



The Rotary Club of Kwinana

District 9465 Western Australia

Chartered: 22 April 1971



Team 2020-21

President
John Iriks

Secretary
Brian McCallum

Treasurer
Stephen Castelli

Facts & Figures

Attendance this week

Total Members	26
Apologies	6
Make-up	5
Attended	15
Hon. Member	1
LOA	
Guests	2
Visitors	
Partners	

76.9%

Raffle
Lee & John W

Heads & Tails
Kim D



President John



No 3 20th July 2020



Rotary Opens Opportunities

Rotary Club of Kwinana is in its 50th year 1971/2021

Rather short meeting this week, only 15 members present, no guest speaker. Meal was a Christmas-in -July offering, very well received by all.

We welcomed along Paul and Kim Durrant to their second meeting, introduced to us by PP Mike Nella

Earlier in the day 21 members and partners attended a First-Aid session provided by Linda from BESTWEST CARE. (more info included in Club Service Report.)

Second meeting of the new year, things in WA going along nicely, not so good in Victoria, their COVID-19 cases continuing to escalate. Many think it's only a matter of time before we see a spike in WA?

I also read with interest that worldwide there is 140 Vaccine Trials being conducted currently, in the UK vaccine trials are looking promising, with the UK NHS ordering 90 million doses.

PP Stephen Castelli says the 'Bread Project' is up and running again, any members or partners who would like to assist are most welcome, please see Stephen for opportunities to help.

We now have a 'Defibrillator' available at our Club Rooms, it's wonderful to have that sort of medical aid available to us, let's hope it becomes an ornament and we never have the need or reason to use it.



Rotary International President
2020/21

Holger Knaack

Rotary Club of Herzogtum
Lauenburg-Mölln, Germany

District Governor
9465

2020/21

Colin Burns



Coming Events July 2020

July

Mon 20th First Aid Course @ Rotary Hall 10am – 12 pm

Mon 20th Club Meeting Christmas-in-July

Mon 27th Club Meeting

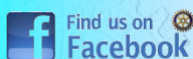
Attendance Officer:

Greg Williams 0435 083 069

Apologies by Saturday pm please



STAY SAFE



Meets Monday
6 for 6.30pm

At Rotary Hall

Brownell Crescent, Medina

Visitors always welcome





John Iriks

President's Pen



20th July 2020

Our attendance this week, being a non-speaker meeting night, was a bit lower than previous but boy did our absentees miss out. The caterer celebrated Christmas in July with a soup, full Christmas fare followed by Christmas pudding and White Chocolate.

Even I was wondering if we were a service club or an episode of "My kitchen rules"
Next week the talk of the street is a "taste of India"

We again welcomed Kim and Paul Durant who sat separately to get to know more of the members.

Thanks again to all those who accepted the task of assistance with meeting with no hesitation. We enjoyed some football banter with the victorious Eagles and South Fremantle supporters reminding all, especially the opposition, of the score. All in good fun and adds to the frivolity. Dockers supporters have been given special dispensation for Monday night's game against Geelong (except the President) but remember there is no such thing as a free lunch, payback is just around the corner.

I am looking for suggestions in addition to "thumbnail sketches" to liven up the meeting where we don't have a guest speaker. I would like to make it so good that you wouldn't want to miss it.

Congratulations again to President Elect Bob Thompson on an excellent First Aid presentation including how to use our new defibrillator and "I can sell sand to Arabia and ice to Eskimos" Mike Nella for selling the caravan at a price that surprised most.

John Iriks
President 2020/21



**The courage to speak must be matched
by the wisdom to listen**

**The greatest legacy you can leave your children
are happy memories**



Club Service Report: 20th July 2020

First Aid Training

15 members and 6 partners attended the general first aid training this morning at the Club Hall. The training was arranged through local company, Bestwest Care. Areas covered included, recovery position, defibrillator use, CPR for adults and children, airways, heart attack, bleeding, falls and anaphylaxis. The training was very relevant to all attendees and was delivered by trainer Lynda in an easily understood and enjoyable manner.

At our meeting Monday 27 July we will be showing 2 short training videos. They will give us a better understanding of the components of our recently bought Phillips defibrillator as well as a detailed look at how the unit is set up and put to work on a person in a simulated training exercise.

Club Site Inspection

Club Safety Officer Ian with Brian Thompson carried out an inspection of the Hall and grounds and front shed on Friday 17 July. Thanks to Ian and Brian for their time and for the report with recommendations for action on identified problem areas. All the listed action items will be addressed ASAP.

