



# Quo Vadimus

Where are we going?



**The Bulletin of the Rotary Club of Macarthur Sunrise Inc.,  
Macarthur Group, District 9675  
Wednesday, 3<sup>rd</sup> October 2018  
Solis Ortus (Sunrise) - Campbelltown 5:30 am**

## Evening Meeting – Seven Women

Last week was a bit different. Firstly, it was an evening meeting. Secondly it was held at Fred's Upstairs at Camden. Thirdly it was a combined meeting with the Rotary Club of Wollondilly North. Attendance was great with a total of around fifty present and of these fifteen Members and two Friends were ours. That gave us an attendance percentage of 88% with just two Members away.



The Seven Women, referred to in the heading, was the title of the presentation made by Liz and Sue and was about their recent trip to Nepal visit the Seven Women Centre in Kathmandu.

Twelve years ago, at age 22, Stephanie Woollard began Seven Women after meeting seven disabled women working in a tin shed in Kathmandu. These seven women were struggling to make a living in the face of harsh discrimination. With her last \$200, Steph paid for trainers to teach the women how to produce products for sale locally and abroad – and Seven Women was born.

Since its inception they have educated and trained and employed 5 000 women. Currently they employ over 1000 women in the manufacturing enterprise selling fair trade products to Australia and Europe. As well as this over 50 women have been trained in hospitality in the cooking school and many have gone on to start their own businesses.

The Seven Women Centre is a winner of a United Nations Responsible Business Award and is strongly supported by Rotary as a RAWCS project.

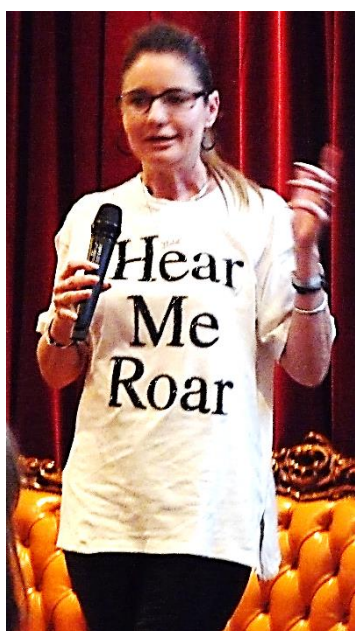
## A WORD FROM PRESIDENT BEC

Good morning Sunrisers.

I hope you have all had a fabulous long weekend with family and friends.

Thanks to all of you who attended our first night meeting of my term. Wow! What a great night of fellowship. We will be having a few more night meetings so anybody with some ideas on what they would like, please shoot me through an email.

Have a great week.



## BEC'S WEEKLY SHOUTOUT

The Shout Out this week is to Di. Not only did she turn 69 years old yesterday, but her help to organise the night meeting last week was amazing.



Thank you Di, for all that you did.

## WHAT'S HAPPENING

Below are dates for Events that involve us.  
For details please check the  
**GREEN BOOK**

Date	Event
Wed 3 Oct	Board meeting
Sat 6 Oct	Sugarloaf, Dressage
Sun 7 Oct	<b>Daylight Saving Begins</b>
Sun 7 Oct	Sugarloaf, Dressage
Wed 10 Oct	Rotary Hat Day (Wear a hat to meeting)
Wed 10 Oct	Rotary Mental Health Day
Sat 13 Oct	Dinner Under the Stars
Fri 19 Oct	Bunnings BBQ
Sat 20 Oct	24 Hour Fight Against Cancer, Macarthur Walk
Sun 21 Oct	24 Hour Fight Against Cancer, Macarthur Campbelltown Stadium
Wed 24 Oct	World Polio Day
Thu 25 Oct	Australian Rotary Health Evening <i>A Night with Our Researchers</i>
Wed 31 Oct	5 <sup>th</sup> Wednesday Evening Meeting
Sat 3 Nov	Fisher's Ghost Festival
Wed 7 Nov	Board Meeting
Sat 10 Nov	Discobility 10 <sup>th</sup> Anniversary
Fri 16 Nov	Bunnings BBQ
Wed 21 Nov	Our AGM
Sat 1 Dec	Sugarloaf, Dressage Carols by Candlelight
Sun 2 Dec	Sugarloaf, Dressage
Wed 5 Dec	White Ribbon Day Breakfast, Camden 6:45am
Wed 5 Dec	Club Christmas Party at Melaluca House, 6:30pm
Fri 14 Dec	Bunnings BBQ
Tue 25 Dec	<b>Merry Christmas</b>
Wed 26 Dec	No Meeting
Tue 1 Jan	<b>Happy New Year</b>
Wed 2 Jan	No Meeting
Wed 9 Jan	Business as usual.
Fri Sat Sun	15-17 Mar District Conference

## Australian Rotary Health Hat Day

### (Lift the Lid on Mental Illness)

Do you know anyone who suffers from a mental illness? Do you suffer from a mental illness? It isn't anything to be ashamed of. Currently 1:5 (20%) Australians suffer from mental health problems. That is just on 4 million people. Three years ago it was around 3 million.

Mental Health is an expression we use every day, so it might surprise you that the term 'mental health' is frequently misunderstood.

'Mental health' is often used as a substitute for mental health conditions – such as depression, anxiety conditions, schizophrenia, and others.

According to the World Health Organization, however, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

So rather than being about 'what's the problem?' it's really about 'what's going well?'

Teenagers are our greatest worry at present with 1:10 admitting to engaging in self harm. Then we find that 20% of girls aged 16-17 meet the criteria for clinical depression. The most common forms of mental illness are depression, bipolar disorder and anxiety. With the HSC coming up then this can become a major problem with suicides at their highest because of fear or failure

Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.

For Rotary, the second Friday in October each year is Hat Day, the national fundraising and awareness day where you wear a hat and make a donation to help shine a light on mental illness in Australia. 100% of money raised on the day goes to research into helping those affected by depression, anxiety, schizophrenia and many other illnesses. Hat Day is the largest fundraising initiative undertaken by Australian Rotary Health.

Whilst Hat Day is designated as Friday, we are holding ours a couple of days earlier, but our hopes remain the same. Recognise the need for help and let us raise some money for the organisation. Hat Day is an initiative of Australian Rotary Health, one of the largest non-government funders of mental illness research in Australia.



THE SECRET TO LIVING  
WELL AND LONGER IS:  
EAT HALF, WALK DOUBLE,  
LAUGH TRIPLE AND LOVE  
WITHOUT MEASURE.

– TIBETAN PROVERB



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## TAKEAWAY COFFEE CUPS

Australians use an estimated one billion takeaway cups every year! Takeaway cups contain a polyethylene lining which prevents the liquid from being absorbed through the paper cup; this lining has made it difficult for cups to be recycled and as a result, millions are sent to landfill every year.

Cups labelled compostable or bio-degradable are technically suitable for composting under optimum conditions; these conditions are only met at commercial composting facilities. Compostable cups take much longer to break down than other organic material so composting facilities don't tend to accept them, which means the cups still end up in landfill. **Simply Cups**, (est. UK 2014, Aust 2016) has worked with innovators to separate the paper from the plastic lining to create a resin suitable to up-cycle into new products such as bench seats, kerbing and car stops.

Cup collection points have been established at **7Eleven and Muffin Break** outlets. Hot and cold drink cups can be deposited, regardless of branding and point of purchase. Takeaway cup lids should be placed in yellow kerbside collection bins.

