



Team 2017-2018

President  
**Michael Nella**

Secretary  
**Cheryl D'Souza**

Treasurer  
**Bob Cooper**

Attendance this week

<b>Total Members</b>	
<b>Apologies</b>	
<b>Make-up</b>	5
<b>Attended</b>	23
<b>Honorary Member</b>	1
<b>LOA</b>	2
<b>Guests</b>	
<b>Visitors</b>	
<b>Partners</b>	
<b>93.3 %</b>	

**Facts & Figures**  
**Raffle**  
**Lee, Jo T**

**Heads & Tails**  
**Cyril**

**Birthdays**  
**None this week**

**Anniversary**  
**None this week**

If you had any we hope  
you had a good day



Meets Monday  
6 for 6.30pm  
At Rotary Hall  
Brownell Crescent, Medina

Visitors always welcome



# The Rotary Club of Kwinana Inc.

District 9465 Western Australia

Chartered: 22 April 1971



President Michael

## Bulletin

No 2 17 July 2017



Greetings to all,  
The 2017-2018 Rotary year is now in full swing, with our first regular club meeting this week under the leadership of President Michael. Unfortunately the year has commenced with the sad news of the sudden passing of RI President-Elect Sam Owori due to post-operative complications. Sam Owori was a Rotarian from Uganda, and from all accounts had been a passionate Rotarian for many years and was looking forward to his year of Rotary leadership in 2018-2019. We wish his family, together with RI President Ian Riseley and cohorts, our deepest sympathies at this time.

At present a number of club members are enjoying trekking about our vast country. PP Max Bird and Diane are travelling north; Max's latest Facebook posting was from Port Hedland. Meanwhile, PP Edd Samut and Ann are exploring Mount Isa in northern Queensland. These two couples are planning to meet up at some time in Darwin (all going well!). No doubt there will be some interesting stories to tell by the time they return home.

Our guest speakers for this week were very enthusiastic in their talk about their roles as managers and fitness instructors at Jetts Kwinana. During the meeting they expressed a keen desire to become involved in some form of charity work within the community. Hopefully we work together to raise funds for a worthwhile cause whilst boosting our fitness at the same time.



2017-2018  
RI President  
Ian Riseley

Rotary Club of  
Sandringham (Vic)  
District 9810



2017-2018 DG  
Bruce Lynch

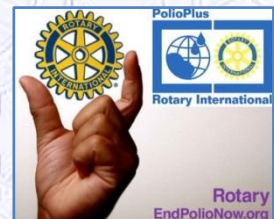
Rotary Club of  
South Bunbury  
District 9465

### Coming Events

July

Mon 17 July	Club Meeting
Wed 19 July	Board Meeting
Mon 24 July	Club Meeting
Mon 31 July	Club Meeting

**Attendance Officer: Greg Williams 0435 083 069**  
**Apologies by Saturday pm please**



#### THE ROTARY 4 WAY TEST

of things that we think, say or do.

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERNED?
3. WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERNED?

## Club President 2017 – 2018 Michael Nella



### President's Pen



#### President's Report

1. Following extensive discussion, the trustees of the Andy and Rita Valk Foundation have agreed to establish an arrangement for support between the Frank Konecny Centre and the **Bridging the Gap** organisation. (see Page 4 )
2. Last week we heard the sad news that former member Errol McDonald had passed away. Errol's funeral will be held on Thursday 20 July at 3pm at the Kingdom City Church, 98 Mandurah Terrace, Mandurah.
3. On Monday 31 July we will be having a Club Forum.
4. Board Meeting this Wednesday 19 July. Would Board Members please send their reports to Cheryl so that she can prepare the agenda.
5. Sad news from Evanston with the sudden passing of RI President-Elect Sam F. Owori following post-operative complications.



#### International

The International committee is carrying out the following:

- Finalising the plans and arranging quotes and payments for equipment and materials for the following projects starting in August 2017
  1. Maternity hospital at Baguia that currently has no potable water
  2. Supplying potable water to the village of Gari Uai (population approximately 4,000). This village went 12 weeks without potable water during the last dry season.

