The Rotary Club of Kwinana Inc.

District 9465 Western Australia

Chartered: 22 April 1971

Bulletin

No 13 05th Sept. 2015

Be a gift to the world

President Max

Back after a week off and a very disappointing AFL Grand Final.
Congratulations to Hawthorn FC for a very clinical demolition handed out to West Coast last weekend.
We welcomed AG Barry Berger to our meeting tonight.
Guest Speaker tonight was our own PP Genevieve Carr, Physiotherapist by vocation telling us a little about using Hydrotherapy Treatment for many ailments and conditions that many of us may encounter especially as we get to or have reached that 'older age group'
Genevieve will give us more practical insight when for a Vocational Meeting we visit the Hydro-Pool at the Kwinana Requatic Centre on Monday 26th October followed by dinner at the Admiral Hotel.

PP Mike Nella was missed tonight, not well, speedy recovery on order Mike.

PDG Bob Cooper is at present in Timor Leste, he is still contactable if necessary dgbobcooper@iinet.net.au mobile and sms +670 7831 6349

Plug also for the Inner Wheel Fashion Parade at Mary Davies Centre, Baldivis on Friday 9th October 2015.

Rotary International President

K.R. (Ravi) Ravindran

Rotary Club of Colombo

District Governor 9465

2015/16

Melodie Kevan

Coming Events October 2015

Economic & Community Development Month

October

Sun 11th Wellard Markets

Mon 12th Club Meeting Hat Day RYPEN Partners

Sat 17th **No** City Markets due to ground works in the area

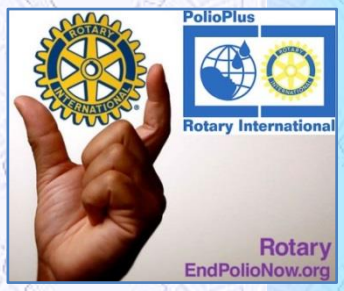
Mon 19th Club Meeting

Wed 21st Board Meeting

Mon 26th Restaurant Meeting, Requatic Centre/ Hydro Pool Dinner at the Admiral

Sat 31st h Kwinana Festival

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?

Team 2015-16

President
Max Bird
Secretary
Brian McCallum
Treasurer
Bob Cooper

Attendance this week

Total Members	26
Exempt	
Apologies	4
Make-up	5
Attended	14
Honorary Member	
LOA	2
Guests	
Visitors	1
Partners	

79 %

Facts & Figures
Raffle
Sheila & James

Heads & Tails
Matt W

Birthdays:
Colleen Mc 11th

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

Club President 2015/16 Max Bird

President's Pen

Club Meeting 05th October 2015

PP James Sharkey presided over and welcomed everyone to our meeting tonight.

President Report.

1. PP Michael along with PP James are doing such a great job while I 'am away, thanks gentlemen, doing that well I may not come back.

2. From what I read in the bulletin and elsewhere all thing are going well and I thank all concerned.

President 2015-16 Max Bird

Physiotherapist PP Genevieve Carr with PP James Sharkey

"We don't see things as they are, we see things as we are."

"If you don't know where you are going you will probably end up somewhere else."

"A person who graduated yesterday and stops studying today is uneducated tomorrow."

Secretary: PP Brian McCallum

Inward Correspondence:

- Rotary Down Under. Subscription for 3 New Members.
- Wellard & District Probus Club. Letter.
- Wellard & District Probus Club. Active Retirees Newsletter.
- Bendigo Bank. Statement A/C 133557108.
- E-Mail from Inner Wheel. Fashion Parade 9th October 2015.

Outward Correspondence:

Nil

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

Lee Davis is looking after all things financial while Bob is away

Bills paid, money in the bank

Make sure when you provide me with your banking details for a payment etc. that the details are correct!!

I went to a seafood disco last week...and pulled a muscle.

President 2015/16 Max Bird

Rotary Club of Kwinana: Club President
Kwinana Rotary Club International Manager
Project Manager for RAWCS 21-2011-12 project

05th October 2015

International

- Started the main work At Baguia this week Ted & Mick well on the way with one gutter already fitted on the store room and will be starting on the primary school and the sisters.
- Bob, Mario and myself started at Buibilia with a better source of water, somewhere around 30 litres per minute much better supply and I don't have to climb the bloody mountain again
- Tom Hoyer returned to Perth in the morning of 5/10/15 after doing a great job with all the preparation work making it very easy for the main party

Max climbing the mountain again.
Gutters and tanks installed, Bob C and his team

Picnic in the bush, water pick-up pipe
Water flowing, Max with 'his A team'

Club Projects Director
PP Ian Critchley

PP Bob Thompson
Foundation Dir.