Surplus Grants Money

After the purchase of the defibrillator for placement in the Hall and also after covering the cost of the first aid training, there is still just over \$1400 left from the \$4274 that we received from the Commonwealth Government's Volunteer Grants 2019-2020. The Club is free to spend the approx. \$1400 on items determined to be needed from a long list of possible option areas. The Board is yet to make a call on the chosen item. Members are welcome to put forward to me any suggestions they may have on what to buy.

Club Officer's Training

I have received advice that the Metro District Assembly, where training is provided for incoming Club Officers, will be held on 30 May 2021. This date will be inserted into the Club calendar, available via Club Runner.

Social Night Out at The Local

A list will be circulating soon for members and partners interested in a meal out on Saturday night 29 August and The Local Hotel.

Bob Thompson
President Elect/Club Service Director

The Largest Ocean of the World is the Pacific Ocean (155,557,000 sq km), It covers nearly one-third of the Earth's surface.



PP Brian McCallum



20th July 2020

Inward Correspondence. Nil

Outward Correspondence. Nil.

Would members please note that any correspondence received or posted by yourself, please ensure a copy is forwarded to your Secretary.



PP Stephen Castelli



16 members have paid their dues, keep-em coming.

Birthdays and Anniversaries. July 2020. Best wishes to all.

Birthday: Karen Mulcahy. July 2nd

Anniversary: Barry and Sam Winmar July 11th



Congratulations to the three gentlemen below, together they have served Rotary for almost 80 years

PP Greg Williams: July 1st 30 years' service to our club

PP Brian McCallum: July 3rd 14 years' service to our club

PDG Bob Cooper: July 6th 35 years' service to Rotary



20th July 2020

A couple made a deal that whoever died first would come back and inform the other of the afterlife. Their biggest fear was that there was no afterlife.

After a long life, the husband was the first to go and, true to his word, he made contact:

"Mary Mary"

"Is that you, Fred?"

"Yes, I've come back like we agreed."

"What's it like?"

"Well, I get up in the morning, I have sex. I have breakfast & off to the golf course & I have sex. I bathe in the sun, then I have sex twice. I have lunch, another romp around the golf course, then sex pretty much all afternoon. After supper, golf course again. Then I have sex until late at night. The next day, it starts again."

"Oh, Fred, you surely must be in heaven."

"Not exactly, I'm a rabbit on a golf course in Tucson, Arizona."

A man walks into his bedroom and sees his wife packing her suitcase. He asks: "What are you doing?"

She answers: "I'm moving to Sydney. I heard that prostitutes there get paid \$400 for doing what I do for you for free."

Later that night, getting ready to leave, the wife walks into the bedroom and sees her husband packing his suitcase. When she asks where he is going, he replies:

"I'm coming too. I want to see how you live on \$800 a year..."

There were these 2 blondes standing outside in a parking lot next to their Mercedes vehicle. They were locked out so they were trying to get the door open with a cloths hanger. The 1st blonde said, " You need to try harder. It's starting to rain and the top is down!"



Projects Director
PP Mike Nella



PP Max Bird
Foundation Dir.



PDG John Iriks
Membership Dir.



PP James Sharkey
Public Relations Dir.

Project Director's Report.



Rtn. Veronica Burns
Community

Gentle Road premises are open for business, we have a lease for another year on the same terms.
Successful Garage Sale last weekend.
Kwinana Furniture On-Line is travelling quite well, looking forward to a even better result this year.
Bunnings Sausage Sizzles are expected to resume in September, (Interesting to see where we fit into the pecking-order. Ed)
Thursday 10th September "Are You OK Day" ?
Food Caravan sold for a very reasonable price.

Public Relations:

We continue to receive exposure on Rotary Out West.
Please continue to advise James of any stories or activities within our club which may be submitted to the local media.



Rtn Barry Winmar
Vocational

Membership:

President John Iriks is Membership Director this year.
Membership Committee: Lee Davis, Bob Thompson and Eric Blogg

Community:

Bread Program, restarted.
Still looking for more helpers, please come along.



PP. Max Bird
International

Vocational:

Defibrillator now located at Rotary Hall.
First-Aid refresher, Held Monday 20th July 10am/12pm Rotary Hall
21 in total attended, very worthwhile experience.

International:

Latest meeting minutes available to view on ClubRunner.
View a complete review of my recent trip to Timor on ClubRunner.



PP Genevieve Carr
Youth

Youth:

Looking for candidates to support RYLA and RYPEN.

