



Rotary  **The Rotary Club of Kwinana Inc.**
District 9465 Western Australia
Chartered: 22 April 1971

Team 2018-19

President
Stephen Castelli

Secretary
Brian McCallum

Treasurer
Bob Cooper

Attendance this week

- Total Members** 26
- Apologies** 2
- Make-up** 5
- Attended** 16
- Honorary Member** 1
- LOA** 4
- Guests** 2
- Visitors**
- Partners**

91.3 %

Facts & Figures
Raffle
Bevan both

Heads & Tails
Eric B

Birthdays:

Anniversary:

Club Anniversary:

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



President Stephen

Bulletin
No 06 6th August 2018





Guest Speaker this week Kim O'Meara from Laughter Yoga. Kim has visited us before and was also a presenter at last year's District Conference at Margaret River. I'm sure most of us at some point thought the laughter thing was a bit over the top, however when you see the results Kim has achieved in Rwanda you can appreciate the psychological benefits that come out of the workshops.

Most of us would have by now responded to the online survey commissioned by President Stephen, the results will be debated at our next meeting on Monday 13th Aug.

Several hundred ex Qantas Doona's and Blankets picked up and distributed by PP Mike Nella and PDG John and Chris Iriks I'm sure would have been warmly welcomed by some very needy people in our community especially during this very cold and wintery weather we are experiencing at present.

Big opportunity to make some serious funds on Saturday 11th August at our Bunnings Sausage Sizzle, the weather is now looking good. We need a few members to help with preparation from 3.30pm on Friday 10th at Rotary Hall.

	Rotary International President 2018/19 Barry Rassin Rotary Club of East Nassau	District Governor 9465 2018/19 Robin Yates	
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Coming Events August 2018
Membership and New Club Development Month

August 2018	
Thu 9th	Board Meeting @ Rotary Hall 6pm
Fri 10th	Prepare for Bunnings 3.30pm @ Rotary Hall
Sat 11th	Bunnings Sausage Sizzle.
Mon 13th	Club Meeting, Club Forum, debate survey results, (no guest speaker)
Mon 20th	Club Meeting
Mon 27th	Club Meeting

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





Stephen Castelli

President's Pen



6th August 2018

President Report

Board Meeting:

This Thursday 09/08/18 at 6pm

Please review the agenda sent out by Secretary Brian and provide any necessary updates.

This makes the board meeting very efficient and quick.

Members Survey:

The on-line members survey has been emailed to all members.

PE Wendy and President Stephen will review the responses and collate them prior to presentation

We will be discussing the results of the survey at the Club Forum on 13th of August

District Grant:

The club has been successful in gaining a district grant for \$3,000 for the Indonesian Schools Refurb Project.

The money will go towards providing plumbing and electricity to the toilet block.

Whiteboards in the classrooms, and new desks and chairs.

Thanks:

To all the members that assisted with the cleanup of the Andy Valk Foundation house in spite of the bad weather.

This includes Eric, who as always was not in the photo.

Special thanks to John and Chris Iriks, who spent Thursday morning organizing the work on the house, and then collecting from Midland and delivering blankets and Doona's to St Vincents De Paul, Salvation Army and Victory For Life, and then topped off the day with a huge collection of Bread for the Bread Project.



President Elect Wendy Cooper



Thank you to the 11 members that joined in the walk and coffee yesterday in pleasant, sunny weather. We had three extras as well in Robina and Goff Ellis with their dog Buster who lead us all off into the bush. Several more people had marked that they were coming. If you find at the last minute you are unable to come please consider the caterers, this time Bliss Momos, so they can be informed of the reduced numbers.

To date we have had 17 members complete the survey. Some trouble was experienced with 4 of them so a written copy has been supplied.

Very few have made comments in the comment boxes of each one if any. It would be wonderful to have every club member complete the survey however if you decided not to do so please let Wendy know so the results can be tallied. The results will be presented in graph form on the 13th where there will be an opportunity to discuss each point in detail.

Still waiting for a couple of surveys to be completed.

Save the date.

