



ROTARY CLUB OF ASCOT

Chartered 26 February 1969 District 9465



Meeting Venue: Ingot Hotel

Address: 285 Great Eastern Hwy

Belmont Western Australia, 6104

Meets 2nd and 4th Tuesday's at 7.00 am for 7.30 - 8.30 am

BULLETIN 2019 - 20

Volume 51-19 March 10th, 2020

Ascot Rotary Club Meeting March 10th, 2020

President Hugh welcomed our guest speaker Steve Rushforth.

Club Notifications

Jacaranda Community Centre is having a twentieth birthday celebration and open day on Friday, March 20th from 11 am to 1 pm.

If you can attend, please let Michelle Kendall know or rsvp to info@jacarandacc.org.au the address is 146 Epsom Avenue Belmont.

Next meeting on March 24th

At our next meeting on March 24th, we look forward to hearing from Tyana Orlando, who attended the National Youth Science Forum.

Our short-term exchange student Joseph Cadzow will report on his stay in Japan.

Kaede Nakamura, the reciprocal exchange student from Japan, will also have an opportunity to speak on her experience in Perth so far.

District Grants

The Club will be supporting the purchase of a patient lifter at the Hydrotherapy Pool in Pinjarra in addition to investigating the provision of a patient lifter at the Belmont Oasis Hydrotherapy Pool. Investigations are underway by President Hugh Langridge to obtain funds from District Grants.

Timor Leste Project

Mike Bermann has received another \$5000 from a donor for our Timor Leste Project. These funds are to add to the \$5000 donated by the Kalamunda Club. The Kalamunda RC would also like to investigate working with us to raise funds with a Global Grant.

Bricktober Update

Peter Richardson and Ann Bermann will be attending a Mandurah Probus Club meeting to explain the Bricktober Project and search for volunteers to help this year.

The Club will need to consider the implications if the Corona Virus causes a cancellation of Bricktober on 10th and 11th October 2020.

The Victoria Park Swap Meet has now combined with the Community Markets previously run by the Victoria Park Primary School P&C. This is more convenient and likely to be more successful. The running of the Community market could generate \$800 - \$1000 each week. There will be a change of times with the "bump-in" commencing at 7 am and the "bump-out" at 1 pm.

A meeting is being held at the Markets on Sunday at 10 am to consider the implication of this change. President Hugh will be attending and would like any other Club member to attend if possible.

Changeover

President-elect Michael Metcalf would like to hold the 2020/21 changeover at a breakfast meeting on Sunday, July 5th at the Mount Lawley Golf Club. Further details will follow.

Belmont Community Day

President Hugh expressed thanks to those who helped at the Belmont Community Day. He announced that our Club was now fully accredited to receive Foundation Grants.

Guest Speaker

Ron Alexander introduced Steve Rushforth to speak on the Fathering Project.

Steve has spent most of his life in education as a secondary schoolteacher, deputy and principal teacher. He volunteered for eight years in the Fathering Project and is now a full-time project officer.

The Program originated from the work of Professor Bruce Robinson a Lung Specialist who noticed that many of his male patients suffering from a fatal lung disease often expressed the wish that they had spent more time with their children as they grew up. Professor Robinson was awarded the West Australian of the Year in 2013 for his work.

Working as an educator, Steve has seen the best and worst of the impact of fathers in kid's lives. There is no doubt that effective fathering means a generation of kids with happier, healthier futures.

Steve's PowerPoint presentation showed case studies of young girls and boys in crisis. The lack of an active father role model has resulted in a dramatic increase in risky behaviour.

For example, research has shown 39% of girls aged 17 years binge on alcohol once a month.

The lack of a supportive father role model means children fail to achieve potential at school and the lifelong disadvantage this causes. The onset of depression self-harm and the increasing suicide rate of our youth can also be linked to a dysfunctional or a disengaged father role model.



The way a father and mother interact in the house has a significant impact on children's health and wellbeing. The level of domestic violence and crime in our society has shown to be directly linked to the role provided by fathers.

Steve gave insight into the way improvement in fathering skills could be achieved through the Fathering Project. At present, 160 schools have Dads' groups that meet and discuss ways to provide support to their children.

What do kids need from their dads?

The **BUS** principle, for example, stands for the following:

Being there: Even 8 minutes of quality time a day can make a significant impact.

Unconditional Love: Children should know that in good, and bad times they would be loved and supported.

Special: To let every child understand they are unique.

The Fathering Project provides fathers with tips on how to better connect and communicate with their children as they grow and develop.

It provides information and tips on how to respond to current and common issues that may affect children and families.

They provide opportunities for fathers to meet other fathers and share their experiences, challenges and learning.

Steve asked that if we know of any schools, workplaces and community groups in our District that would benefit from being involved in the Fathering Project, he would be delighted to visit them and offer support.

The Club thanked Steve for an interesting and informative talk on a very important topic.

PROGRAM 2019-2020 GUEST SPEAKER

Please note the following dates and advise Ron Alexander of your Guest Speaker and Topic and promptly if dates are unsuitable

Date	Welcoming	Venue	Host Chair	Speaker and Topic
24 th March	Alan Thomson	Ingot Hotel	Hugh Langridge	Tyana Orlando - NYSF Experience Joseph Cadzow & Kaede Nakamura -Exchange Program
7 th April	Ron Alexander	Ingot Hotel	Gren Courtland	Bernie Foley – Life Education WA
21 st April	Ngala (Fiona Beermier)	Ingot Hotel	Brian Smith	Jenny Allen- “Growing Strong Brains” Program
5 th May	Michelle Kendall	Ingot Hotel	Joanna Kendall	Paul Hetherington- Girl Guides

MORE DIARY DATES

20 th -22 nd March	District Conference Rockingham

GUEST SPEAKER ROSTER

Please Note: If you are unable to arrange a guest speaker or will be away on that date please arrange to change your allocated date.

Date 2020	Host Chair	Guest Speaker and Topic
24 th March	Hugh Langridge	Tyana Orlando - NYSF Experience Joseph Cadzow & Kaede Nakamura Exchange students.
7 th April	Gren Courtland	Bernie Foley – Life Education WA
21 st April	Ngala: Brian Smith	Jenny Allen - Growing Strong Brains Program”
5 th May	Joanna Kendall	Paul Hetherington - Girl guides
19 th May	Dianne Reed	Amy Perrie - Inclusions Solutions
2 nd June	Starick (Leeanne Barron)	
16 th June	Stephen Kendall	
30 th June	Alan Thomson	
14 th July	Michelle Kendall	
28 th July	Gerry McLernon	
11 th August	Bev Poor	
25 th August	Jeff Stephenson	

VICTORIA PARK MARKETS ROSTER 2020

PLEASE CONTACT Peter Richardson on 0419 948 417 or psricho@iinet.net.au

DATE	NAME	PHONE	
Mar-15	Ron Alexander	0429 941 225	alexr9341@gmail.com
Mar-22	Joanna Kendall	0407 878 410	joannakendall27@hotmail.com
Mar-29	Michael Metcalf	0411 733 827	mrmetcalf@westnet.com.au
Apr-05	Dianne Reed	0438 353 849	dianne.reed@optusnet.com.au
Apr-12	NGALA ???		
Apr-19	Leanne Barron		ceo@starick.org.au
Apr-26	Stephen Kendall	0427 818 410	stephen.kendall@hotmail.com
May-03			
May-10			
May-17			
May-24			
May-31			
VOLUNTEERS	REQUIRED	HIGHLIGHTED	DATES