



BRICKTOBER

ASCOT ROTARY - HOME OF BRICKTOBER

ASCOT ROTARY CLUB BULLETIN: 2023-2024: Volume 55, Number 2: 25 July 2023

BIRTHDAY IN JULY

Happy birthday to:

Robyn Metcalf 29 July

YEARS IN ROTARY

Thank you for your work in Rotary:

Hugh Langridge July 1991

Jodie Sparks July 2000

Kerry Smith July 2019

BIRTHDAY IN AUGUST

Jamie Frost 1 August



CREATE HOPE
in the **WORLD**

DATES TO REMEMBER IN AUGUST

2 August: Bricktober Committee meeting

8 August: Breakfast club meeting

14 August: Board meeting

15 August: Satellite Club meeting

22 August: Breakfast club meeting

22 August: Bricktober committee meeting

WHO IS DOING WHAT FOR 8 AUGUST:

On welcoming: Hugh Langridge

Chairing the meeting: Ros McLernon

Host Chair: Peter Richardson

Guest Speaker: Bianca Marson Wait—Elder Rights in WA

Rotary Toast (Letter V) Gerry McLernon

WHO IS DOING WHAT FOR 22 AUGUST:

On Welcoming: Ros McLernon

Host Chair: Kerry Smith or Jodie Sparks

Rotary Toast (Letter W): Peter Richardson

**NEW ROTARY YEAR—NEW ROTARY DISTRICT—WE
ARE ALL ONE DISTRICT IN WESTERN AUSTRALIA**

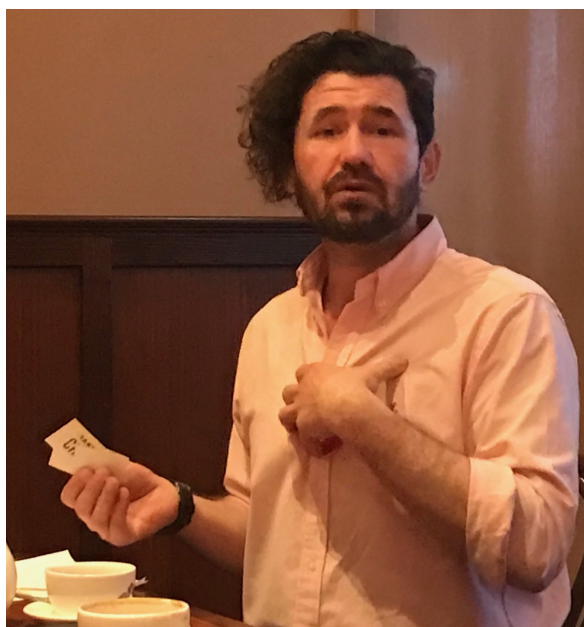
DISTRICT 9423

GUEST SPEAKER: DARREN PETERSON

This morning we heard about the work Darren Peterson has done in the area of developing and running a First Aid Course to help those with a mental health issue. Sometimes when we are confronted with someone who has a mental health issue, we ask the question "Are you okay"; but wonder what we can do to assist when they say 'no they are not okay'. This First Aid course helps provide answers for those in a support role.

Darren spoke about his own battles with depression which led him to find ways to deal with it with varying degrees of success. These included increased consumption of alcohol (didn't work), meditation, seeking clinical assistance, mindfulness and medication.

He feels that the course he is involved in presenting can help in every aspect of a person's life. He gave up the life of a Fly in Fly out worker to devote his time to running the Mental Health First Aid course—putting himself through a Toastmasters course to overcome his fear of public speaking.



We are:

PEOPLE OF ACTION

Those at this morning's meeting—please let us know your thoughts on running this First Aid Course for our members. We are going to discuss this at our next Board meeting.

Let us know so we can make an informed decision.

ascotrotarywa@gmail.com

DATES FOR AUGUST

- 2 August: Bricktober Committee
- 8 August: Breakfast meeting—Ros to chair
- 14 August: Board meeting—Hugh to chair
- 15 August: Satellite Meeting
- 22 August: Breakfast meeting
- 22 August: Bricktober committee

ROTARY SNIPPET THIS MONTH:

There are over 46,000 Rotary clubs around the world, all working together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

This year's Rotary International President is Gordon McInally from Scotland. His call for action for all of us is to advocate for the removal of the stigma of talking about mental health, help people to find better quality care, and support those with mental health issues through their journey to recovery.

4 WAY SPEAKING CONTEST FINAL SERIES

There are 2 semi finals happening followed by the Grand Final event. If you are interested in attending, these are the dates. You will need to register for catering purposes:

- Monday 7 August, Woodvale Tavern
(Cost \$50—RSVP by 31 July)
- Monday 14 August, Collier Park Golf Course
(Cost \$40—RSVP by 7 August)
- Monday 4 September, Mt Lawley Golf Club
(Cost \$55—RSVP by 28 August)

The Trybookings links were attached to the last newsletter—so check your email for the correct one if you wish to attend them.

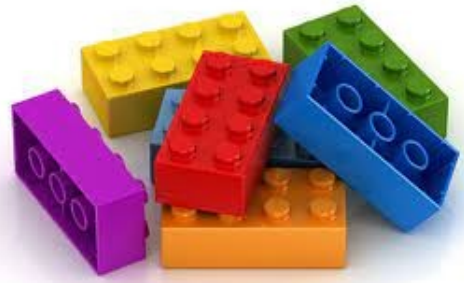
Students were expected to create a talk based on the Four Way Test:

Is it the Truth; Is it Fair to all concerned: Will it build Goodwill and Better Friendships; and Will it be Beneficial to all concerned?

