



ROTARY CLUB OF ASCOT

Chartered 26 February 1969

District 9465

We meet at **Belmont Tavern**

174 Wright Street, **Cloverdale**, Western Australia, 6105

On **Tuesday's** at **7:00 am** for **7:30 am** start and finished by 8:30 am.



BOARD MEMBERS 2017-18

President: Ron Alexander
Vice Pres.: Mike Bermann
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Vocational: Max Morrell
Community: Stephen Kendall
Public Relations: Christine Goss
Attendance: Gren Courtland

WEB LINKS:

Club website: www.ascotrotary.org.au

Club Facebook page:

www.facebook.com/AscotRotary

Bricktober website:

www.bricktober.info

Bricktober Facebook:

www.facebook.com/Bricktober.Perth

District 9465: <http://rotary9465.org.au>

Rotary International:

<https://www.rotary.org>

Weekly **GOSSETTE** BULLETIN 2017 – 18 Volume 49 – 10 5 Sep 2017

What's been happening at Ascot this week:

Visitors



Bob Smith from Rotary Club of Fremantle visited our club this morning and brought greetings from our old friend Garry Jacobs who has now joined that club closer to his new home in Freo. As Bob is working up this way at present, we hope to see more of him over the next few months.

Arthur Bray Scholarship

Shauna Hill, who was awarded an Australian Rotary Health Indigenous Health Scholarship in 2012 after being sponsored by the Rotary Club of Ascot through our Arthur Bray Scholarship, has sent us a progress report. See it on Page 5 of our Bulletin.

Bricktober – Now just 4 weeks away!

We will now promote Bricktober at Belmont Forum all day on Friday 15th September and not in the evening. Please recheck Rotarian Roster for that day and update your availability.

And it's all hands on deck on Saturday 7 and Sunday 8 October.

Please complete your Volunteer's Form at

<https://www.surveymonkey.com/r/friendsofbricktobervolunteers>

Geoff Martin

Stutterer to Public Speaker

Max Morrell introduced our speaker this morning before Geoff Martin himself went on to tell us he's just a normal guy. He is anything but!

Having experienced, from age 3, a lifetime of stuttering and the frustration, social anxiety and fear that came with it, Geoff at the age of 56, commenced a program that helped him to overcome his affliction and is now one of just a handful of stutterers who has completely rid himself of his stutter. He is also now a proficient public speaker and gives his time to helping others to regain their lives and overcome their speech difficulties and all while he participates on many boards, in business, sports, public and private, and at local, state and national levels.

Geoff is the son of Archie Martin and after schooling, joined his father and brothers in the family business which was well known in Perth in 1980's and 1990's as electrical retailer Archie Martin and Sons. Geoff however, because of his stutter, was the silent son never seen on the company's TV adverts like his brothers Alan and Warren. Geoff told us he lacked confidence and just couldn't do it, saying the world is a difficult place for a stutterer. Communication is so important but so difficult for a stutterer. Even if Geoff knew something was wrong, he would never speak out but instead would withdraw into a corner.

He would often feel tortured, terrified and frightened. He said after meeting his wife at age 19, it took him 5 years to ask her to marry him, not because he was unsure that she was the right one for him, but because he dreaded having to say his vows and even worse, making a wedding speech. And as he feared, he said, both were disasters.

Throughout his working life, Geoff was a "covert stutterer", meaning as much as possible he avoided words that he feared he would stumble on and used instead others he felt confident with. But he continued to be terrified of speaking in public and even found excuses for not participating in the speeches at his two daughters' weddings.

In 2001, his daughters paid for him to attend The McGuire Programme, and then told him they had done so. Reluctantly, he went along and was initially aghast at a room full of 50 to 60 people with belts strapped around their chests, breathing deeply and staring intently into one another's eyes. But he soon learned about their sustainable and proven techniques to overcome stuttering and fear of speaking, with self-acceptance and confidence building, non-avoidance techniques and knowledge of how to speak in public. As his confidence grew, his speech improved as did his self-esteem. With continuous hard work for ten or so years, Geoff beat his stuttering.

The program is a not-for-profit, self-help holistic approach to speech therapy run by others working on their own stutters. As a result and because they understand the problems and are keen to help others, it has a high success rate. Participants recognise there is no "cure" for stuttering but that with guts and determination they can take back control of their life. Many, like Geoff, go on to help the next generation of stutterers as speech coaches and so the program also offers a lifetime support network.

