



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

President Hugh Langridge chaired our Zoom meeting on the 21st April.

We welcomed Jenny Allen our guest speaker from Ngala and Kero O'Shea from the W.A. E Club to our meeting. Attendees included: President Hugh Langridge, President Elect Michael Metcalf, Mike Bermann, Joanna Kendall, Michelle Kendall, Stuart Rutter, Stephen Kendall, Peter Richardson, Dianne Reed, Ron Alexander, Alan Thomson, Jeff Stephenson, Fiona Beermier, Francine Traverello,

Club Notifications

Community – Michelle Kendall

Michelle will talk to Kate Pitt from Ngala and Francine Traverello from Starick regarding purchase of items from Bunning's that may be available through a gift voucher.

International -Mike Bermann

Mike has made contact with Neil Rae and confirmed that Norma Rae is keeping well on the family farm.

Next Meeting May 5th

At the next meeting on 5th May, Kero O'Shea will be our guest speaker. Kero's talk is entitled: "Zoom the Present and the Future".

Victoria Park Swap Meet

Peter Richardson informed us that the Fresh Food Market at Victoria Park is still operating with strict controls for social spacing and hand washing facilities. Due to the "at risk" nature of our membership the roster will no longer continue. However, if any member feels comfortable about helping out at the "bump in – bump out" sessions please contact Peter. Stephen Kendall has agreed to help next Sunday.

Membership

The format of our Zoom Meetings now offers an opportunity to attract new members. We hope that Michael Evans and Christine Goss may rejoin the club in the future.

Reminder

Board Meeting: Monday May 4th at 6 pm

Best Wishes

Alan Thomson informed us that Bev is not well. Best wishes from the Club to Bev.

Guest Speaker: Jenny Allen: Topic: Growing Strong Brains Program.

A separate attachment provides a summary of the Growing Strong Brains Interactive Toolkit Jenny spoke about at the meeting.

Fiona Beermier introduced Jenny who has a background in education of over 40 years and within that time an involvement in community service of over 25 years.

Jenny has had a wealth of experience and an involvement in working with vulnerable children and Aboriginal families.

With her family of three boys and grandchildren ranging in ages from ten months to seven years, Jenny explained that this in no small way has led to her passion for working with families.

Jenny reminded us of the core belief at Ngala: "We believe that every child deserves the opportunity to be their best and that parenting should be a joyful and rewarding experience."

Ngala has been working with families for 129 years and provides services based on the latest internal and external research and training.

The Growing Strong Brains Program is a prevention and early intervention tool to promote and support healthy brain development for the whole community.

- It uses and values yarning as an important tool for two way learning.
- It Provides opportunities to share local knowledge and experience
- It builds local capacity at grass roots level

During the first 1000 days, the developing foetus and infant are at their most adaptable, but also their most vulnerable

Good nutrition, health and exercise are critical to the developing brain

The best learning happens in nurturing relationships

The brain develops through use, interactions and stimulations

From 2011 -2014 with funding from the Minderoo foundation the consultation and adaptation involving service providers and Aboriginal families in various remote communities in West Australia enabled key messages to be formed in preparing the tool kit.

From 2014 – 2019 with funding from Ian Potter Foundation and Telethon Channel 7 this enabled the project to be implemented into Kalgoorlie / Esperance and Carnarvon. A two-day training package has been developed. As well, a follow up study of service providers using the Growing Strong Brains Kit has taken place.

The Growing Stronger Brains tool kit is a stand up kit with a colourful chart on one side and notes for the presenter on the other side. The training of local people is based on experiential learning. For example, the link between the child's brain and the parent or adult is demonstrated by string showing the strength of repeated positive activities such as play wrestling to demonstrate how positive neural pathways are established. Soaking an egg in water and comparing it to one soaked in alcohol to demonstrate the effect of alcohol on an infant's brain.

The development of the project in Carnarvon has been very satisfying to Jenny with 54 trained providers from a wide range of backgrounds working. This has enabled a very powerful message to be spread throughout the community. Police, teachers, health workers and Aboriginal grandparent groups are all involved in establishing local leadership of the project. Aboriginal presenters are involved with every presentation and the emphasis is on the sharing and yarning rather than a projector and screen presentation.

All those present at the Zoom meeting thanked Jenny and it was agreed that this project was having a significant impact and should be extended throughout the State and the rest of Australia.

ZOOM Connection

Dear all,

We have been trialling the ZOOM (video conferencing) system with a view to using it for Ascot Club meetings until the current COVID 19 situation dissipates, the ZOOM system works well and is fairly simple to participate in, having said that we are still learning some of the intricacies.

It is advisable to create a ZOOM account, to do this click on the following link and follow the prompts.

https://www.google.com/search?client=firefox-b-d&sxsrf=ALeKk029oBeXmxytLAL2TJtlrTkpKh3Xkw%3A1584874160271&ei=sEJ3XtSQENTez7sPgKm26Aw&q=how+to+get+a+zoom+account&oq=how+to+get+a+zoom+&gs_l=psy-ab.1.0.0i8j0i22i10i30j0i22i30.23725.26296..29090..0.2..0.199.2080.0j11.....0....1..gws-wiz.....0i71j35i39j0i273j0i131j0i3j0i20i263.v7pCDB8316k#kpvalbx= zkJ3XoynJabSz7sPv-Wq8A433

If you wish to initiate/host a meeting, then you will need to have a ZOOM account however if you merely wish to join a meeting then you do not have to have a ZOOM account.

To enter a ZOOM meeting whether you have a ZOOM account or not the following procedure needs to be followed;

- You will receive an e-mail invitation to a ZOOM meeting
- In the body of the e-mail there will be a link, it will look like the following

<https://us04web.zoom.us/j/178999479>

- Click on the link
- The link should take you to the meeting after the Zoom application is installed, you may need to enter the meeting ID number (example 178 999 479) the number will be included in the e-mail invitation, simply insert the number into the required field and enter.
- You will see a pop up "join with computer audio", click on it and you should be in the meeting
- You will see a menu, it will either be at the top or bottom of your screen, you will need to click on the "start/stop video" button
- You then be in the meeting with vision and audio

ZOOM meetings can be accessed by laptop, ipad, tablet, smart phone or PC , laptops, smart phones, ipad's and tablets have built in cameras and microphones if you are using a PC you will have to have a web camera, if you haven't got one you can purchase one at JB HIFI or a similar outlet, the last time I looked they were about \$50.00.

If you have any questions or issues please contact either myself, Mike Bermann or Stephen Kendall.

Regards

Hugh

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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
May 5	Joanna Kendall	Kero O'Shea The W.A. E. Club and Zoom Meetings
May 19	Dianne Reed	Tyana Orlando: Reflections on the National Youth Science Forum experience.
June 9	Starick (Leanne Barron)	
June 23	Stephen Kendall	
July 5 or 7	Hugh? / Michael M?	Changeover? To be finalized at a later date.
July 21	Michelle Kendall	
August 11	Gerry McLernon	
August 25	Bev Poor Alan Thomson	
September 8	Jeff Stephenson	

