



The Rotary Club of Kwinana

District 9465 Western Australia

Chartered: 22 April 1971

Team 2013-14

President
James Sharkey
Secretary
Genevieve Carr
Treasurer
John Iriks



President James

Bulletin

No 20 18 Nov. 2013



Attendance this week
Total Members 26
Exempt
Apologies 6
Make-up 4
Attended 15
Honorary Member
Guests 1
Visitors
Partners 73 %

Facts & Figures
Raffle
Norm & Bob C

Heads & Tails
Eric

Birthdays:
Ian C 23rd

Anniversary:
Bevan & Trish 21st

Club Anniversary:

Good meeting tonight although numbers were down quite a bit for varying reason.

Welcome back our overseas travelers Ian C and John B, good to have you back.

Deanne Dymock from Diabetes WA was our guest speaker, very good presentation without the usual electronic aids that seem to be the norm these days.

Deanne gave a very interesting and polished talk, she also had plenty of printed literature to accompany her presentation.

She spoke from personal experiences about her own families exposure to diabetes and the likelihood of suffering herself at some point, and how it is shown that that a lifestyle change, 'exercise and diet' can have a dramatic effect on either preventing or delaying the onset of diabetes.

Applications now open for our annual Community Awards.

December 9th 2013 will be our Club Election meeting, "what would you like to be involved in during 2014/15" please put your hand up and volunteer.



Rotary International President
Ron D. Burton

Rotary Club of Norman,
Oklahoma, USA



District Governor 9465

Erwin Biemel 2013-14

Coming Events November 2013 Foundation Month

November:

- Wed 20th** Board Meeting
- Mon 25** Club Meeting Lisa Craig
Rotary Peace Scholar
- December:**
- Mon 2nd** Club Meeting Community Policing
- Mon 9th** Club Meeting Club Elections
- Mon 16th** Club Meeting Christmas Meeting
- Mon 23rd** Club Meeting ???

Attendance Officer: Errol McDonald 0433 781 914
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?

If you had any we hope
you had a good day



November 2013

Meets Monday
6 for 6.30pm

At Rotary Hall

Brownell Crescent, Medina

Visitors always welcome

President James Sharkey

President's Pen



President James welcomed everyone to our meeting, a special mention regarding our guest speaker Deanne Dymock from Diabetes WA who will be joining us at about 7pm.

Reminder about our club elections coming up next month, please give some thought to joining our team for 2014/15

ShelterBox update:

RESPONSE / OPERATIONS OVERVIEW:

- A further 454 ShelterBox tents and 116 ShelterBoxes arrived on Bantayan Island today. The team has been distributing aid to families in need. The team has been offered support from the Philippines Marines Corp who will assist with transportation of the ShelterBoxes on Bantayan Island with a large lorry (truck) tomorrow.

- In Cebu city the airport is still suffering from long backlogs as more aid from overseas arrives. There are now only 12 pallets of ShelterBox aid remaining at the airport and the incoming team members, who will be based near Cebu City, will work to assist the quick onwards movement of this aid up to Bantayan Island.

- Alice Jefferson (UK), James Edgerley (UK) and Jim Miller (US) are due to arrive in Cebu tonight (local time).

- Distribution continues in Bohol where the team has been working to provide aid to families affected by both the typhoon and an earlier earthquake which struck the region in October. The Shelter Cluster based in Bohol is looking into further assessments to the north of the region and the potential need for continued assistance.

- ShelterBox warehouse volunteers are today packing more ShelterBoxes for deployment to the Philippines.



You must look for the opportunity in every situation

For things to change you have to change

Determination determines the outcome



Secretary: PP Genevieve Carr



Inward Correspondence:

- Weekly District News
- Shelterbox update
- Rotary Webinar Promotion
- End Polio Now update
- Rotary Out West
- Invitation to Bertram Primary School Year 6 Graduation
- Invitation to St Vincent's Primary School Year 6 Graduation
- Licence renewal
- Request for support from Caritas Australia
- Curtin Radio membership renewal Invoice for *West Australian* newspapers
- Invitation to Local Organisations' Christmas Function

Outward Correspondence:

- Shelterbox payment



Treasurer: PDG John Iriks

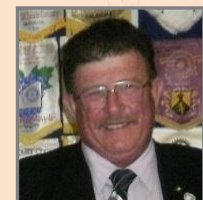


John was very happy to announce that the Bendigo Bank pledges has now exceeded \$1million or about 25% over subscribed. Fantastic result.

Bills paid, money in the bank



President Elect Michael Nella



PE Michael is overseas at present, back soon

Club Elections coming soon, nomination forms distributed, members please consider a role in 2014/15

Attended a Foundation Accreditation seminar with AG Bob T, also attended a PETS seminar, both very interesting and enlightening. Looking forward to District Assembly in March and PETS in April.

