



The Rotary Club of Kwinana

District 9465 Western Australia

Chartered: 22 April 1971

Team 2014-15

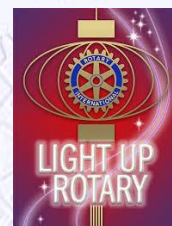
President
Mike Nella
Secretary
Brian McCallum
Treasurer
Bob Cooper



President Mike

Bulletin

No 13 6th Oct. 2014



Attendance this week

Total Members 25
Exempt 3
Apologies 7
Make-up 1
Attended 14
Honorary Member 1
Guests 1
Visitors 10
Partners

60 %

Facts & Figures Raffle

Mike N & Wendy

Heads & Tails

Marge W & Sam

Birthdays:

Colleen McCallum
- 11 October

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

Greetings from the Stand-In Bulletin Editor.

At present Eric and his family are enjoying a holiday in Canberra (via Melbourne!). Judging by the photos which have been posted on Facebook, everyone seems to be having a great time.

We had a very enjoyable meeting on Monday, with members and partners getting into the spirit of "Hat Day" in support of Mental Health Week. A wide range of weird and wonderful hats was on display! Great to have AG Barry Berger and his wife Hazel attending our meeting. On a more serious note, mental health is an important issue to be addressed, and has a serious impact on society. Our guest speaker was a young lady named Ashleigh Easthope, who is a Mental Health Promotion Officer at **ARAFMI**, an organization which supports people caring for someone with a mental illness.

Folks who attended the AFL Grand Final lunch and viewing at the hall on September 27 all enjoyed a great afternoon. Thanks go to Eric and Gladys for organizing the viewing and catering.

Our thoughts go out to Margaret and John Brennan at this time. Margaret is still undergoing treatment for her illness. Also, our sympathies to Errol on the recent loss of his sister; Errol is now the last remaining of seven siblings.

October is Vocational Service Month. A range of events will be taking place, including vocational visit, Four-Way Test Speaking Competition activity, guest speaker, and trip to Albany. In addition, people's knowledge of Rotary information will be tested!



Rotary International President

Gary C.K. Huang

Rotary Club of Taipei
Taiwan

District Governor 9465

2014/15
Brian Eddy
&
Pamela



Coming Events October 2014 Vocational Service Month

Oct. 2014

Mon 6th	Club Meeting	Hat Day
Mon 13th	Vocational Visit	Darius Library, Admiral dinner
Mon 20th	Club Meeting	SMYL Community Service
Wed 22nd	Board Meeting	
Mon 27th	Club Meeting	Vocational Speaker/4WT

Attendance Officer: Greg Williams 9419 5834
Apologies by Saturday pm please

The Four-Way Test

Of things 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?

President Mike Nella



President's Pen



Club Meeting 6th October 2014

President Mike welcomed everyone to our meeting. Special welcome to AG Barry Berger and wife Hazel. Also, welcome to Guest Speaker Ashleigh Easthope who will talk to us on her work at ARAFMI (Association of Relatives and Friends of the Mentally Ill).

The Rotaract Hope For Kids International Pot Luck Lunch held on Sunday 28th September at Rotary Hall was a great success. Many thanks to those members and partners who attended in support of the event.

GSE 2015, team from Turkey will be here March 2015, team to Turkey will leave April. Anyone wishing to apply for the position of 'Team Leader' applications are open.



Let go of those who bring you down, and surround yourself with those who bring out the best in you.

Once you replace negative thoughts with positive ones, you'll start having positive results.

*Some people think that to be strong is to never feel pain. **In reality,** the strongest people are the ones who feel it, understand it and accept it.*

Quotes courtesy of *Inspirational and Positive Quotes* website



Secretary: PP Brian McCallum

Stand-in Secretary Genevieve



Inward Correspondence:

- Rotary Out West
- Probus Promotion
- Stallholder Application
- Macular Disease Promotion
- Returned payment from Bendigo Bank
- Request for support from Lara Jean Association
- Copy of lease of hall

Outward Correspondence:

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

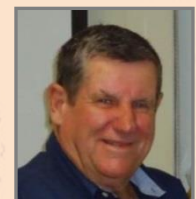


Bills paid, money in the bank



President Elect Max Bird

Some important dates.



