



BULLETIN 2018 – 19

Volume 50 – 29 16 April 2019

BOARD MEMBERS 2018-19

President: Aidan Wood
Vice Pres.: Ron Alexander
Pres. Elect:
Secretary: Roma Gehringer
Treasurer: Joanna Kendall
Foundation: Hugh Langridge
Exec Secretary: Hugh Langridge

Membership: Aidan Wood
Club Service: Rosslyn McLernon
International: Christine Goss
Youth: Dianne Reed
Vocational: Dianne Reed
Community: Stephen Kendall
Bulletin Editor: Michelle Kendall
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>

What's happening at Ascot:



President Aidan welcomed members and guests Rachel Wood and Thao Lam Ascot's participants at the Rotary Youth Leadership Award (RYLA) in January 2019 and Gerry McLernon to the 16 April club breakfast meeting.

Rachel and Thao gave an inspirational presentation to the members about their experience at RYLA if you missed the meeting be sure to read all about it on pages 3 -4



PROGRAM 2018-2019 - CLUB ROSTER

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

Date	Welcoming	Type of Meeting	Venue	Host Chair	Speaker and Topic
23 Apr 19		Club	Belmont Tavern	Aidan Wood	Club Forum
30 Apr 19			Ngala ELDS Perth Airport update	Mike Bermann	Vocational Visit
05 May 2019	Save the date	Social	TBA		Celebration of Ascot's 50 years as a Rotary Club
07 May 19		No Meeting			
14 May 19		Club	Belmont Tavern	Stephen Kendall	Presentation on trip and cruise around Japan, Taiwan and South Korea
21 May 19		Social			
28 May 19	Stephen Kendall	Club	Belmont Tavern	Starick Corporate Member	TBA
04 Jun 19		No Meeting			
11 Jun 19	Roma Gehringer	Club	Belmont Tavern	Peter Richardson	Judith Lane - Harry Perkins Institute of Medical Research
18 Jun 19		Social			
25 Jun 19		Club	Belmont Tavern	TBA	

MORE DATES FOR YOUR DIARY

22-24 March 2019	District 9465 Annual Conference AGM
1 – 5 June 2019	2019 Rotary International Convention, Hamburg, Germany Register by 15 December 2018 to save

MEMBERS IN FOCUS

BIRTHDAYS:

Leanne Barron	01 April
Hugh Langridge	25 April
Aidan Wood	30 April



ROTARY ANNIVERSARIES:

Peter Richardson	26 Years	01 April
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CLUB BANK ACCOUNT :

BSB: 036-078 ACCOUNT NO: 494404

COMMUNITY BANK ACCOUNT:

BSB: 036-078 ACCOUNT NO: 494420

CHARITABLE TRUST ACCOUNT:

BSB: 036-046 ACCOUNT NO: 156996

DISTRICT GOVERNORS

WHO HAVE	Norm Bell	1970 – 1971
COME FROM	Hugh Langridge	2004 – 2005
	Paul Gianatti	2006 – 2007
ASCOT ROTARY CLUB:	Jodie Sparks	2011 – 2012

What's on this coming next Week:

Tuesday 23 April Ascot Club Forum Facilitated by Arlene Quinn start time 7.15am.

Rachel Wood's Presentation on her RYLA experience

My RYLA experience was a little different from Thao's, mostly because I found the experience really confronting. I was very aware RYLA would be a challenge for me because I am very much control freak, just ask my dad. I do not enjoy being unaware of what I am getting myself into and I actively avoid situation that are only described as 'things and stuff'. So, before I even got to RYLA I was pretty nervous. I distinctly remember Sarah saying to me "Would you just stop obsessing over and trying to analyse RYLA, just turn up and take it as it comes". Way easier said than done to my very confident and self-assured younger sister! I also unfortunately found RYLA extra difficult because 2hrs in the Facilitator's received a phone call informing us that one of my best friends had passed away. In this technologically advanced world, the idea of being without a phone and therefore cut off from family and friends that knew Pam was the most isolating and sobering thought in those first couple of days. I knew my RYLA had to be now though, if I left camp, I knew I was unlikely to return. It had taken a bucket load of courage to just get there. So after a sleepless night I made the decision I needed to stay and see out my RYLA experience.