Rotaract have a 'Bowl For Headspace' on Sunday 24th November at Kwinana Bowling Club. (see flyer below)



Club Projects Director
PP Ian Critchley



AG Bob Thompson
Foundation Dir.



PP John Brennan
Membership



Norm Mulcahy
Community P/M

Project Director's Report.

The next Wellard Village Markets will be held on Sunday December 8th the theme will obviously be Christmas.

Membership event in the pipeline for early next year, more from PP John Brennan in coming weeks.



Garry Bassett
Vocational P/M

Max B:

Max and Greg have returned home safely from their trip to Timor. A comprehensive report by Greg is available to view on our Club Website, follow the link below. Max is working on the program for May 2014. Chance that a two man team will return to Bagula in January to install a rain water system.



Max Bird
International P/M

Due to the absence of Greg, Errol will take on attendance, please contact Errol on 0433 781 914 with any apologies.

Michael Metcalf together with the COK have almost completed a required 'Risk Analysis' for the Christmas Lolly Run' Next meeting on Tuesday 19th 5.30pm at COK Bagging lolly's on the 21st 2 sessions, 2pm and 5pm at the COK.



PP Matt White
Youth P/M

Vocational visit to Kleenheat Gas available on Monday 25th Nov. at 4.30pm, please contact Ian C for further information and dress requirements etc. Tour will be completed in time to attend our normal meeting at 6.30pm.



PP Chris Oughton
Public Relations Dir.

Applications are open for the 2014 Community Awards, an opportunity to nominate recipients for the Australia Day 2014 Community Awards.

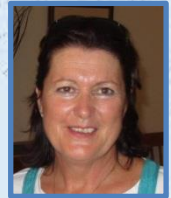
Visit our club webpage.

<http://www.clubrunner.ca/Portal/Home.aspx?accountid=8106>
or type Kwinana Rotary Club into 'Google'



Guest Speaker

Deanne Dymock Diabetes WA
General Manager Community Relations & Marketing



Introduced by President James.

Deanne joined Diabetes WA in October 2009 after a varied career in community and not-for-profit organisations - both regional and metropolitan. Deanne brings to Diabetes WA experience in marketing, events, volunteer management, relationship-building and community engagement.

Deanne conveyed to us her very personal story of how her immediate family has suffered from diabetes over the years and because of her family history she is walking time bomb to contracting type 1 diabetes. Deanne follows a strict regime of diet and exercise and much research tell her that this is the best protection for delaying or preventing the onset of diabetes.

Diabetes is a Chronic Health Condition.

Diabetes is disorder in which the body cannot make proper use of carbohydrate in food because the pancreas does not make enough insulin, or the insulin produced is ineffective, or a combination of both.

Glucose comes from the digestion of carbohydrates in food. Insulin is the hormone responsible for helping glucose move into the body's cells where it is used for energy. Glucose is also stored in the liver ready for use, but if carbohydrate is overeaten then it is stored as fat. When insulin is not present or is ineffective, glucose builds up in the blood. Higher levels of glucose in the blood may lead to health problems such as diabetes.

If undiagnosed (which can occur in type 2 diabetes) or it is difficult to achieve target ranges, it can cause heart attack, stroke, kidney failure, blindness, amputation and erectile dysfunction.

Diabetes is Australia's fastest growing chronic disease, with approximately 280 people across the nation developing the condition every day.

In Western Australia alone, there are more than 104,000 people now diagnosed with diabetes and for every person diagnosed, it is estimated that there is another person who is not diagnosed.

Much research is being done worldwide to discover the cures for diabetes

In type 1 diabetes the pancreas does not produce insulin because the cells which make insulin have been destroyed by the immune system.

Insulin replacement therapy is critical for the person with type 1 diabetes to live. It is as important to balance insulin replacement with physical activity, healthy eating and stress management to avoid or reduce the short and long term complications of diabetes.

Type 1 diabetes accounts for 10-15% of all people with diabetes and usually occurs in people under 30 years, but can occur at any age.

In type 2 diabetes the pancreas produces insulin but the insulin is ineffective, or there is not enough insulin, or both. It accounts for approximately 85% of people with diabetes and while it is usually seen in adults, it is increasingly being seen in teenagers and children.

Regular physical activity, a healthy eating plan, maintaining a 'healthy waist' and stress management are the cornerstones of managing type 2 diabetes.

