



# The Rotary Club of Kwinana

Rotary  District 9465 Western Australia  
Chartered: 22 April 1971 

## Team 2021-22

**President**  
**Bob Thompson**

**Secretary**  
**Genevieve Carr**

**Treasurer**  
**Stephen Castelli**



President Bob

# Bulletin

No 21 29/11/2021



SERVE TO CHANGE LIVES

Rotary Club of Kwinana is 50 year's old 1971/2021

## Facts & Figures

### Attendance this week

- Total Members** 28
- Apologies** 5
- Make-up** 2
- Attended** 20
- Hon. Member**
- LOA** 4
- Guests**
- Visitors** 1
- Partners**

80.7%

### Raffle

John I & Ed S

### Heads & Tails

Terry E

Good meeting tonight, PP Genevieve gave us a demonstration outlining the correct way to lift or move almost every heavy item in common everyday use. An interesting 20 minutes, raised a number of questions and comments from members.

Great to see Katrina back for her third visit, a white card has been raised, usual processes to go through.

Christmas meeting on Saturday 11<sup>th</sup> December, 6.30pm at the Kwinana Golf Club \$30 per head, drinks from the bar, no BYO.

Good news is that Mike has found Furniture -on-Line a new storage facility, they must be out of Naval Base by the end of this week. More news later.

Bob and Wendy advise that they have now left WA and have entered SA, we wish them a COVID free trip, interesting times ahead with the new Omicron variant making its present felt on the East Coast.

Good to hear PP John Wallhead is progressing well, hopes to be at our Christmas meeting.



**Rotary International President**  
2021/22  
Shekar Mehta

Rotary Club of  
Calcutta- Mahanagar

**District Governor**  
9465

2021/22

Pat Schraven



## STAY SAFE



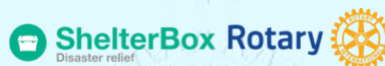
### December 2021 Disease Prevention and Treatment Month Coming Events

#### December

- Mon 6<sup>th</sup>** Club Meeting
- Sat Dec. 11<sup>th</sup>** Christmas Meting at the Kwinana Golf Club.
- Mon 13<sup>th</sup>** No Meeting
- Mon 20<sup>th</sup>** Club Meeting

#### Attendance Officer:

**Paul Durant** 0402 794 323  
Apologies by Saturday 4 pm please





**Bob Thompson**

President's Pen

29<sup>th</sup> November 2021



**AGM 2021**

Secretary Genevieve has issued members with the Notice of Meeting and Agenda for our AGM scheduled to follow our usual Club meeting on Monday 20 December 2021. One of the major items on the agenda is the Election of Office bearers for the 2022-2023 rotary year under the leadership of James Sharkey. Please review the list in the meeting Notice and Agenda and consider making yourself available. Guidance and support as necessary would be readily available to you.

**BBQ's**

Great to see the support given to Mike and to James on the two BBQ's held last weekend.

**Local Organisations Christmas Event**

Secretary Genevieve and I will represent the Club at this annual City event, where the City thanks local organisations for their service and announces a range of community service recognition awards.

Bob Thompson  
President 2021/22

**Congratulations PDG John Iriks,  
on December 1<sup>st</sup> John had served our  
Rotary Club for 42 years**



Kwinana Rotary Club Meeting Monday 29<sup>th</sup> November 2021





President 2022/23

James Sharkey



Club Service Report: 29<sup>th</sup> November 2021

### **Attendance Officer**

Please put Paul's mobile number in your mobile phone contacts list, **0402 794 323**. Diner's apologies for Monday meetings by 4.00pm Saturday.

### **Election of Office Holders for 2022-2023**

There are four Club office bearer positions that I am hoping will be filled in time for our AGM on 20<sup>th</sup> December. These positions are: -

President Elect/Club Service Director.

Vocational Service Manager.

Community Service Manager

Guest Speaker Programme Manager.

