



The Rotary Club of Kwinana

Rotary **District 9465** **Western Australia**
 Chartered: 22 April 1971



Team 2022-23

- President**
James Sharkey
- Secretary**
Genevieve Carr
- Treasurer**
Stephen Castelli



President James

Bulletin

No 5 15/08/2022



Rotary Club of Kwinana is 51 years' old 1971/2022

Facts & Figures

Attendance this week

- Total Members** 28
 - Apologies** 1
 - Make-up** 4
 - Attended** 17
 - Hon. Member**
 - LOA** 6
 - Guests** 1
 - Visitors** 2
 - Partners**
- 88.0%**

“Numbers were light on? Well, this number was light on, spent from Tuesday 9th August till Monday 15th in Rockingham Hospital, with bugs in my bloodstream. Luckily my ‘Health Pro’ daughter recognised the issues and bundled me off to Rockingham Hospital with a 39+ temp. All good, treated with intravenous antibiotics till Monday 15th and allowed home with another 7 days on an oral antibiotic. The medical team are now trying to find out how the bugs got into my system, a number of tests and procedures to follow in the next few weeks. The good thing is I don’t feel unwell.

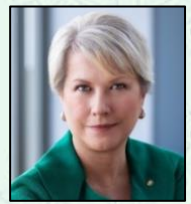
Guest Speaker on Monday 8th was Inger Ward from ‘Befriend’ Inger is a passionate advocate of Community involvement. Read her presentation below. At this meeting Inger was presented with a PHF by PP Bob Thompson for her Community work in Kwinana. This award was supposed to be presented at our last changeover, but Inger was unable to attend. Befriend a Perth based non-profit social enterprise. In 2017 Befriend started in partnership project with COK. Two years later Inger Ward became involved. During the last 4 years over 9000 local residents have spent 3000 hours connecting with one another.

Raffle

8th Stephen & Gen.
15th Jo T & Greg

Heads & Tails

8th James
15th Greg

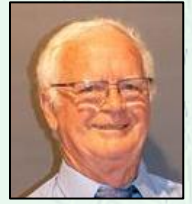


Rotary International President
2022/23
Jennifer E Jones

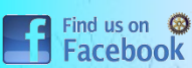
Rotary Club of Windsor-Roseland
Ontario Canada. 6400

District Governor
9465

2022/23
Ric McDonald



STAY SAFE



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

**Visitors always
welcome**

August 2022: Membership & Extension Month Coming Events

Mon 8 th	Club Meeting	Inger Ward PHF
Mon 15 th	Club Meeting	Dr Ashwin Menon
Mon 22 nd	Club Meeting	
Mon 29 th	Club Meeting	Chris Cleghorn (Partners)

Attendance Officer:
Paul Durant 0402 794 323
Apologies by Saturday 4 pm please





James Sharkey

President's Pen

15th August 2022



Regionalisation Pilot Project

A team has been working for some three years establishing a pilot project to explore, develop and test a new model of governing and operating Rotary that is relevant for our region.

Two regions in the World have been chosen to work with this pilot project, which is expected to take up to three years to complete. Our zone 8, covering Australia, New Zealand and the Pacific Islands is one of the zones involved the other being Great Britain and Ireland.

Our Club will have to vote on whether we wish to be part of this pilot project, or not, possibly by the middle of next month. Over the next two weeks we have guest speakers in our program, but I will run an information meeting at the next possible occasion to explain the regionalization Pilot Program.

Vale Brian Andrews

The funeral service for the late Brian Andrews will be held at the Leanne O'DEA Chapel 460 Pinjarra Road Mandurah on Tuesday 16th October at 2.00pm

Guest Speaker Programs Manager

Please contact Grace with any possible guest speaker contacts.

Rotary Hall Cleaning (Urgent Request)

Volunteers required to form a roster to keep our facilities clean and presentable for our members and guests.

Food Delivery to the Frank Konecny Community Centre

IKEA are providing a truck load of food to the Frank Konecny Centre at 11.00am on Thursday 25th August.

Our Club has been asked to assist with the flow of traffic around the truck as it is being off loaded.

All our traffic controller's licensees are out of date.

These will be unqualified personnel under the direction of the truck driver.

Bunning's BBQ

I have provisionally booked a Bunnings BBQ on Sunday 6th November 2022.

