



The Rotary Club of Kwinana

Rotary **District 9423 Western Australia**
Chartered: 22 April 1971



Team 2024-25

President
Terry Evans

Secretary
Genevieve Carr

Treasurer
Karen Zabiela



President Terry

Bulletin

No 28 17/02/2025



Rotary Club of Kwinana is 53 years' old 1971/2024

Facts & Figures

Attendance this week

- Total Members** 27
- Apologies**
- Make-up**
- Attended** 17
- Hon. Member**
- LOA**
- Guests**
- Visitors** 3
- Partners**

64.0%

Raffle
Stephen & Norm

Heads & Tails
Mike N



PP/PE Stephen Castelli is chairing our meetings in the absence of President Terry who is away for a few weeks.

We welcomed former member and visiting Rotarian Peter Schulz who is now a member of the Harvey Rotary Club, we also welcomed Yanti who has returned after a quick visit to Jakarta. Alan Johnson again joined us, expect an induction soon, regalia ordered.

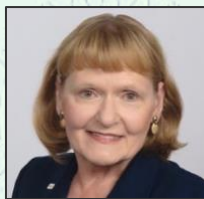
Guest speaker tonight was our own PP Genevieve Carr who as a Health Professional is a Physiotherapist with more than 25 years' experience in a variety of fields.

The title of tonight's presentation is 'Safe People Handling' Genevieve showed us tonight how to assist the elderly to stand from both a sitting and a lying position. It is surprising just how many people don't know the correct procedure to not only protect the patient but as to not injure yourself.

Did you know?

King Charles III is an honorary member of Banchory-Ternan Rotary near Aberdeen, Scotland – about 30 miles from the Balmoral Estate.

Princess Anne is also an honorary Rotarian, with Elgin Rotary, some 60 miles north of the royal estate in Scotland.



Rotary International President
2024/25
Stephanie Urchick

Rotary Club of McMurray
Pennsylvania USA

District Governor
9423
2024/25

Pat Schraven



February 2025 - Peacebuilding and Conflict Resolution

Mon 3 rd	Camp Opportunity	Daniel MacLure
Mon 10 th	Bicycles for Humanity	David Tucker
Mon 17 th	Manual Handling	Genevieve Carr
Mon 24 th	Community Need	Denver D'Cruz COK



Attendance Officer: Kertrina 0401 632 749





Presidents Pen



February 2025



Presidents Report (by Stephen on behalf of Terry)

We welcomed Peter Schulz back to the club for a visit. Peter is now a member of RC Harvey. It was good to see the big lad again and to have him participate in the guest speaker slot.

Our Guest speaker was our own Genevieve Carr. Genevieve spoke with clear passion and knowledge on the subject of Safe People Handling.

Genevieve also got us out of our chairs (which was hard for some) and had us actively participating/learning.

Next Monday 24th Feb will be a Partners Night, so that we can farewell Paul and Kim. Please advise Club Services Director Stephen asap of your attendance (or not).

The food will be Greek.

We are looking forward to inducting Alan Johnson into the Club in the near future.

Alan and his wife Rosemary will both be in attendance next Monday 24/02.

I received a quick message from President Terry to say that he will have to take the long way home, due to the flooded roads in the Pilbara. We wish Terry & Tish all the best in their travels.

Yanti and I caught up with Bevan last Sunday for a cuppa and a discussion regarding diamond paintings (an activity shared by Yanti & Bevan).

I have also been told that Steve Spinks (past president of our club) is not doing well. We wish Steve all the very best.

Reminder of the District Conference in Margaret River from Friday 28th March to Sun 30 March. Yanti and I will be going.

