



The Rotary Club of Kwinana

Rotary  District 9423 Western Australia
Chartered: 22 April 1971 

Team 2024-25

President
Terry Evans

Secretary
Genevieve Carr

Treasurer
Karen Zabiela



President Terry

Bulletin

No 9 02 09 2024



Rotary Club of Kwinana is 53 years' old 1971/2024

Facts & Figures

Attendance this week

- Total Members 27
- Apologies 5
- Make-up 5
- Attended 15
- Hon. Member 1
- LOA 1
- Guests 2
- Visitors 2
- Partners 2

76.9%

Raffle
Jo & Ronda

Heads & Tails
Nicole

Spring has sprung, we leave winter behind for another year. Two visitors tonight from IPL Radio, Trys Reddick and Nicole Butler, both are heavily involved in the Faithful Business Network, bringing change into our community.

IPL is a community Radio station that is community driven and focused on promoting local services, having open conversations around Mental Health and encouraging help seeking behaviour in our listeners. Inspire Community Services runs Standard and Youth Mental Health First Aid Training both at our offices and on site.

WHO reports that the first full day of a campaign to vaccinate 640,000 children against polio in Gaza has been successful, the UN says. "So far, it's going well and the turnaround is really good," Salim Oweis, a spokesman for the UN children's fund Unicef, told the BBC.

To be effective, the World Health Organization (WHO) says at least 90% of children under 10 must be immunised in a very short time frame

The Government and the media are getting wound-up and rightly so, about the increasing road-toll, the knee-jerk reaction is always 'Speed is to blame, reduce the speed limits. I wonder how many accidents are caused by drivers' inattention while looking at their mobile phones? Another surprising statistic released recently was that in 27% of fatalities the occupants were not wearing seat belts, I find that astonishing!!



Rotary International President
2024/25
Stephanie Urchick

Rotary Club of McMurray
Pennsylvania USA

District Governor
9423
2024/25

Pat Schraven



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

Visitors welcome
contact us
0417 904 419

September 2024 Basic Education and Literacy

Mon 2 nd	Club Meeting	Trys and Nicole	IPL Radio
Mon 9 th	Club Meeting		
Mon 16 th	Club Meeting		
Mon 23 rd	Club Meeting		
Mon 30 th	Club Meeting		

Attendance Officer: Kertrina 0401 632 749





Presidents Pen



02nd Sept. 2024



Members, please ensure you contact Kertrina to advise of attendance on Monday nights. We still don't have 100% compliance. Make her job easier and eliminate the guesswork.

Mike has been busier than usual with his current circumstance but has still been doing a wonderful job at the Furniture Factory. Gentle Rd is finally cleaned out and he had another excellent week at the shop. Thanks to his merry band of helpers.

Looking forward to seeing all at Monday's meeting. Please feel free to give me any feedback on current "goings on" and thoughts you may have which could be of benefit to our club.

Terry Evans
President 2024/25





Inward Correspondence.

- Gaza update from ShelterBox Australia
- DG Nominee applications
- World Polio Day – movie fundraiser offer
- RDU supplies promotion x2
- Invitation to Music concert
- Request for financial reporting
- August 2024 ROMAC e-news
- Invoice from Accidental Health and Safety
- ShelterBox newsletter
- September 2024 *Rotary Down Under*

Outward Correspondence

None

Kwinana Rotary Club, meeting at Rotary Hall, Monday 02nd September 2024



It's impossible to hum while holding your nose

Normally, when you hum, the air is able to escape through your nose to create the sound, and of course, it can't do that when you're holding it shut. This is one of the weird facts you can test out for yourself. Go ahead, try it.



2024/25

PDG John Iriks



Applications for the RYPEN camp in September 2024 are OPEN NOW!

