

VALLEY VIBES

Volume 6 Edition 3

BULLETIN

September 2016

MEETING, 14 SEPTEMBER 2016

Mayor Greg Christensen

A new era for the Scenic Rim Region



Cr Greg Christensen

Greg Christensen was elected as Mayor of the Scenic Rim in March 2016. He is committed to delivering strong leadership to the Scenic Rim community to meet the challenges and opportunities presented to the region.

Born and raised in the Scenic Rim at Moorang, his family connection to the region dates back to the 19th Century.

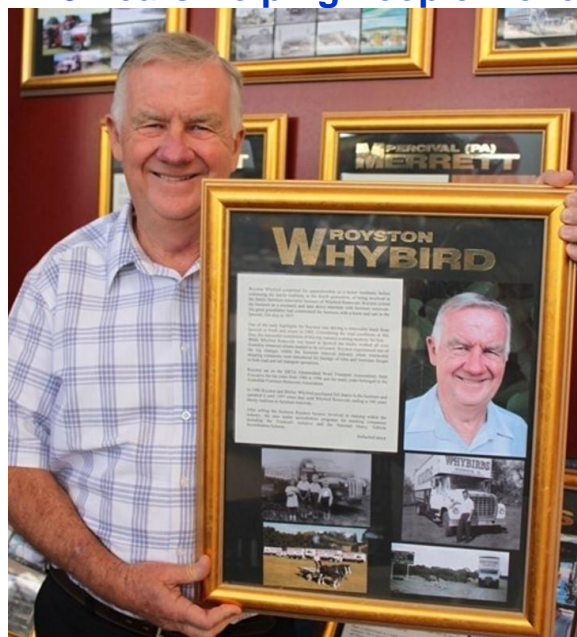
A self-employed business and executive coach, Greg holds a Masters in International Management. He has enjoyed a lengthy career in executive roles in the fields of agribusiness, mining and manufacturing, including a period as the Director for the Office of Manufacturing in South Australia.

Greg lives at Tarome with his wife of 38 years Denise.

MEETING, 28 SEPTEMBER 2016

Royston Whybird

140 Years Helping People Move



Royston's induction in the Road Transport Hall of Fame

Royston, son of Alan Whybird and pioneer of Whybird Removals modern fleet of transport vehicles, has lived all of his life in Ipswich. He completed a Motor Mechanic Apprenticeship in 1964 and commenced working for his father as a mechanic driver

The company progressed from one man horse drawn lorry to semitrailers running interstate. Royston drove to all states and territories with a removal from Hermannsburg (home of Albert Namitjira) West of Alice Springs to Hope Vale, North of Cooktown being most memorable.

Of significance was his removal of the then retired Governor General Bill Hayden from Canberra to Queensland

Having bought the business from his father he then sold it in 1997 after 140 years in the same family

PAST MEETING, 10 AUGUST 2016

Lifeline – Crisis Support

Crisis Support Worker Ross Blanch



President Ross speaks with Ross Blanch after his talk

Chairman Andrew introduced Ross Blanch as his next door neighbour and a dairy farmer from whom he has learnt much about farming over the past 16 years. Ross responded by saying “Dairy farmer – Lifeline” as being an unlikely mix. It arose 22 years ago when he was experiencing a traumatic personal event. Unable to get support from those close to him brought him into contact with Lifeline. The next day he “was a different person”.

Some eight months after the event he was challenged to give back to the community becoming a Crisis Support Worker with Lifeline. He explained the term Counsellor is no longer used to describe his role.

Ross gave the history of Lifeline commenced around 1963 by the Rev. Alan Walker from Sydney. After receiving a call one evening from a person threatening suicide, Rev Walker recognised the need in the community for a body to respond to such calls - hence the formation of Lifeline for the purpose of suicide prevention.

Ross described the changes which the organisation has undergone during his involvement, over the past 22 years. Lifeline support workers are now National rather than Regional, having undertaken similar training as Crisis Support Workers. Now connected to a national grid, support workers can connect people in need to relevant support agencies throughout Australia. He emphasised Lifeline’s main goal was “to prevent suicide”.

