



The Rotary Club of Kwinana Inc.



District 9465 Western Australia
Chartered: 22 April 1971

Team 2016-2017

President
Max Bird
Secretary
Brian McCallum
Treasurer
Bob Cooper

Attendance this week

Total Members 27
Apologies
Make-up
Attended
Honorary Member 1
LOA
Guests
Visitors 5
Partners
88 %

Facts & Figures
Raffle

Shaune, John Wallhead

Heads & Tails
Mike Metcalf

Birthdays

Colleen Mc 11 Oct
Judy Hamilton 15 Oct

Anniversary

Bob & Wendy C13 Oct

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 Max

Bulletin

No 13 10 October 2016



Greetings to all,

Most weeks we are satisfied to have a guest speaker discussing one topic of interest. This week we were fortunate enough to have renowned journalist Lee Tate speaking on two interesting subjects. After an informative talk about mental health issues – highly appropriate given that this week is Mental Health Week – Lee went on to give an interesting presentation on Cockburn utilising a DVD that he has recently produced. For those of us who have had to regularly commute between Kwinana and Fremantle for various purposes, it was always very easy to simply regard Cockburn as the inevitable stretch of land that had to be traversed on the way to our destination. However, Lee's DVD gave a fascinating insight into all that Cockburn has to offer. Our Programs Officer Lee Davis is to be congratulated for her efforts in organising an outstanding range of guest speakers for this year.

On the subject of mental health, next week we will be supporting Australian Rotary Health by having a "Hat Day". This will coincide with a scheduled partners' meeting where we will be officially welcoming three new members to the club – Michelle Buchanan, Rob Greenslade and Brian Thompson. Although there will be the necessary formalities, it should be a very entertaining evening. Looking forward to seeing the range of hats worn by members and partners. For anyone who forgets to bring a hat, there will be a spare supply of hats available.

Hoping for fine weather for the official opening of the Adventure Playground!



Rotary International President
2016-2017
John F Germ

Rotary Club of Chattanooga

District Governor
9465
2016-2017

Linda McLerie

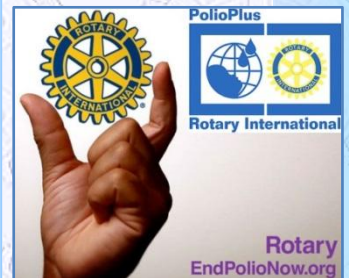


Coming Events

October – Vocational Month

- Mon 10th Oct Club Meeting
- Sun 16th Oct Official opening of Adventure Park
- Mon 17th Oct Partners Meeting – Induction of new members; Hat Day
- Tues 18th Oct Inner Wheel Fashion Parade
- Wed 19th Oct Board Meeting
- Mon 24th Oct Restaurant Meeting @ Chawla's
- Mon 31st Oct Club 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

Past President James Sharkey did the honours of chairing this week's meeting due to President Max and President-Elect Mike Nella being absent.

- Welcome to guest speaker Lee Tate.
- Also extend welcome to Shaune McNamara and his wife Yangqin Ding McNamara. Shaune to be inducted as a new member to the club this week.
- Other guests welcomed included Rob Greenslade, Cyril Bennett and Cheryl d'Souza.

Past President James Sharkey subsequently read the formal Induction Charge for Shaune, and Membership Director Edd Samut presented Shaune and Yangqin with membership badges and other accoutrements.



International

President Max Bird has returned to East Timor for the next stage of the project. Watch this space for further information as it comes to hand!

Be generous ...

Real generosity is doing something nice for someone who'll never find it out.

Frank A. Clark

Club Service: PP Mike Nella



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



Secretary: PP Brian McCallum



Inward Correspondence

- Two statements from the Bendigo Bank
- Invoice from RDU for accoutrements/supplies ordered for new members

Outward Correspondence

- Order for supplies sent to RDU
- Booking form sent to Kwinana Bowling Club to hire facility for Christmas Meeting

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



There are still some members who have not yet paid their membership dues. Anyone who has not paid by 31st October will be deemed unfinancial, and hence no longer a member of the club.