The next event is to be a restaurant gathering at the new Catalano's in Baldivis on the Saturday 1st September 7 pm Catalano's Restaurant, Makybe Drive, Baldivis.

Check out the menu online at;

<https://www.catalanoandco.com.au/>

More info next week. I will send around an attendance sheet next week.

Standing Orders – Review

2.2: New Member Induction Procedure

- Following a successful application for Club membership, the President will nominate a meeting date for the induction and invite the new member and partner to attend. The induction meeting will be a partners meeting.
- The Secretary will arrange to have the accoutrements for the induction to be available by the set date for the meeting. These accoutrements shall include (but are not limited to) the following:
 - dinner badge for new member and partner
 - place name for new member
 - Rotary lapel badge
 - framed Four-Way Test
 - Rotary information material.
- The induction ceremony is to take place preferably immediately following the ‘Loyal Toast’ at which time the Sergeant-at-Arms will call upon the induction party to come forward. The nominating club member will escort the new member and his/her partner (if appropriate) forward.
- The induction party will consist of the:
 - President
 - Vice-President
 - New member and partner.
- When the induction party have assembled, the Vice-President shall commence proceedings by addressing the new member and reading the Induction Charge of the Rotary Club of Kwinana Inc.
- On completion of the reading of the Induction Charge, the Vice-President will present the new member and partner to the President who will welcome the new member and partner into the Club and present the appropriate induction accoutrements.
- The President will then introduce the new member and partner to the club members and partners. The induction party will then return to their seats and the President will resume the meeting.

I was packing for my business trip and my three year old daughter was having a wonderful time playing on the bed. At one point she said,

"Daddy, look at this," and stuck out two of her fingers.

Trying to keep her entertained, I reached out and stuck her tiny fingers in my mouth and said,

"Daddy's gonna eat your fingers," pretending to eat them. I went back to packing, looked up again and my daughter was standing on the bed staring at her fingers with a devastated look on her face.

I said, "What's wrong, honey?"

She replied, "What happened to my bogie?"



PP Brian McCallum



Inward Correspondence.

- RDU Supplies. New & Improved Database.
- Bendigo Bank. Statement A/C 133557108.
- Bendigo Bank. Statement A/C 160866513.
- Rotary International. Club Invoice July 2018

Outward Correspondence.

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



PDG Bob Cooper



Bills paid, money in the bank

Club Invoices have been sent to all members, please pay at your earliest convenience, over 50% have paid by July end.

The club Profit & Loss Statements are now available for members to view on ClubRunner. See Club Documents.

**Always remember you're unique,
just like everyone else.**



Club Projects Director
PDG John Iriks



PP Ian Critchley
Foundation Dir.



PP Edd Samut
Membership Dir.



PP James Sharkey
Public Relations Dir.

Project Director's Report.

Fitness classes to continue for Seniors, provided by PP Genevieve. Proceeds support Rotary Foundation.

The next Bunnings Sausage Sizzle will be Saturday 11th August 18
Thanks to those members who have donated their time.
Preparation Friday 3.30pm at Hall.

Wellard Markets, continued support from COK, possibility of an entertainment grant.



Rtn. Michael Metcalf
Community

Community:

- Qantas blankets and Doona's distributed to local organisations.
- Busy Bee held on Thursday 2nd August 10 to 12pm at the 66 Summerton Road former home of Andy Valk and now owned by the Andy & Rita Valk Foundation.
Thanks to members and partners for your assistance, the property now has a new tenant.
- Opportunity to be a Major Sponsor (in kind) to the St' Vincents Fete coming up on Sunday October 28th We would run the Chocolate Wheel, also the opportunity to sell hamburgers and bacon & egg rolls, Fete committee will be doing a sausage sizzle.
- We have been asked to provide another BBQ at the Kwinana Lithium Plant on Friday 21st September, great opportunity for us to add some funds to our coffers.



PP Bob Thompson
Vocational

Vocational:

- 4 Way Speech information with local schools.