Eric Blogg

Eric is home this evening having gone into Rockingham Hospital last Tuesday evening suffering from Sepsis.

He has been on an intravenous antibiotic drip all week but is now on antibiotic tablets until he finishes the course.

He is feeling fine and pleased to be home.

He still has some tests to complete which will take place at Fiona Stanley and Rockingham over the next few weeks.

Eric has requested that any reports for the Bulletin be forwarded on to him as normal.

James Sharkey President 2022/23

Attendance Officer

A reminder to text Paul's mobile prior to our next meeting if you have any problems attending.

Next social event planned for Sunday October 16th Lunch at 'Lavoro's' at Rockingham Beach.

Come 1, come all. Bring any potential members and show them that we are a club that enjoys each other's company. The basic arrangement will be that you order off the menu and pay for what you order.

<https://lavoroitaliano.com.au/>



Inger Ward with PP Bob Thompson and President James, after being presented with her Paul Harris Fellowship Award

Riddle 1

What is so fragile that saying its name breaks it?

Riddle 2

What is the capital in France?

Riddle 3

What can travel around the world without moving from its corner?

(Answers back page)

Riddle 4

Which English word has three consecutive double letters?



PP Genevieve Carr

8th/15th August 2022



Inward Correspondence. 8th

- Report regarding Rotary scholarships
- ROMAC e-newsletter
- Rotary Out West
- Notification regarding recent passing of PRID Ken Collins
- Invitation to District 9465 Governance Presentation via Zoom; to be held Sunday 14 August @ 10.30am

Inward Correspondence. 15th

- Update on the District Final for the Four Way Test Speech contest
- Invitation to Calista Primary School Year 6 graduation
- Notification about polio virus spread in London
- Update on Tony Critchley's upcoming ride for cancer research – so far has raised \$12.5K
- Fundraiser for ROMAC – wine offer
- Rotary Out West
- RYLA applications

Outward Correspondence 8th

- Sympathy card to be sent to Brian Andrews' family following his recent passing

Outward Correspondence 15th

- 'Get Well' cards to be sent to Eric Blogg and Sam Cuplovic

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



2022/23

PP Stephen Castelli



Bills paid, money in the bank.

Rotary Down Under Magazine now comes to you electronically.
Bring your empty drink containers, we have collection bins.

Treasurer Stephen reports that most members have now paid their dues



2022/23

PP Genevieve Carr



Youth Services Report

08/08/2022

Four Way Test Speech Contest

State Final to be held on Sunday 21 August at the Ken Jackman Hall; 2 for 2.30pm start. Bookings via TryBooking.

RYPEN

Unfortunately, the September 2022 weekend has had to be cancelled due to lack of facilitators available. Next weekend scheduled to take place in May 2023. We have 1-2 candidates ready to attend.

Youth Services Report

15/08/2022

1. Four Way Test Speech Contest: District Final to be held this Sunday 21 August at the Ken Jackman Hall in Kwinana, commencing at 2pm. Bookings via TryBooking.

2. Year 6 Graduation Ceremony at local primary school: Invitations to these events are slowly appearing.

3. RYLA: Upcoming RYLA camp to be held from Saturday 7 January until Saturday 14 January 2022 at the Serpentine Camping Centre. This program is open to young people aged 18-28 years.

These are Labrador Retrievers. They come in a variety of colors. They are loved & treated equally no matter their color. They don't fight each other over their color differences. When it comes down to it, they are all Labs, they are all dogs.

Dear humans, do better, be better.
Be more like Labs.



SO, DO YOU REMEMBER THESE ONES?

- 1: Because I said so.
- 2: Wait and see.
- 3: Ask your father.
- 4: No pudding unless you finish your dinner.
- 5: If someone asked you to jump off a cliff would you?
- 6: I've told you a thousand times.
- 7: Say pardon, not 'what'.
- 8: What did your last slave die of?
- 9: You will have someone's eye out with that.
- 10: It'll all end in tears.
- 11: I want, never gets.
- 12: Close the door - you weren't born in a barn.
- 13: Don't sit too close to the telly - you will get square eyes.
- 14: There is no such words as 'can't'.
- 15: Who is 'she'? The cat's mother?
- 16: Carrots make you see in the dark.
- 17: Take your coat off or you won't feel the benefit when you go outside.
- 18: Don't make that face. If the wind changes you'll stay like it.
- 19: Do as I say, not as I do.
- 20: Back in my day.