If there are difficulties/issues in relation to payment of dues, please see Bob to discuss some form of arrangement.

MENTAL HEALTH FACT SHEET

How many people experience mental illness?

Almost one in five Australians (20%) will experience a mental illness in a 12-month period.

Nearly half (45%) of the population will experience a mental illness at some stage in their lives.

At least one third of young people have had an episode of mental illness by the time they are 25 years old.

Anyone can develop a mental illness and no one is immune to mental health problems.

What are the most common mental illnesses?

Anxiety disorders affect around 14% of the adult population every year.

Depression affects around 6% of the adult population every year.

The remainder are affected by substance abuse disorders, psychotic illnesses such as schizophrenia, personality disorders, and other conditions. Many people have more than one diagnosis.

What are the chances of recovering from mental illness?

Most people with mental illness recover well and are able to lead fulfilling lives in the community – when they receive appropriate ongoing treatment and support.

However, only about half of those affected actually receive treatment. The majority of people who develop anxiety disorders and depression improve over time with appropriate treatment and support.

What is Hat Day?

Hat Day is a national fundraising and awareness day to shine a light on mental health research in Australia.

Hat Day occurs each year on World Mental Health Day – the second Friday in October.

Hat Day is an initiative of Australian Rotary Health, one of the largest non-government funders of mental illness research in Australia.

Where do Hat Day funds go?

100% of the money raised on Hat Day goes directly to funding mental health research through Australian Rotary Health (ARH).

ARH PhD and Project Grants are used to develop and trial preventions and treatments for depression, anxiety, bipolar disorder, schizophrenia and other mental illnesses.

Examples include: suicide prevention strategies, web and phone-based self-help tools, new understanding and treatments for schizophrenia, early interventions for mental illness prevention, reducing substance misuse in at-risk groups.

Due to Monday 17 October being scheduled to be a partners' meeting, it was decided that our club would celebrate Hat Day on this date. All members and partners are encouraged to wear a hat. All monies raised during this meeting will be directed to ARH.

“Help Hats Help Heads”



hatday.com.au



PDG John Iriks
Club Projects Director

Club Projects Director PDG John Iriks



PP Ian Critchley
Foundation



PP Edd Samut
Membership



Michael Metcalf
Community



PP Genevieve Carr
Vocational



Pres. Max Bird
International



Lorraine Lucas
Youth



PP James Sharkey
Public Relations

Project Director's Report Community

- Thanks to all members who assisted with the Village Markets at Wellard on Sunday 9 October. It was a successful day, although not quite as large as the September markets. John Iriks will be having a big review meeting with the council and Peet on Wednesday 12 October.
- Bunnings sausage sizzle which was scheduled for Thursday 13 October has been cancelled.
- The official opening of the Kwinana Adventure Playground will be on Sunday 16 October at 11am, to which members and partners are invited.
- The club has been invited to do a Niche Living BBQ at McWilliam Park on Saturday 29 October. Also, Blackburne Property Developments are wanting to have a BBQ at their site next to the Quest Hotel on Sat 29 Oct and Sun 30 October. Please see John Iriks if you are able to assist in any way.

Vocational

- October is Vocational Month. Will combine World Polio Day with vocational activity, including quiz, educational info about India.
- Hat Day for Mental Health to be celebrated on Monday 17 October. Members and partners are encouraged to wear a hat.
- Please advise if you wish to attend combined dinner to meet Rotary Vocational Training Team from Sri Lanka on Wed 2 November.

Youth

- 30 microscopes will be delivered to St Vincent's Primary School on Friday 21st October. James to organize local media coverage.

Membership

- One new member induction completed, five to go!!!
- Welcome to new member Shaune McNamara and his wife Yangqin Ding.
- Michelle Buchanan, Rob Greenslade and Brian Thompson to be inducted on Monday 17 October; this will be a partners' evening.

Foundation

- World Polio Day to be celebrated on Monday 24 October; planning to participate in World's Greatest Meal by having a partners' meeting at Chawla's Indian Restaurant in Medina. The cost will be \$35 per head (includes three raffle tickets!!!).
- Pamphlets have been given to new members; these pamphlets have explanation of the Five Avenues of Rotary Service.