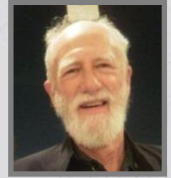
Please follow the link for a much better overview. <https://www.diabeteswa.com.au/>

Thanks to Deanne for a very informative presentation PDG John Iriks



Fine Session

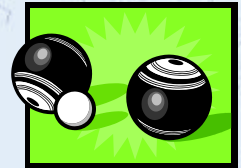
Sergeant PP John Wallhead



- Ian C: Fined, had a haircut and trim on board ship and was asked “why do you hide such a pretty face under a beard?”
question from the floor, “did he or she have a ‘white stick’ ”
- Norm and Stephen: Both sporting Moustache, Norm for charity, Stephen has had his forever, well almost!
- Eric: Seen checking out his car, looking for what?
- John I: Holding a meeting of his own during proceedings.
- Sam C: Spotted at Bunnings, completely ignored the ‘sergeant’
- John I: Managing to get Bendigo Bank advert in.
- Wendy and Bob T: Late because of council duties.
- Ian C: On their recent Grand Final road trip east, Ian took along his own pillow, and kept leaving in behind and having to go back to retrieve it.
- John B: Also on the footy trip, John neglected to take along a towel, solution was he ‘borrowed’ one from the first motel they stayed in, but the good news is he returned it on the trip home.



Rockingham/Kwinana Rotaract Club



Bowl for Headspace

Date: Sunday 24th November 2013 12.30-4.30pm

Where: Kwinana Bowling Club,
Brownell Crescent, Medina

Ticket Price: \$80 team of 4 or \$20 individual
Equipment supplied, free sausage sizzle, raffles, games and prizes

Contact:

Amanda Parr: 0447 112 546

Kim Dawes: 0433 586 481



Did you hear about the fat, alcoholic transvestite - All he wanted to do was eat, drink and be Mary

I got invited to a party and was told to dress to kill. Apparently a turban, beard and a backpack wasn't what they had in mind.

Paddy says to Mick, "Christmas is on Friday this year". Mick said, "Let's hope it's not the 13th then."

My mate just hired an Eastern European cleaner, took her 15 hours to Hoover the house. Turns out she was a Slovak.

Since the snow came all the wife has done is look through the window. If it gets any worse, I'll have to let her in.

I've been charged with murder for killing a man with sandpaper. To be honest I only intended to rough him up a bit.

After years of research, scientists have discovered what makes women happy.
Nothing.

Just had my water bill of \$ 175 drop on my mat. That's a lot. Oxfam can supply a whole African village for just £2 a month: time to change supplier I think.

7 wheelchair athletes have been banned from the Paralympics after they tested positive for WD40

A mummy covered in chocolate and nuts has been discovered in Egypt Archaeologists believe it may be Pharaoh Roche...

Just A Reminder to those who stole Electrical Goods in Last Year's Riots....Your One Year Manufacturer's Warranty Runs Out Soon.

Japanese scientists have created a camera with a shutter speed so fast, They can now photograph a woman with her mouth shut.

An elderly couple is attending Mass.

About halfway through, the wife leans over and says to her husband, 'I just let out a silent fart; what do you think I should do?'

He replies, 'Put a new battery in your hearing aid.'

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YOUR DIRTY MIND

It's just a lamp. What did you think it was?



SOME STATISTICS:

100% of men didn't notice King Kong is on the picture

This morning on the freeway, I looked over to my right and there was a woman, in a brand new Volvo, doing 100ks, her face up next to her rear view mirror putting on her eyeliner. I looked away for a couple seconds...to continue shaving, and when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily. But she scared me so much; I had to put my seat belt on and I dropped my electric shaver which knocked the donut out of my other hand.

In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my mobile phone away from my ear which fell into the coffee between my legs! Splashed, and burned the 'crown Jewels' ruined the damn phone, soaked my trousers, And disconnected an important call.

Damn women drivers!

FORGOT MY GLASSES

Yesterday my daughter again asked why I didn't do something useful with my time. Talking about my "doing something useful" seemed to be her favorite topic of conversation. She was "only thinking of me" and suggested I go down to the senior center and hang out with the guys.

I did this and when I got home last night I decided to teach her a lesson about staying out of my business.

I told her that I had joined a parachute club.

She said, "Are you nuts? You're almost 79 years old and you're going to start jumping out of airplanes?" I proudly showed her that I even got a membership card.

She said to me, "Good grief, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club."

"I'm in trouble again, and I don't know what to do... I've signed up for five jumps a week," I told her. She fainted.

Life as a senior citizen is not getting any easier

but sometimes it can be fun.

Makeup opportunities

**Rockingham:
Palm beach:
Cockburn
Fremantle**

**Monday
Wednesday
Thursday
Wednesday**
**6pm for 6.30
6pm for 6.30
7.15am for 7.30
6pm for 6.30**

**Ocean Clipper Inn
Ocean Clipper Inn
Cockburn Seniors Centre
Royal Fremantle Golf Club**

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