Please give some thought to how you may wish to be involved in our Club next year

### **Gilmore College BBQ Friday 26<sup>th</sup> November 2021**

Thank you to all the volunteers who assisted with the Gilmore College BBQ. A large team was required to prepare and serve sausage sizzles to nearly 1000 students in a hectic hour. The BBQ team was Mike, Kylee, Alison (Kylee's friend), John and Chris I, John M. and several Gilmore students.

### **Aboriginal Women's Group BBQ Saturday 27<sup>th</sup> November 2021**

We had an extremely hot day on Saturday for the aboriginal women's group BBQ at McGuigan Park. The numbers were well down on the 100 expected but all appeared to enjoy the day with music, singing and banter.

Our volunteers were Peter, Eric, Bob T and Terry.

### **Rotary Club Christmas Meeting**

The Rotary Club Christmas meeting will be held at the Kwinana Golf Club on Saturday 11<sup>th</sup> of December, 6.00pm for 6.30pm.

### **Rotary Club of Kwinana AGM**

Our AGM is scheduled to take place on Monday 20<sup>th</sup> December. Please give some thought to what position or committee you would like to be involved with during the 2022/ 2023 rotary year.

### **Club Service Zoom Meeting**

I am planning to hold a Club Service zoom meeting in the next week or two.

### **Rotary Meeting Monday 6<sup>th</sup> December**

The meal at our next meeting will have an Indian flavour, prepared by our Sioux chef, Stephen.

James Sharkey  
Club Service Director



## PP Genevieve Carr

29/11/2021



Inward Correspondence.

- Notice re District Dues – sent to Treasurer
- Notice re District 9465 AGM – to be held Thursday 16 December at 6pm via Zoom
- Notice re nominating for Assistant Governor role
- Message from Baldivis Rotary Club confirming support for ARH Indigenous scholarship
- Rotary Out West
- Reminder re invitation to attend ARH annual Indigenous Health Scholarship celebration on Tuesday 14 December at Mercure Hotel in Perth, 6.30 – 8.30pm

Outward Correspondence.

- Notice sent to COK regarding our compliance with COVID-19 Mandatory vaccination policy
- Notification sent to ARH that we will sponsor an Indigenous student in a health-related course of study

Would members please note that any correspondence received or posted by yourself, please ensure a copy is forwarded to your Secretary.



2021/22

## PP Stephen Castelli



Bills paid, money in the bank.

Bring your empty drink containers, we have collection bins.



021/22

## PP Genevieve Carr



1. **Gilmore College Clontarf Awards:** Thanks to Brian McCallum for representing the Club at this event on Wednesday 24 October

2. **Year 6 Graduation Ceremonies:** First event to be held this week at Calista Primary School. Other schools to be contacted to confirm Rotary representation

3. **ARH Indigenous Health Scholarship:** The Rotary Clubs of Rockingham, Palm Beach, and Baldivis have all confirmed that they are happy to combine with us together again to help sponsor and Indigenous student in a health-related field of study; each club to contribute \$625, for a total contribution of \$2500.

President Bob representing Rotary at the Calista Primary School Graduation assembly



The Saturday BBQ Crew  
James, Terry, Eric and Peter

Genevieve and Stephen trying  
a bit of Manutention Training



Did You Know This About Leather Dresses?

Do you know that when a woman wears a leather dress, a man's heart beats quicker, his throat gets dry, he gets weak in the knees, and he begins to think irrationally?

Ever wonder why?

It's because she smells like a new golf bag

Kwinana Rotary Club Meeting Monday 29<sup>th</sup> November 2021





Projects Director  
PP Mike Nella



PP Max Bird  
Foundation Dir.



PDG John Iriks  
Membership Dir.



Kim Beciri  
Public Relations Dir.

**Project Director's Report.**

Club members encouraged to assist any time, see Mike for info.  
Furniture-On-Line, really going well  
Naval Base will be vacated by week's end  
Assistance needed please help if available.  
My thanks to everyone who has assisted.  
We are leaving Lionel Street, but we do have a plan B.

Community

**Public Relations:**

We continue to receive exposure on Rotary Out West.  
**Rotary Kwinana Community Fair** is over, very successful, many thanks to everyone involved.