Visit your club webpage.

<http://www.clubrunner.ca/Portal/Home.aspx?accountid=8106>
or type Kwinana Rotary Club into 'Search'



Fine Session: Sergeant Cyril Bennett
Deputy Bill Rowe.



Fines for Saturday 20th July 2020
Norm Mc stand-in-Sergeant

Bob T: Loyal Toast, where was your glass Bob?

Pres. John: Splitting up our guests for dinner.

Stephen C: 'Take his passport off him' not sure why?

Genevieve C: Another addition to the family, Leo,
who is a mixture of Labrador X, Staffy X and Maltese.



Mike, Lee, Veronica and Lee: Holding their own private meeting outside.

Brian MC: Not wearing his Eagles tie, excuse, lost top button off his shirt.

Greg W: Nursing a 'sliced thumb' says he did it cutting up turnips.

John Iriks fined South Fremantle supporters because South didn't stop scoring even when they had East Fremantle well beaten in last weekend's Derby.

President John: How disconcerting for you, the President's collar ribbon is in Eagles colours.

Rotary E-WA and Friends Travel Club



About Our Travel Club

Our Travel Club is A PROFIT FOR PURPOSE FUNDRAISER - with all profits to the Rotary E-Club of Western Australia Inc. ("E-WA")

*Discover the Best of Margaret River
September 20th - 24th 2020
4 Days. 3 Nights
Tailor Made for Rotarians*

<https://rotaryclubwa.org.au/welcome-to-e-wa/rotary-e-wa-and-friends-travel-club/>

Polio This Week 14th July 2020

A virtual meeting of the Technical Advisory Group (TAG) on polio eradication in Pakistan was held on 11 and 15 of June 2020. The meeting report is now available [here](#).

The polio eradication Programme has stepped up to help the Sudanese Ministry of Health limit spread of the COVID-19 virus. The Programme is working in 14 states in the country supporting COVID-19 surveillance, information dissemination and training of health workers. [Read more...](#)

Summary of new WPV and cVDPV viruses this week (AFP cases and environmental samples):

Afghanistan:	four cVDPV2 cases
Pakistan:	two WPV1 cases and seven WPV1 positive environmental samples
Angola:	one cVDPV2 case
Cameroon:	one cVDPV2 positive environmental sample
Chad :	two cVDPV2 cases
Malaysia :	one cVDPV1 positive environmental sample



The Global Polio Eradication Initiative is a public-private partnership led by national governments with five partners – the World Health Organization (WHO), Rotary International, the US Centers for Disease Control and Prevention (CDC), the United Nations Children’s Fund (UNICEF), Bill & Melinda Gates Foundation and Gavi, the vaccine alliance. Its goal is to eradicate polio worldwide.

Top Contributions and Pledges to the Global Polio Eradication Initiative 1985 – 2019. (\$US)

G7 Countries: Total G7 Countries \$6647 million
USA \$3,545 million,
United Kingdom \$1,617 million

Non G7 Countries: Total Non G7 Countries \$636 million
Norway. \$291 million
Netherlands. \$113 million

Private/Non-Government: Total Private. \$5862 million
Bill and Melinda Gates Foundation. \$3,848 million
Rotary International. \$2,010 million

Total Contributions: \$US 17,314 million (17.3 Billion)

For a complete listing of all contributions please follow the link, it is an extensive list of support.

<http://polioeradication.org/wp-content/uploads/2020/06/GPEI-Historical-Contributions-Charts-v11.pdf>

Below is the Defibrillator we purchased via a Commonwealth Grant

Philips Heart Start HS1

Semi-Automatic

Shock button is required to be pushed if a shockable heart rhythm is detected.

Specifically designed for the lay responder. A simple step-by-step process with voice instructions, empowers even the most inexperienced responder.

Features:

- Life Guidance technology guides users through the entire process, start to finish
- Smart Analysis automatically assesses the heart rhythm and only administers a shock if required
- Simple to use meaning a shock can be delivered quickly and effectively
- Energy Selection: Adult Pad-Pak 150J > 150J > 150J | Paediatric-Pak 50J > 50J > 50J
- Adding special pads allows existing HeartStart defibrillators to become trainers



Q: What causes SCA? (Sudden Cardiac Arrest)

A: SCA occurs when the electrical system of the heart becomes chaotic, causing it to stop beating effectively.

Lacking proper blood flow, the person becomes unresponsive and stops breathing normally.

CPR is important, but it alone cannot restore a normal heart rhythm.

