



Team 2016-2017

President
Max Bird
Secretary
Brian McCallum
Treasurer
Bob Cooper

Attendance this week

Total Members 23
Apologies 3
Make-up 8
Attended 12
Honorary Member LOA
Guests 8
Visitors
Partners
87 %

Facts & Figures
Raffle

Lee, Cheryl (Guest)

Heads & Tails
Melodie Kevan

Birthdays

Melodie Kevan 13th
Max Bird 18th
Mike Metcalf 18th
Gail Critchley 18th

Anniversary

Eric & Gladys 12th

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 Max

Bulletin

No 10 12 September



Greetings to all,

It was a lively meeting this week, despite the absence of a number of members. Secretary Brian did a good job chairing the meeting. As well as welcoming back Michelle Buchanan, Robin Greenslade and Brian Thompson (who are soon to be inducted!), we also welcomed new guest Cheryl d'Souza. Our guest speakers, Doreen Smith and David Brown from Rockingham Peel Group, gave a very insightful account of mental health issues associated with retirees.

Most significantly was the presentation of the **Rotarian Spouse/Partner Service Award** to Marge Williams. IPDG Melodie Kevan, accompanied by husband PDG John Kevan, attended the meeting to make the presentation as the application and approval had been done during the 2015-2016 Rotary year. The award was presented to Marge in recognition of the tremendous work she has done in recent years with the Gilmore College Breakfast Program. In addition to serving breakfast, Marge has been a wonderful support person to many students; this has been in conjunction with her numerous family responsibilities. Given that this special award is presented to only 100 Rotary partners around the world each year, the fact that RI selected Marge as a recipient shows how highly regarded her efforts have been. Over the years Marge has played a very active role as a Rotary partner. Our warmest congratulations and best wishes to Marge on her highly deserved recognition. Full credit to President Max and District 9465 for forwarding the application to RI.



Rotary International President
2016-2017
John F Germ

Rotary Club of Chattanooga

District Governor
9465
2016-2017

Linda McLerie



Coming Events

September – Basic Education & Literacy Month

Sept 2016

Mon 12th Club Meeting – GS Park Mental Health

Thurs 15th Bunnings Sausage Sizzle

Mon 19th Club Meeting – GS Michael Metcalf

Wed 21st Board Meeting

Mon 26th Public Holiday – no meeting

Attendance Officer: **Greg Williams 9419 5834**

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 2016 – 2017 Max Bird



President's Pen



President's Report

1. Welcome to guests IPDG Melodie Kevan, PDG John Kevan, Brian Thompson, Robin Greenslade, Michelle Buchanan, Cheryl d'Souza, Marge Williams, Gladys Blogg, Doreen Smith, David Brown.
2. The official opening of the Rodger Hamilton Lookout Tower at the Wildflower Reserve, run jointly by the City of Kwinana and the Rotary Club of Kwinana, will be held on Sunday 18th September. Meet at 10.00 am at Sandringham Park. Will all members endeavour to be there; also can the Secretary please officially invite Judy Hamilton & Harry Tebbutt on behalf of the Rotary Club of Kwinana.
3. The opening of the Kwinana Adventure Playground is fast approaching and will be held sometime in October; we will need all hands on deck. Ian C will give more details.
4. The Westonia wildflower excursion was a great trip with lots of fun. A great time was had by all who attended and, unfortunately, we did not get lost at all!
5. John Iriks has done a great job shifting the Wellard Markets back in front of the Shopping Centre; this was one of the best markets I have attended. Well done to all concerned.



International

The international Committee has carried out the following:

- GG 1639026 & GG 1640204 have been submitted to Foundation and we are still answering questions.
- We have 3,322 sets of sheets, doonas, towels, pillow cases, bath mats, etc. for Timor-Leste, thanks to the Rotary Club of Mill Point. Also, six boxes of First Aid equipment for the Bairo Pite Clinic, thanks to Michelle Buchanan.

I have placed the link here to the ABC *Four Corners* report about the clinic, and recommend to all to at least watch the program.

<http://www.abc.net.au/foreign/content/2014/s4065856.htm>

- I leave for Timor- Leste Monday morning, and will be in Dili when this report is read out.
- Materials for Timor-Leste have been ordered, and the team will be a lot less financial after I pay the bills next week.

Club Service: PP Mike Nella



- Thanks to those helping with Gilmore College Breakfast Program – Brian McCallum on Mondays, Ian and Gail Critchley on Wednesdays, and Marge Williams on Thursdays.
- Any assistance with the bread project would be much appreciated!