My RYLA experience wasn't quite smooth sailing from there though. I found it tricky to find the courage to speak up during group sessions. I struggled to get any sleep

- a) because what is sleep on RYLA; and
- b) because over thinking.

I really found it difficult to get over the knowledge that you were my sponsoring club and I was so conscious that I didn't disappoint or embarrass the people I've grown up with and really respected. I really struggled with feeling nauseous and unwell, and the introvert in me was craving some alone time by day 2.

By day 4, I had found the courage to tell my small group of my friends passing and that bunch of remarkable people had the compassion and funniest humor to get me through one heck of a week! They are one extremely special bunch of humans.

The thing is, I have been hounded to attend RYPEN and RYLA since I was 14. Dad encouraged me and since I attended Handicamp Rotaractor's have been harassing me too, but I don't like to be told what to do, and I didn't feel ready. However what I hadn't seen, that all of those close to me had, was that I was sinking. I love my job, I have shared with you many times before. But for the last 2 years I have been working 10 hour days, 7 days a week, up in Geraldton away from my family and friends. I had no understanding of self-care. I had no capacity to see how pouring from an empty cup was damaging my ability to teach effectively. I would like to say I have a least a little leadership potential but had I of continued on that path I suspect I would have been one of those 43% of teachers that don't make it past their 5 years. So at the perfect time, along came the RYLA wisdom.

RYLA gave me the gift of self-reflection and time to acknowledge that self-care is a key aspect of effective leadership and I needed to find a way to refill that cup before caring for my students and staff. And that definitely did not come naturally. I was going to need to take baby steps, not giant leaps. I was going to need to dull those perfectionism traits, and I needed to not work so many hours. I needed to find a balance. And upon that reflection everything fell into place. I understood why people had been telling me I needed RYLA. I now knew why everyone spoke of the people like they were their family. I worked out why for 10 years people had been trying to get me on these camps. And I finally saw what friends and family had been telling me about the looking after yourself parts of life.

Following RYLA I spoke at Pam's funeral, which is not something I would have been able to do previously. Standing in front of a bunch of strangers in an entirely vulnerable position was not something I actively aspire to do. But I stood up spoke and I spoke well. I returned to Geraldton with the new mantra of baby stepping.

I set small, achievable goals and made myself a promise not to get frustrated when I wasn't perfect in achieving straight away. I challenged myself to begin by only working 6 days a week, and most importantly, I looked into self-care strategies. I started and I am gradually getting there. And I am a better Teacher for it. I am a better friend. I am a better daughter and sister. And I am a better Rachel.

Because I woke up on day 1 and made the decision to stay, and how lucky I was to have had that opportunity.

Thank-you for supporting me to develop the skills, and to learn to take care of everyone in my journey, including myself.

I truly believe that everything happens for a reason and I know my friend Pam would have been incredibly proud of the way my mindset has changed.

Baby steps and plodding along continued to progress I couldn't have done it without RYLA. Your Facilitator's and RomCom team is a credit to Rotary International and I hope that you will pass on my gratitude and love.

You are creating remarkable leaders and if the other RYLA participants of 2019 are anything to go by, the world is in fabulous hands. So thank-you once again for adding another stop-over on my Rachel journey that helped to continue my growth as an individual.

Thao Lam's Presentation on her experience at RYLA

I come from a completely different background compared to the other 98% of participants of RYLA.

I was born and raised overseas, and only came to Australia recently.

Hence, before RYLA, I was really concerned about whether I would fit in, whether I would understand what they say, especially their jokes.

Then RYLA came. I don't like not knowing what happens next in my daily activities, but in RYLA, the whole program is a secret.

However I learnt to go with the flow, take small steps and take things as they come.

I have done many things in RYLA, that I would never do in my normal life, which was a total surprise to my family and friends.

Other participants of RYLA came to RYLA with the same open mind set and a learning attitude, that we were so nice to each other, supported each other and became a big family. RYLA made me change my thoughts about communication and leadership methods. I have learnt that I need to use different ways of communication and leadership skills in different situation to achieve the goals.