Terry Evans
President 2024/25

Stephen Castelli
President 2025/26

Meeting at Rotary Hall

Monday 17th February 2025





Stephen Castelli President 2025/26



Stephen is looking at a number of options for Club Events. Included on the list at the moment is:

- **Trip to Kalgoorlie** for meeting with Kalgoorlie Club. People to make their own way there via car, train, caravan, bicycle, whatever.
Koorliny Arts Shows:
- **Hotham Valley Rail** – 3 options:
 - Forest Train. Operates Saturday and Sunday @ 10:30 and 14:00
Open carriages - 95-minute return journey
From \$32.69 per person
Steam Ranger, Operates Sundays @ 10:30 and 14:00
Commencing in May 2025 2 hour return journey, Includes a licensed Rail Car From \$46.40 per person
 - Restaurant Train. Operates April to December
Leaves from Dwellingup station 7pm to 10pm. Saturday night only.
Fixed Menu, 5 course meal. No Vegetarian, No GF offered
From \$124.44 per person
- **Train to Perth Airport.** For all those that want to experience this new option to get to and from airport
We may have a built in Tour Guide in Josh Carr
- **Progressive Dinner**
We will need at least 3 people willing to host member and partners for dinner.
Each Host will provide the venue for 1 of either Entrée, Mains or Desert.
All attending will need to assist with providing the food. A Roster for food will be arranged if this goes ahead.
- **Restaurant Evening**
A new restaurant has opened in Kerosene Lane (over the road from Spudshed).
Yanti and I went there last Friday 14th Feb, and we can report back that it is very nice, but maybe a tad expensive.

I was even considering talking to Dai and Suzi at Green Barista in Medina about doing a “long table” 1 evening, but there are a few issues that we would have to work through 1st

PE Stephen Castelli



PP Genevieve Carr February 2025



Inward Correspondence.

- Regional Council update
- Rotary WA District Newsletter #19
- Applications for RYPEN May 2025

Outward Correspondence:

- Order sent to Imprint Plastic for member and partner badges for new member Alan Johnson and wife Rosemary
- Order sent to RDU Supplies for Rotary pin and certificates for new



2024/25

PDG John Iriks



We're thrilled to announce that applications for the **RYPEN Camp (2nd – 4th May 2025)** are **NOW OPEN!**

RYPEN (Rotary Youth Program of Enrichment) is a **transformational weekend camp** designed for teenagers aged **14-17**, where they will:

- ✓ Build confidence in **communication & leadership**
- ✓ Develop **problem-solving** skills
- ✓ Take on **exciting challenges**
- ✓ **Make new friends** and have an unforgettable time!

This is a **unique opportunity** for young people to step out of their comfort zone, grow personally, and **have a blast** in a supportive, inspiring environment.

💡 **Know a teen who would love to be part of this experience?** Encourage them to apply now!

📄 **Key Details:**

- 📅 **Dates:** 2nd – 4th May 2025
- 📍 **Location:** Serpentine Camping Centre
- 💰 **Cost:** \$340 per attendee (sponsored by Rotary Clubs)
- 📅 **Application Deadline:** 21st April 2025



2024/25

Rtn. Tony Miller



As from this week Tony is on a 3-month LOA and is presently in Vietnam. (Safe travels)

A frog telephones the Psychic Hotline and is told: "You are going to meet a beautiful young girl who will want to know everything about you."

The frog says: "This is great! Will I meet her at a party, or what?"

"No," says the psychic: "Next semester, in her biology class."



Project Director
Rtn. Tony Miller

Public Relations



Foundation Dir.
PP Max Bird

International



Membership Dir.
PP Edd Samut



Events Manager
PDG John Iriks

Youth



Community
Kertrina Riordan

PP Max has received the Ken Collins Award for Excellence in Rotary Service

Edd has Rotary Kwinana stickers and magnetic signs. See Edd if you would like to put either on your car.

Australia Day Breakfast.
We are providing our signature breakfast on the 26th.
Done & Dusted.



Treasurer
Karen Zabiela

Perth City 1971





Fine Session: Sergeant Norm Mulcahy



PP Stephen Castelli
&
PP Greg Williams
stand-in when required.

Stephen: Something about rummaging through someone's handbag??

Peter S: Extracting some 'Harvey money' looking good Peter!!

Haircut, Mike and Greg.

Chris O: Wedding anniversary, pay-up.