Projects Director
PP Mike Nella



PP Max Bird
Foundation Dir.



PDG John Iriks
Membership Dir.



Kim Beciri
Public Relations Dir.

Project Director's Report.

Furniture-On-Line, 2022 going really well, my sincere thanks to all who are assisting.

Club members encouraged to assist any time, see Mike for info.

The building of our new shed at Rotary Hall is almost complete.

PP John Iriks saw the Furniture Factory duty as a great opportunity to socialise with the community.



Kertrina Riordan
Community

Public Relations:

We continue to receive exposure on Rotary Out West.

Kim is promoting our club on Facebook.

Kwinana Community Fair 2022, Saturday 12th November at Calista Oval, planning progressing, being promoted on Facebook.

To Aug. 16th 7141 reached, 979 last 7 days, 531 responses, 60 last 7 days



Peter Schulz
Vocational

Membership:

PDG John Iriks is Membership Director

Committee: Bob Thompson, Ed Samut and Eric Blogg.

Still the best option to invite new members, "ask someone"

Community:

Bread Program, ongoing. All welcome to assist.

RYOK BBQ September 8th

Breakfast Club is in need of more assistance, see Mike if you can help.



PP. Max Bird
International

Vocational:

International

Youth: Report above.



PP Genevieve Carr
Youth

Visit your club webpage.

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

or type Kwinana Rotary into 'Search'



Monday 8th August 2022
Guest Speaker: Inger Ward
Befriend Kwinana



Thank you once again for inviting me along to share an evening with you all. I'd like to take this opportunity to present a brief update on Kwinana Rotary and Befriends proposed partnering projects.

On 24th July I submitted a grant application for "Thank a Volunteer Day Celebration Grants Program 2022".

I received confirmation of it being received and notified It can take up to 12 weeks to hear whether successful or not.

If successful the event must be held on Monday, 5th December and our hope is for it to be a casual community led evening of Recognition/Gift Discovery for our community champions. Quite a bit different to the City of Kwinana's usual format but with Kwinana Rotary's pledge of support I see this as being a fresh and unique acknowledgement of thanks where our volunteers will be seen, heard and valued for their efforts in our community and one that hopefully will continue each year and grow in reach of recognising our amazing community champions.

The MOU in place between Kwinana Rotary and Befriend has yet to be utilised but it is lovely to know we have this space on offer for us to use if necessary. Sadly, for our community, but working in our volunteering hosts favour is our local community centres are offering very little in regards to their programming for community engagement so we have not encountered any problems with accessing venues at present. In fact, I believe the majority of The John Wellard & William Bertram Community Centres occupancy is coming from our Volunteering Befriend hosted events.

Last financial year saw 1,151 Events Hosted by B volunteers - 11,802 Attendees - 2,842 Hours of Volunteering time so with this much commitment from Kwinana volunteers just connected with our local Befriend team you can imagine our delight to have wonderful opportunities to access additional spaces such as Kwinana Rotary's Clubrooms.

Some of you may be aware I have recently joined the Kwinana Senior Citizens Centre Committee as I believe this facility is underutilised in what it can offer our 55+ population here in Kwinana. I was given figures of there being 4,555 Seniors - age 60+ living in Kwinana which equals 13.6% of the total population. Given these figures are 3 years old and not considering what we deem as 55+ being a senior for our Senior Citz Centre membership which has a current membership of around 150 financial members we have a long way to go and a huge audience to reach that are possibly socially isolated in our local community.

The reason for me referencing the KSCC here in my update is I have pitched a few ideas to the centre where I can see possibilities for Kwinana Rotary to partner in some great opportunities here to benefit our community and hopefully Rotary itself in recruiting of new members and letting the local community have more of an insight into the wonderful work you do too. From supporting young individuals in our community wanting to start up their own business, introducing co-working spaces, as we know, operating a business from home is becoming more popular these days to a seed planting conversation with Place Leaders Jenny M & Alyce Brewis for CoK to consider an active ageing exercise space on site at the KSCC.

All this along with Befriends commitment to support where possible the upcoming Rotary Kwinana Community Fair sets the scene for another successful partnership that widens the web of connections that results in many ways of benefitting our local community.