Secretary: PP Brian McCallum



Inward Correspondence

- Gilmore College. Invitation to Year 12 Valedictory Ceremony.
- Bendigo Bank. A/C 21563770/1202/03/04/05
- City of Kwinana. Wildflower Walk & Naming of Lookout Tower.
- Water Corporation. Water Use & Service Charge Account.
- **Rotary District 9465. “Hat Day” Promotion.**
- City of Kwinana. Invitation to inspect “Adventure Park”
- Bob Phipps. District 9465 Secretary. Information on Prospective Member.
- Kwinana Industries Council. Request for Sponsorship of School Based Trainee.
- Youth with a Mission Perth. Awareness Campaign of Child Sex Tourism in Bali.

Outward Correspondence

- Invitation to Judy Hamilton and family to the Rodger Hamilton Lookout Tower dedication.
- Invitation to Harry & Julie Tebbutt to the Rodger Hamilton Lookout Tower dedication.
- E-Mail to Rotary Down Under: order for certificates/pins etc. for new members.
- E-Mail to Imprint Plastics: order for badges, etc. for new members.

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



Treasurer: PDG Bob Cooper



No report

Monday Night Fellowship



Our very own Marge Williams receiving her well-deserved award



Secretary Brian Mc multi-tasking by acting as Stand-in President! Welcome to PDGs Melodie and John Kevan.



Brian and guest speakers Doreen and David



Steve C. has discovered the joys of photo-bombing!

Meanwhile in Toodyay ...



What has Edd been up to???



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

- Have contacted the COK regarding the Christmas Lolly Run; about to get things underway, including seeking approval from Main Roads for use of sleighs on utes, purchase of lollies.
- Have been promised support from the COK for a Classic Car Day; also planning to run a Golf Day. These two prospective projects will be forwarded to the Board for approval.
- Sunday 11 September was a very successful day for the Village Markets at Wellard. The move to the new venue was a very positive step, and it was noted that it entailed less physical work. We had 27 paying stalls, and nine car boot sales; we also had several information booths, including Rotary, Rotaract and Bendigo Bank. Creating Communities and Colliers have promised increased support for the project. A huge thanks to everyone for their support.
- Bunnings sausage sizzle scheduled for Thursday 15 September, with preparations taking place at the hall on Wednesday 14 September.
- On Wednesday 5 October there will be a "sneak preview" of the Adventure Playground taking place between 5.30-6pm. Folks are asked to meet at the entrance of Walgreen Crescent.



PP Genevieve Carr
Vocational

Vocational

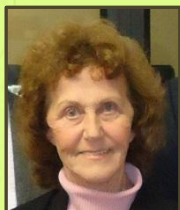
- October is Vocational Month. Planning to combine World Polio Day with vocational activity.
- Organising (through Club Runner) for members and partners to attend combined dinner to meet Rotary Vocational Training Team from Sri Lanka on Wed 2 November.



Pres. Max Bird
International

Membership

- Welcome to new guest Cheryl d'Souza.



Lorraine Lucas
Youth

Foundation

- World Polio Day to be celebrated on Monday 24 October; planning to participate in World's Greatest Meal by having a partners' meeting, possibly at Chawla's Indian Restaurant in Medina.
- During November (Foundation Month), will plan to promote the Rotary Foundation each week in the club bulletin.



PP James Sharkey
Public Relations

Public Relations

- No report

Visit your club webpage.

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

or type Kwinana Rotary Club into "Google"



Fine Session



Michelle: ???

West Coast supporters!!!

Eric: Eating pizza at an Indian restaurant!

Steve: Throwing his weight!

Melodie: Happy Birthday for Tuesday 13th September

Ian C: Forgot his wife's birthday; was planning to go to the footy!!!

Greg: Saying your "best side" is your rear side!

John I: Caught twice on his phone!

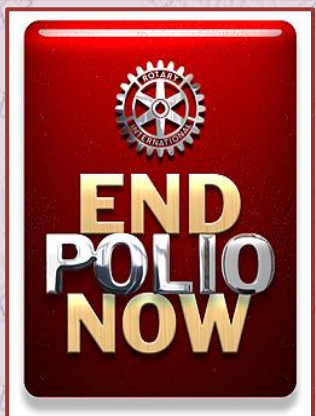
Raffle winners

Heat & Tails winners

Sam C: Alzheimer's beginning to set in!

Greg: Pushing Edd off the tower at Westonia!!!

Legendary singer and polio survivor Donovan has joined Rotary in supporting efforts to eradicate the disease that afflicted him during much of his childhood. <http://endpol.io/2bPOMxP>



Personality of the Week

Gladys Blogg

Name: Gladys Blogg

Place of birth: Beaconsfield (Fremantle)

Favourite food: Lamb cutlets

Favourite movie/TV program: *Landline*

Hobbies: Gardening

Who I admire: My family

Best present ever received: Wedding ring

What I dislike most in life: Tattoos

Most exciting/memorable day of life: September 12th, 1964 (Wedding day!)