Vision Statement

An Australia free of suicide

- Crisis Line 13 11 14
- Community Recovery
- Bereavement Group
- Community Engagement/Campaigns
- Training



About Lifeline

Somewhere in Australia there is a new call to Lifeline every minute. People call Lifeline’s 24 hour crisis line 13 11 14 about:

- Suicidal thoughts or attempts
- Personal crisis
- Anxiety
- Depression
- Loneliness
- Abuse and trauma
- Stresses from work, family or society
- Self-help information for friends and family



Ross indicated that the subject matter of concern to callers varied considerably. Recently a caller from Perth was stressing over the “Use by” date of goods in a supermarket. He indicated that life decision for some may be tougher than for others. For many suffering trauma, loneliness, anxiety etc. it is having someone to talk to which Lifeline provides. (Refer above)

The Australian Story

In 2014, there were 2,160 males and 704 females who died by suicide, a total of 2,864 deaths (an average of 7.8 deaths by suicide in Australia each day).

- The highest age-specific suicide rate for males in 2014 was observed in the 85+ age group.
- This rate was considerably higher than the age-specific suicide rate observed in all other age groups, with the next highest age-specific suicide rate being in the 40-44 and 50-54 year age groups and the 30-34 year age group. The lowest age-specific suicide rate for males was in the 0-14 year age group and the 15-19 year age group.

<http://www.mindframe>



- The highest age-specific suicide rate for females in 2014 was observed in the 35-39 age group, followed by the 50-54 age group, the 40-44 and 45-49 age groups and the 55-59 age group.
- The lowest age-specific suicide rate for females was observed in the 0-14 age group followed by the 75-79 age group and the 15-19 age group.



Ross cited statistics relating to the disparity between male and female suicide rates with males outnumbering females 3:1 in 2014, particularly in the >85 years category. He highlighted 2,864 deaths by suicide that year. The loss of a partner is often a leading cause of suicide. (See The Australian Story above)

Ross referred to suicide attempts varying between different cultural groups due to an absence of support services to which they readily identify. He indicated that over time he has mastered the art of talking to people threatening suicide. The numbers saved by a call to Lifeline will never be known as no data is available. He described that often after speaking to him, they “open-up” and see there is Hope. He stressed that “hope” is often the way to recovery but there are no criteria. Some people will talk about their circumstances and others won’t.

Building a rapport with callers is essential in order to establish their problem. If the caller is thinking of suicide it can be more readily established if they are able to unburden in order to establish the core of their problem. Unfortunately, community misconception often confuses the untrained leading to an unhelpful response.

Ross says trying to get the caller to own their feelings is important. Can they talk about it to a friend?. Pricking a caller’s conscience is important so they are aware of and own the problem. However their response to questioning can be diverse and varied when asked probing questions.

He indicated that it is more important to listen and not say too much. Listening to their responses to the following is critical. (See Assessing for Suicide)

Assessing for Suicide:

- Talking or writing about death, dying or suicide
- Threatening to hurt or kill themselves
- Planning for suicide -affairs in order, giving away possessions
- Seeking access to things they can kill themselves with
- Expressing hopelessness or helplessness
- Fear of future
- **Saying things like:**
- “I wish I were dead”
- “Everyone will be better off without me”
- Sad, unhappy, crying
- surrender
- Shame/guilt
- Rage, angry, seeking revenge
- Feeling hopeless & worthless
- Feel they have no future/ trapped
- Feeling lonely and isolated
- Withdrawing from family & friends
- Stop doing things they enjoy
- Change in behaviour
- Relying on alcohol & drugs



For a caller threatening suicide, Ross indicated that in providing critical emergency help for that person, he may seek their permission to speak to his supervisor. This may trigger the call being traced and arrangement made with police or ambulance for their transportation to hospital. He said keeping them on the phone until the ambulance arrives is important for him to complete his job. Were the person to have overdosed before calling, this may make ambulance attention more urgent.

What you can do to prevent suicide

Listen to them

- Allow them to express their feelings.
- Let them do most of the talking.
- They will often feel a great sense of relief someone wants to talk to them about their darkest thoughts.
- Avoid “cliché” statements e.g. “everything will be ok”, “keep busy”, “you’ll feel differently tomorrow”
- Avoid minimising their feelings or experience

Narrative approach- spend time hearing their story

- Tell them thoughts of suicide are common, and do not need to be acted on.
- Explain that there is help available



Ross confessed to it not being easy for him to identify himself by an artificial name. If asked his name by a person threatening suicide he may identify himself as just Ross, as he cannot lie. Now that alone qualifies him as meeting the *Rotary 4 Way Test* and as a Rotarian. Do you agree ?

Ross Blanch was thanked for his presentation by Chairman Andrew who, with President Ross McInnes, presented him with a donation of \$250 to Lifeline. Also, a Digger Box will be sent to a serving soldier overseas in his name.

