



Team 2017-2018

**President**  
**Michael Nella**

**Secretary**  
**Cheryl D'Souza**

**Treasurer**  
**Bob Cooper**

#### Attendance this week

**Total Members** 29  
**Apologies** 3  
**Make-up** 4  
**Attended** 24  
**Honorary Member** 1  
**LOA** 1  
**Guests** 3  
**Visitors**  
**Partners**  
**93 % Attendance**

**Facts & Figures**  
**Raffle**  
**Barry & Wendy**

**Heads & Tails**  
**Wendy (again)**

**Birthdays**  
**None this week**

**Anniversary**  
**None this week**

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**



# The Rotary Club of Kwinana Inc.

**District 9465 Western Australia**

**Chartered: 22 April 1971**



**President Michael**

## Bulletin

**No 21 15 January 2018**



Greetings to all,

After the brief rest over New Year we are now in full swing again with plans and events. The bread run has recommenced, preparations for Australia Day breakfast are well under way, and John and Chris Iriks are reminding us of the next Wellard markets! Amidst all of this activity there is also much planning taking place for the Show and Shine event in April.



**2017-2018  
RI President  
Ian Riseley**

Rotary Club of  
Sandringham (Vic)  
District 9810



**2017-2018 DG  
Bruce Lynch**

Rotary Club of  
South Bunbury  
District 9465

### Coming Events January – Vocational Services Month

Mon 22 Jan 6pm Session @ hydrotherapy pool followed by dinner @ 7pm Kwinana Local. Family night, kids welcome. \$10 Steak Night.

Fri 26 Jan Australia Day

Mon 29 Jan No Meeting

Wed 31 Jan Club Visit to RC of Palm Beach

**Attendance Officer: Greg Williams 0435 083 069**  
**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 2017 – 2018 Michael Nella



### President's Pen



#### President's Report

1. We have been invited to attend the Rotary Club of Palm Beach's club meeting on Wednesday 31 January, hence we will not have a club meeting on Monday 29 January.
2. The Baldivis Rotary Club will be having their official charter night on Friday 23 February at Peel Manor House; cost will be \$35 per head. Bookings to be made via the Peel Manor House website (under "Events").



**Secretary: Cheryl D'Souza**



#### Inward Correspondence

No report

#### Outward Correspondence

No report



**Treasurer: PDG Bob Cooper**



- Money Spinner at the Market Place is delivering approx \$1,000 per year





## Club Service: Stephen Castelli



- The bread program has resumed again! Would welcome any other volunteers to help out with the project.
- Next Board Mtg is Thursday 18/01/18
- Next meeting (22/01) will see us having dinner at the Kwinana Local. (was The Admiral). They have a \$10 steak night, and the normal menu if steak is not your choice. They have given us their function room which adjoins the outside area that has a bouncy castle and other devices to keep the kids occupied.  
You are welcome to dodge the hydro therapy pool if that is not your 'thing' and come to the pub @ 7pm for the meal. Kids are encouraged.  
Please provide numbers to Greg Williams for both the Hydro Pool and the Pub by Noon on Sat 20/01.
- 31/01 will be a combined meeting with Palm Beach RC
- 9<sup>th</sup> April will be a Restaurant Meeting.



PP Edd Samut  
Membership

### Membership

- Looking at some options for promoting membership, have sights on a couple of ladies.
- Lee has brought along prospective member Erina.



PP James Sharkey  
Public Relations

### Public Relations

- 488 "Likes" on our Facebook page!
- PP James is making good progress following his recent total knee replacement surgery.
- Next Bunnings BBQ scheduled for Thursday 8 February 2018. Need some more people to assist.

### Foundation

- No report



PP Ian Critchley  
Foundation



# Baldivis Rotary Charter Party



**COME JOIN US...**

**Friday 23rd February 2018**

**Arrival 6.30pm Till Late**

**Price \$35.00 Includes a Meal ,  
Entertainment & a Great Night Out**

**EARLY BIRD TICKETS - Book before 31st January to go into a  
draw for a mystery prize**



**To Book Your Tickets :**

**[www.peelmanorhouse.com.au/events](http://www.peelmanorhouse.com.au/events)**

**Or Call (08) 9524 2838**

**Limited Accommodation Available...**

**Peel Manor House - 164 Fletcher Road, Karnup**







PDG John Iriks

## Club Projects Director PDG John Iriks

### Project Director's Report Community

- **Show and Shine:** Between now and our event in April there will be a number of other Show & Shine events taking place around Perth and we would like teams of 2 to go to these events and hand out information regarding our Show and Shine. We are looking for volunteers to attend these and distribute flyers of our event.
- **Australia Day:** The City of Kwinana will be holding its ceremony at Calista Oval. A spreadsheet has been organized. Eric has contacted Aldi to negotiate and set prices for food. Mike Metcalf has already done some purchasing. Thursday 25 January will be a big work day to prepare for Australia Day breakfast. We have been asked to cater for 700 people, and are being paid \$5K!
- **Village Markets at Wellard:** Our next twilight markets will be held on Saturday 10 February. Note: John and Chris Iriks will be away during May and Bob Thompson will stand in as coordinator.



Michael Metcalf  
Community



PP Genevieve Carr  
Vocational

### Vocational

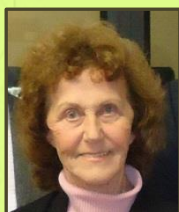
- Vocational visit organized for Monday 22 January. This will be a practical session (gentle exercise!), conducted by Genevieve, for members and partners at the hydrotherapy pool at the Kwinana Recquatic Centre from 6 – 7pm, followed by dinner at the Kwinana Local Hotel (formerly Admiral Hotel).