Sun 12th	October	Wellard Village Markets
Mon 13th	October	Club Meeting Vocational visit to the Darius Library Dinner at the Admiral
Mon 20th	October	SMYL Tracy Hawker
Mon 27th	October	To be confirmed
Wed 29th	October	Trip to Albany
Mon 10th	November	Combined meeting with Byford & Districts Club
Mon 17th	November	BBQ meeting (Pam to supply food; we cook!)

Club busy bees are being arranged, and team leaders will ask for help. Please assist them to get work done.



Club Projects Director
PP Ian Critchley



PP Bob Thompson
Foundation Dir.



PP John Brennan
Membership



PDG John Iriks
Community



PP Genevieve Carr
Vocational



PE Max Bird
International



Lorraine Lucas
Youth



PP Chris Oughton
Public Relations Dir.

Project Director's Report

The Wellard Village Markets will be next held on Sunday 12th October. Currently have 41 stalls booked. Roster is in place. Thanks to Errol McDonald for looking after stallholder bookings while Chris was away.

City Square Markets are progressing nicely. Traffic management plan complete; currently working with local traders and planning sites.

The BBQ and chocolate wheel is organized for Kwinana Festival; now looking for volunteers (thanks, James for taking on the job of buying meat for the BBQ!).

Vocational visit on Monday 13th October to the Darius Wells complex, followed by dinner at the Admiral Hotel. Members and partners to meet outside library at 5pm.

Following discussion with AG Barry Berger and Presidents of Fremantle and Rossmoyne Clubs, there is the possibility of us running club heat of Four-Way Test Speech Contest on Mon 27 October utilizing several students who have previously applied through these clubs. Should this plan proceed, guest speaker on children's literacy program to be re-convened to a later date.

East Timor Water Project:

- Max, Greg and team worked within Timor-Leste from 25th Aug to 23rd Sept; it was a great trip.
- Reports of the trip are almost ready to be sent off to Foundation. Budget was US \$39,049.00; we spent \$39,049.00 (we can't give anything back to Foundation!).
- Will also send a copy of the report to RAWCS
- Program meeting arranged with the group to set the next work program on the 17th October.

Mike Metcalf recently attended a meeting to discuss the Christmas Day Lolly Run. Lollies have been sourced; will also contact local suppliers (Nestle). Program is in place for bagging; still to work on sleighs. Looking for more teams to participate.

Four club members will be attending the Foundation Grants seminar on Sunday 19 October. The District is looking at implementing online training for Foundation.

Visit your club webpage.

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



Guest Speaker:

Ashleigh Easthope

ARAFMI

Association of Relatives and Friends of the Mentally Ill

ARAFMI is an organisation which supports the needs of carers looking after someone with a mental illness. It is funded for basic services, and also has a special fund available for significant situations e.g. loss of job.

Mental illness affects how people feel, think, behave, interact with others, and their emotions. There are considered to be three main causes – environmental (e.g trauma-related), a chemical cause due to imbalance of hormones, and genetic cause. In general, when positive and negative emotions don't "balance out", there is the risk of mental illness. Mental illness affects one in five people over the age of 25 years, while one in four young people are affected.

A carer may be a child, sibling, grandparent or neighbour of a person with a mental illness. There are significant impacts of being a carer. These include the stigma associated with mental illness; financial considerations (may impact both parties' ability to work), psychological effects, and relationships.

ARAFMI aims to help carers in a number of ways. These include: coming to terms with looking after someone with a mental illness; managing difficult behaviours; helping with how to deal with behaviours; and establishing a support network.

The Youth Services section of ARAFMI offers the following programs:

- Counselling (closest office is in Rockingham)
- Changing minds "mental health truths" – school education program
- School Holiday Program; offers young carer respite with some skill-based activities. Two age group programs – 8-12 years, and 13-17 years.
- The Smiles Program; looks at simplifying mental illness and other life educational skills. This program talks about mental illness and the caring role at a very simple level. It is a two-day program, and involves art therapy.