If you know someone who is 14-17 years of age who is

- Wanting an opportunity to develop and challenge themselves
- Looking to develop their self-esteem and confidence
- Interested in developing skills including leadership, teamwork, communication, goal setting and problem solving
- Wanting to build a network of young people and to make new friends
- Excited for a weekend of fun

Then we'd love to have them attend the RYPEN camp from **13th - 15th September 2024.**

RYPEN depends on Rotary Clubs to sponsor participants, and the more participants we get the better the camp will be. We would love to welcome your applicant to the camp. We've got an exciting and challenging program lined up for the weekend, so if you know of someone who would like to attend please get your applications as soon as possible.

Applications closed, 1st September 2024.



2024/25

Rtn. Tony Miller



Bunnings sausage sizzle Sunday 25th August 2024

Thank you to all members and partners who assisted.

Great result, great fellowship, even greater return, well done everyone involved.

R U OK Day Thursday 12th September 2024 (11am - 2pm)

Kwinana Community Fair, Saturday 9th November 2024

Octopuses have three hearts

Squids do too. One pumps blood to their whole systems, and two are dedicated just to the gills.

Faithful Business Network EST. 2024
Nicole Butler and Trys Reddick
Every Tuesday 3pm – 6pm
On IPL Radio



Nicole's Story

Nicole is a compassionate and entrepreneurial motivational speaker on a mission to help people unleash their inner sparkle and shine. As the CEO and Founder of Angel I Care, she empowers business owners to unlock their full potential and achieve their goals.



With her vast experience in overcoming life and business challenges, Nicole utilizes her wide network and expertise to guide others in navigating through systems, enabling them to live their divine purpose. Nicole's bubbly, charismatic and caring personality help inspire others in a genuine and natural way.

Nicole also has a pageant - the Sparkling Angels International Pageant which was where her mission was birthed about "Allowing your Inner Sparkle to Shine" as a previous pageant queen.

Nicole empowers other women to unlock their inner beauty and work on their true purpose in life with the pageant.

With the pageant they are Empowering Women, inspiring change whilst embracing the strength in unity. Empowering Women - Providing women with the resources, opportunities, confidence, and support they need to achieve their goals, make their own decisions, and influence their own lives and communities.

Inspiring Change- Encouraging and fostering positive transformations in society, culture, or individual lives as a result of women's empowerment. When women are empowered, they can drive significant and beneficial changes in various aspects of life.

Embracing the Strength in Unity - This emphasizes the idea that when people come together and support each other, their collective strength is greater than their individual efforts. It highlights the importance of solidarity and collaboration.

So, by empowering women, we can inspire significant positive changes, and this process is most effective when we work together in unity to allow others inner sparkle to shine.

Nicole loves being a voice for all ages because as a child she felt like her voice wasn't heard. Since then, she has built her confidence up and been through many struggles that made her realise the power of her voice. Nicole's main focuses are in the Health, Child Protection, Mental Health, Domestic Violence, Education, Early Childhood Intervention and Business systems as she has a vast experience in these systems and the gaps that are not filled and where the system is broken. Nicole has built up a solid network that can help people navigate these systems.

2017 when Nicole was a candidate for Cottesloe State General Election she got to meet some wonderful inspiring people. People that stood for small business with the Micro Business Party. It was refreshing for Nicole to be around so many that stood for small businesses and owned their own small business. Nicole started in the Early Childhood and Education Sector in 1998 and has had 5 Childcare Services, Registered Training Organisation, Recruitment Company, Consulting Company, Early Learning Development Centre, Education Company and a Vegan Pizza Shop.

Nicole still has the Angel I Care Pty Ltd Business which was founded in 2011.

Try's story

Trys left school at 14, following a diagnosis of Agoraphobia and OCD at 12 years old.

Dropping out of school proved to be bad for his Mental Health and he became a recluse for 10 years.

A chance visit to Australia to see elderly relatives, became a turning point in his fight with mental health issues and gave him the sense of purpose he needed in his life.

Going back to the UK, he decided he wanted to emigrate to Australia and so went on a 5 year journey of recovery.

In 2007, he got the opportunity to go back to Australia on a student visa, studying a Diploma in Community Work and then on completion he landed work in Employment Services.