To further support his progress, Geoff joined Toastmasters in 2002 taking various roles before becoming President of his club in 2008. During that time he became a certified coach in The McGuire Programme and took the role of state coordinator. Geoff is now also the Vice President of Australia for ASEA (Australian Speak Easy Association) and a coach on Skype for an online stutterers' support group and through his participation in all of these programs regularly gives of his time to help others regain control of their lives and overcome their stuttering. Like I said, Geoff is no ordinary guy and our thanks go to him for telling us his story today!

Stuttering is a disorder that affects the control and co-ordination of speech movements and is more prevalent in males than females. There is no cure but that doesn't mean it has to control and ruin lives.

For more information, check out

The McGuire Programme

Toastmaster WA

Australian Speak Easy Association

www.mcguireprogramme.com

<https://toastmastersd17.org/>

<http://www.speakeasy.org.au>



“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

Dale Carnegie

PROGRAM 2017-2018 - CLUB ROSTER

Please note the following dates and advise Christine Goss of details of your Guest Speaker and Topic or advise promptly if the dates are unsuitable.

| Date | Welcoming | Informer | Host Chair | Speaker and Topic |
|-------------------|------------------------------------|---------------|--------------------|---------------------------------------|
| 12 September 2017 | Dianne Reed Roma Gehringer | | Pres Ron Alexander | Club Forum Vision for 2017/2018 |
| 19 September 2017 | Colin Peacock Brian Poole | Mike Bermann | Dianne Reed | Dianne and Bev Braving Atlanta |
| 26 September 2017 | Christine Goss Peter Richardson | | Roma Gehringer | |
| 3 October 2017 | Stephen Kendall Aidan Wood | | Michelle Kendall | Stephen Kendall Lego House Opening |
| 10 October 2017 | Hugh Langridge Michael Evans | | Jeff Stephenson | |
| 17 October 2017 | Michael Bermann Glenys Godfrey | Colin Peacock | Hugh Langridge | Debrief Bricktober 2017 |
| 24 October 2017 | Michelle Kendall Dianne Reed | | Ros McLernon | |
| 31 October 2017 | Jeff Stephenson Ros McLernon | | Michael Metcalf | |
| 7 November 2017 | Max Morrell Joanna Kendall | | Glenys Godfrey | |

MORE DATES FOR YOUR DIARY

| | |
|---------------------------|---|
| 15-16 September 2017 | Bricktober Promo at Belmont Forum, Belmont |
| 7 - 8 October 2017 | BRICKTOBER 2017 - Curtin Stadium, Kent Street, Bentley |
| 31 December 2017 | Last day for "early bird" 9465 Conference Registrations |
| 23 February 2018 | "Wear your Rotary Club Shirt" Day |
| 16 - 18 March 2018 | 2017/2018 District Conference - Quality Inn, Margaret River |
| 24-27 June 2018 | Rotary International Convention, Toronto, Ontario, Canada |

Roster now
out.
Please sign up
to help.

MEMBERS IN FOCUS



WEDDING ANNIVERSARIES:

Stephen and Joanna Kendall
15 years – 27 Sep 2002

ROTARY ANNIVERSARIES:

Stephen Kendall 15 years – 14 Sep 2002



weeks until



Enter
to
Win



ON SALE NOW!

\$20 per number
Prizes \$30 for 10 weeks
and \$300 for 11th week



September is Basic Education and Literacy Month!

More than 775 million people over the age of 15 are illiterate. That's 17 percent of the world's adult population.

Rotary's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. We support education for all children and literacy for children and adults.

HOW ROTARY MAKES HELP HAPPEN

We take action to empower educators to inspire learning at all ages.

Rotary Scholarships

Rotary members invest in the future by giving scholarships to students who have the potential to change our communities.

Teacher Training

We share our knowledge and experience with educators and other professionals who work with vulnerable populations.

Adult Literacy

Rotary members fight adult illiteracy by working with local advocates to offer community literacy programs.

OUR IMPACT ON EDUCATION

The Rotary Foundation supports education through scholarships, donations, and service projects around the world.

Rotary members make amazing things happen, like:

Opening schools: In Afghanistan, Rotary members opened a girls' school to break the cycle of poverty and social imbalance.

Teaching adults to read: Rotary members in the United States partnered with Pro-Literacy Detroit to recruit and train tutors after a study showed that more than half of the local adult population was functionally illiterate.

New teaching methods: The SOUNS program in South Africa, Puerto Rico and the United States teaches educators how to improve literacy by teaching children to recognize letters by sounds instead of names.