**Max Bird**



### Club Service: Stephen Castelli



- Changeover Night on Saturday 8 July was a great night!
- Currently developing a program of events.



### Secretary: Cheryl D'Souza



#### Inward Correspondence:

- Notice from City of Kwinana regarding nominations for Sportsperson of the Year.

#### Outward Correspondence:

- None this week



### Treasurer: PDG Bob Cooper



- Invoices for 2017-2018 membership dues were sent out to all members on 1 July. Some members have already paid their dues!
  - We have money in the bank; bills paid!
  - The new District Directory has many errors, hence notices of amendments will be sent out.
-

## Valk Foundation Update

The purpose of the recent meeting of the Club's **Valk Foundation Committee**, made up of our Club President Mike Nella, Club Treasurer Bob Cooper and Valk Trustee John Iriks was to consider an application for funding support from the Valk Trust. The proposal saw a partnership between two local organisations, the Frank Konecny Community Centre (FK) and Bridging the Gap Kwinana (BTG). The proposal will target and comprise between 10-15 older disadvantaged youth from Kwinana, with an age spread of 21-24 years. The programme is designed to educate, assist, train and prepare young parents, aged from 21 years, to become work-ready and have the necessary supports to gain and maintain employment. These local youth will include such as those with children under 12 years, and/or those that may not have completed high school or struggled in education, or those who have experienced long term unemployment due to parenting and/or other reasons and would like help to find work experience and/or paid employment.

It was clarified by the Foundation Committee that for Rotary International and thus for Kwinana Rotary Club and for Valk Trust purposes and projects, that youth are defined as being up to 30 years, as evidenced by such programs as RYLA, Youth Exchange, Rotaract, etc.

It was further noted that the proposal was not a claim for ongoing support from the Valk Trust and that it still had a long way to go. The projected total project cost budget when the in-kind contributions are deducted, currently left a funding shortfall of approx. \$70,000 to be met. The partners have advised our Club that they plan to meet the short fall through positive promotion of the proposal and through active fundraising approaches to Government, non-government, community, business and industry and any other identified possible source.

**The Foundation Committee determined and agreed unanimously;**

**That the Frank Konecny Community Centre (FK) and Bridging the Gap Kwinana (BTG) submitted proposal, which through its focus on and benefit to the target area of between 10-15 Kwinana older aged youth, (up to the age of 30 years and for an approx. 26 week continuous program period) and on their education and vocational training focus, was eligible for support and that the allocation of funds from the Club's Rita and Andy Valk Foundation be made to the proposal.**

**That the amount of between \$10,000 and \$15,000 be allocated to the proposal from the Rita and Andy Valk Foundation available funds and with this being subject specifically to the proposal being fully funded and operational, (as per the proposal submitted to the Rotary Club of Kwinana and made available to the Foundation Committee), prior to the actual release of any of the allocated funds.**

The Committee also resolved further additional matters related to the process and procedure that had to be followed by the partners for the allocation of any Valk Trust funds, this being linked to the continuity of the program and on the actual status of the originally agreed final number of the actual Kwinana youth participants continuing.

The Club wishes the partners every success in their fundraising to meet their projected shortfall.



PDG John Iriks  
Club Projects Director

## Club Projects Director PDG John Iriks



PP Ian Critchley  
Foundation



PP Edd Samut  
Membership



Michael Metcalf  
Community

### Project Director's Report Community

- Working on a project with Satterley – working on selling Kwinana!
- Also working on a project of “Who’s who?” in Kwinana; entails keeping track of individuals from Kwinana who have gone on to public success e.g Megan Gale

### Vocational

- No report

### Youth

- No report

### Membership

- Watch this space!!!



PP Genevieve Carr  
Vocational

### Foundation

- The End Polio Now campaign requires some \$US5.5 billion to fund the global eradication programme through to 2019. Confirmed funding amounts to \$US4.28 billion, leaving a gap of \$US1.22 billion. These are big numbers but they are seen as achievable, especially with the continuing support of the Gates Foundation on a two for one basis up to \$US35 to be matched with a further \$US 70 billion.