PP. Max Bird
International

International:



PP Genevieve Carr
Youth

Youth:

- RYPEN, continued support.
- Relay For Life, Kwinana. Saturday 6th October 2018
More info flyer below.
- Looking at providing Microscopes to Medina Primary School

Visit your club webpage.

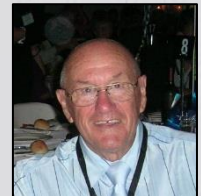
<http://www.clubrunner.ca/Portal/Home.aspx?accountid=8106>

or type Kwinana Rotary Club into 'Google'



Fine Session: Sgt. Norm Mulcahy

Stand-in: PP Bevan Piper



- James S: Recovered from a 'Not very well'
- Chris O and Lee D: No badge
- Chris O: : Another 'Night out' as the mayor's handbag.
- John & Chris I: Just for being 'Good People'
- Pres Stephen: Always sending visitors first for meal, left side always goes last
- James S: Out in his car, got hit in the 'Bum' again.
- Pres Stephen: Tied up!! Didn't know you were into 'Bondage'
- Genevieve: Studying Alzheimer's and Dementia! Forgot the bush walk was on
- James S:: Laughed heartily all the way thru the presentation.
- Chris O: Late home, held up because he was helping an elderly person who had an accident with their Gopher

Polio This Week 31st July 2018

- In the Democratic Republic of Congo, provincial governors at a high-level emergency meeting signed the 'Kinshasa Declaration for Polio Eradication', committing to providing the necessary oversight, accountability and resources to urgently improve quality of outbreak response.
- Summary of new viruses this week: in the Democratic Republic of Congo, four new circulating vaccine-derived poliovirus type 2 (cVDPV2) cases; in Nigeria, one new cVDPV2 case; and, in Papua New Guinea, one new cVDPV type 1 case.





Guest Speaker

Kimmy O'Meara

Laughter Yoga



“Laughter Yoga helped me get my life back”

Kimmy was given 3 years to live in 2000 after being diagnosed with an auto immune disease called C.R.E.S.T. Through the natural benefits of laughter and a positive outlook on life she has passed her "use-by-date" by 12 years.

Kimmy has been a Laughter Facilitator for 9 years. She was awarded the International Laughter Yoga Ambassador Award in 2008 for outstanding work in the community through laughter. Kimmy has facilitated up to 10,000 people to do Laughter Yoga at music festivals all over Australia. She is invited back every year to do opening and closing ceremonies and hold Laughter Yoga sessions throughout the festivals.

Kimmy has been working for 9 years at Richmond Wellbeing, a psychiatric recovery hostel and has developed a four part program introducing laughter, humour and positive thought in a non-confrontational, compassionate and skillful way to people challenged with mental health issues.

Kimmy is a holistic counsellor, teacher and inspirational speaker who loves to present at Personal Development days for all types of businesses and organisations, at all schools both primary and secondary, for people with disabilities, at nursing homes and retirement villages. In fact anywhere she can bring a fun, positive and empowering experience to everyone.

She has travelled to Rwanda and brought Laughter Yoga to Genocide survivors and has created the first Laughter Club in Rwanda. On her second visit she was invited to teach Laughter Yoga to the Psychology students at the National University of Rwanda so they could continue bringing the benefits of Laughter Yoga to Genocide and AIDS survivors in Rwanda.

Kimmy founded the East Fremantle Laughter Club in 2014, where the objective is to facilitate participants to be playful and stress free. To illustrate her versatility here are just a few of the organisations she has laughed with - Wesfarmers, Perth Modern School, Richmond Wellbeing, Cancer Wellness Centre, Canteen, Fremantle Hospital, University of Zululand, the councils of Fremantle, Cockburn, Kwinana, Mandurah, Bunbury and others, Water Corporation, Synergy, Bethanie Retirement Villages and St. Stephen's College.

Kimmy co-founded Counselling Volunteers Club, CVC is a charity providing aid and holistic counselling to Rwanda victims of genocide.

Kimmy initially went Rwanda in 1994 to see the Silver Back Gorilla's and fell in love with Rwanda and its People.