Public Relations

- Extensive article in last week's local paper about the new Adventure Park. Aiming for more coverage following the official opening this Sunday.

Visit your club webpage.

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

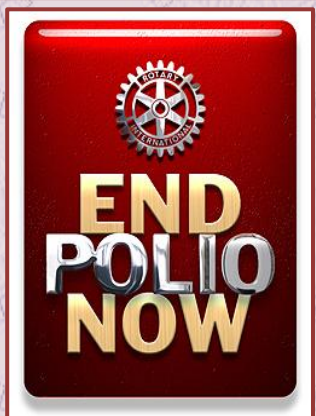
or type Kwinana Rotary Club into "Google"



Fine Session

- Brian T & Cyril: “The twins”; fighting over the visitor’s tag!!!
- Genevieve & Bevan: Saying that Sergeant Norm looked like an Essendon player from the 1970s (well, it was true!!!)
- Bob C: Trying to get a comb-over!
- Sam: Admitted to sleeping on the job!
- Lee Tate: Was that your own music on the DVD???
- Members not wearing badges (an oldie, but a good little money-spinner)
- Edd & Shaune: Shaune is the first red-haired member of the club (I thought it was only women who noticed such things!!!)
- Chris: Wearing a tie pin
- Matt: Retires this Friday. Watch him jumping for joy!!!
- Raffle and H&T winners
- Eric: Apparently, 14 years and 362 days ago he escorted Wendy as a bride to meet her groom!!!
- Cheryl: Fined for being quiet

"This disease thrives in climates of neglect and indifference, but it will be our refusal to accept polio's existence that will drive it out wherever it may survive."
- Michel Zaffran, [World Health Organization \(WHO\)](http://www.who.int) Director of Polio Eradication endpol.io/2dwyf2l



Personality of the Week

Shaune McNamara

Name: Shaune McNamara

Place of birth: Cottesloe, WA

Favourite food: Chinese Hot Pot, Thai Red Curry

Favourite movie/TV program: *Star Wars: May the Force be with you/Game of Thrones*

Hobbies: Motorcycle riding, fishing, camping

Who I admire: My wife; she is always an inspiration to me

Best present ever received: Birth of my children

What I dislike most in life: Ignorance that causes harm to others

Most exciting/memorable day of life: The birth of my children

What I know now that I wish I knew at 16: I wish that I knew the value of friendship, hard work and discipline





Guest Speaker

Lee Tate

Lee Tate is a Perth senior journalist, author and spokesman for mental health carers group *Helping Minds* (formerly ARAFMI).

Lee Tate, a third-generation West Australian who has worked on Australia's major media outlets, was trained on the *Albany Advertiser* and *Esperance Advertiser*.

He worked interstate and overseas for 23 years, and has reported for *The Australian* newspaper, the *Financial Review*, *Launceston Examiner*, *Melbourne Herald*, the *West Australian*, the *Sunday Times*, and others.

Tate has a weekly segment on Curtin Radio discussing amazing West Australians, and also issues confronting those touched by mental issues.

He was co-anchor of 6PR's breakfast show, editor of *Inside Cover*, and covered federal election campaigns; the latter entailed travelling with both Gough Whitlam and Malcolm Fraser.

In Australia and overseas he has interviewed many celebrities, business figures and politicians. These have included Roy Orbison, Heath Ledger, Rod Stewart, and several premiers and prime ministers. He has also travelled with the Royals and, for 13 years, operated a national publishing company based in Sydney.

During his years as a journalist, Tate compiled a list of 500 amazing West Australians. He also produced two non-profit books, one of which was titled *West Aussie Book of Firsts* and has subsequently sold out.

Several years ago Tate was President-Elect of Claremont-Cottesloe Rotary Club. However, as he then joined breakfast radio at 6PR he was unable to continue at the breakfast Rotary meeting. The Claremont-Cottesloe club has now been absorbed into other clubs.