RYLA is a great experience that I am sure everyone would enjoy and learn a lot from it.

Director of Community – Stephen Kendall was happy to announce the following news via email from The Lego Ambassador Network (LAN) Engagement Team

Subject: Tier level assessment from LEGO

Hi Stephen and West Coast LEGO Users Group.

We have reviewed your request to have your current tier placement reviewed.

We agree with the sentiment that West Coast LEGO Users Group is best placed in Tier 2.

Despite your community still being very young (5 years) we have noticed the high quality activities you do and we really appreciate the time and effort put in by both community members and their ambassador.

Your new tier level is effective immediately.
Best Regards

The LAN Engagement Team

Regards

Stephen Kendall
Bricktober-Perth
Exhibitors and Lego Play Groups Coordinator.
The Rotary Club of Ascot
Hosts of Bricktober – Perth
Mob 0427 818 410
<http://www.bricktober.info>



You are warmly invited to attend the

State Final
2018 Rotary Four Way Test
speaking contest – Year 10



Tuesday 21 May 2019
6.00 pm for 6.30 pm sit down
The Western Australian Golf Club (Inc)
60 Hayes Avenue, Yokine WA
Cost \$59.00 per person

- **Support** your District youth program
- **Hear** young people promote Rotary values
- **Experience** public speaking at its best

Rotary Four Way Test

Of the things we think, say or do:

- 1 **Is it the TRUTH?**
- 2 **Is it FAIR to all concerned?**
- 3 **Will it bring GOODWILL and better FRIENDSHIPS?**
- 4 **Will it be BENEFICIAL to all concerned?**

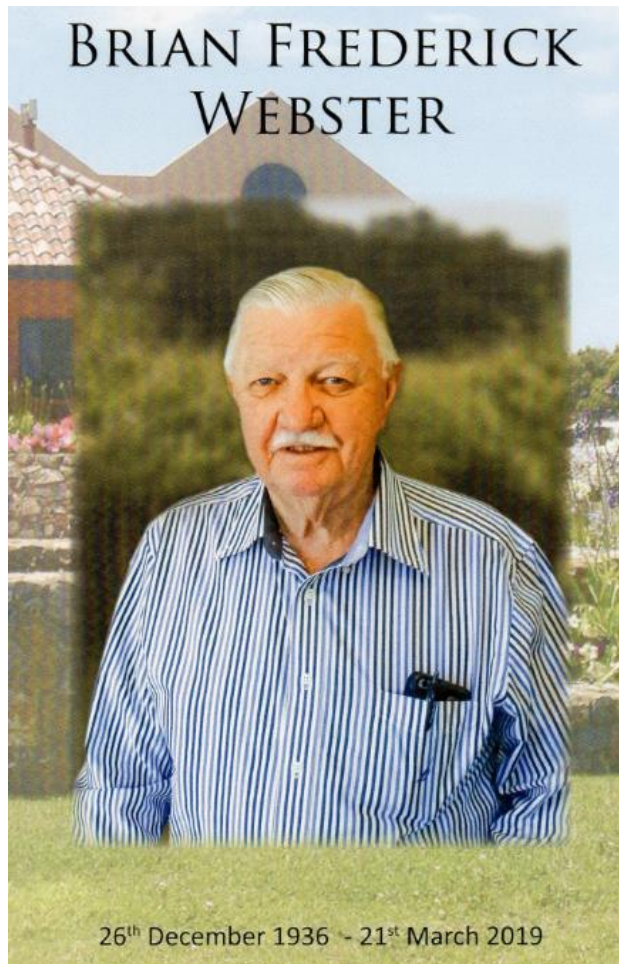
Register and online payment: Try booking <https://www.trybooking.com/BBZWS>
Registrations close Monday 14 May 2019, 6.00 pm



Assistant Governors
District 9455

Yvonne Hart
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RIP



Brian Webster (PHF multi) became a Rotarian in 1973 and was a member of Ascot until 2014. Brian will be remembered by many members for his generosity in donating to the club many bottles of Briarose Wine from his Vineyard over the years.

*Remember to save the date 5 May 2019 for the
Celebration of Ascot's 50 years as a Rotary Club*

