



# The Rotary Club of Kwinana

## District 9423 Western Australia

Chartered: 22 April 1971

**Team 2025/26**

**President**  
**Stephen Castelli**

**Secretary**  
**Genevieve Carr**

**Treasurer**  
**Karen Zabiela**

**Facts & Figures**

**Attendance this week**  
**Total Members** 26  
**Apologies**  
**Make-up** 4  
**Attended** 12  
**Hon. Member**  
**LOA**  
**Guests** 1  
**Visitors**  
**Partners**

**70.0%**

**Raffle**  
**Soren & Norm**

**Heads & Tails**  
**Bob T**



**Meets on Monday**  
**6:00 for 6:30 pm**  
**At Rotary Hall**  
**Brownell Crescent**  
**Medina**

**Visitors are welcome**  
**Contact**  
**0400 837 603**



# Bulletin

**No 15 13/10/2025**



Rotary Club of Kwinana is 54 years' old 1971/2025

Disappointing attendance again tonight, only 12 members present to hear a very interesting guest speaker, Kimberley Ellis from The Kwinana WayFairer Program. Kimberley is consultant with Inclusion Solutions.

Very sorry to learn that long time member Sam Cuplovic is not travelling well. Sam is due for another heart op but is currently not well enough to undergo the procedure. We can only offer our good wishes and hopes for an improvement in his health soon.

PP Bob Thompson has scheduled our meeting for November 3rd to be a Club Forum. There are some very important items that need to be discussed and considered by club members.

PP Bob has circulated an email to all members setting out the items we need to share our thoughts on.

Plenty of notice has been provided so please make the effort to attend and contribute to this very important meeting.



**Rotary International President**  
**2025/26**

Francesco Arezzo

Rotary Club of Ragusa, Italy

**District Governor 9423**  
**2025/26**

Veronica Lawrance

Rotary Club of Mill Point



**October 2025 – Community Economic Development**

- Mon 06<sup>th</sup> Club Meeting Indonesia School Project
- Mon 13<sup>th</sup> Club Meeting Kimberley Ellis/ Inclusion Consultant
- Mon 20<sup>th</sup> Club Meeting
- Mon 27<sup>th</sup> Club Meeting

**Attendance: Members respond via 'WhatsApp'**





President's Pen



October 2025



## President's Report

Still looking to fill the following positions for 2025/2026

- Secretary – Vacant (Genevieve will act in this role until a replacement can be found)
- Community Service – Vacant
- Programs Manager - Vacant

Providence School Greenhouse update. Board approved \$3,201 at last board meeting. Bendigo Bank have contributed the \$2,000 that was requested. Over to Providence School to now order and install. There will be an “opening ceremony” in due course.

PP Bob Thompson has arranged for a plaque for the 40ft sea container donated by Rotary, as well as another for the greenhouse donated by Rotary and the Bendigo Bank.

### BREAD PROJECT

The bread project has come to an end.

Stephen Castelli  
President 2025/26



Public Relations Report

October 2025



A press release prepared by Genevieve was passed on to Sound telegraph for inserting into the Sound Telegraph.

It is hoped that the article, on the upcoming End Polio Now ride the trains campaign, and backed up with a photo of Josh, would be taken up get a run in the paper.

A report on the Workshop I recently attended covering the development of a Digital Strategic Plan will be given at a future meeting.

An email from RI has provided information on a new campaign encouraging Rotary Clubs to "Make Public Image a Priority. " We are on the right track.

Our recent Bunnings sausage sizzle attendance continues our expose as people of action.

PP Bob Thompson  
Public Relations 2025/26

### Nomophobia is the fear of being without your smartphone

For many people, the anxiety of being detached from your phone or not having cell service is real. The condition, Nomophobia, stands for No Mobile Phone Phobia and can cause such symptoms as sweating, shaking, agitation and even breathing difficulties. Research has shown Nomophobia can affect up to 73% of people, according to *Forbes*.