Lee commenced this week's talk by discussing mental health. This was highly appropriate as Monday 10 October was World Mental Health Day, during Mental Health Week (8-15 October) in Mental Health Month. Lee is passionate about overcoming the stigma associated with mental illness, and about the need to look after carers of people suffering from mental illness.

Carers of people with mental illness face many demands and challenges with their charges, including unpredictable behaviours, medication requirements, physical demands, and other needs/requirements. Consequently, many carers develop mental health issues of their own; frequently this is due to difficulty having "time out". *Helping Minds* helps with supporting carers, and providing assistance to enable them to have some respite. Further information is available from the website helpingminds.org.au.

When considering how to help a person with a mental illness, the most important thing is to **listen** to him/her. Sadly, mental illness can lead to suicide. According to the Australian Bureau of Statistics, 3,027 people in Australia died from suicide during 2015. 1,160 of these deaths were men aged 30-54, and 14 deaths were children under the age of 14 years. WA was about 10 per cent of these figures.

Drugs have had a huge impact on mental illness. The usage of illicit drugs frequently leads to mental health issues. Also, people with a mental illness may turn to drugs as a means of coping.

NEW video documentary
The Cockburn Story

Cockburn's story is truly fascinating.

It is a journey with Indigenous Dreamtime foundations, proud pioneers, cultural clashes, shipwrecks, fatal sickness, escaped convicts, rare wildlife, extensive wetlands, rare coastal native bush and pristine ocean.

Cockburn was central to Western Australia's heritage and evolution. The base for our founding fathers, Cockburn Sound is crucial to Australia's naval defence and national boat-building.

Australia's first free settlement was on Garden Island. Whaling, WA's first industry, began in Cockburn Sound.

Tucked around a coastal corner from Fremantle, Cockburn has an identity of its own. With its necklace of islands, Cockburn Sound is a safe ocean playground, fish breeding ground and migratory bird refuge.

Cockburn's spectacular, colourful and dramatic journey is shown and told in 14 minutes.

The Cockburn Story is an independent *video documentary with exclusive pictures and informative captions* by journalist Lee Tate.

The Cockburn Story covers:

Indigenous cultural connections. Proud pioneers' dramatic attempts at survival. Support for the new colony. Tranquil coastline. Extensive wetlands. Wildlife. Whaling's beginnings. Protection for 17th Century traders & explorers. Australia's first free settlement. Australia's first crematorium. Market gardens. Crucial immigration Quarantine Station. Cattle and abattoirs. Escaped convicts. Shipwrecks. Wartime and military training. Sand hill explosives bunkers. First horse race.

Rare native coastal bush and national park blend with flourishing communities, Port Coogee marina, 2 coastal holiday parks, extensive marine complex, Navy defence hub and submarine base. Cockburn's blue-green ocean serves as a water playground and safe surf lifesaving patrol area with shark net protection.

Cockburn, just 8kms south of Fremantle and 24kms from Perth, is a progressive region set for one of WA's biggest-ever, multi-billion-dollar developments with a new coastal community.

The video costs \$20 and is available at: www.amazingwa.com

Multiple orders or inquiries, email leetate@live.com.au Mobile: Lee Tate 0455 510 711



You're Invited

To

A Fashion Parade and Morning Tea



Featuring

Spring Fashions

Presented by

Kerry D Fashions

Proceeds to support Community Projects
By

**Inner Wheel Club of
Rockingham Kwinana Districts Inc.**

Where?



**Kwinana Golf Club
Summerton Rd. Calista**



Tuesday 18th October 2016

11.00 a.m.

Sandwiches, cakes, tea & coffee

Raffles

Fashion Parade 11.45

\$10.00 per person

Come along and enjoy Fashion and Friendship

Always be a little kinder than necessary.

James M. Barrie

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mail.com

Phone:

Gladys Blogg (Secretary)

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0407 473 936

Welcome to Shaune and Yangqin Ding McNamara



The formal Induction Charge is read by PP James



Our newest member!

Never underestimate the impact of a smile, a hug, a word of comfort, listening, honesty, or a kind gesture. Because all of these things can make the biggest difference in someone else's life.

*Written and Created
by Dave Hedges ©*

Wisdomtoinspirethesoul.com

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