Adult Services include:

- Pamper days
- Massage
- Short breaks
- Carer advocate services
- Personal helpers and mentors (PHAM) – based in Cockburn
- Family Mental Health Support Services (FMHSS)
- Partners in Recovery
- Peer services

In regards to the referral process to ARAFMI, anyone is able to refer e.g. self-referral. However, children need consent from a parent/guardian. All services are free of charge. Funding comes from the Mental Health Commission, the Department of Social Services, and extra grants.

Sources of help for mental illness include Lifeline, Beyond Blue, Headspace/e-Headspace (for younger people), Kids' Helpline, and one's own GP.

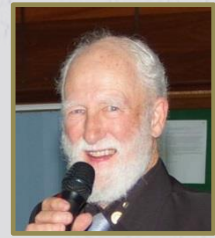
When considering how to support a friend with a mental illness, suggestions include:

- Look after yourself.
- If you're not sure ...ask!
- Try to stay calm/open-minded.
- Mental illness should never be ignored; don't keep secrets (danger issues).



Fine Session

Sergeant PP John Wallhead



All members not wearing a hat!

All members and partners who ARE wearing a hat!

President Mike – almost forgot Sergeant at meeting

Bob Cooper – we thought THAT pink hat had been given to a scarecrow!

Max Bird – sitting alone

Greg – deserted the Sergeant's table

Cathy and Diane – having tickets on yourselves!!!

PDG Bob – making the remark 'Are you listening, Wendy?'

Sam – no shoes!

Jo Thompson – nodding off during meeting

Mike Metcalf – our second guest speaker

AG Barry – source of foreign money

Wendy – making remarks about men's ability!

Mike Nella – forgot Attendance Officer

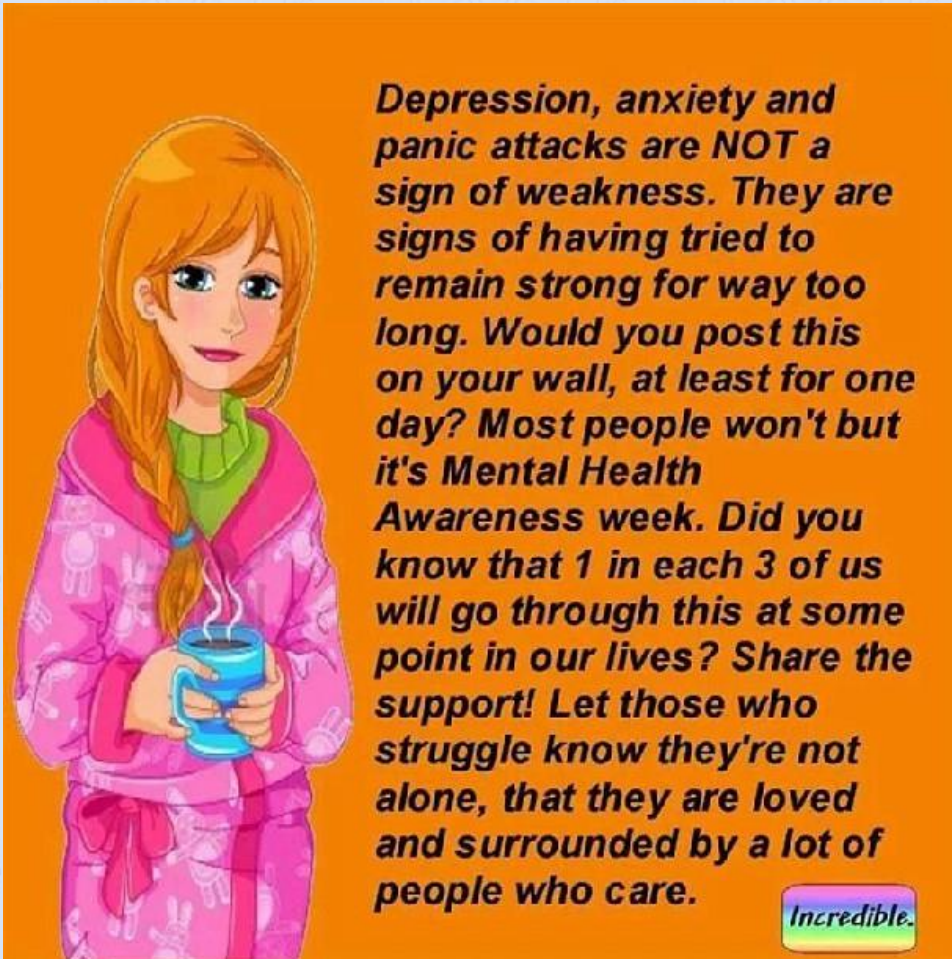
Greg – juggling coins

Marge and Sam – winning Heads & Tails

Mike Nella and Wendy – winning raffle

Plus numerous cross fines!!!