Whilst working in the sector, he rose to become Site Manager of a new site in Rockingham where he worked hard to make the site one of the most successful in the organisation.

He was introduced to the MHFA course as part of the company Professional Development Training.

In 2015 he became an accredited MHFA Instructor and in 2016 set up Passionate Lives Pty Ltd. in 2017 and 2018 he was successful in getting grants and worked with the City of Kwinana, Gosnells, Armadale and Cockburn as well as getting grants from WAPHA and Connect Groups. He ran courses for Woodside, Alcoa, Constable Care and YouthCARE.

In 2017 Trys helped to set up the Kwinana AAD, the first of its kind in Australia and based on an initiative that started in Germany. The European Alliance successfully reduced suicidal behaviour by 24% over 2 years and was bought over as a trial by the WA Primary Health Alliance.

The Alliance framework used a 4-pillared approach to reducing suicidal behaviours. These included a Media campaign, Mental Health training, support groups for those at-risk and GP training.

The Launch at Darius Wells saw 80 people across Mental Health professionals, Survivors and Carers come together to workshop ways the Alliance could move forward. People shared their own lived experiences, and a small committee was formed.

In 2018, Trys helped set up the Rockingham AAD. This time over 100 people came to the launch at the Ocean Clipper Inn. People shared their lived experiences and stories of suicide loss culminating in a special performance by Constable Care's TRG performing a short play around isolation.

Since then other AAD's have flourished in suburbs such as Fremantle, Kalamunda, Busselton and Belmont.

In 2019, Passionate Lives funded the creation of the Songs of Hope CD. The concept was to identify 10 Singer / Songwriters with lived experiences of Mental Health issues and record an album with the bonus track being a collaboration track. The title of the CD was Shine Again. [The launch at Rockingham Centre was covered by the ABC](#)

PL Radio have worked with a number of organizations including the City of Kwinana, Rockingham, Belmont, Fremantle and Mandurah as well as the Australia Day Council, Commonwealth Bank and Volunteering WA

IPL Radio

IPL is to many, a safe space where individuals can be themselves without fear of judgement, grow in confidence and skills and inspire others to follow their dream.





Membership Dir.
PP Edd Samut

Hi Edgar Samut

Thank you for attending The State of Membership. We hope you enjoyed the event.

“As a District Membership Chair, my observation is that clubs that set a membership goal, will talk about that goal and develop strategies to achieve that goal. The reverse is also true. Those that don't set a goal and don't talk about it, are likely to not grow and likely decline. So, goal setting is a vital first step.” -Jeff, webinar attendee

The recording is available in English, with auto-generated captions in languages, and has been posted-- please feel free to share this link with others: <https://bit.ly/StateofMembershipWebinar24>

Thank you for sharing your ideas with one another! More than 300 ideas were shared, and you can sort them by the following categories: belonging, enjoyable meetings, flexibility, leadership, new club types, public image, service, and time for fellowship. Here is a link to everything you shared: <https://bit.ly/4dHy3qj>

You can also download the State of Membership Presentation. which features the slides we shared in this webinar. This can be customized to meet your specific needs: https://bit.ly/StateofMembership_2024

We were not able to answer all the questions we received yesterday during the webinar. We wanted to provide some resources to address a few of them:

HOW CAN WE ENCOURAGE MEMBERS TO TALK TO OTHERS ABOUT ROTARY? “Let people see themselves in your stories so they can see themselves in the solution you are sharing.” Consider the ways we can use stories to help others see themselves in Rotary: <https://youtu.be/xbSh-ZuPvOs?si=ke0sw5B3O97myUlz>

HOW DO WE ADDRESS THE RESISTANCE WE ENCOUNTER TO MAKING CHANGES? Talk honestly with members who may resist change to understand what they value, what they believe is at risk, and the source of their worries. If people feel understood, that usually fosters goodwill — even if there's still some disagreement. Learn more here: <https://my-cms.rotary.org/en/document/strengthening-your-membership-creating-your-membership-development-plan>

HOW DO WE ADDRESS THE COST OF BELONGING TO A CLUB? Now more than ever, we can connect with each other differently. We can offer more opportunities for people to attend our meetings, support their communities, and grow personally and professionally. Visit <https://my.rotary.org/en/club-flexibility> for more ideas.