After being diagnosed with C.R.E.S.T. in 2000 Kimmy decided to 'give back' and returned to Rwanda to introduce Laughter Therapy to people traumatized by the events that took place in their country. Kimmy also introduced Clay Therapy (modelling) to the children, to help them express their feelings of grief, loss and anger.

Kimmy has taught many Rwandan's to be 'facilitators' to introduce the techniques that are helping countless thousands of Rwandan's both old and young to overcome the terrible atrocities they have been through.

Kimmy has recently published a book 'Clay Therapy Healing Rwanda Genocide' detailing her Rwanda experiences.





Wilfred Hendricks from RC of Victoria Park, Kwinana President Stephen Castelli with Kim O'Meara from Laughter Yoga



"Very Good, Very Good, Yay"



Presidential Message August 2018
Barry Rassin
President 2018-19

A well-known saying goes, "If you want to change the world, go home and love your family." That doesn't mean people should ignore the needs outside their own homes; instead, they should pay attention to the needs within.

It can be tempting, when our priority is service, to focus only on the things that look like service: the projects, the planning, the work that yields a visible benefit to those who need it. But to do that work effectively, we need to keep our own house in order.

In Rotary, that means conducting ourselves in accordance with the principles of Rotary, treating others with respect, and following The Four-Way Test. It means maximizing our impact by planning carefully and stewarding our resources wisely. And it means looking after the long-term health of our organization by ensuring that our membership is strong, engaged, and healthy.

Our membership has hovered around the same 1.2 million mark for 20 years. We aren't growing, and our membership is getting older.

We have too many clubs that don't have the knowledge or motivation to have an impact: clubs that don't know what we're doing on a global level, clubs that don't know about our programs or our Foundation, that don't even know how to get involved.

And with a membership that is still mostly male, we clearly aren't doing enough to become the organization of choice for women who are seeking to serve.

We are a membership organization first. If we want to achieve the goals we've set for ourselves, we need to put membership first. All of us have a responsibility to take membership seriously, not only by inviting prospective members, but also by making sure new members are welcomed into clubs that offer them something of value.

If you see someone walk into a meeting and hesitate, be sure that person has a place to sit and is part of the conversation.

If you're enthusiastic about a Rotary program, make sure your club knows about it and knows how to get involved.

If you see a need in your community, talk about it at this week's meeting. If we want to be part of an organization that's strong, that's active that's having an impact – start at home, and *Be the Inspiration* in Rotary.

Rotary



**BE THE
INSPIRATION**



Kwinana 2018

19 teams 105 participants \$20,457.21 raised
19% of our Relay goal \$105,000.00

When

Saturday 6th October 2018

10am Sat to 10am Sun

Where

Calista Oval
Kwinana
WA-Western Australia

Contact

Nicole Tallowin
0451 185 335
relayforlifekwinana@gmail.com



Welcome! Relay For Life is a fun and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services.

Relay is a chance for the Kwinana community to recognise and celebrate local cancer survivors, patients and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.

Join the thousands of Australians who take part in Cancer Council's Relay For Life each year in the fight against cancer: start or join a team in the Kwinana 2018 Relay today!

Earlybird Registration:

Register before 3rd October 2018: \$40 Adult, \$20 Youth

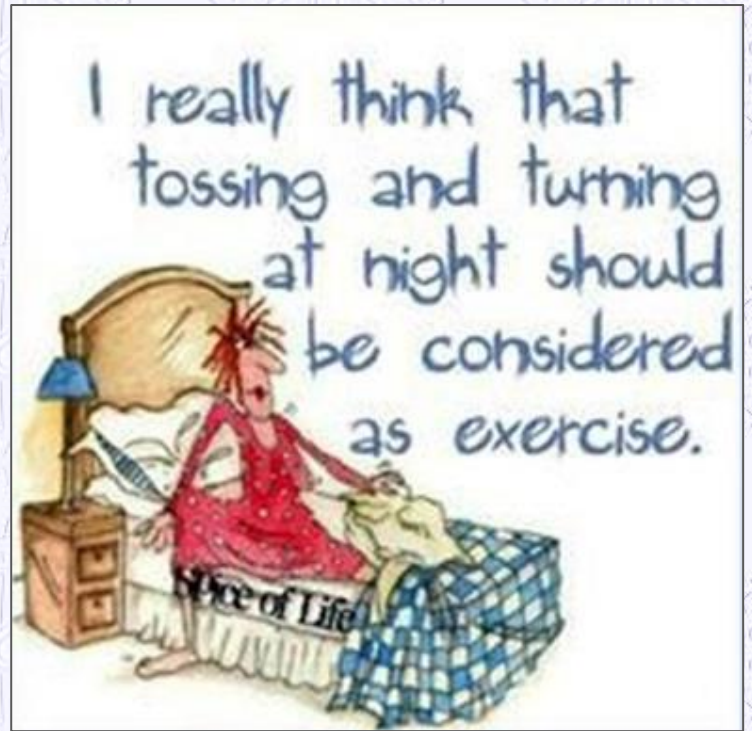
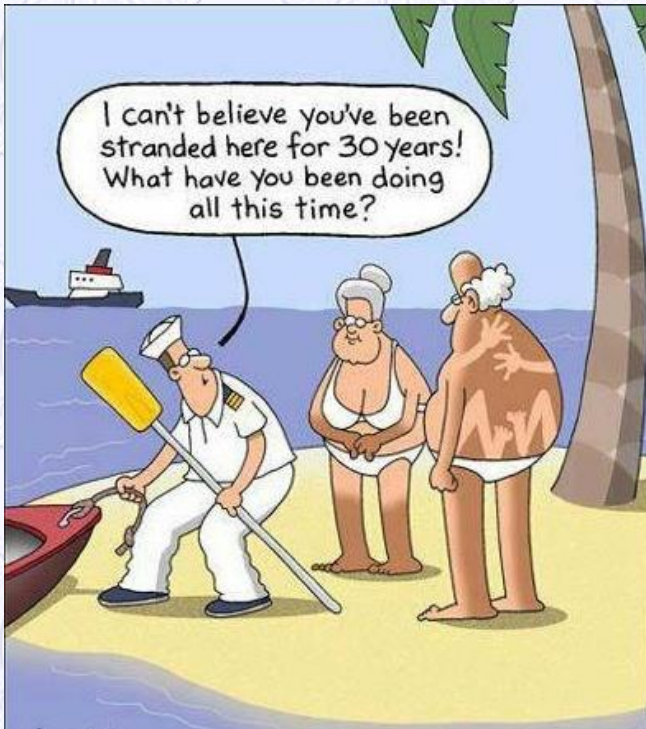
From 3rd October 2018 \$60 Adult, \$40 Youth

Ceremonies:

Opening Ceremony: 9.45am Saturday

Closing Ceremony: 9.45am Sunday

Candlelight Ceremony: 8pm Saturday



An older, white haired man walked into a jewelry store one Friday evening with a beautiful young girl at his side. He told the jeweler he was looking for a special ring for his girlfriend. The jeweler looked through his stock and brought out a \$5,000 ring and showed it to him. The old man said, "I don't think you understand, I want something very special." At that statement, the jeweler went to his special stock and brought another ring over. "Here's a stunning ring at only \$40,000," the jeweler said. The young lady's eyes sparkled and her whole body trembled with excitement. The old man seeing this said, "We'll take it." The jeweler asked how payment would be made and the old man stated, by cheque. "I know you need to make sure my cheque is good, so I'll write it now and you can call the bank Monday to verify the funds and I'll pick the ring up Monday afternoon," he said. Monday morning, a very peed-off jeweler phoned the old man. "There's no money in that account." "I know", said the old man, "but can you imagine the weekend I had!?"

If money doesn't grow on trees then why do banks have branches?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Makeup opportunities

Rockingham	Monday	6pm for 6.30	Rockingham RSL Club
Palm beach	Wednesday	6pm for 6.30	Ocean Clipper Inn
Baldivis	1 st & 3 rd 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 Inc
Contributions welcome: eblogg@bigpond.com