PAST MEETING, 24 AUGUST 2016**Bev Ward****My Amazing European Holiday**

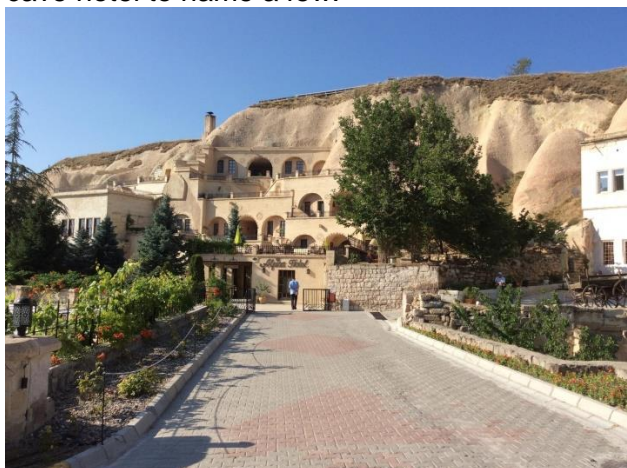
After a very long flight from Australia we arrived at Heathrow airport looking forward to a good night's sleep and just chilling out for a few days before embarking on our trip to Turkey and Croatia.



Bev overlooks London from the London Eye

We did just that and enjoyed our time in London catching up with friends and visiting some of the tourist spots we've grown to love over the years. Two days before leaving for Turkey we heard the devastating news of the terrorist attack at Istanbul airport. After much thought and after contacting our travel agent in Australia, we decided we would go ahead with our Insight tour. However when we arrived, we found that there were only twelve passengers on our 40 seater bus, all others had cancelled. Nevertheless, we had an awesome trip.

The Turkish people were all very welcoming and we visited amazing places such as Istanbul and the Blue Mosque, Gallipoli (very emotional and awe inspiring), Troy, magnificent Ephesus and the wonderful area of Cappadocia where we stayed in a cave hotel to name a few.



Cave Hotel at Cappadocia

Turkey has become one of my most favoured places to visit and I'm so pleased that we decided to go. At no time did we feel unsafe or threatened. My heart goes out to the ordinary Turkish people who rely on tourism for their livelihood, because tourists are staying away in droves. Compounding the problem was the attempted coup two days after we flew out of Istanbul.

Our next tour was through Croatia. A beautiful country where we spent a lot of time following the Dalmation Coast and visiting the Islands. Best of all for me was Kortula. The days were perfect, sunny and balmy, particularly after the searing heat of Turkey. We finished our tour of Croatia at the ancient city of Dubrovnik where as a "Game of Thrones" devotee I was so excited to do a tour of that name through the old town.



The Krka waterfalls in Croatia

The last wonderful experience of our journey was a French river cruise from Lyon to Nice - fabulous and then Paris for three days. Our last day in Paris we took a drive to see Monet's garden. The gardens were a pleasure to visit and certainly a fitting end to an awesome trip.



Monet's Garden, Paris



September

Our club had an absolutely outstanding day of fundraising at the Peak Crossing Car Display Day last week. Many thanks go to Neil and Jenny for hosting the event of about 200 cars and over 350 people.

While all cars showed the time and love their owners put into their appearance, there is always a favourite. This year the *1921 Rolls Royce Silver Ghost* drew many visitors throughout the day.

It was a pleasure to have contact with people who were genuinely interested in raising money for charity, and it was quite common to hear “keep the change, it’s going to a good cause” from attendees.

Between the gate, hamburgers, raffles, and donations, the amount raised will allow the club to fund many of the priorities that our club has set itself for the year. It was a day that ticked many boxes – a very good club activity for our members, meeting many new people, and a fabulous fund raiser for our club.

Last week also saw us revisit Andrew and Anne’s for a vocational night, so the BBQ was fired up again, but far less hectic cooking for club members. Andrew gave us an indepth rundown of their business and his formal training. I didn’t think I knew much about the printing business, and after Andrew’s talk that was clearly verified.

This month, our two guest speakers are our Scenic Rim Mayor Greg Christiansen and also Royston Whybird from Ipswich.

Just a quick reminder to everyone – if you haven’t brought along a guest to a meeting, keep that in mind, and also try to talk to many people about the DonateLife programme.

Ross McInnes – President

Club President: Ross McInnes
District 9640 Governor: Michael Irving
Rotary International President: John Germ



Youth Matters

Cara Champion
Youth Director

RYTS and RYLA - James Kennett

James Kennett, as RYTS District Chair, introduced himself saying that in 1976, when age 19, and having been a student at The Southport School on exchange to Scotland, he believed there was little more in life to learn. He reluctantly accepted sponsorship by the Rotary Club of Broadbeach to a RYLA Camp at Warwick, believing that as there would be girls present, it may not all be that bad. However, it changed his life and on his return he had an incredible sense of destiny and a renewed purpose in his life.