PP Max Bird  
International

### International

- PP Max has posted his report on the Club Runner site.



Lorraine Lucas  
Youth

### Youth

- Our student Tiffany flew out on Tuesday 9 January to attend the National Youth Science School in Canberra. Tiffany will attend our meeting as Guest Speaker on Monday 5 February to talk about her experiences in Canberra.

### Conference Report (Wendy Cooper)

- Conference scheduled for 16 – 18 March 2018
- Please advise Wendy if you are planning to attend conference.
- Book accommodation ASAP!
- Guest speakers have been organized.

Visit your club webpage.

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



## Fine Session

Sergeant Norm was absent, so his poor stand in did his best to make up for Norm's absence.

- Shirts: Mike – Loudest, Wendy and Bob – Matching?
- Eric and Bob Confessed to destroying the tracks on the shed sliding door
- Mike N: Saga last meeting with lost keys that turned up in his bag
- Gavin: Brought his mum along to the meeting. (she is most welcome).
- Bevan: Hard to believe that he was described as “the only sensible 1 in the whole lot”
- Bob: On the Roids
- James: Strange therapy – caught him and Gen at the Local Pub.
- Ian: Welcome back

In 2017, we made incredible progress in the fight to end polio. By working together we can create a polio-free world. Get involved - <http://bit.ly/2Cox3sF>





**Guest Speaker:**

**Josie from Mobile Alert Safety Pendants**

**Family business that started 4 years ago.**

**Josie was a Carer at the time and she and her husband noticed that there was a gap for vulnerable people living on their own. If they had an accident, they may not be able to get to their phone (landline or mobile) to call for help.**

**This was further reinforced when Josie's mother had a stroke and she was found passed away in the bathroom 2 days later.**

**The existing service 4 years ago relied upon the landline which was connected to a monitoring service. The main problem was that it's range was limited and if you went into the back yard, it wouldn't work.**

**Josie and her husband Lance were the 1<sup>st</sup> to bring in the Mobile Personal Alarms.**

**They use a SIM card the same as a mobile phone, so anywhere there is mobile coverage, these Mobile Personal Alarms will work.**

**The coverage depends upon the service provider, and Telstra's coverage is better than Optus. Josie found that Telstra provided good coverage and reception in Kwinana, and Optus was not so good.**

**The Mobile Personal Alarms come in a number of different colours. They are very light and easy to carry.**

**In an emergency situation, the user only needs to push the button to activate it. A mobile phone requires much more work to login, go to the phone app, find the contact, etc**

**The units can be programmed with up to 5 numbers (preferably mobile numbers) of family, friends, etc**

**In an emergency, the Mobile Personal Alarms will start by sending text messages to the 5 numbers (1 at a time), with the message "It's Stephen, I need Help". The unit also sends the Google Maps link so that the receiver can see where the Mobile Personal Alarms is currently located.**

**After the text messages, the unit then calls each of the numbers in turn until 1 answers. There is confirmation of the answer (and it's not message bank), and the helper can talk to the user via the Mobile Personal Alarms, as it has speakers and a microphone built in.**

**000 can be the 5<sup>th</sup> number if that is what is required.**

**There are other similar units around, but they do not provide the individual services that Mobile Alert Safety Pendants offers. These services include programming the Mobile Personal Alarms with the 5 numbers, providing instruction, etc.**

**The units are bought outright, and there are no ongoing costs for the unit. There is an ongoing cost for the mobile service, and Josie advised that \$15-\$20 per year was the norm, depending upon the suppliers and the plan.**

**They have a long life rechargeable batteries. The unit is dropped into it's caddy on the bedside table each night and is charged while you sleep.**

**There is an Automatic Fall Alert that can be turned on if required. This activates if there is a downward movement followed by the unit lying flat. After a brief period of time, the unit then starts playing a tune loudly to advise that if there is no cancellation in the next 20 seconds, then it will start to send out a "Fall" message to the 5 numbers. If the unit has accidentally been dropped, then the user can push the button to cancel the Auto Fall Alert.**

**There is a new IHelp model which offers some additional features including a mobile app to manage the unit.**

**For more information go to <https://mobilealert.com.au/> or email [info@mobilealert.com.au](mailto:info@mobilealert.com.au)**

The background of the entire page is a repeating pattern of the Rotary International logo, which is a gear-like wheel with six spokes and the words "ROTARY INTERNATIONAL" around the perimeter.

### **Makeup opportunities**

<b>Rockingham:</b>	<b>Monday</b>	<b>6pm for 6.30</b>	<b>Rockingham RSL Club</b>
<b>Palm Beach:</b>	<b>Wednesday</b>	<b>6pm for 6.30</b>	<b>Ocean Clipper Inn</b>
<b>Cockburn</b>	<b>Thursday</b>	<b>7.15am for 7.30</b>	<b>Cockburn Seniors Centre</b>
<b>Fremantle</b>	<b>Wednesday</b>	<b>6pm for 6.30</b>	<b>Villa Roma 12 High Street Fremantle</b>
<b>Byford &amp; Districts</b>	<b>Monday</b>	<b>6.15pm for 6.45</b>	<b>Byford Tavern, South W Hwy</b>

**Rotary Club of Kwinana Inc**  
**Contributions welcome: [gendam@bigpond.net.au](mailto:gendam@bigpond.net.au)**