PP John Brennan
Membership

PDG John Iriks
Community

PP Genevieve Carr
Vocational

Pres. Max Bird
International

Lorraine Lucas
Youth

PP James Sharkey
Public Relations Dir.

Project Director's Report.

The next Wellard Village Markets will be held on Sunday 11th October 2015 Petscapade will be held in conjunction.
Entertainment will be provided by:
Air Born Amusements- Car Inflatable Bouncy Castle
Jody R Murphy's- Face Painting & Balloon Twisting
Music-
Joe Pearce (Again a highly recommended local musician)

Kwinana Festival coming up on Saturday 31st October 2015 at Rhodes Park, Calista. We will be running our usual Chocolate Wheel, our food van will be in attendance also.

Lolly Run 2015 planning well underway, similar budget to last year. More volunteers feasibly with trailers required to service new areas.

Local 4 Way Test involvement has faltered, maybe time to implement Plan B

October 26th Vocational visit to Requatic Centre, dinner after at the Admiral, 8pm, Genevieve will organise with Admiral to pre-order meals to cut waiting time.

Admiral is hosting an outdoor concert, Feb. 2016 and wish to use our traffic management authority, PP Ian is liaising with Admiral manager.
Our RYPEN attendees all had a fantastic time and will be telling us about their experience on Monday 12th October.
RYLA applications close at the end of October.
Andy Valk applications will open soon.

City Square Markets
The City Markets will not be held in October because of ground works in the area.

John Wellard Centre will be celebrating its second birthday on Saturday 24th October, COK requested that we provide a 'Sausage Sizzle' details to be provided by COK.

Visit your club webpage.
http://www.clubrunner.ca/Portal/Home.aspx?accountid=8106
or type Kwinana Rotary Club into 'Google'

Fine Session

Sergeant: PP Stephen Castelli

AG Barry: Fined for his comment and failing memory, not sure why?

James: No seat placing out tonight.

Sergeant fined all those who didn't support Hawthorn last weekend, (good excuse to fine everyone present)

John I: Fined for now being officially semi-retired, John claims he now does a week's work in three days.

James and Brian: Ignoring the prompt to start our meeting tonight.

Matt: Sitting 'with his mates' tonight (all alone)

Greg: Claimed that his drink was only 1 standard drink, pretty big bottle.

Matt: At least 2 phone call/messages tonight.

John I: Getting stroppy when someone tried to take his uneaten bread roll away.

Lee: Took longer than Bob to tell us she had no report.

Sergeant: Fined for looking like a Essendon supporter with his red sash over a dark blue jumper.

Matt: Matt won $50 from the scratchy won on Heads and Tails

This Week in History

1769 Captain James Cook first sets foot on New Zealand.

1774 Captain James Cook discovers Norfolk Island.

1798 Flinders and Bass set out to prove Van Diemen's Land (Tasmania) is an Island.

1862 Australia's first Zoo opens in Melbourne.

1871 The Great Chicago Fire begins.

1889 Thomas Edison shows the first moving pictures.

1959 The far side of the Moon is photographed for the first time.

1981 Egyptian President Anwar Sadat is assassinated.

People whose main concern is their own happiness, seldom find it

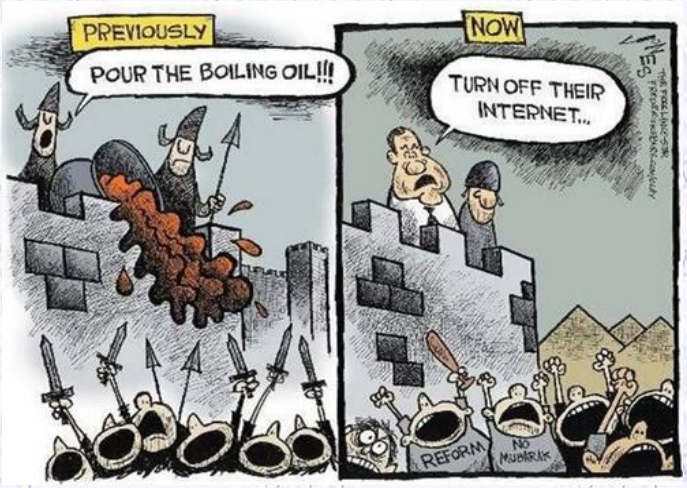
Polio this week 30th September2015

- The week, WHO removed Nigeria from the list of polio-endemic countries following all samples in the polio laboratory being tested negative for wild poliovirus for a whole year following the most recent case on 24 July 2014. This is the first time that Nigeria has interrupted transmission of wild poliovirus, bringing the country and the African region closer than ever to being certified polio-free.