Making schools healthy: Rotarians are providing clean, fresh water to every public school in Lebanon so students can be healthier and get a better education.

Our own club, the Rotary Club of Ascot, is providing fresh water to schools in the highlands of Timor Leste so that the local kids can get an education instead of spending their time carting water for their family and animals from hilltop springs.

"When you teach somebody how to read, they have that for a lifetime. It ripples through the community, one by one."



Letters from our Mailbox

Shauna Hill

Indigenous Health Scholarship 2017
University of Western Australia, Perth WA
Bachelor of Medicine/Surgery
Scholarship Awarded 2012
Sponsored by: Rotary Club of Ascot



First some background about Shauna:

How will I contribute to improving Indigenous health as a qualified medical practitioner or health worker? I come from a large family (my mum is one of 19) that extends from Bussleton up to Fitzroy Crossing. I began my tertiary education with a deliberate focus on history and politics; graduating from the University of Western Australia with a Bachelor of Arts with a double major in both subjects. My personal and academic understanding of our place and experiences, as Aboriginal people historically and currently have had profound motivation effects on me as a Aboriginal person and as a citizen of this country; combined with my awareness of the health disparities we face and my knowledge of contributing factors, I am determined to be a part of the solution rather than read and write about one. I am now enrolled in the Graduate Entry Medical Program, the first step in becoming a qualified medical practitioner.

I will begin my medical journey as one person, one person thinking about the well-being of myself, my family, my Aboriginal community. I have to continue my medical journey still as one person but within a community of both Aboriginal and non-Aboriginal people. Aboriginal Health cannot simply be about the health of Aboriginal people, it has to be placed within the health of our nation and how our nation responds to its least healthy citizens. If I can start with one person, it can grow to two, it can grow to three and eventually, hopefully it will grow infinitely. I want to influence Aboriginal and non-Aboriginal people to talk constructively, think culturally and act strategically to be health.

Shauna's letter to the Rotary Club of Ascot and her Current Progressive Report:

The first half of 2017 came and went by scarily fast, yet the start of the year, the first rotation in Psychiatry, also seems so long ago. The psychiatry placement lasted for four weeks followed by another four weeks of surgery. All other rotations last for eight weeks.

Psychiatry still remains one of the specialities I am interested in. Although we are taught that as Doctors we need to treat the whole patient, not just the illness, or the organ or the disease, I have not seen this practiced in all specialities. However, Psychiatry and the Psychiatrists that I have had the privilege of working with have demonstrated a holistic approach to treating patients. The holistic approach is something that the Centre for Aboriginal Medical and Dental Health (CAMDH) also promotes and spends time endeavouring to teach every medical student at UWA. As an Aboriginal person this teaching really resonates with me, I can see its benefits and how its potential to address the unequalled health disparities we face as Aboriginal people. Psychiatry is in a privileged position to be a bridge between cultures, to include traditional ways of healing and combine these with Western ways of knowing. And true to what is a widely accepted idea relating to medical specialities – those interested in surgery don't like psychiatry and vice-versa. I still have very little interest in Surgery.

Psychiatry and Surgery were two specialties that I have already had exposure to, last year in 2016 and during my years studying undergraduate medicine before I took leave. However, this year was my first time being a medical student in both Paediatrics and Obstetrics and Gynaecology. It is always interesting with new speciality rotations, not only learning new concepts and content but also learning about the possibilities of becoming a specialist doctor. For me, Paediatrics was another area I would consider specialising in. As I hope, to use my role as a Doctor to be an advocate for Aboriginal health, healthy children are definitely an important key to achieving better health outcomes for all Aboriginal people.

The year has not been without its challenges. As always it has been hard to balance the responsibilities of being a medical student, with those of being a Mum of three. This year, balancing the time spent between practical and theoretical learning has become a challenge too. Nevertheless, like I mentioned above, the year is coming to an end rather quickly and it is both nerve-racking and exciting to know I am that one step closer to graduating as a medical doctor.



It's now just 4 weeks until Bricktober.

Here's a few ways that you can help right now:

- Have you completed your Volunteers Form?
Go to <https://www.surveymonkey.com/r/friendsofbricktobervolunteers>
- Spread the word that we are looking for Volunteers to assist at the event.
- Spread the word that sales are now open and Tickets are available at www.trybooking.com

Our target is 10,000 and it won't happen without your help.

- Collect Brochures and Cards and place them in prominent locations around your community.



Photos: Bricktober 2016