Vocational

**Membership:**

President John Iriks is Membership Director  
Committee: Bob Thompson, Ed Samut and Eric Blogg.  
Still the best option to invite new members, "ask someone"  
Grace Obidike was welcomed into our club Monday 25<sup>th</sup> October



PP. Max Bird  
International

**Community:**

Bread Program running well, 5 schools now on board.  
Still looking for more helpers, please come along.

**Vocational:**

**Youth:** Report above.



PP Genevieve Carr  
Youth

Visit your club webpage.

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

or type Kwinana Rotary Club into 'Search'



Guest Speaker: PP Genevieve Carr  
Senior Physiotherapist at Brightwater



Subject: Manutention Training

## What is Manutention?

“Manutention is the skills training component of manual tasks within a system of risk management. Its basis is the biomechanics of weight-lifting, martial arts, abseiling and archery.” (manutention.org.au)

Manual tasks training = Risk management + Fit to Work + Biomechanics

Manutention: French word; literally means “manual handling”

The Manutention method was developed by a French physiotherapist named Paul Dotte. As a young man Dotte injured his back and was hospitalised. He subsequently went on to develop a method of teaching safe ways to move people. Dotte worked together with an occupational therapist named Max Abric who helped develop aged care applications, and also with a world-class trainer of weight-lifting named Richard Chaput who helped develop the industrial/loads handling component.

Paul Dotte’s organisation was known as SIFAM – Service Information Formation Actives aux Manutentions. Paul Dotte’s organisation was known as SIFAM – Service Information Formation Actives aux Manutentions.

SIFAM offers five streams of Manutention training:

- Acute care
- Aged care
- Loads
- Disability
- Self safety with clients

Paul Dotte first came to Australia in 1989 to provide training courses. Since then he and his colleagues have conducted further training in Australia, with the most recent visit having been in 2017.

The Australian Association of Manutention Practitioners (AAMP) was established as a result of Dotte’s teaching. Manutention courses offered in Australia are aligned with WHS/OSH guidelines and mapped to the Australian Qualifications Framework (AQF).

Manutention involves teaching a number of fundamental postures and actions (FPAs); there are also a number of ancillary postures, actions, and holds (APAHs). The rationale is that all transfer methods (patient or loads) are essentially a sequence of specific postures and actions; therefore, need to teach the FPAs and relevant APAHs and then teach the transfer methods. There is a strong emphasis on encouraging learners to constantly practise the FPAs so that they become automatic when performing manual tasks (psychomotor

## Fundamental Postures of Manutention

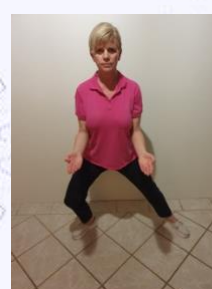
Bench

Weightlifters

Knights

Side Lunge

Oblique Lunge



When using the Manutention method, we are aiming to maintain the normal curvature of the spine. Manutention also focuses on using the large muscles of the lower limbs, our body weight, correct foot positioning, and normal movement patterns, thereby reducing strain. It also takes into account general safety strategies such as:

- Keep close to the load
- Surround the load
- Brace your spine
- Support your spine (brackets)
- Feet facing the load
- Use your lower limbs to perform movement
- Change direction by moving your feet (not your spine!)
- Appropriate choice of holds
- Use of environment where appropriate (e.g. “give” of the mattress)
- Reduce the surface contact area of the load
- Use of specific body actions e.g. “see-saw” effect, spring jump

## Teaching Manual Tasks using the Manutention Method

1. Warm-up and stretches
2. Teach fundamental postures and actions; and ancillary postures, actions and holds (as required)
3. Commence with teaching simple tasks, and then progress to more complex tasks
4. Each task to be taught using the triple-demonstration method:
  - First demonstration: Silent performance of task, with communication between demonstrator and simulated client only \*targets visual learning
  - Second demonstration: performance of task combined with detailed explanation of activity \*targets visual and auditory learning
  - Third demonstration: performance of task with verbal statement of key points only \*consolidates understanding
5. Learners to practise task following demonstration \*targets visual, auditory, and sensory components
6. Learners to be encouraged to view each demonstration from a different position to gain “the full picture”.