He related the experience of youth returning from camp and reporting on having had a fantastic time, without knowing how their experience has changed them. That assessment is made by their parents, friends and teachers who see a changed person on their return asking “I don’t know what it is they do to these persons – a different person has returned”?

James says a unique spirit is created at these camps which is why they are unique. “Where else do you have ±100 like-minded youth gathered together?”. He assesses the group differing from the normal bell curve, for these are the top 2% of the population, all in one space, at the one time, with a really positive attitude and a desire to achieve something out of their experience. No university, no school or other environment can create such an atmosphere. Corporate conferences can’t achieve the same impact, other than perhaps with a motivational speaker, who is like a bright candle burning briefly, whereas RYTS and RYLA have a lifetime effect on people.

James conveyed his personal experiences from RYLA at the age of 19 which motivated him in his own business. Now as RYTS District Chair he has the opportunity to encourage others to participate in Rotary Youth Programs, commencing with RYTS and following through with RYLA, so more may experience the challenges these programs provide.

Cara Champion – Youth Director.

Secretary: Marjorie Porter
Webmaster: Aleeta Wozencroft
Editor: Graham Porter OAM



From the Secretary's Desk

August has been a particularly busy month with five Wednesday meetings and two weekend functions. We catered for a community barbecue at Kalbar on 6th August, then finished the month with one of our biggest annual events, the annual Peak Crossing Car Display Day. Thanks for members' assistance.

A reminder to everyone collecting the Donate Life forms to continue getting the message out to friends and relations to complete these important documents, then pass them on to me please.

One of our honorary members, John Braithwaite, is celebrating his marriage to Carolyn Guttormsen on Saturday 17th September in Brisbane. We all wish John and Carolyn a long and happy life together.

Lifeline has forwarded their receipt for the cheque which we gave to Ross Blanch when he spoke to our Club. The funds will be directed to Suicide Prevention – a most worthy cause.

Marjorie Porter – Secretary

Farewell Sgt Matthew Thomson



Country Patrol Inspector Keith McDonald presents Sgt Matthew Thomson with his service plaque

After 4½ years at the Harrisville Police Station, it was time for Sgt Matthew Thomson to move on. It was a sad day for Rotary and community groups as Matthew demonstrated he understood the principle of community policing. His award as Ipswich Rotary Community Police Officer of the year in 2015 confirms this. He is now stationed at Coorparoo.

Vale PDG Henry Bodman



PDGs Arthur Devin and Henry Bodman on 26 August 2015 at Toowong's 50th Anniversary – One Year Ago

Rotary Fassifern Valley has been enriched by its fortuitous association with the Rotary Club of Toowong through a joint annual cattle sale. There has been no more positive and encouraging force for the development of that relationship than that of PDG Henry Bodman. As a recipient of the Valley Vibes, Henry regularly sent his positive response and encouragement which will be greatly missed.

PDGs Arthur and Henry were mates, having been Governors of Districts 9640 and 9600 respectively in 1998-99. No one will ever match the authority he held in his DG technical colour waistcoat. Our condolences go to Janelle Bodman and family, RC Toowong members and Henry's mate Arthur Devin.

His long time professional and Rotary colleague Murray Bladwell wrote: "Henry will be remembered by his mates for his well known and constant challenge to the world... *I'm Henry Bodman and I don't care who knows it!*" RIP PDG Henry Bodman

Upcoming Events

Oct 19 – Official Visit DG Michael Irving & Roz

Oct 22 – Garage Sale Trail, Harrisville

Nov 2 – RCFV Annual General Meeting

May 5-8 2017 Rotary Conference BallinaKey note speakers: Ita Buttrose, Noel Pearson, Kerry O'Brien, Max Walker **Make diary note NOW!**

Recent Rotary Events



(Photo courtesy of Scott Nelson – TPR Media)

Peak Crossing Car Display Day - 28 August 2016

The Peak Crossing Car Display Day started 5 years ago with the Jaguar Drivers Club of Qld (JDCQ) being invited for a breakfast at our home at Peak Crossing. There were 14 cars in attendance. The following year, Tony Nelson, from JDCQ, suggested members pay \$5 for breakfast and the proceeds be donated to a local organisation. Being a member, I suggested Fassifern Valley Rotary.

Three years ago Tony, Jenny and I decided to have the JDCQ join with Rotary to hold an exclusive car club only day and raise funds for our Rotary Club. This was successful and in the following years the display days have got bigger to it now being a Rotary event with JDCQ organising the car clubs to attend. (Photo below TPR Media)

So far, these display days have raised over \$13000 for our Rotary Club.