BRICKTOBER IS FAST APPROACHING

Please put these dates in your calendar:

- 16 September—PR Day at Karrinyup Shopping Centre
- 23 September—PR Day at Garden City Shopping Centre
- 7, 8 and 9 October—BRICKTOBER IS HERE
- **We will also be asking members if anyone can visit another club and talk about volunteering at Bricktober.** The committee is currently developing some statements to be used so we have a consistent message. Watch this space for when and where this may happen.



GUEST SPEAKER PROGRAMME:

- ◆ 8 August: Bianca Marsden, Elder Rights WA
- ◆ 22 August: Charlie Brown, Vic Park Youth Accommodation (TBC)
- ◆ 12 September: Club Runner update and how to navigate
- ◆ 26 November: Katherine Jafari, Stroke Foundation

If you know someone who might be interested in these topics, please invite them to join us on those dates.

KNOW ANYONE WHO MIGHT BE A GREAT CANDIDATE FOR THE SEPTEMBER RYPEN EVENT?

They need to be between the ages of 14—17.

Put your feelers out to find someone and then let Gerry know so he can get them signed up.

Closing date for applications is 23 August—so get in quick so Gerry has time to fill the forms in by then.

SAVE THE DATE:

Sunday 10 September 3 pm—6.30 pm

Wine Tasting \$50 per person

Ferngrove Wines, Burswood

Hosted by Satellite Club as fundraiser:

Tickets via Trybooking: <https://www.trybooking.com/CKBZI>

WANT TO PAY YOUR MEETING COSTS AS A LUMP SUM?

If you prefer to do a bank transfer into our club account, instead of paying \$5 each week—there are 21 meetings left in the year: \$105

◆ Club account: 036-078 494404

Please let Jodie know you have done that so she doesn't hound you for more.

OUR ROTARY TOAST THIS MEETING WAS TO THE ROTARY CLUB OF UPPSALA, SWEDEN

They meet Monday mornings at 7.30 am at the Hotel Dove in Uppsala. They have a female President—Mia Ulin. Their club will celebrate 25 years in December and are one of 8 Rotary Clubs in the area. They partner with a non-profit organisation to work with the residents of Mutoma District, Kenya to provide opportunities for sustainable development. Uppsala is the fourth largest city in Sweden.

Uppsala University hosts one of the 7 Rotary Peace Centres located around the world.

I think I have been able to gather this information correctly. My apologies if my understanding of Swedish is limited (aka non-existent).



If you can't make the meeting, can you please send apologies either to President Dianne or Attendance Officer Jodie prior to the meeting.

WHO IS DOING WHAT THIS YEAR:

Board members:

President: Dianne Reed

Secretary/President Elect: Jodie Sparks

Treasurer: Mike Bermann

Foundation/Executive Secretary: Hugh Langridge

Vice President: Alan Thomson

Club Wellness: Ros McLernon

Projects Chair: Kerry Smith

Supported by:

Stewart Bermann: Satellite Club Chairman

Peter Richardson: Family Day Out Champion

Gerry McLernon: Youth Activities

Jodie/Dianne: PR/Media/Bulletin

Dianne: Bricktober Chair and Play Tubs Coordinator

DO YOU KNOW A SCHOOL OR COMMUNITY GROUP THAT MAY BENEFIT FROM HAVING MORE LEGO TO PLAY WITH?

Our Bricktober profits get poured into purchasing more Lego to create our playtubs which we give out to school and community groups that have their own Lego Play Groups but need more Lego to play with.

If you know of any group that could benefit from having more Lego then please send this link to them:

<https://www.bricktober.info/lego-donations-for-my-club/>

That will provide them with information and the application form.

CLUB CONTACT DETAILS

Email: ascotrotarywa@gmail.com

Phone: 0438353849

Facebook Pages:

Ascot: <https://www.facebook.com/AscotRotary>

Ascot Satellite: <https://www.facebook.com/profile.php?id=100081775278820>

Bricktober: <https://www.facebook.com/PerthBricktober>

Ascot Webpage: <https://portal.clubrunner.ca/7992/Page/ShowHomePage>

Bricktober webpage: <https://www.bricktober.info/about/>

REQUEST FROM BELMONT ROTARY CLUB

Belmont Rotary Club has asked if we have someone who would be willing and able to host a young female Rotary exchange student for the months of February and March. She is from Belgium and will be attending Belmont City College. If you can host, please let me know asap.

INTERNATIONAL DAYS CELEBRATED IN AUGUST

August 9: World's Indigenous People

August 12: International Youth Day

August 13: World Lefthanders Day

August 19: World Humanitarian Day

August 20: World Honey Bee Day

August 21: International Day of Remembrance

August 27: World Rock Paper Scissors Day

August 31: International Overdose Awareness Day

There are more but I chose a few of them

TREE PLANTING OPPORTUNITY

The Satellite Club is hoping to help the Town of Vincent plant some trees on 30 July. If anyone can help out, please contact Stewart or Jodie for more details.