Information about Manutention training in Australia is available at [manutention.org.au](http://manutention.org.au).

### Fundamental Actions of Manutention

**Bow**



**Saddle**



**Counterbalance.**



**Crossbrace**





**Fine Session: Sergeant Cyril Bennett**

Stand-in: John Maskell  
Deputy Bill Rowe.



The 'No Badgers' were fined.

John M: Came to pack the bread last week, someone had hijacked the rubbish bags.

Mike N and John I reported to have committed two 'Doozies' last Friday, just pay-up and no more will be said!!!

President Bob: Fined for impersonating Ray Charles, wearing large sunny's

Paul D: Accused of 'loosely' packing the bread last Friday.

Chris O: Using a 'Tea towel' as a bib



James S: For not washing the dishes after the BBQ on Saturday, had to do them tonight!!

President BOB: Starting the meeting without his President's collar and his badge.

Stephen C: Confusing members about the Christmas meeting venue.

Cyril B: Trying to push outside fence over parking his car.

John I: Something about 117 swings for 18 holes.

Eric B: Only publishing half of James report last week.

Eric B: Bill Rowe's birthday wrong in ClubRunner.

Paul D: Had \$10 in cash, didn't know who it belonged to.



**REMEMBER THIS AT CHRISTMAS TIME**

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers till after they give birth in the spring.

Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

**We should've known ....ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.**

## Birthdays and Anniversaries December 2021

### Birthday Congratulations:

Terry Evans.	5 <sup>th</sup>
John Wallhead	12 <sup>th</sup>
Sam Cuplovic	20 <sup>th</sup>
Edd Samut.	28 <sup>th</sup>
Michael Nella.	29 <sup>th</sup>
Deryl Wallhead	4 <sup>th</sup>
Lucy Cuplovic	13 <sup>th</sup>
Sam Winmar	20 <sup>th</sup>
Lynne Bennett.	25 <sup>th</sup>



HAPPY BIRTHDAY

### Wedding Anniversary's

James & Cathy Sharkey	52 years	20 <sup>th</sup>
Max & Diane	55 years	24 <sup>th</sup>



### Club Anniversaries.

John Iriks	42 years	1 <sup>st</sup>
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*Congratulations!*

## Polio this week

24<sup>th</sup> November 2021

The thirtieth meeting of the Emergency Committee under the International Health Regulations (2005) (IHR) on the international spread of poliovirus was convened by the WHO Director-General on 3 November 2021.

Dear polio eradication partner, I would like to highlight several significant developments since my last update in June about the launch of the new GPEI strategy and my travels with GPEI leadership in Pakistan... [read more](#)

A circulating vaccine-derived poliovirus type 2 (cVDPV2) has been confirmed in Yemen, in samples taken from two children with acute flaccid paralysis (AFP). Genetically-linked cVDPV2 has been confirmed in a 108-month-old female from Taiz governorate (in the south-west of the country) with onset of paralysis on 30 August, and in a 26-month-old female in Marib governorate (in the centre of the country), with onset of paralysis on 1 September 2021.

Summary of new WPV and cVDPV this week (AFP cases and ES positives):

- Afghanistan: two WPV1 cases
- Nigeria: nine cVDPV2 cases and 25 cVDPV2 positive environmental samples
- Yemen: two cVDPV2 cases



# What happened this week in history?



Nov 28<sup>th</sup>

to

Dec 4<sup>th</sup>



28<sup>th</sup>

1520: Portuguese navigator Ferdinand Magellan begins crossing the Pacific Ocean  
1814: The Times of London first printed by automatic, steam powered presses  
1893: Women vote in a national election for the first time, in the New Zealand  
1919: Lady Nancy Astor elected as the 1st female member of the British House of Commons