Jenny's Raffle Stall



Pres Ross thanking car clubs for their attendance and support

The Peak Crossing Car Club Display Day is unique in the "car club" calendar as it is an invitation only event and closed to the public.

This year saw 202 cars and over 350 people attend. Cars attending included a rare Lamborghini, a Rolls Royce Silver Ghost (1921), a brand new Rolls Royce Silver Wraith, more than 20 E type Jaguars, rare Alfa Romeos, a selection of Austin Healey sports cars, the hand built Morgan sports car, Corvettes, Mustangs including the latest model Volvo 1800 made famous in the TV series, *The Saint...* and many more.



Pres Ross contemplating a Rolls Royce Silver Wrath



Line of Austin Healeys (closest in aerial photo Page 7)

Entertainment was provided by two car enthusiasts who sang for 3 hours and a BBQ was provided by the Fassifern Valley Rotary members.



RCFV Barbecue stall

The weather was picture perfect. A great day was had by all.

Neil Summerson AM – Coordinator

Wagtail Graphics Vocational Visit - 31 August '16 & BBQ



RCFV Members at Wagtail Graphics

A great night was enjoyed by members at the vocational visit on 31 August '16 to Andrew and Ann Kay's business *Wagtail Graphics*. We were able to farewell winter in style with excellent food and wine.

Andrew showed us around his printery and his skill with sophisticated printing machines. It emphasised the value of such visits in understanding the vocation of members. Given one's vocation defines ones Rotary classification, we then can better know a member if we understand their vocation.

Community BBQ - Kalbar 6 August 2016

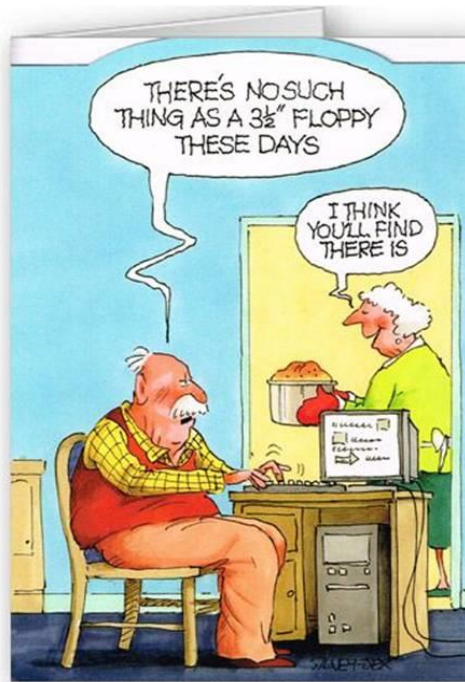


Rotarians Scott Champion, Lindy Kirchner, Cara Champion, Bev Ward and Marjorie Porter manned the barbecue at Engels Hill Estate, Kalbar. A great opportunity for Rotary to raise over \$200 and to be seen working in the community.

It's a Laugh!



Plumber of the Year Vocational Award



The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

I was always taught to respect my elders, but it keeps getting harder

Meeting Program and Duty Roster: September

DUTY ROSTER	Wed 7 Sept '16 Business Meeting	Wed 14 Sept '16 Dinner Meeting	Wed 21 Sept '16 Training Meeting	Wed 28 Sept '16 Dinner Meeting
Duty Officer	N/A	Cara Champion	N/A	Aleeta Wozencroft
100 Club , Stamps and/or Raffle	N/A	Thyrlene Devin	N/A	Thyrlene Devin
Chairman/ Rotary Reflections	Pres. Ross McInnes	Ron Smith	Pres Ross McInnes	Arthur Devin
Meeting Venue & Time	Harrisville State School 6.45 for 7.00 pm	Royal Hotel Harrisville 6.30 for 7.00 pm	Lizzy's Kitchen at Mackaway's Café 6.45 for 7.00 pm	Royal Hotel Harrisville 6.30 for 7.00pm
Program and/or Guest Speaker	General Business	Cr Greg Christensen Mayor, Scenic Rim Regional Council	Video: The Winds of Change by 2010-12 RI Director Stuart Heal	Royston Whybird 140 Years Helping People Move

MEMBERS NOTICE:

1. To ensure a punctual 7.00 pm start, members are requested to arrive no later than 6.45pm.
2. When you have duties on the Roster and are not available, could you please arrange for someone else to fill in, and advise Secretary Marjorie of the change (Mob 0419 781 264).