

BULLETIN



Meeting date: August 20, 2024

Virtual or In-Person: In person – 19 attending

Visitors / Guests:

Speaker Ryan Painter

Visiting Rotarian – Rob McKenzie – Comox club

Announcements:

No announcements

Program Overview:

"Navigating the Storm" PPT by speaker Ryan Painter, dealing with mental health, anxiety and suicide. A victim of a failed suicide attempt, Ryan now speaks to groups in the hopes it brings both more awareness to the subject and hope to those who may be struggling.

Some interesting comments:

- Anxiety is the most diagnosed mental health issue
- In Canada, 12 people commit suicide daily and the number is rising
- Learn to 'rest and re-charge'
- Prioritize your mental health
- We are the "anxious generation"
- Contacts: ryan@ryanpainter.ca; website ryanpainter.ca

Celebrations Master:

Once again CM Heather did an admirable job in procuring loonies/toonies and more based on a number of questions/situations; Happy Birthday to Shawn Cote.

50-50 Draw won by Clair Wakefield who put some of the funds won back into the club coffers for the Rotary Foundation auction in November.

Next Meeting:

Our next meeting will be held at the Oak Bay Beach Hotel on September 3rd and will be a Zoom presentation by the Tacoma South Rotary club regarding a Global Grant Education Project.