
- Monaro Early Intervention Service (MEIS)
- New public seating in Cooma
- More trees at Rotary Oval
- Outdoor workout equipment
- Rotary Youth Exchange Program



June Rosters	
Attendance	Rob S
	Graham F
Property	Darrell G
	Jim H
Fellowship	Margaret E
	Claire N
Market	John K - Co-ord
3 Minute Talk	
25 June	Change-over
Thought of the week	
25 June	Change-over
Introduction	
25 June	Change-over
Thank you	
25 June	Change-over

Upcoming Speakers
25 June - Change-over
2 July - Rebecca Oz Experience

MEMBER HAPPENINGS June

BIRTHDAYS

Joe V - 3 June

Kevin D - 6 June

Brian J - 8 June

Marco R - 14 June

JOINING DATE

John K - 1 June

Elaine S - 1 June

Graham F - 16 June

Neil B - 27 June

Mark J-N - 27 June

ANNIVERSARIES

Graham & Helen F - 2 June

Les & Jan S - 27 June

The contact for making apologies and for notifications of guests for dinner meetings is
Les Sutcliffe on 6452 7442 during business hours or e-mail leecooma@bigpond.com

YouCan Too.

It is not every day that you hear something that shocks you so much that you feel compelled to drive unassisted from London to Mongolia for charity.



However, three young blokes, **Andrew Robertson, Damian Le Brocq** and **Harry Thomson**, all mates from uni, learnt that *since the 1970s, the rate of survival among youths suffering cancer has not improved at all. Cancer is the leading cause of disease-related death among Australia's teenagers. Over one in 100 teenagers are diagnosed with cancer before the age of 30.* This meant that they felt they had to do something.



After a little research, they came across the initiative called **YouCan (Youth-Cancer)**

With *Canteen* and the *Sony Foundation*, the long term aim is to fund centres specifically designed to support and treat young people with cancer. Currently there is only one in Australia. Although this is a \$30 million project, it is important to start somewhere.



Starting on the 19th of July, the three young men, will set out from London in a car worth less than \$1000. They will cross over 12,000 kilometres, 18 countries, 5 mountain ranges, 3 deserts and an infinite number of potholes.

And it's all in the name of charity.

They have named their project **--The Fine Line--**, because it is such a fine line between being happy and healthy and then having cancer. It is also a fine line when you draw the route to be travelled across Europe and Asia for the Mongol Rally.

With only two languages between the team, limited experience in Asian countries and stomachs that are more used to beef than yak, the men are aiming to be finished their trek by 30 August with at least \$10,000 raised for **YouCan**.

Local people are invited to support this project by going to

<https://give.everydayhero.com/au/the-fine-line>.



Come on the road with us!