**Genevieve Carr President 2026/27  
September 2025**



1. **Train Ride for Polio:** Rotarians and friends are being encouraged to ride the Perth railway network on Friday 24 October (World Polio Day) between 8am – 6pm to create public awareness of End Polio Now. There will then be a social gathering at the Shoe Bar in Yagan Square from 6pm – 8pm. Red shirts will be delivered to Genevieve this weekend. Participants should register through link <https://www.trybooking.com/CYVGP> in order to be covered by Rotary Insurance.

Plan for a social day: Commence with travelling out to Perth Airport, then take another line (e.g. Ellenbrook) and go somewhere for mid-morning coffee. Later can take another line and find venue for lunch.

2. **International Service Dinner:** Have received an invitation from PDG John Kevan for us to attend a combined meeting down at Mandurah to hear a number of presentations about various international projects. Suggestion that we cancel club meeting on Monday 24 November and attend this meeting in Mandurah.
3. **Christmas function:** Have made a booking at Golden Ponds Bistro for Sunday 14 December at 12pm.
4. **Weekend away in Katanning:** Plan for club trip away to Katanning over the 2026 Anzac Day long weekend, where we can catch up with past members Kim Beciri and Paul Durant. Kim and Paul can accommodate vans and tents on their property, otherwise there is a range of other accommodation in town. Genevieve has a reservation for three suites at one bed and breakfast; three couples have taken up the offer here (James and Cathy Sharkey, Bob and Jo Thompson, Steve and Yanti Castelli). Please see Genevieve if need accommodation.

PE Genevieve Carr



**Ride The Train - Next Stop Polio Eradication!**



PP Genevieve Carr September 2025



Inward Correspondence.

- Notification of 2026 Rotary International Convention, to be held in Taipei
- Invoice from Peter Carnley Anglican Community School for donation
- Notification of Regional Council webinar now available
- RDU Supplies update
- RotaryWA round-Up #36
- RDU magazine

Outward Correspondence:

- Message sent to Inger Ward of Club's decision to support Seniors Week event

Rotary Kwinana meeting Monday 13<sup>th</sup> October 2025 at Rotary Hall, Medina



PDG John Iriks was an attendee but had left the meeting before the picture was taken



Vice Pres.  
Terry Evans



Treasurer  
Karen Zabiela



Project Director  
PP James Sharkey



Foundation Dir.  
PDG John Iriks

Team 2025/26



Membership Dir.  
Norm Mulcahy



Public Relations  
PP Bob Thompson



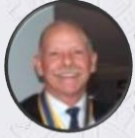
Events Manager  
PDG John Iriks

PP James with Kimberley Ellis from The Kwinana WayFairer Program.





Fine Session: Sergeant Norm Mulcahy  
PP Chris Oughton standing-in for Norm



PP Stephen Castelli  
stand-in when required.

AJ: Wanted to pay for a meal tonight!!

Chris O: Accused of 'sitting with his mates??

James: Messed up the agenda.

Norm: Something about wanting a bee-hive in the back yard.

Karen: No Badge



**The longest anyone has held their breath underwater is over 24.5 minutes.**

The world record for breath-holding underwater was achieved by Croatian Budimir Šobat on 27 March 2021, who held his breath for a total of 24 minutes and 37 seconds.

On average, a human can hold their breath between 30-90 seconds.



Guest Speaker: Kimberley Ellis  
Inclusion Consultant



Kimberley has a Bachelor of Science in occupational therapy with clinical experience across residential aged care, neuro-rehabilitation, and paediatrics. However, she has spent most of her professional career working in the community development and engagement space with involvement in broad-level projects both in Perth and Central Australia. Kimberley feels very privileged to have worked alongside multiple communities on projects supporting stronger access and inclusion outcomes for people.

Kimberley has a strong sense of social justice and cares deeply about inclusion, with a specific interest in children's and women's rights and wellbeing. She takes a collaborative approach in her work with a firm belief that positive authentic relationships underpin all successful community development initiatives.

When Kimberley isn't at work, she's likely to have loungeroom dance parties with her toddler, be down by the beach, meandering in nature, or cook with absolute disregard for recipes. She also studies photography in her spare time and has a passion for film and writing.