Visit <https://my.rotary.org/en/learning-reference/learn-topic/membership> for more ideas and resources.

Kind regards,
Your Membership Development Team



Project Director
Rtn. Tony Miller

Public Relations



Foundation Dir.
PP Max Bird

International



Membership Dir.
PP Edd Samut



Events Manager
PDG John Iriks

Youth



Community
Kertrina Riordan

Members Dues are now due and payable
Treasurer Karen reports that most members are financial.

Membership Dir. Edd recorded a radio interview last week.

Foundation Dir' Max, still enjoying the sunshine up north.

Preparations underway for Kwinana Community Fair 2024



Treasurer
Karen Zabiela



Fine Session: Sergeant Norm Mulcahy



PP Stephen Castelli
&
PP Greg Williams
stand-in when required.



Deputy



Edd: Wins the 'cunning plan award'

Edd: Trying to take-over the guest speaker's spot.

Paul: Phone call, may have been a nuisance call from someone in Europe??

Bob T: Sore tennis serving arm, had to serve 'underarm' report is, his service game improved!!!

Chris O: Kiwi's never forgotten for that infamous under-arm delivery.

Birthdays and Anniversaries September 2024

Birthday Congratulations:

Peter Zabiela 7th
James Sharkey 11th
Max Bird 18th
Greg Williams 21st
Jo Thompson 25th
Damian Carr 27th

HAPPY BIRTHDAY

Wedding Anniversaries

Genevieve & Damian 9th 24 years
Eric & Gladys 12th 60 years



Club Anniversaries:

Eric Blogg 01st 35 years
James Sharkey 22nd 16 years
Brian Thompson 26th 8 years

Congratulations

Polio this week

26th Aug 2024

The launch of the redesigned GPEI website is set for Friday 16 August. Featuring a clean and sleek design, the new site is meant to enhance user experience, improve accessibility, and provide valuable resources for our diverse audience groups. While content is migrated from the old site to the new one, please note that not all information will be immediately available. The old site will continue to run, albeit as an archive.

Summary of new poliovirus

- Pakistan: two WPV1 cases and one positive environmental sample
- Angola: one cVDPV2 case
- Côte d'Ivoire: three cVDPV2-positive environmental samples
- Liberia: one cVDPV2 case



Blue whale tongues can weigh as much as an elephant,

Their hearts, meanwhile, can weigh almost a ton and needs to beat just once every ten seconds.

The shortest commercial flight in the world is in Scotland

Yes, it's true! Scottish regional airline Loganair operates the shortest commercial flight in the world between the islands Westray and Papa Westray, a distance of 1.7 miles which is scheduled for 90 seconds duration.



What happened this week in history?



Sept. 2nd to Sept 8th

02nd

1666: Great Fire of London begins at 2am in Pudding Lane, 80% of London is destroyed
1898: Machine gun 1st used in battle
1901: Theodore Roosevelt advises "Speak softly & carry a big stick"
1930: 1st non-stop airplane flight from Europe to US (37 hrs)

03rd

301: San Marino, the smallest nations in the world and the world's oldest republic still in existence
1812: World's first cannery opens in London, England to supply food to the Royal Navy
1917: 1st night bombing of London by German aircraft
1935: 1st automobile to exceed 300mph, Malcolm Campbell, Bluebird to 301.129mph. Utah, USA

04th

1609: Navigator Henry Hudson is the first European to discover island of Manhattan
1861: Brit. Advancement of Science proposes standard units of electrical measurement, the Volt
1884: Britain ends its policy of penal transportation to New South Wales in Australia
1888: George Eastman patents the first roll-film camera & registers "Kodak"