- At the Global Citizen Festival on 26 September, the Prime Minister of Malta announced that polio eradication will be on the agenda of the Commonwealth Heads of Government meeting in November this year.

- Afghanistan became the final polio-endemic country to introduce the inactivated polio vaccine on 30 September as part of the biggest globally synchronized vaccine introduction in history.

Running



Poet Lesley Adams

A poem by Lesley Adams
from her book.

Irreverent Verses

The Knowledge

Today I saw a notice, in letters two feet tall
It said "Employ a Teenager while they still know it all"
I thought it was amusing, it really made me smile
But then I started pondering and thinking for a while.
It's true, I mused, when I was young I thought I knew the lot
No-one could tell me anything, I thought I was red hot
I didn't read instructions, I didn't heed advice
I didn't know to cut just once you need to measure twice
I'd often heard folk say "If I'd known then what I know now
I never would have done it, so let me show you how"
But no, I didn't need their help, no argument could sway
I felt I was invincible – and did it all *my* way.
I thought that I knew everything of life, and love and men
But looking back, I wish I still knew now what I knew then!

The Golfer and his Caddy:

Golfer: I'd move heaven and earth to be able to break 100 on this course.
Caddy: Try heaven. You've already moved most of the earth

Guest Speaker: Genevieve Carr Physiotherapist

Introduction by PP James Sharkey Hydrotherapy (hydro = water)

Genevieve is a practicing Physiotherapist and in her work primarily with the aged uses Hydrotherapy often to relieve discomfort and promote the physical well-being of her patients.

Hydrotherapy: Definition: The use of water: hot, cold, steam, or ice.

Conditions that can be managed with Hydrotherapy include:
Osteoarthritis, Joint Sprains, Post-op rehabilitation, Back pain, Sports injuries, Chronic overuse injuries, Headaches, Neurological e.g. Parkinson's, stroke, spinal injuries, MS, Cerebral palsy, Cardiopulmonary conditions.

Temperature of the water used affects the therapeutic properties of the treatment.

Hot water:

- Used for its relaxing properties.
- Heat causes increased blood flow, which promotes relaxation, and also helps to reduce swelling.
- Heat also desensitises nerve endings, thus relieving pain.

Tepid water:

- Used for stress reduction
- Relaxation in hot weather

Cold water:

- Used to reduced inflammation, especially in acute situations (24-48 hours post-injury
- Numbs pain
- Reduces blood flow by causing blood vessels to narrow, thus reducing swelling and bruising

Alternating hot/cold water - Stimulates the circulatory system

Records of water being used medicinally in ancient China, Japan, India, Greece, Americas, Middle East. Bathhouses were an essential part of ancient Roman culture.
Roman physicians Galen and Celsus wrote of treating patients with warm and cold baths to prevent diseases.
Usage declined during the Dark Ages, then revived following the Renaissance.

By the 17th and 18th centuries, bathhouses were popular with the public throughout Europe.
Bathhouses commenced appearing in America during the mid-1700s.

Common forms of Hydrotherapy include Pools- standard pool or specialised hydro pool.
Whirlpool/spas, Baths, Showers, Moist Compress, Steam Treatments, Saunas, Hot Springs.

Properties of water utilised in hydrotherapy include: Buoyancy: assistance/resistance.
Turbulence: additional resistance. Hydrostatic pressure: increases blood flow, reduces swelling.
Reduction of weight-bearing, Streamline effect.

There are Precautions / Contraindications: Unstable blood pressure, Open wounds, Respiratory disorders, Recent rib fractures, Recent chemotherapy / DXT, Skin irritations.

Side - effects can be Dehydration, Overheating, Dizziness, Renal effect.

Thanks provided by PP Stephen Castelli

How important does a person have to be before they are considered assassinated instead of just murdered?

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

Why do you have to "put your two cents in"...but it's only a "penny for your thoughts?" Where's that extra penny going to?

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?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

Why is it that anyone driving slower than you is an idiot and anyone driving faster than you is a maniac?

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

The early bird might get the worm, but the second mouse gets the cheese.

The Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

Better to remain silent and be thought a fool, than to speak and remove all doubt.

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

A bank is a place that will lend you money, if you can prove that you don't need it.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

The shinbone is a device for finding furniture in a dark room.

Good girls are bad girls that never get caught.

We have enough gun control. What we need is idiot control.

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: eblogg@bigpond.com