## What is Inclusion

Inclusion can, at times, mean different things to different people. We believe inclusion is the opportunity for all people to live a rewarding life and participate in a welcoming community. We want everyone to feel welcome, have choice and control, share public spaces and feel a sense of belonging within their community.

“Inclusion is the art of ensuring that all people feel welcomed and celebrated for exactly who they are. This means that all differences are viewed as unique gifts that an individual can offer to a group or a community.”

It is not a theory that is restricted to one group of people, but rather something that is of great importance to all human beings.

For more than 30 years, we've been empowering people to become actively involved in their local community.

Officially established in 2016, Inclusion Solutions is proud to be part of the [Australian Inclusion Group](#).

As a group of purpose-driven not-for-profit organisations, we've come a long way since our inception as the Recreation Network. Plenty has changed since then, but one thing remains unchanged – our shared vision where all people feel truly welcome in their community.

We work with like-minded partners, on both small and large scale projects, to support and grow vibrant, well-connected and socially inclusive communities.

## Who We Support

No matter who you are or what you do, we'll work alongside you and support you, wherever you are at in your inclusion journey.

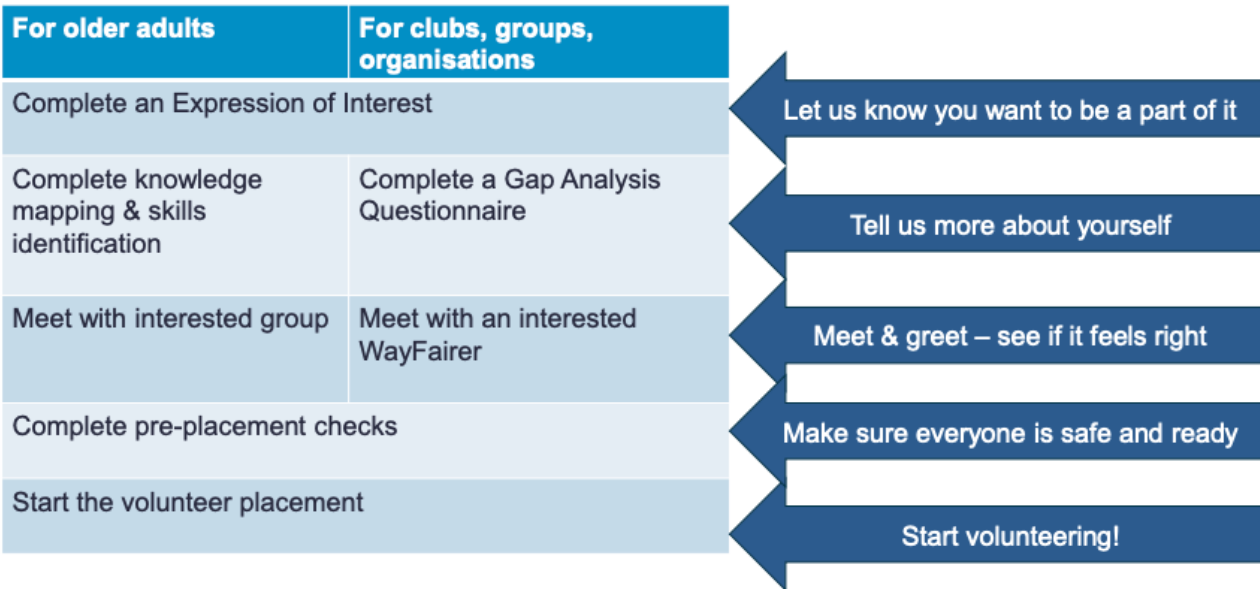
Kimberley was introduced by PP Bob Thompson, Thanks by PP Chris Oughton.

# Kwinana WayFairer Program

- Connecting older adults (50+) to meaningful volunteer opportunities in their local community.
- Supports older adults to remain socially connected, gift their unique skills, talents and time – and to learn new skills.
- It provides needed support to local clubs, businesses, organisations and schools.
- It creates a more vibrant, connected & inclusive community!