I'd welcome any ideas anyone has of ways we can continue to connect our community in all-inclusive spaces, and to share more of an insight into projects I believe can benefit individuals in our local community.



Monday 15th August 2022



Guest Speaker: Dr Ashwin Menon
Rockingham Maternity and Family Practice Clinic.

Dr Ashwin Menon graduated with Bachelor in Medicine and Bachelor in Surgery (MBBS) in 2011.

He has 10 years of working in internal medicine and as a general practitioner in Malaysia before migrating to Australia in 2020.

He gained his Fellowship in General Practice from the Royal Australian College of General Practitioners in 2019.

Dr Menon is passionate about chronic disease management, mental health, men's health and paediatric medicine. He has a strong interest in minor surgery, sports medicine and dermatology (including skin checks).

Dr Menon is a senior member of the medical team at Rockingham Maternity and Family Practice Clinic.

Dr Menon gave a very informative presentation, discussing a variety of health issues relevant to club members.

The first issue discussed related to COVID-19, given its current prevalence within our community. Dr Menon made a special point of mentioning the phenomenon of "long Covid", where individuals continue to experience persistent body aches and fatigue, among other symptoms, for extended periods of time after contracting the disease.

High blood pressure was another topic covered, with the strong message that adults need to have their blood pressure checked regularly so that any anomalies can be managed appropriately. High blood pressure is a risk factor for a number of conditions such as heart disease, stroke, and dementia. However, if individuals have been prescribed medication to lower their blood pressure, it is important to have this regularly monitored. As people age their blood pressure tends to lower, and thus medication prescribed 2-3 years previously could now be too strong for that individual, thus leading to risk of falls due to the medication causing blood pressure to be too low.

A couple of general tips from Dr Menon:

- Have an annual medical check-up with your doctor
- When it comes to food and drink, "everything in moderation"!

Keep your face to the sunshine and you cannot see the shadows

It takes both rain and sunshine to make a rainbow



Fine Session: Sergeant Cyril Bennett

Stand-in: John Maskell

Deputy Bill Rowe.



No Badges

All the winners
Eagles, Dockers, Collingwood, and Essendon

Gary and John I: trying to blackmail the Sergeant because he is going the John's for Dinner tomorrow night.

Greg: for spilling his coffee even though it had 2 lids on the cup.

The big mop in the kitchen has gone missing. Would the person who lost it please stand up and pay the fine. If no-one stands up, everybody here tonight can put their hands in their pockets and pay. Steve C seemed to know all about it and paid the fine.

John I: For his phone googling in the middle of the President speaking.

Cross Fines

Edd: Fined Cyril for leaving his file with his paperwork in it at the Motel in Wiluna. Lynne was only too happy to share this news!

Birthdays and Anniversaries

August 2022

Birthday Congratulations:

John Iriks	19 th
Grace Obidike	23 rd
Chris Oughton	31 st
Chris Iriks	29 th



Wedding Anniversary's

Sam & Lucy 13th 62 years



Club Anniversaries.

Chris Oughton	1 st	18 years
Stephen Castelli	14 th	33 years in Rotary (Kwinana, Nhulunbuy)
Bill Rowe	15 th	4 years

Congratulations!

Polio this week

10th Aug 2022

- Afghanistan: one WPV1 positive environmental sample
- Pakistan: seven WPV1 positive environmental samples
- Algeria: three cVDPV2 positive environmental samples
- DR Congo: nine cVDPV2 cases
- Ghana: one cVDPV2 positive environmental sample
- Madagascar: seven cVDPV1 positive environmental samples
- Mozambique: one cVDPV1 case
- Yemen: 26 cVDPV2 cases



The Global Polio Eradication Initiative is a public-private partnership led by national governments with six partners



US Centers for Disease Control and Prevention (CDC)



BILL & MELINDA GATES foundation





What happened this week in history?