05th

1666: Great Fire of London ends, leaving 13,200 houses destroyed and 8 dead
1698: Russian Tsar Peter the Great imposes a tax on beards
1800: Malta surrenders to British after they blockade French troops
1958: 1st colour video recording on magnetic tape presented, Charlotte, North Carolina

06th

1522: Ferdinand Magellan's Spanish expedition returns to Spain. First to circumnavigate the earth.
1880: Commencement of 1st Test Cricket match in England, v Australia at The Oval
1886: Queen Victoria establishes Distinguished Service Order (DSO)
1939: 1st German air attack on Great Britain in WW II

07th

1630: City of Boston, Massachusetts, is founded
1813: "Uncle Sam" 1st used to refer to the US, by Troy Post of New York
1888: Edith Eleanor McLean is 1st baby to be placed in an incubator at Ward's Island, New York
1907: Ocean liner RMS Lusitania begins her maiden voyage sailing from Liverpool to New York

08th

1504: Michelangelo's statue of David is unveiled in Florence
1565: 1st permanent European settlement in the US founded at St. Augustine, Florida
1888: In England the first six Football League matches ever are played
1914: HMS (formerly RMS) Oceanic, sister ship of RMS Titanic, sinks off Scotland
2022: Queen Elizabeth 11 dies aged 96 at Balmoral, Scotland.

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked "Is it possible to speak to someone who can tell me how a patient is doing?"

OPERATOR - I'll be glad to help, dear, What's the name and room number of the patient?

GRANDMOTHER - Norma Findlay Room 302

OPERATOR - Let me put you on hold while I check with the nurse's station for that room.

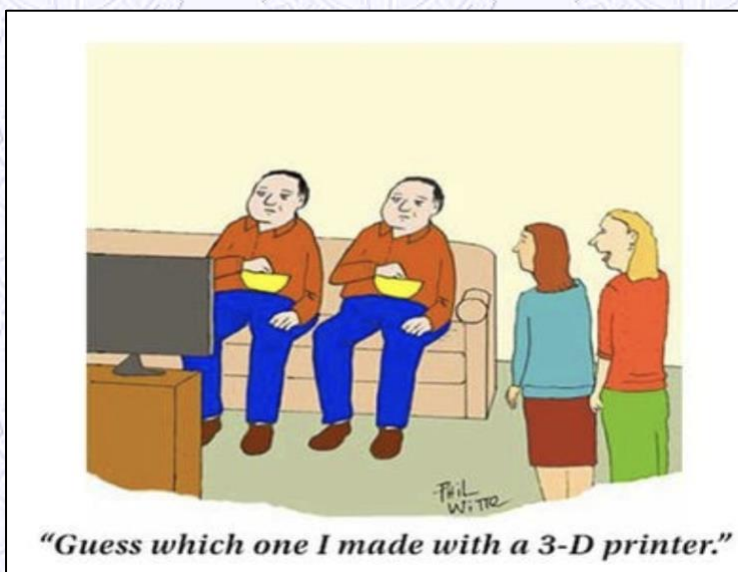
After a few minutes the operator returned to the phone

OPERATOR - I have good news - Her nurse just told me that Noma is doing well. Her blood pressure is fine, her blood test just came back normal, and her Physician Dr Cohen has scheduled her to be discharged tomorrow.

GRANDMOTHER - Thank you, That's wonderful. I was so worried. God bless you for the good news.

OPERATOR - You're more than welcome. Is Norma your daughter?

GRANDMOTHER - No- I'm Norma Findlay in Room 302 and no one tells me anything. Thanks again.



Group 9 Rotary Clubs, Meeting Times

Rockingham
Palm beach
Baldvis
Cockburn

Monday 6pm
Wednesday 6.30pm
Tuesday 6.30pm
Wednesday 6pm

Armadale
Mandurah Districts
Pinjarra
Byford & Districts

Tuesday 7pm
Tuesday 6pm
Thursday 6.45pm
Monday 7pm

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