

Cooma Rotary Club Inc

Theme: Water and Sanitation Month

**24 March – Shannon Payton-McDonald
Creative writing to build resilience**

Rotary



Coming Meetings and Social Events:

31 March – Social Evening

7 April – Siobhan West – Youth Exchange Year

14 April – Social Evening

18 April – Market – Kids Day in the Park



BIRTHDAYS in March 11th Tony B, 18th Dave H -- Best wishes

This week's points of interest

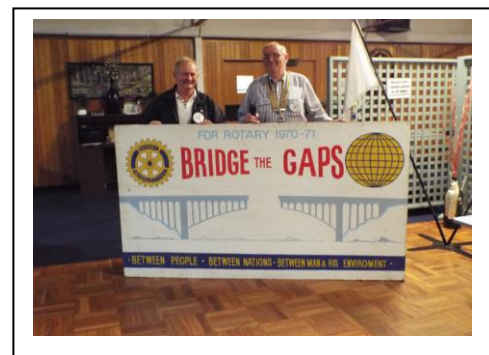
Guests - Nima, Phil and Sara, Gustavo and Marianna, and Shannon.

There was a presentation this week of a board from 50 years ago (1970-71) when the theme was Bridging the Gaps. This board was going to the Cooma tip and was rescued by Neil.

Jan P – This week's social evening is on Wednesday 31 March 6.30pm. Please respond by midday Monday 29 March email jeanpayne@yahoo.com.au or ring 0429 707 792.

If you have any suggestions for upcoming venues, please let Jan know.

Glenys – The Car Rally has been postponed until Spring.



Tony B – There is a clearance sale at ‘Jimmy Doo’ Crackenback on 3 April, 2 volunteers are required for the day, please contact Tony if you are available.

Neil – There is an upcoming vocational evening on an off-meeting week, at Cooma H Hardware and truss and frame manufacturing complex finishing with a meal at the in-house café. It is anticipated that this will happen in April.

Sally – District conference update. Sally, Jeannette and Katrin attended the weekend at Bathurst. Friday evening was a bbq at the Racing Museum at Mt Panorama put on by the Rotary Clubs of Bathurst. The lucky door prize was a flying lap around the Mt Panorama racetrack. The guest speakers included our outbound student Siobhan, the Commissioner for Emergency Services for the ACT who spoke about lessons learnt from the recent fires. The Deputy Secretary of the Department of Health talking about immunisation and Rear Admiral Chris Barrie (Rtd) who has set up a foundation for dealing with PTSD and mental health issues called FearLess Outreach.

Terry – This month’s market was small and very wet and consisted of 13 stalls.



PLEASE ADVISE LIZ IF YOU ARE COMING TO THE MEETING AND WANT A MEAL, IF YOU ARE BRINGING A GUEST OR ARE APOLOGISING FOR NON-ATTENDANCE BY MODAY EVENING BEFORE THE COMING MEETING: 0437 233 377 or lizmartyn@bigpond.com

Speaker – Shannon Payton-McDonald

Shannon’s family has been in the Monaro District for many generations. She was schooled locally and she went off to university to study writing in various forms. She is a book podcaster, a book reviewer and has a bookstagram page. She is rather passionate about books and reading.

Shannon has funding to run a project called "Creative Resilience Writing". The workshop blends together mental health and wellbeing with creative writing to build resilience and recovery for the Snowy Monaro Community.

The Creative Resilience Writing Workshops are a response to the bushfires experienced at the end of 2019 into 2020. The project blends creative writing with wellbeing to give members of the community the tools they may need to work through their experiences.



Shannon applied for and received a grant from the Coordinare - Southern Eastern NSW PHN program.

Another of Shannon's projects is the Snowy Monaro Writers Group, which was started just after the bushfires. At the first meeting of this group, it was discovered that many attendees had been impacted by the fires and wanted a way to express their feeling in relation to what they had experienced. One way of providing an outlet is to write down the emotions and feelings, she describes this as 'emotional vomit'. After doing this the experiences are now on the page and can provide a way to move through an experience. These workshops are a safe space to get thoughts out.



The Creative Resilience Writing Workshops are going to be held throughout this year, see the attached flyer for details. The workshops are being facilitated by Jen Keioskie and Lee Taylor Friend who have experience in mental health and writing.

The Writers Group had to take a hiatus but is now meeting again. If you are interested in either program, you can contact Shannon for details. creativeresilienceproject@gmail.com



ROSTERS	7 April	21 April
MEET & GREET	Elaine S	
FINES/DID YOU KNOW?	Wolfgang	
RAFFLE	Mark JN	
JIGGLE THE JOKER	Janine	
KEEPER OF THE PROPERTY	Dave H	
KEEPER OF THE BANNERS	Dugald	
TOLL COLLECTOR	Liz	
SERVICE	Neil B Bob	
Vote of Thanks	Ash	
PASTORAL CARE	Elaine M	

Markets	18 April
Van & BBQ Towing	Terry Peter D Mark JN
SNAG EXPERTS (BBQ COOKS)	Kevin (from 10am) Peter B Bob
Order Taker	Dave H
VAN OPERATORS	Nadine Judy Peter D
PHOTOGRAPHER & PR	Charlee
MEET & GREET	Glenys
COVID 19 "POLICEMAN"	Terry
COFFEE VAN	Kiara Mark John-Natley
Entertainment	Kids Day

Public Image Hint

**Be involved and help generate enthusiasm
for the volunteering work that is done.**

Rotary
Club of Cooma Inc.



#SupportCoomaRotary