Aug 14th to Aug. 20th



14th

1457: Oldest known exactly dated printed book (c 3 years after Gutenberg)
1498: Christopher Columbus landed at the mouth of the Orinoco River in what is now Venezuela
1893: France introduces motor vehicle registration, includes a driving test
1932: Philips makes 1 millionth radio

15th

1457: Earliest dated book, "Mainz Psalter," completed, 1st to be printed in three colours
1620: Mayflower sets sail from Southampton, England, with 102 Pilgrims
1906: 1st freight delivery tunnel system begins, underneath Chicago
1939: "The Wizard of Oz", film adaptation of L. Frank Baum's book, premieres at Grauman's

16th

1501: Michelangelo awarded the contract to create his statue of David at Florence Cathedral
1858: Queen Victoria telegraphs US President James Buchanan for 1st time by transatlantic cable
1898: Edwin Prescott patents roller coaster
1930: I British Empire Games open in Hamilton, Canada

17th

1563: King Charles IX of France declared an adult at 13
1836: British parliament accepts registration of births, marriages, and deaths
1836: Charles Darwin leaves South America for the last time on HMS Beagle
1891: Electric self-starter for automobile patented

18th

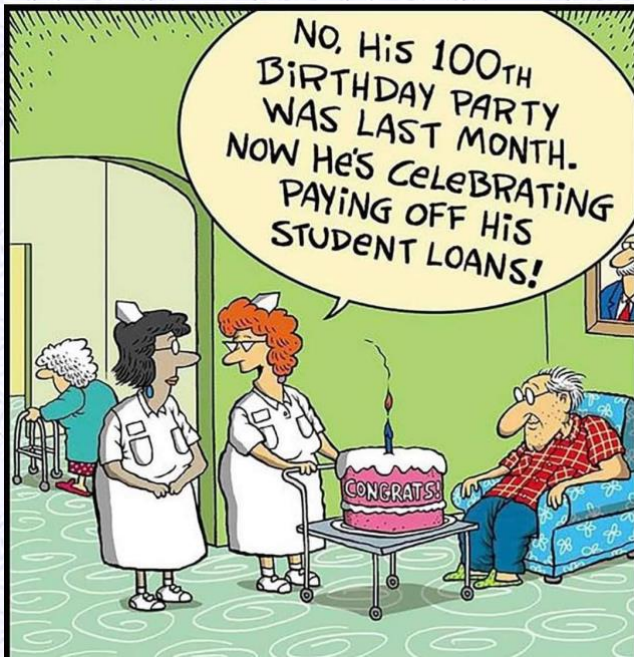
1612: Pendle Witch trial begins with 10 people accused of witchcraft in Lancaster, England
1700: Swedish, English & Dutch army lands on Seeland, Denmark
1769: A lightning strike in Brescia, Italy, ignites 90 tonnes of gunpowder, killing 3,000 people
1917: The Queen's Hospital opens to provide pioneering plastic surgery for WWI soldiers

19th

1692: Five more people hanged for witchcraft (19 in all) in Salem, Massachusetts
1796: Spain & France sign anti-British alliance
1897: 1st electric taxis driven in London
1909: Indianapolis Motor Speedway, home of Indianapolis 500, opens in Speedway, Indiana

20th

1578: Francis Drake renames his flagship the Pelican to the Golden Hind
1641: England & Scotland sign Treaty of Pacification
1866: President Andrew Johnson formally declares US Civil War over
1908: America's Great White Fleet arrives in Sydney, Australia, to be greeted with a tremendous welcome; 221 American sailors desert to remain in Australia



**I finally realized it!
People are
prisoners of their
phones. That's
why they are
called cell phones!**

**A man said to his wife one day, "I don't know how you can be so stupid and so beautiful all at the same time.
" The wife responded, "Allow me to explain. God made me beautiful so you would be attracted to me;
God made me stupid so I would be attracted to you!**

Shortly after a British Airways flight had reached its cruising altitude, the captain announced:

"Ladies and Gentlemen, this is your captain. Welcome to Flight 293, non-stop from London Heathrow to New York. The weather ahead is good, so we should have an uneventful flight. So, sit back, relax, and... OH...MY GOD!"

Silence followed..... complete silence!.....

Some moments later, the captain came back on the intercom.

"Ladies and Gentlemen, I'm sorry if I scared you. While I was talking to you, a flight attendant accidentally spilled coffee in my lap. You should see the front of my pants!"

From the back of the plane, an Irish passenger yelled "For the luvva Jaysus, you should see the back of mine!"

Riddles answers:

1. Silence V 2. Capital F 3. A stamp 4. Bookkeeper

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

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