## How does it work?



### How WayFairers has come to Kwinana

23% of Kwinana’s population is aged 55-84  
 Indicators of social disengagement across the region

We have already established strong connections in neighbouring Mandurah

## Josh's Train Ride for Polio

Kwinana resident Josh Carr has had a lifelong association with community service organization Rotary International. When he was only thirteen days old he attended his first Rotary meeting at the Rotary Club of Kwinana in Perth, of which his mother Genevieve Carr was a member. As it happened, on that same evening Josh's grandfather Brian Foley was inducted as District Governor of Rotary District 9810 in Victoria. Since then, Josh became a regular attendee at various Rotary functions, thereby becoming well-known amongst members and partners.



Josh's parents have credited his presence and acceptance at Rotary gatherings from an early age as being of enormous benefit for his social development and well-being. In turn, over the years Josh has participated in a number of public events for Rotary such as Relay for Life, Rotary Swimathon for Polio, and Lift the Lid Walk for mental health awareness – proving that having autism need not prevent one from helping others.

On Friday 24 October, World Polio Day, Josh will be combining his enthusiasm for Rotary with his other great passion of trains by participating in the **Rotary Train Ride for Polio**, which is being organized to help create community awareness of the importance of polio eradication. This event will entail various Rotarians and friends riding trains throughout the Perth railway network between 8am – 6pm whilst promoting Rotary International's *End Polio Now* program. Josh will be representing regional clubs unable to directly participate due to the distance factor.

In 1985 Rotary International launched its renowned polio eradication program. At that time there were approximately 250 countries that were experiencing outbreaks of the disease. Since the introduction of the program, which entailed providing immunizations to children in these countries, there are now only two countries in the world, Afghanistan and Pakistan, experiencing outbreaks of polio. Rotary's goal is for complete eradication of the disease worldwide. To achieve this, funds are required to continue the program, hence the need for awareness and fundraising.

The public can support the Ride for Polio by following the journey and for more information, by visiting the Rotary Western Australia Facebook page or their Trybooking page: <https://www.trybooking.com/CYVGP>.

Sorry Josh, I couldn't help myself  
Photo taken 29th June 2001 at 8.35pm



29th June 2001 Changeover at the Darious Training Restaurant  
Josh with Mum Genevieve, DG Sylvia Byers and Councillor Carol Adams



## **Remembering environmentalist Jane Goodall**

We join others around the world in remembering renowned conservationist [Jane Goodall](#). Along with her passion for chimpanzees and the environment, Jane was also a supporter of polio eradication. Jane would later join Rotary's "This Close" campaign.

[Read Rotary's 2009 interview with Jane.](#)

## **Health leaders unite to finish the job against polio in one of the world's toughest regions**

Djibouti, Ethiopia, Kenya, Somalia and South Sudan — together with health leaders from northern Yemen — have reaffirmed their commitment to eradicate polio.

Countries pledged to deliver high-quality, synchronized vaccination campaigns, intensify surveillance and strengthen routine immunization to protect every child from polio and other vaccine-preventable diseases. Progress will depend on quality, unity and sustained momentum from all partners. The GPEI thanks governments and health leaders for their determination to close immunity gaps and end outbreaks once and for all. [Read more.](#)

## **Nigeria launches large-scale vaccination campaign to protect 106 million children against measles, rubella and polio**

Nigeria is rolling out one of the largest integrated vaccination campaigns in its history, aiming to protect around 106 million children against measles, rubella and poliomyelitis. The nationwide initiative will combine multiple vaccines and child health services in a single drive, ensuring efficient delivery to children across the country. [More.](#)

## **Watch moving video from GPEI side event at UNGA**

[Here is a video](#) from the GPEI high-level side event at the 80th United Nations General Assembly earlier this month where senior global health leaders had met to discuss the final push to eradicate polio. The event, 'United to Finish the Job: High Level Side-Event on Polio Eradication', was co-hosted by the King Salman Humanitarian Aid and Relief Centre (KSRelief), UNICEF, the World Health Organization (WHO) and the Global Polio Eradication Initiative (GPEI), and addressed the urgent need to end wild polio transmission in Afghanistan and Pakistan while strengthening response to variant poliovirus outbreaks in fragile settings across Africa and Asia.