Invitation only table: Pay-up

Bill R: No Badge

Yanti: Didn't give Bob T a lift!!!

Greg: Was on bread duty last Monday, forgot, but didn't matter they had enough, (saved)

Kwinana Freeway 2025



12th February 2025

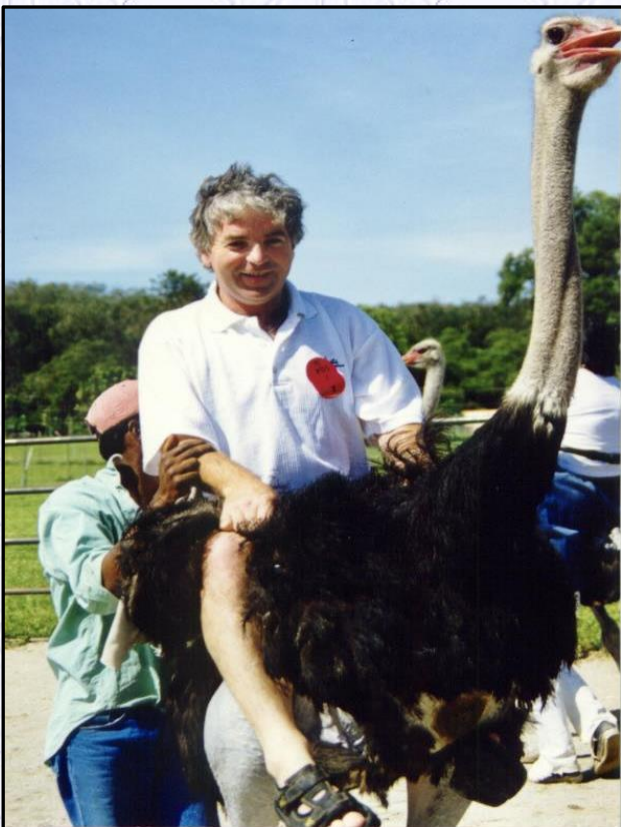
Polio at WHO EB: at last week's WHO Executive Board in Geneva, ministers of health and delegates discussed a myriad of global public health issues, including on the need to [urgently eradicate polio](#).

Summary of new polioviruses this week, cases and positive environmental isolates:

- Pakistan: 23 WPV1-positive environmental samples



Please insert your own caption to describe these two pictures





Guest Speaker:
PP Genevieve Carr.
Senior Physiotherapist at: Spartan First

<https://www.spartanfirst.com.au/>



Genevieve has more than 25 years' experience in her chosen field, having worked in general practice, aged care for many years and now in workplace education, Genevieve is well qualified to pass on her extensive knowledge to our meeting tonight.

Genevieve first showed us a ppt showing the do's and don'ts in the process of manual lifting whether that be material things or people, in particular the elderly.

Some the important things to remember are listed below.

- Keep close to the load
- Feet facing the load
- Surround the load
- Use your leg muscles to achieve movement
- Use body weight to achieve movement if possible
- Move your feet to change direction, not your spine
- Avoid twisting your spine
- Brace arms against trunk to support your spine
- Aim to maintain the normal curves in your spine

Avoid:

- Lifting person, unless in case of extreme emergency
- "Hooking" under person's shoulder – dangerous for both yourself and another person
- Grabbing person's wrists.
- Pulling on person's clothes.
- Catching falling person.

Remember:

- Normal movement patterns for sit-to-stand, moving forwards/backwards in chair.
- Ask yourself whether you genuinely feel you can manage the task safely.
- Allow the person to do as much as possible.
- Is there anything available to help make the task easier e.g. walking frame, chair rests?
- Hands: Think "paws", not "claws"!
- Is there anyone else available to help?
- If any doubt, call an ambulance.

Manual handling is the most common cause of injuries for employees working in aged care facilities, accounting for 58 per cent of all injuries. Nurses, carers, cleaners, laundry, maintenance, administration and kitchen staff are all at risk from manual handling injuries. The most commonly injured part of the body is the back, followed by the shoulder, arm, hand and neck.

