



Team 2017-2018

President
Michael Nella

Secretary
Cheryl D'Souza

Treasurer
Bob Cooper

Attendance this week

Total Members 29
Apologies
Make-up
Attended
Honorary Member
LOA
Guests
Visitors
Partners
% Attendance

Facts & Figures
Raffle
None this week

Heads & Tails
None this week

Birthdays

22 Feb Lee Davis and grand-daughter Tiara
2 Feb Cathy Sharkey

Anniversary
None this week

If you had any we hope you had a good day



Visitors always welcome



The Rotary Club of Kwinana Inc.

District 9465 Western Australia

Chartered: 22 April 1971



President Michael

Bulletin

No 22 22 January 2018



Greetings to all,

It was a meeting with a difference this week, commencing with an exercise session in the local hydrotherapy pool for a dozen members and partners, followed by dinner at the newly revamped Kwinana Hotel. Nice to have Gavin's mother Glenys joining us for both hydro and dinner. Participants in the hydro session found it very beneficial, although a few may have been feeling the effects of the exercise the following day! If there is sufficient interest, this activity could place on a regular or semi-regular basis.

This Friday will see members and partners in full force as we provide breakfast at the City of Kwinana's Australia Day ceremony at Calista Oval. The event is one of the most important activities on the club calendar and, despite the effort and organisation involved, one of our most rewarding activities as we are able to make our presence highly visible within the local community. Preparations will take place at Rotary Hall on Thursday 25 January from 1pm onwards, so any help from members and partners would be much appreciated. On Friday morning we will be up with the sparrows and getting our act together from 6.30am onward at Calista Oval.

STOP PRESS: Huge congratulations to PP Max Bird for being named the 2018 Senior Citizen of the Year by the City of Kwinana. Congratulations also goes to PP Greg Williams for being another nominee for this award. We are so proud of both of these gentlemen.

Happy Australia Day to everyone!



2017-2018
RI President
Ian Riseley

Rotary Club of Sandringham (Vic)
District 9810



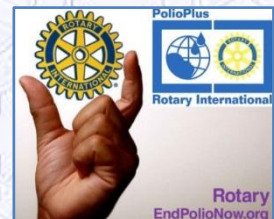
2017-2018 DG
Bruce Lynch

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. Shall confirm later this week as to whether we will be doing bread run on Friday 26 January.
- 31/01 will be a combined meeting with Palm Beach RC; please advise Greg Williams by Saturday if you wish to attend.
- 9th 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.



PP James Sharkey
Public Relations

Public Relations

- 490 “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

'The best way to find yourself is to lose yourself in the service of others.'

Mahatma Gandhi

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Rotary

www.wgmeal.com

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**



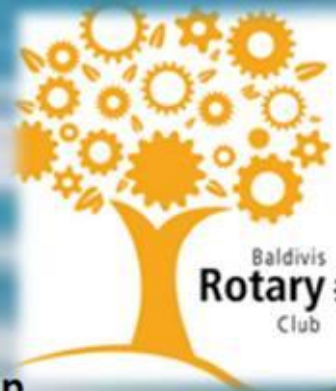
To Book Your Tickets :

www.peelmanorhouse.com.au/events

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. Preparation will commence at 1pm at Rotary Hall. 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

- We had a total of 11 participants in the hydrotherapy session at the Recquatic Centre on Monday 22 January. All folks who participated found it very beneficial. Can look at doing this activity at regular intervals if there is sufficient interest.



PP Max Bird
International

International

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



Lorraine Lucas
Youth

Youth

- Tiffany will attend our meeting as Guest Speaker on Monday 5 February to talk about her experiences at the National Youth Science School 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>

or type Kwinana Rotary Club into "Google"



Fine Session



No fines this week

JANUARY IS VOCATIONAL SERVICE MONTH

"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good ethics through vocation."
 Carlos Frum, PDG D6440

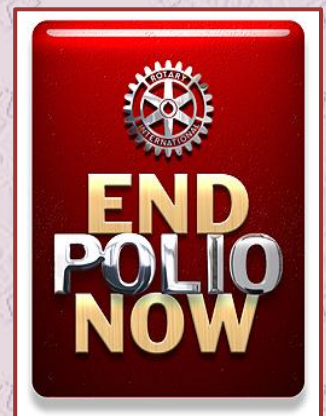
Rotary   www.rotary.org

Win the Polio Battle
Give 2 Drops
Make our World Polio Free
Every Child needs Vaccinating
All Children Deserve a Chance
Let's End Polio Now

Rotary 

Take Action
 Have a Meal Event
www.wgmeal.com





Guest Speaker

Genevieve Carr – Hydrotherapy

With January now being Vocational Services Month, your worthy Vocational Services Project Manager organized and conducted an exercise session for members and partners in the special hydrotherapy pool at the Kwinana Requatic Centre. Having utilized hydrotherapy extensively over the years as part of her physiotherapy practice, it seemed highly appropriate for her to share some of her professional knowledge with members and partners.