29<sup>th</sup>

1775: Sir James Jay invents invisible ink  
1870: Compulsory education proclaimed in England  
1877: Thomas Edison demonstrates his hand-cranked phonograph for the first time  
1962: Great Britain & France decide to jointly build the Concorde supersonic airliner

30<sup>th</sup>

1782: Britain signs agreement recognizing US independence  
1872: First international soccer game, Scotland draws with England (0-0) in Glasgow  
1886: The Folies Bergère stages its first revue  
1924: 1st photo facsimile transmitted across Atlantic by radio (London-NYC)

1<sup>st</sup>

1822: Franz Liszt, aged 11, debuts as a pianist in Vienna  
1913: Ford Motor Company institutes world's 1st moving assembly line for the Model T Ford  
1929: Game of Bingo invented by American toy salesman Edwin S. Lowe  
1953: Hugh Hefner publishes 1st edition of Playboy magazine, featuring Marilyn Monroe

2<sup>nd</sup>

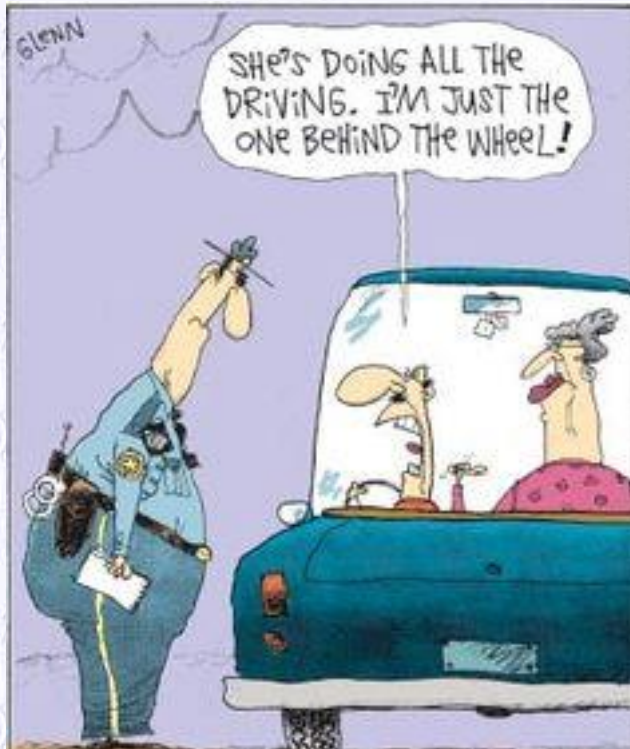
1697: St Paul's Cathedral, designed by Sir Christopher Wren is consecrated for use  
1901: King C. Gillette begins selling safety razor blades  
1927: 1st Model A Ford sold, for \$385  
1969: Boeing 747 jumbo jet 1st public preview (Seattle to NYC)

3<sup>rd</sup>

1689: 1st successful separation of conjoined twins Elisabet and Catherina Meijerin, in Basel  
1854: Eureka Stockade: more than 20 goldminers at Ballarat, Victoria, are killed by state troopers.  
1910: Neon lights first publicly displayed (Paris Auto Show)  
1967: 1st human heart transplant performed in South Africa by Dr Christiaan Barnard

4<sup>th</sup>

1791: Britain's Observer, oldest Sunday newspaper in the world, first published  
1843: Manila paper (made from sails, canvas and rope) patented in Massachusetts  
1930: Vatican approves rhythm method for birth control  
1961: The female contraceptive 'pill' becomes available on the National Health Service in Britain



**Makeup opportunities**

Rockingham	Monday	6pm for 6.30	Rockingham RSL Club
Palm beach	Wednesday	6pm for 6.30	Ocean Clipper Inn
Baldivis	Mon/Fortnightly	6.30pm for 7.00	Peel Manor House
Cockburn	Thursday	7.15am for 7.30	Cockburn Seniors Centre
Byford & Districts	Monday	6.15pm for 6.45	Byford Tavern, South W Hwy

Rotary Club of Kwinana  
 Contributions welcome: [eblogg@bigpond.com](mailto:eblogg@bigpond.com)