Statistics from the National Occupational Health and Safety Commission for the aged care industry show that strains and sprains made up three-quarters of all the workers' compensation injuries that occurred.

Below:

Genevieve assisting a 'patient' (Greg) from a lying on the floor position to sitting on a chair.



Birthdays and Anniversaries February 2025

Birthday Congratulations:

Cathy Sharkey 2nd
 Diane Bird 7th
 Eric Blogg 12th
 Wendy Cooper 18th
 Tish Evans 24th



Wedding Anniversaries

Chris and Carol 21st 22 years
 Peter and Karen 25th 36 years



Club Anniversaries:

Max Bird 01st 26 years
 Tony Miller 18th 2 years
 Norm Mulcahy 26th 19 years

Congratulations



What happened this week in history?



Feb 17th

to

Feb 23rd



17th

1854: Britain recognises independence of Orange Free State (South Africa)
1883: A Ashwell patents vacant/engaged toilet lock in London
1904: Giacomo Puccini's opera "Madama Butterfly" premieres at La Scala in Milan, Italy
1917: In Australia, Nationalist Party takes over a coalition government

18th

1678: John Bunyan's "Pilgrim's Progress" is published in Holborn, London, by Nathaniel Ponder
1876: Direct telegraph link established between Britain and New Zealand
1885: Mark Twain publishes the "Adventures of Huckleberry Finn" in the US
1901: H Cecil Booth patented a dust removing suction cleaner

19th

1878: Thomas Edison is granted a patent for his gramophone (phonograph)
1881: Kansas becomes 1st state to prohibit all alcoholic beverages
1906: W.K. Kellogg, founding the multinational food manufacturer Kellogg's
1942: About 150 Japanese warplanes attack the Australian city of Darwin

20th

1472: Orkney and Shetland are left by Norway to Scotland, due to a dowry payment.
1673: 1st recorded wine auction held in London
1872: Hydraulic electric elevator patented by Cyrus Baldwin
1962: John Glenn becomes the 1st American to orbit the Earth, aboard Friendship 7

21st

1797: Trinidad, West Indies, a Spanish colony, surrenders to the British
1842: 1st known sewing machine patented in US by John Greenough of Washington, D.C.
1857: Congress outlaws' foreign currency as legal tender in US
1947: Polaroid Camera, demonstrated by Edwin Land at the Optical Society of America in NYC