A shock from a defibrillator is the most effective way to restore the heart's normal pumping rhythm.

Q: How soon must the defibrillator shock be administered?

A: The person's best chance of survival is to receive that shock within five minutes of collapse.

A defibrillator will not save every person who experiences SCA, but more lives could be saved if those affected were reached more quickly.

Your quick response makes a real difference.

A Video will be screened at next Monday's meeting explaining the procedures.

Defibrillators were first demonstrated in 1899 by Jean-Louis Prévost and Frédéric Batelli, two physiologists from University of Geneva, Switzerland. They discovered that small electrical shocks could induce ventricular fibrillation in dogs, and that larger charges would reverse the condition.

In 1933, Dr. Albert Hyman, heart specialist at the Beth Davis Hospital of New York City and C. Henry Hyman, an electrical engineer, looking for an alternative to injecting powerful drugs directly into the heart, came up with an invention that used an electrical shock in place of drug injection. This invention was called the *Hyman Otor* where a hollow needle is used to pass an insulated wire to the heart area to deliver the electrical shock. The hollow steel needle acted as one end of the circuit and the tip of the insulated wire the other end. Whether the *Hyman Otor* was a success is unknown.

The external defibrillator as known today was invented by Electrical Engineer William Kouwenhoven in 1930.

William studied the relation between the electric shocks and its effects on human heart when he was a student at Johns Hopkins University School of Engineering. His studies helped him to invent a device for external jump start of the heart. He invented the defibrillator and tested on a dog, like Prévost and Batelli.

The first use on a human was in 1947 by Claude Beck, professor of surgery at Case Western Reserve University.

Beck's theory was that ventricular fibrillation often occurred in hearts which were fundamentally healthy, in his terms "Hearts that are too good to die", and that there must be a way of saving them.

Beck first used the technique successfully on a 14-year-old boy who was being operated on for a congenital chest defect. The boy's chest was surgically opened, and manual cardiac massage was undertaken for 45 minutes until the arrival of the defibrillator. Beck used internal paddles on either side of the heart, along with procainamide, an antiarrhythmic drug, and achieved return of a perfusing cardiac rhythm.

A major breakthrough was the introduction of portable defibrillators used out of the hospital.

Already Peleška's Prema defibrillator was designed to be more portable than original Gurvich's model. In Soviet Union, a portable version of Gurvich's defibrillator, model ДПА-3 (DPA-3), was reported in 1959.

In the west this was pioneered in the early 1960s by Prof. Frank Pantridge in Belfast.

Today portable defibrillators are among the many very important tools carried by ambulances. They are the only proven way to resuscitate a person who has had a cardiac arrest unwitnessed by Emergency Medical Services (EMS) who is still in persistent ventricular fibrillation or ventricular tachycardia at the arrival of pre-hospital providers.

Gradual improvements in the design of defibrillators, partly based on the work developing implanted versions have led to the availability of Automated External Defibrillators. These devices can analyse the heart rhythm by themselves, diagnose the shockable rhythms, and charge to treat. This means that no clinical skill is required in their use, allowing lay people to respond to emergencies effectively.

First-Aid Session provided by BESTWEST CARE
Monday 20th July 2020 at Rotary Hall



Returning home from work, a fair haired Lady was shocked to find her house ransacked and burglarised.
 She telephoned the police at once and reported the crime.
 The police dispatcher broadcast the call on the radio, and a K-9 unit, patrolling nearby was the first to respond.
 As the K-9 officer approached the house with his dog on a leash, the 'Lady' ran out on the porch,
 Shaken at the sight of the cop and his dog, then sat down on the steps.
 Putting her face in her hands, she moaned,
 "I come home to find all my possessions stolen. I call the police for help, and what do they do? They send me a BLIND policeman."

The sentence "the quick brown fox jumps over the lazy dog" uses every Letter in the English language.

If you leave Tokyo by plane at 7:00am, you will arrive in Honolulu at Approximately 4:30pm the previous day.

In the last 4000 years, no new animals have been domesticated.

Makeup opportunities

Rockingham	Monday	6pm for 6.30	Rockingham RSL Club
Palm beach	Wednesday	6pm for 6.30	Ocean Clipper Inn
Baldivis	1st & 3rd Mon	6.30pm for 7.00	Peel Manor House
Cockburn	Thursday	7.15am for 7.30	Cockburn Seniors Centre
Byford & Districts	Monday	6.15pm for 6.45	Byford Tavern, South W Hwy

Rotary Club of Kwinana
 Contributions welcome: eblogg@bigpond.com