Hydrotherapy literally means “water therapy”. The temperature of a hydrotherapy pool is significantly warmer than the average public swimming pool, with temperatures of 34 – 36 degrees C. Hydrotherapy entails combining the benefits of the warm water together with other properties of water to gain therapeutic benefits.

Benefits of Hydrotherapy

- Increased blood flow due to effects of heat; this promotes muscle relaxation and assists with joint movement
- Reduction of pain due to muscle relaxation and increased joint movement; in addition, heat desensitizes nerve endings
- Reduction of swelling in joints due to effects of water pressure and increased blood flow
- Reduced weight-bearing stresses in water: many strengthening and fitness exercises that may be too uncomfortable to perform on land can be undertaken in the pool without damaging joints; this is particularly beneficial for conditions such as arthritis and back pain
- Buoyancy effects: the effect of buoyancy can be utilized for both assisted exercises and for resisted exercises; also, a number of relaxation activities, such as floating, can be undertaken due to buoyancy effects
- Turbulence: building up turbulence in the water, e.g. by performing exercises faster, creates more resistance for muscles which helps with increasing muscle strength
- Cardiovascular benefits: the effect of water pressure on the larger blood vessels in the body increases blood returning to the heart, which in turn increases cardiac output
- Fun!!!

Hydrotherapy is beneficial for a range of conditions such as arthritis, back and neck pain, sports injuries, overuse injuries, cerebral palsy, stroke, post-operative rehabilitation (e.g. joint replacement surgery), and general stiffness and fatigue.

The hydrotherapy pool at the Kwinana Recquatic Centre was opened during the early 1990s, and provides access for people with disabilities, people with specific injuries, rehabilitation, and the general public. The pool is open to the public every day at specific times, while profit and non-profit groups are able to book the pool for private use at other times.

Some Suggested Exercises for the Hydrotherapy Pool

1. Warm-Up

- Walking forwards
- Walking sideways
- Walking backwards
- “Marching”/high stepping

2. General mobility

- Bend head forwards and backwards
- Bend head sideways (both directions)
- Turn head side-to-side
- Shoulder circling (both directions)
- Gentle wrist and finger movements

3. Standing facing wall

- Squatting exercises
- Knee bends with feet turned out (plies)
- “Walking feet up the wall” then walk feet backwards as far as possible
- Standing on one foot

4. Standing sideways at wall

- Bend/straighten knee: slowly at first, then steadily increase speed to create more resistance
- Keeping knee straight, swing leg forwards and backwards

5. Fitness activities

- Jogging
- Star jumps
- Jump and twist
- Hopping
- Bicep curls
- Punching activity

6. Activities using pool noodle

- Push float forwards and backwards
- Push float downwards and upwards
- Place foot at centre of noodle: push noodle downwards and upwards using foot
- Sit on noodle: bend/straighten knee
- Noodle under armpits: cycling exercises
- Noodle under armpits: relaxation/floating

Public session times for the hydrotherapy pool are as follows:

Monday: 1.00 – 2.00pm

Tuesday: 6.00am – 8.00am
12.00pm – 2.00pm
6.00pm – 8.00pm

Wednesday: 1.00pm – 2.00pm

Thursday: 6.00am – 7.30am
1.00pm – 2.30pm
6.00pm – 8.00pm

Friday: 1.00pm – 2.00pm

Saturday: 1.15pm – 3.15pm

Sunday: 12.15pm – 2.15pm

Pool Entry Charges for Public Session

Public Session	Charge
Adult	\$7.90
Child (5-15 years)	\$5.80
Senior/Concession	\$5.80
Adult (10 Pass)	\$71.10
Child (10 Pass)	\$52.20
Senior/Concession (10 Pass)	\$52.20

Members and Partners in the Hydrotherapy Pool



Australia Day 2018



Makeup opportunities

Rockingham:	Monday	6pm for 6.30	Rockingham RSL Club
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