22nd

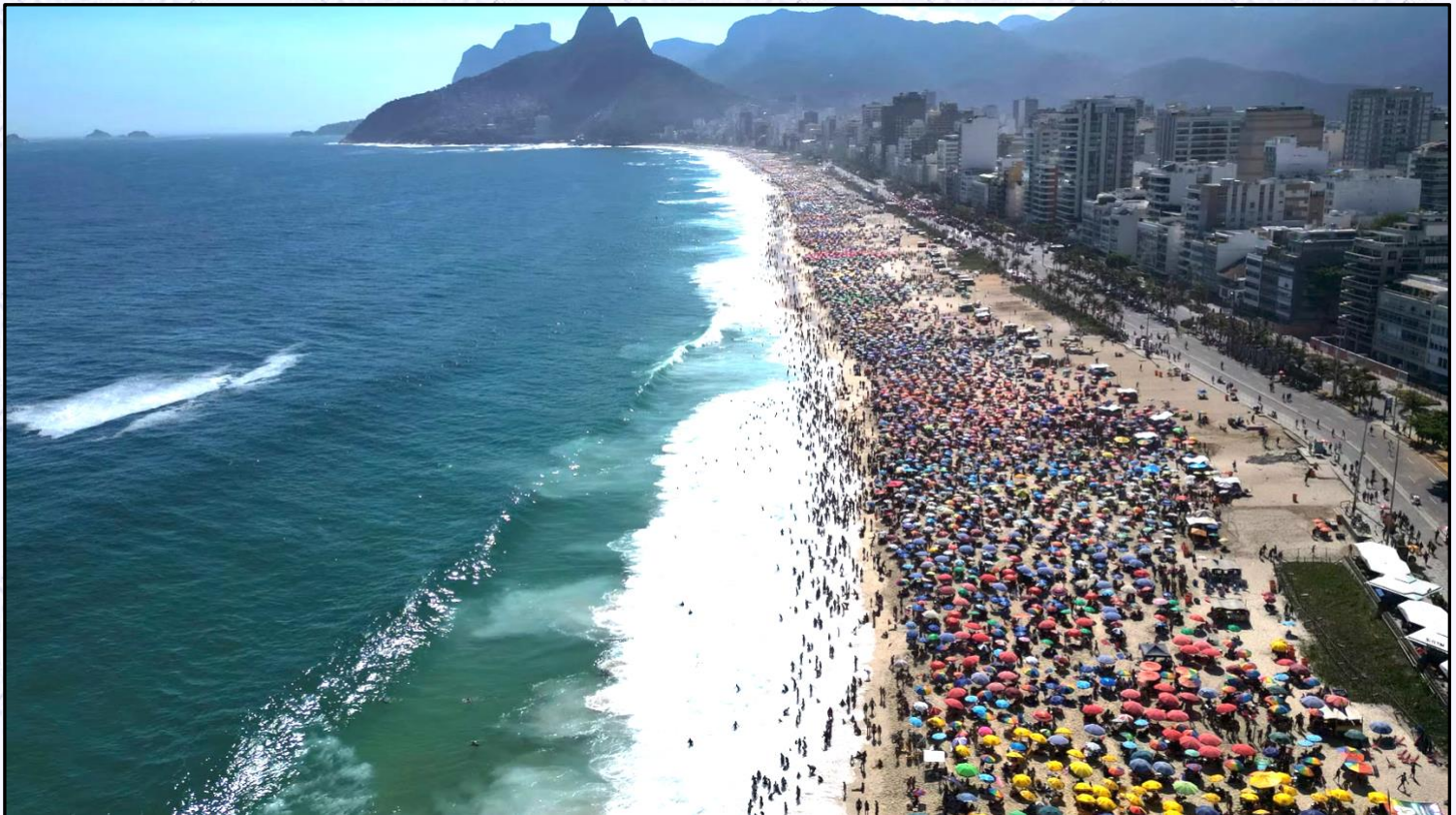
1774: British House of Lords rules authors do not have perpetual copyright
1797: The Last Invasion of Britain, by the French during the Revolutionary Wars, Fishguard, Wales
1825: Russia & Britain establish Alaska-Canada boundary
1928: 1st solo flight from England to Australia lands in Darwin, by Australian aviator Bert Hinkler

23rd

1782: Engineer James Watt's patent for a rotary motion, steam engine (his sun-and-planet gear)
1822: Boston, Massachusetts, is incorporated as a city
1886: "The Times" of London newspaper publishes what was the world's 1st classified ad
1905: First Rotary Club formed by 4 men in the Unity Building, Chicago

Rio de Janeiro has recorded its hottest day in at least a decade when temperatures reached 44 degrees Celsius (111 F) as residents try to cool off in the ocean. Crowds at two popular beaches in Rio last Monday 17th February

I'd like to be the sole umbrella salesman.





Police came round last night and told me my dogs were chasing people on bikes.

My dogs don't even have bikes.

School called today to say my son keeps misbehaving.. I replied, he misbehaves at home as well, but I don't call you. Sorry he's your problem till 3:15

Last night there was an accident and Trump's personal library burnt down.

This is a huge catastrophe because BOTH of his books were lost, and he had only coloured in one of them so far.

Group 9 Rotary Clubs, Meeting Times

Rockingham	Monday 6pm	Armadale	Tuesday 7pm
Palm beach	Wednesday 6.30pm	Mandurah Districts	Tuesday 6pm
Baldivis	Tuesday 6.30pm	Pinjarra	Thursday 6.45pm
Cockburn	Wednesday 6pm	Byford & Districts	Monday 7pm

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