



Meetings held fortnightly at the Berri Resort Hotel,
Riverview Drive, Berri. Mondays 6.15 for 6.45pm

District 9510 Governor – Jeff Neale

Area Governor – Craig Dowling



2021 – 2022 Board

President : Peter Jarvis Secretary/Treasurer : Bruce Richardson OAM
Directors : Tony Smith OAM, John Rix OAM, Past President: Mary Hansen

Last Rotary Meeting

Its Hat Day

To acknowledge Hat Day we were given the opportunity to hear from John Chase who was very generous in sharing his story. His story of Depression

He was accompanied by his wife Ann who was a great support in his early days of his struggles back in 1995 John was leading a very busy life, Acting Principle at Renmark Nth PS, attending multiple meetings in a 24hr time frame and exhausting his reserves.

He shared the feelings that were invading his thoughts at the time of waking up one morning feeling like ***"I can't go to school today!"***

John Shared his story and below are a few key words which might help you help others

- feeling Guilt
- worried
- lost confidence
- withdrawn
- felt down
- difficult to make decisions

He also shared the most important things that **helped him to recover**

- support and encouragement
- friends who came to visit
- Faith helped him too,
- Being with Positive People
- Medication
- Psychologist
- More holidays
- Lastly, People who had confidence in him even though he had been sick and gave him new responsibilities.





Foot note, If these words can help you to help someone that you know, suffering or experiencing a Mental Health episode, please know you are the right person to help them in that moment. Mary Hansen



Next Meeting 2762 25th Oct 2021

Oct 25th Meeting at Hotel

Future Meetings – (Two each Month)

Nov 8th Meeting at Hotel
 Nov 22nd Meeting at Hotel
 Nov 29th **Winkie Pottery visit**

Dates for your Diary

Nov 15th Board meeting – Venue TBA
 Dec 13th Board meeting – Venue TBA

Dates to remember

Dec 20th Christmas Meeting

The Birthday Box

October

John Rix 1/10

Wedding Anniversary

Please take note of the roster below – Mark it on your calendar

Club Meeting Roster

Date	Equipment	Plaques		
	October All members	October All members	Attendance: Tony Smith	Apologies to: Bruce Richardson

If you are unable to fill your rostered duties please contact Secretary Bruce