All monies raised through this week's fines session will be going to Australian Rotary Health's mental health program.



Depression, anxiety and panic attacks are NOT a sign of weakness. They are signs of having tried to remain strong for way too long. Would you post this on your wall, at least for one day? Most people won't but it's Mental Health Awareness week. Did you know that 1 in each 3 of us will go through this at some point in our lives? Share the support! Let those who struggle know they're not alone, that they are loved and surrounded by a lot of people who care.

Incredible.

A popular Facebook post. The statistics vary somewhat from those quoted on Monday night, but the message is still very relevant.



Folks getting into the spirit of "Hat Day"



President Mike with Guest Speaker

Test Your Knowledge of Rotary!!!

1. Name the founder of Rotary and his occupation.
2. What was the date of the first Rotary meeting held worldwide?
3. What is the primary motto of Rotary?
4. Where are the Rotary International (RI) headquarters located?
5. Who is the RI President for 2014-2015?
6. What is the Rotary theme for 2014-2015?
7. Who will be the Rotary District 9465 District Governor for 2015-2016?
8. What are you if you are an IPDG?
9. How many cogs were on the original Rotary wheel?
10. What is significant about the new Rotary wheel in contrast to the previous one?
11. What is the date of World Polio Day?
12. In what year did Rotary International launch its major polio eradication program?
13. Where will the 2015 Rotary International Convention be held?
14. Who is the District Rotaract Chairperson for 2014-2015?
15. In the Rotary calendar, what month is November known as?
16. What was the date of the Charter Meeting of the Rotary Club of Kwinana?
17. Who was the Charter President of the Rotary Club of Kwinana?
18. What significant award did PDG John Iriks receive at the 2009 District Conference?
19. Name the four Avenues of Service in Rotary.
20. How much money must be donated to Rotary Foundation for a Paul Harris Fellow recognition?

Answers on final page

Bowl for Headspace



IT'S ON AGAIN!!! After the vast success of last year's Bowl for Headspace, The Rockingham / Kwinana Rotaract Club are hosting it again. A day of bowls raising funds in support of Headspace.

Headspace assists young people in the areas of:

General Health

Mental Health and Counselling

Education, Employment and other services

Alcohol and drug related services

All profits from the event will be donated to Headspace Rockingham

Anyone's welcome to come along, feel free to invite friends, family etc.

Tickets are \$20 for the day or \$80 for a team of four.

<http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=98886>

The event includes:

- Lawn bowls competition (Equipment included, no experience required)
- Free Sausage Sizzle
- Raffles, Games and Prizes!

No experience is necessary, we will demonstrate how to play at the beginning of the day. You can either join as a team (of 4) or as an individual, and we will place you in a team on the day.

For more information please see the following:

Email: bowls@rockinghamkwinanarotaract.org.au

Phone:

Amanda Parr: 0447 112 546

Kim Dawes: 0433 586 481

Quiz Answers

1. Paul Harris, lawyer
2. 23 February 1905
3. *Service Above Self*
4. Chicago, USA
5. Gary C.K. Huang (Taipei)
6. *Light Up Rotary*
7. Melodie Kevan
8. Immediate Past District Governor
9. None
10. The new Rotary wheel is entirely gold in colour (previous wheel was blue and gold with white spaces).
11. October 24
12. 1985
13. Sao Paulo, Brazil
14. Mike Nella
15. Rotary Foundation Month
16. 22 April 1971
17. Andy Valk
18. RI *Service Above Self* Award
19. Vocational Service, Community Service, International Service, Youth Service
20. US \$1000.00

TWO GOLDEN RULES TO A HAPPY MARRIAGE:



1, The wife is always right.

2, When you feel she is wrong slap yourself and read rule number 1 again.

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 9 High Street Fremantle

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