Rotary Clubs are being encouraged to make a one-off contribution of \$US1500 specifically to End Polio Now in 2017-2018, and urged to do it in an innovative manner. The Rotary Club of Kwinana has been a solid contributor through “Swimarathon” in the past few years, and most of you will be aware that with the ending of “Swimarathon” the club has committed to a \$1000 contribution to the End Polio Now campaign in this year’s budget. The Board has also decreed that any proposed funding outside of that budgeted for must be raised.

With these facts in mind I intend to make a proposal to the Board based on an innovative idea coming out of Rotary in Switzerland and would like to gauge the feelings of members before doing so; the concept is to have “soup saver” meal at a meeting in the week of 24 October where members enjoy a simple soup and bread meal but contribute the normal full meal price. The cost of the soup is deducted and the remainder goes to End Polio Now. What do you think?

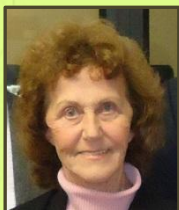
Acknowledgement to Genevieve for keeping us informed on End Polio Now’s progress each week via the bulletin.



PP Max Bird  
International

### Public Relations

- Article about our Bevan Piper receiving his **Ambassador of Peace** award appeared in last week’s issue of the *Sound Telegraph*.
- Meeting with *Sound Telegraph* staff on Tuesday to arrange for article regarding our recent Paul Harris Fellows.



Lorraine Lucas  
Youth



PP James Sharkey  
Public Relations

**Visit your club webpage.**

<http://www.clubrunner.ca/Portal/Home.aspx?accountid=8106>



## Fine Session

Our very own Sergeant Norm was present and ready to do what he does best of all. Some notable fines included:

Mike Nella: Good initiative to use the microphone system; pity the other half of the microphone was behind Norm!

Bob Cooper: Looks good for his morning exercise!

Sam: Had to move tables because of the heat!

Steve: The “tie table”!!!

Rob G: Phone ringing during meeting

Matt: Took his badge home!

Cyril: Winning heads and tails

Steve/Mike: We can expect plenty of Italian food in the months ahead!

Raffle winners

South Fremantle supporters!

Dockers supporters!!!

Folks living in Medina/Calista/Orelia/Parmelia: Why was there a police helicopter hovering about???

Thanks to the G20 leaders for acknowledging the global effort to end polio and committing to “strive to fully eradicate polio”. <http://endpol.io/2uKeZ5P>



# Personality of the Week

## Cyril Bennett

**Name:** Cyril Bennett

**Place of Birth:** Subiaco

**Favourite food:** Chops and eggs

**Favourite movie/TV program:** *Blind Spot*

**Hobbies:** My veggie garden

**Who you admire:** My Dad

**Best present ever received:** My first ute; my Dad gave it to me

**What you dislike most in life:** Liars and bulls##t artists

**Most exciting/memorable day of life:** The day Lynne and I got married

**What you know now that you wish you knew at 16:** That it isn't all beer and skittles!





## Guest Speaker

For our first regular club meeting for 2017-2018 we had two very enthusiastic speakers from **Jetts Kwinana**. Matt Eastham and Cliff Bloomfield work as personal trainers and managers at this establishment which is part of the franchise network of **Jetts**. Jetts has over 250 gyms around Australia which are accessible to members 24 hours a day. Jetts Kwinana, located in Meares Ave, has been open for almost two years. Both Matt and Cliff are passionate about helping individuals attain optimum fitness through exercise and healthy eating patterns.

Matt is originally from Wollongong, where he qualified as a personal trainer. After moving to Perth ten years ago, he worked up north in the mines for a number of years before returning to his original passion. Cliff's journey was very different. Two years ago, weighing 200kg, he took part in the television weight loss challenge *The Biggest Loser* (TBL). In the three-month period of the show he lost 50kg through constant exercise and a very stringent diet. However, upon returning to the "real world" he was unable to maintain this regime and subsequently gained 30-40kg. Eventually he met Matt who helped him adopt a more suitable eating pattern of meat and vegetables, and subsequently lost 50kg. Since then he has worked with Matt with the aim of helping others.