## **Summary of new polioviruses this week**

- Afghanistan: two WPV1 cases
- Chad: two cVDPV2-positive environmental samples
- Papua New Guinea: seven cVDPV2-positive environmental samples



## *Birthdays and Anniversaries October 2025*

### **Birthday Congratulations:**

Pam Brookes 7th



**HAPPY BIRTHDAY**

### **Wedding Anniversaries**

Bob & Wendy 13th 24 years



### **Club Anniversaries:**

Bob Thompson 18th 29 years

Cyril Bennett 31st 9 years

*Congratulations*

### **The Smallest Bone in Your Body is in Your Ear**

It's called the stapes bone and is just about the size of a grain of rice.

### **Over 80% of Australia's Animals and Plants are Unique to the Country**

This includes creatures like the kangaroo, koala, echidna, and the Tasmanian devil.

### **Australia is Home to the World's Longest Fence**

Originally built to keep dingoes away from fertile land, the Dingo Fence or Dog Fence stretches over 5,600 kilometres from eastern Queensland to the South Australian coastline.

### **Apples Float Because They're 25% Air**

This is why they're often used in the game "apple bobbing" during Halloween and other festivities.

### **A "Jiffy" in Computing is 1/100th of a Second**

In the world of computing, a "jiffy" is a unit of time equal to 1/100th of a second, just like in the saying.

### **The Word "Typewriter" Can be Typed Using Only the Top Row of Keys**

It's one of the few English words that can be spelled using only the letters on the top row of a keyboard.

### **The Largest Living Structure on Earth is the Great Barrier Reef**

Stretching over 2,300 kilometres, the Great Barrier Reef is the world's largest coral reef system.

**Your brain burns 400-500 calories a day.** That's about a fifth of your total energy requirements.

Most of this is concerned with the largely automatic process of controlling your muscles and processing sensory input, although some studies show solving tricky problems increases your brain's metabolic requirements too.



# What happened this week in history?



Oct. 13<sup>th</sup> to Oct. 19<sup>th</sup>



13<sup>th</sup>

1673: Christopher Wren is appointed architect for the rebuilding of St Paul's Cathedral in London  
1789: Benjamin Franklin writes "Nothing certain ---- but death & taxes"  
1851: Telegraph connection between London-Paris linked  
1952: False fingernails 1st sold

14<sup>th</sup>

1666: Samuel Pepys reports on 1st blood transfusion (between dogs)  
1856: American Gail Borden is issued a patent for technology for his invention of condensed milk  
1883: "Treasure Island" by Robert Louis Stevenson is first published as a book by Cassell & Co.  
1910: 1st airplane flight from deck of a ship, Norfolk, Virginia

15<sup>th</sup>

1492: Christopher Columbus notes 1st recorded reference to tobacco  
1777: Articles of Confederation, the first constitution of the United States, is approved  
1835: Charles Darwin reaches Tahiti on board HMS Beagle,  
1837: Isaac Pitman introduces his shorthand system of writing, Pitman shorthand

16<sup>th</sup>

1824: New York City's Fifth Avenue opens for business  
1840: New Zealand officially becomes a British colony  
1871: National Rifle Association is first chartered in the State of New York  
1920: Australia's Qantas airways founded in Winton, Queensland as Queensland and Northern Territory Aerial Services Limited

17<sup>th</sup>

1558: Elizabeth I aged 25, ascends the English throne upon death of Queen "Bloody" Mary  
1603: English explorer, writer and courtier Walter Raleigh goes on trial for treason  
1855: David Livingstone becomes the first European to see Victoria Falls  
1869: Suez Canal in Egypt opens, linking Mediterranean and Red Sea.

