



ABN 92 963 118 216

**RI President – Mark Maloney**  
**District Governor – Phil Hafey**  
**Club President – Paul McLeod**  
**Club Secretary – Geoff Pollack**



Meeting Place: C.ex, Vernon Street, Coffs Harbour  
Monday Lunchtime: 12.30 - 1.45 pm  
Apologies to FWO Lawyers: Ph. 6650 7000 by 10.30am Monday

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## COFFS CITY CHATROOM – 14 October 2019

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President Paul called the meeting to order at 12.35pm. Thanksgiving was presented by Paul McKeon and the Loyal Toast was given by Terry Maguire.

President Paul welcomed members and guests. Our guests today were Ian, Troy and Seth Brown.

### REPORTS

- Paul McKeon reminded members that the Rotary Cartoon Awards exhibition is still showing, so if you had a chance to see it yet you still have time. There are some great exhibits, so please get along if you can.
- Bernard Dowling proposed that the club donate \$200 to the Westpac Rescue Helicopter Service as a one off donation. All members were in favour of this, so Treasurer John will arrange it.
- Terry Maguire advised that he and wife Kris attended the CANDO Cancer Trust 10 year Anniversary Dinner, which was also a "Thank You" to all their financial supporters. The event was well attended and the group are getting stronger with more volunteers and they now support families from Nambucca to Grafton.
- John Donaldson confirmed our vocational visit to Park Beach Plaza on 28<sup>th</sup> October. Lunch will be at Sylvio's Restaurant at the northern entrance. More details next week.
- Peter Wardman advised that he has not heard from former club member and guest Mike Raby, about his offer to pay for a Peace Pole for Coffs Harbour with a suggested location is at the National Cartoon Gallery. Ian McAllister will follow the matter up with Mike and advise at a future meeting.
- President Paul advised members that he has arranged a Cocktail Function for next Friday (18<sup>th</sup> Oct.) at the C.ex Rib-eye Rooftop Tapas Bar as an introduction to potential new members. It is proposed to be for an hour only so as not to disrupt people from their other Friday night activities. Please make it along if you can. See further details below.

President Paul then handed over to Ian McAllister, who introduced our guest speakers, Ian, Troy and Seth Brown, being three generations of the Brown family, who told us about their history in local go-carting. Troy has been a local, state and national champion and his young son Seth was recently crowned State Champion in his age group. They brought along two of their championship go-carts for members to view.

On behalf of the members, John Donaldson thanked Ian, Try & Seth for coming along and being our guest speakers.

Due to going overtime there was no fine session today. The raffle was (again) won by John Walker however he failed to pick the Joker so it continues to jackpot

Treasurer John advised that there are still some outstanding subs, so if this relates to you, could you please attend as soon as possible.

President Paul closed the meeting at 2.10pm.



Guest Speakers Troy, Seth and Ian Brown.



Seth Brown with his 2019 State Champion Trophy



Treasurer John trying a go-cart for size. It can do 160kmh, but not indoors John!



Troy Brown explaining go-carts for the members.

## Anniversaries

### October

Ian & Sandra McAllister – 1<sup>st</sup>

Bob & Sheryl Carle – 5<sup>th</sup>

Terry & Kris Maguire – 10<sup>th</sup>

Melissa & Jesse Nunn – 14<sup>th</sup>

Craig & Bronwyn McMahon – 17<sup>th</sup>

Graham & Carolyn Lockett – 26<sup>th</sup>

### November

Brian Leiper – 4<sup>th</sup>

Sheryl Carle – 10<sup>th</sup>

Paul McKeon – 14<sup>th</sup>

Helen Blewitt – 16<sup>th</sup>

Sue Morgan – 23<sup>rd</sup>

Madeline Wardman – 24<sup>th</sup>



## Happy Birthday wishes to:

### October

Bernard Dowling – 6<sup>th</sup>

Leigh-Erin Clowes – 11<sup>th</sup>

### November

Brian & Judy Leiper – 4<sup>th</sup>

Peter & Kath Lindsay – 28<sup>th</sup>

Jay & Leigh-Erin Clowes – 29<sup>th</sup>



**Macca and Bernard are constantly looking for guest speakers, so if you know of anyone who may be interested please let them know**

## News & Events from Other Local Clubs

### Coffs Harbour

- Diary of Upcoming Events:
  - 14-17 October – World Rally Championship.

### Coffs Daybreak

- Diary of Upcoming Events:
  - 26 October – Dr Richard Harris event.

### Sawtell

- Diary of Upcoming Events:
  - 4 November – DG visit.
  - 15-17 November – Weekend away at Wooli.

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## Just for a Laugh



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Father O' Malley answers the phone. 'Hello, is this Father O'Malley?' 'It is'  
'This is the Inland Revenue Service, income tax department. Can you help us?' 'I can.'

'Do you know a Ted Houlihan?' 'I do'

'Is he a member of your congregation?' He is'

'Did he donate €10,000 to the church?'

'He will.'



# Coffs City Rotary

Join the members and partners of Coffs City Rotary  
for a cocktail and convivial conversation



Friday 18th October

5.00pm to 6.00pm

Cex Rib-eye Rooftop Tapas Bar



## Some Facts on Suicide (courtesy of Lifeline)

- Suicide is the leading cause of death for Australians aged between 15 and 44.
- Men are four times more likely to die by suicide than women and ABS data (2012) shows more people die from suicide than road deaths.
- The most recent data - and these figures are devastating - more than 8 deaths by suicide each day - and for every death it is estimated there are 30 attempts - totaling more than 80,000 suicide attempts each year (ABS, Causes of Death, 2015).
- Most people don't want to die they just want their pain to stop.
- Everyone has a role to play in preventing suicide. Choices we make today can help prevent suicide.

### 3 Steps to Prevent Suicide

#### 1) Ask

If you think someone might be suicidal, ask them directly "Are you thinking about suicide?" Don't be afraid to do this, it shows you care and will actually decrease their risk because it shows someone is willing to talk about it. Make sure you ask directly and unambiguously.

#### 2) Listen and stay with them

If they say 'yes', they are suicidal, listen to them and allow them to express how they are feeling. Don't leave them alone. Stay with them or get someone else reliable to stay with them.

#### 3) Get help

Get them appropriate help. Call a crisis line like Lifeline 13 11 14 or 000 if life is in danger. If you can get in straight away visit a GP or psychologist. Even if the danger is not immediate they may need longer term support for the issues that led to them feeling this way.



## The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



## END POLIO NOW

A photograph of a man and a young boy sitting at a desk, looking at a book together. The man is on the right, wearing a grey sweater over a light blue shirt, and has a watch on his left wrist. The boy is on the left, wearing a white shirt and has a hearing aid on his left ear. They are both looking down at the book on the desk. The background is a blurred classroom setting.

TOGETHER, WE

INSPIRE

Rotary



PEOPLE OF ACTION