One major program of importance for these gentlemen was a special group for health and weight loss known as Brains and the Beast. This group of 30 members trains each week Tuesday to Saturday from 5am to 6am. The purpose for establishing this group was to help people who previously hadn't had success with weight loss and fitness, and the main focus was education and encouragement. The program provides education sessions, exercise activity, and assistance with nutrition and diet. Their most important rule for diet was to change people's breakfast patterns, with emphasis on eating meats and vegetables instead of carbohydrates in the morning to stabilize blood sugars. Both Matt and Cliff were very proud to report having some wonderful success stories with their program, which in turn has encouraged referrals from doctors and other health professionals.

Matt and Cliff with one of their success stories

Both these gentlemen expressed a keen desire to become involved in some form of charity activity. Hopefully we shall see more of them in the near future!



## Vale Rotary International President–elect Sam F. Owori

Rotary International President-elect Sam F. Owori died unexpectedly on 13 July due to complications from surgery. Sam was a member of the Rotary Club Kampala, Uganda, for 38 years.

“Rotary has become a way of life for me – with the intrinsic value and core belief in mutual responsibility and concern for one another as a cornerstone,” Sam said when he was nominated last year. “I feel immense satisfaction knowing that through Rotary, I’ve helped someone live better.”

Sam's term as Rotary's 108th president would have begun on 1 July 2018.

“Please remember Sam as the outstanding, hardworking Rotarian he was,” said Rotary International President Ian Riseley. “In this difficult time, I ask you to keep his wife, Norah, the Owori family, and Sam's millions of friends around the world in your thoughts.”

Under Sam's leadership, the number of clubs in Uganda swelled from nine to 89 over the course of 29 years.

Sam saw in Rotary members "an incredible passion to make a difference," and wanted to "harness that enthusiasm and pride so that every project becomes the engine of peace and prosperity."

Sam was the chief executive officer of the Institute of Corporate Governance of Uganda, whose mission is to promote excellence in corporate governance principles and practice in the region by 2020. Previously, he was executive director of the African Development Bank, managing director of Uganda Commercial Bank Ltd., and director of Uganda Development Bank. He has also served as corporate secretary of the Central Bank of Uganda.

He served as member and chair of several boards including FAULU (U) Ltd., (now Opportunity Bank), the Uganda Heart Institute, the Centre for African Family Studies, Mulago Hospital Complex, Mukono Theological College, and the Kampala City Council.

Sam also was the vice chair of Hospice Africa Uganda, and board member and chair of the Audit Committee of PACE (Programme for Accessible Health, Communication, and Education) in Uganda.

“Sam was a special person in so many ways, and his unexpected death is a huge loss to Rotary, his community, and the world,” Riseley said. “We are establishing details on plans to celebrate his life as they become available.”

Rotary is establishing a memorial fund in Sam's honor and will provide details soon.

- [www.rotary.org](http://www.rotary.org)

### Makeup opportunities

<b>Rockingham:</b>	<b>Monday</b>	<b>6pm for 6.30</b>	<b>Ocean Clipper Inn</b>
<b>Palm Beach:</b>	<b>Wednesday</b>	<b>6pm for 6.30</b>	<b>Ocean Clipper Inn</b>
<b>Cockburn</b>	<b>Thursday</b>	<b>7.15am for 7.30</b>	<b>Cockburn Seniors Centre</b>
<b>Fremantle</b>	<b>Wednesday</b>	<b>6pm for 6.30</b>	<b>Villa Roma 12 High Street Fremantle</b>
<b>Byford &amp; Districts</b>	<b>Monday</b>	<b>6.15pm for 6.45</b>	<b>Byford Tavern, South W Hwy</b>

**Rotary Club of Kwinana Inc**  
**Contributions welcome: [gendam@bigpond.net.au](mailto:gendam@bigpond.net.au)**