18<sup>th</sup>

1320: William Tell reputedly shoots apple off his son's head  
1477: First English dated printed book "Dictes & Sayengis of the Phylosophers" by William Caxton  
1497: Portuguese navigator Vasco da Gama reaches the Cape of Good Hope  
1626: St. Peter's Basilica is consecrated, replacing an earlier basilica on the same site

19<sup>th</sup>

1493: Christopher Columbus discovers Puerto Rico, on his 2nd voyage  
1620: The Mayflower reaches Cape Cod and explores the coast  
1863: US President Abraham Lincoln delivers his Gettysburg address  
1895: American inventor Frederick E. Blaisdell patents the pencil

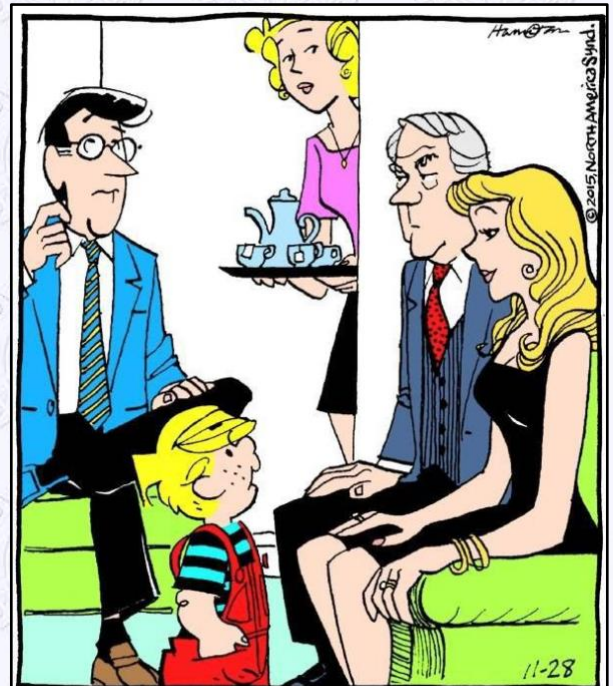


We didn't have any cough medicine so I gave him a laxative.

GreatCleanJokes.com



It really worked! Do you see how he's afraid to cough!

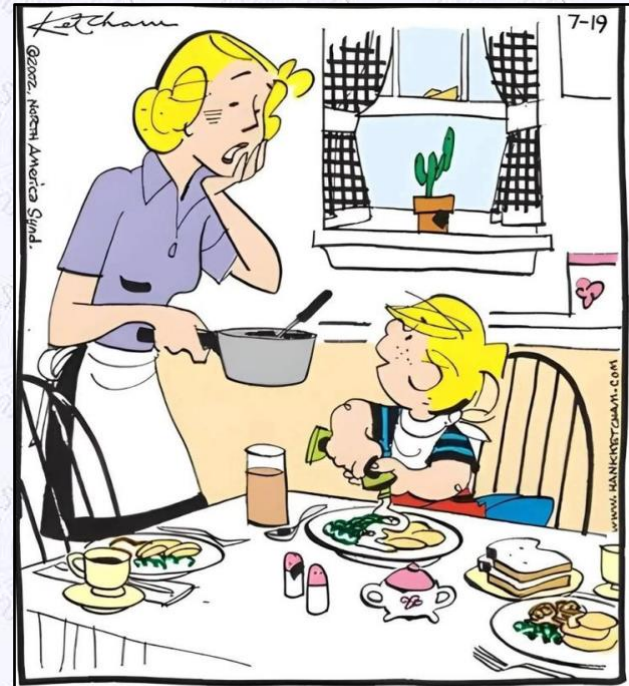


"YOU MUST BE REALLY GOOD AT SPORTS! MY DAD SAYS YOU'RE A TROPHY WIFE."



I don't think you even know what a hard drive is.

I've driven cross country with my wife, three kids and a dog. I know what a hard drive is.



"I FIGURED IF I PUT TOOTHPASTE ON MY FOOD, I WOULDN'T HAFTA BRUSH MY TEETH LATER."

**Nearby 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 2025  
Contributions welcome: [eblog@bigpond.com](mailto:eblog@bigpond.com)