What I know now that I wish I knew at 16: Nothing I can think of





Guest Speaker

Our guest speakers for this week were Doreen Smith and David Brown, representatives from Rockingham Peel Group – Older Adult Mental Health Services. This organization, previously known as PARK, is essentially a team of health professionals from different disciplines who specialize in working with people over the age of 65 who are experiencing mental health issues. The clinical team includes a Program Manager, Social Workers, Consultant Psychiatrists, Psychiatric Registrars, Clinical Psychologist and Neuropsychologist, Clinical Nurse Specialist, Community Mental health Nurses, Occupational Therapist, Carer Support Coordinator, and Rehabilitation Assistant.

Whilst retirement is generally regarded as being a time to enjoy, explore, learn new skills, and socialize, many people in this age group face numerous difficulties which can greatly impact on their mental well-being. Five major stressors are:

- **Finances:** adjustment of financial affairs is a significant issue. Being able to manage money leads to better mental health. Setting a budget is highly recommended.
- **Physical changes associated with ageing:** this is relevant for individuals and their partners.
- **Relationship issues:** retirement results in couples having more time together throughout the day, which often affects the dynamics of the relationship.
- **Loneliness and grief:** may be related to death or loss of a loved one, lack of supportive friends, inability to socialise, fear of rejection, access issues, lack of purpose, geographical issues, and language/cultural barriers.
- **Loss of independence**

Anxiety and depression are a major issue associated with retirement. Physical symptoms of anxiety include panic attacks, hot and cold flushes, racing heartbeat, chest “clamping”, rapid breathing, and restlessness. Psychological symptoms of anxiety include excessive fear, worrying, catastrophising, and obsessive thinking; behavioural symptoms include avoidance of situations e.g. social. Symptoms of depression include feeling sad or tearful, sleep disturbances, loss of interest/motivation, feeling worthless/guilty, loss of enjoyment, changes in appetite or weight, loss of sexual interest, physical aches and pains, and altered ability to focus.

Services available at Rockingham Peel Group include counseling, assistance with functional skills, psychotherapy and cognitive assessments, and medical support. Referral to Rockingham Peel Group is via a General Practitioner. The clinical team subsequently maintains regular contact with the GP by providing written assessments, progress reports and telephone calls.

Practical strategies recommended by Doreen and David for maintaining good mental health during retirement included:

- Aim to get out and about.
- Join a club (Rotary is a good option!!!)
- Enrol in study
- Learn a new skill
- Volunteer
- Have a pet.

Letter from 2015–2016 RI President

Accompanying the special award presented to Marge Williams was a letter from 2015-2015 RI President KR Ravindran. During the presentation, IPDG Melodie Kevan read aloud the letter as follows ...

Mrs M. Williams
c/o Rotary Club of Kwinana
Rotary District 9465

Dear Mrs Williams,

The spouses and partners of Rotarians play an active and vital role in Rotary. They support and extend Rotary's fellowship network and service impact in ways that cannot be counted or measured. Their involvement and commitment make Rotary a family in the truest sense of the word.

*Some Rotarian spouses and partners have gone above and beyond in making Rotary's motto "Be a Gift to the World" a way of life. As a way of recognizing those who have demonstrated exemplary humanitarian service through Rotary but are not Rotarians themselves the RI Board of directors created the **Rotarian Spouse/Partner Service Award**. We asked District Governors to submit the names and accomplishments of outstanding Rotarian spouses and partners for consideration. While we received a large response, only a maximum of 100 may receive this award each year. It is my very great pleasure to inform you that you have been selected to receive this honour.*

With this award our Rotary family recognizes the contribution you have made through Rotary over the years. I want to thank you for generously giving your time and effort to serve people and communities in need.

Yours sincerely,

K.R. Ravindran
RI President

Editor's note: Many thanks to Greg Williams for dictating the above over the phone!

Congratulations to Marge!!!

Makeup opportunities

| | | | |
|--------------------|-----------|-----------------|-------------------------------------|
| Rockingham: | Monday | 6pm for 6.30 | Ocean Clipper Inn |
| Palm beach: | Wednesday | 6pm for 6.30 | Ocean Clipper Inn |
| Cockburn | Thursday | 7.15am for 7.30 | Cockburn Seniors Centre |
| Fremantle | Wednesday | 6pm for 6.30 | Villa Roma 12 High Street Fremantle |
| Byford & Districts | Monday | 6.15pm for 6.45 | Byford Tavern, South W Hwy |

Rotary Club of Kwinana Inc
Contributions welcome: gendam@bigpond.net.au