



The Rotary Club of Kwinana Inc.



District 9465 Western Australia

Chartered: 22 April 1971

Team 2016-2017

President
Max Bird
Secretary
Brian McCallum
Treasurer
Bob Cooper

Attendance this week

Total Members 30
Apologies 1
Make-up
Attended 25
Honorary Member 1
LOA 1
Guests
Visitors 3
Partners

Facts & Figures

Raffle
Lee & Steve
Lorraine & Steve

Heads & Tails
Mike Nella

Birthdays

Wendy Cooper 18 Feb
Betty White 19 Feb

Anniversary

Chris & Carol 21 Feb
Brian & Ann T 22 Feb
Matt & Betty 23 Feb

If you had any we hope
you had a good day



Meets Monday
6 for 6.30pm
At Rotary Hall

Brownell Crescent, Medina



President Max

Bulletin

No 29 20 February 2017



Greetings to all,

After many weeks of careful planning and making numerous contacts, the Show and Shine Car Event took place on Sunday 19 February at the Kwinana Motorplex. Despite the intense heat of the day (38 degrees was the reported maximum), club members all pulled together and did what we do best of all – worked together as a team. The hot weather affected public attendance to a certain extent; however, folks who did attend, together with market stallholders, were all very satisfied with the event and indicated their willingness to be involved in future events of the same nature. Management staff at the Motorplex were most impressed with the organisation and effective processes of the day. Michael Metcalf and his organisation team deserve a standing ovation for their outstanding coordination of the event. As a first-time event, there are always some issues which can be refined, and thus we can look forward to future car events becoming bigger and more successful. A special acknowledgement to DG Linda McLerie who made the effort to attend our event after attending the combined Group 4 Presidents' Meeting, and was then due to drive home to Kalgoorlie in the afternoon!

Next Sunday 26 February will be the Rotary Swimathon. (Folks will have the opportunity to cool down after the heat of the Show and Shine.) As the organisers of Rotary Global Swimathon have announced that 2017 will be their last year of conducting this event on a worldwide level, our goal for this event is to focus on having fun whilst acknowledging the importance of End Polio Now.



Rotary International President
2016-2017
John F Germ

Rotary Club of Chattanooga

District Governor
9465
2016-2017

Linda McLerie



Coming Events

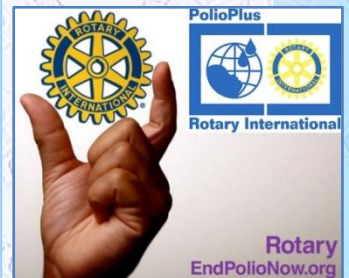
February – World Understandingh

- Mon 20 Feb Club Meeting: GS Adam Beavis c/o Kwinana Physiotherapy
- Sun 26 Feb Swimathon @ Kwinana Recquatic
- Mon 27 Feb Club Meeting: GS Laurie Smith c/o Palm Beach Rotary

March – Literacy

- Mon 6 Mar Public Holiday – no meeting
- Mon 13 Mar Club Meeting: GS Rohan Smith c/o Gilmore College

Attendance Officer: Greg Williams 9419 5834
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 2016 – 2017 Max Bird

President's Pen



President's Report

1. Welcome to visitor Perry Gangemi, and to Guest Speakers Adam Beavis and Karoline Furlinger from Kwinana Physiotherapy.
2. What a great day at the Motorplex on Sunday for the Show and Shine, thanks to Michael Metcalf and John Iriks. The day was run hassle-free, and is the ground work for something that is only going to get bigger and better and better. All the stall holders I spoke to had a good day and will be back next year.
3. Genevieve and myself attended the Zone 4 President meeting at Cockburn also on Sunday morning. Minutes of the meeting will be on ClubRunner once they are completed.
4. Swimarathon is just about on us as well, so please support Genevieve with this event.
5. James has several mentions for the club in the latest version of *Rotary Out West* 19th February 2017.
6. A busy bee has been arranged for the 3rd & 10th March at the Clubs Hall to carry out some sorting and cleaning. Please see ClubRunner for details.



International

The International committee is carrying out the following:

I will be the guest speaker at

- Mandurah Districts 21st February
- The Rotary Club of Western Endeavour has now joined the group.

Max Bird



Club Service: PP Mike Nella



- As of next Monday 28 February, members will need to pay \$28 weekly due to increase in meal prices. *Note: this is the first time meal prices have been raised in several years++.
- Thanks to members who are assisting with the bread run.



Secretary: PP Brian McCallum



Inward Correspondence:

- Invoice from Australia Post for hire of post box
- Invoice from Handicamp for our attendee

Outward Correspondence:

Additional note: for those members (esp new members) wishing to order a Rotary t-shirt, Brian McCallum is able to order plain Rotary t-shirts from RDU Supplies for \$28 each.

Mike Metcalf to investigate another organization for shirts with club logos.

Minutes from last Wednesday's Board Meeting have been sent out. Several important items have been red flagged in General Business.



Treasurer: PDG Bob Cooper



- Have received invoice for Handicamp.
- This club owes Mike Metcalf a huge congratulations for his work organising the Show and Shine.
- Money is in the bank; some bills have been paid!

Show and Shine Car Event





PDG John Iriks
Club Projects Director

Club Projects Director PDG John Iriks



PP Ian Critchley
Foundation



PP Edd Samut
Membership



Michael Metcalf
Community

Project Director's Report Community

- We survived "Show and Shine" (despite the intense heat!). We made a small loss due to the lack of attendees. Will need to look at how to increase numbers attending, and make other improvements. Considering spring time as a better time to hold the next event. It was a great team effort over the weekend. Huge thanks to original committee of John Iriks, Ian Critchley, and Matt White.
- Next Wellard Markets will be on Saturday 11 March. This will be our last twilight market for this Rotary year.
- Anzac Day breakfast on Tuesday 25 April. Expecting large crowds to be fed.



PP Genevieve Carr
Vocational

Vocational

- No report

Youth

- No report



Pres. Max Bird
International

Membership

- Gavin Denz will be inducted at next week's meeting.
- Welcome to visitor Perry Gangemi.

Foundation

- Swimarathon scheduled for Sunday 26 February at the Kwinana Recquatic Centre. Registration to take place between 10.30am and 11.20am; swimarathon will occur between 11.30am and 12.30pm. Seeking participation from Rotarians and families! Genevieve will send out an email outlining duties and procedures for the day. The event has been promoted to the Kwinana Swimming Club, local karate club, local schools and newspapers, and via social media.



Lorraine Lucas
Youth

Public Relations

- Article about the swimarathon, appearing in last weekend's issue of the *Weekend Courier*.
- Photos of club activity continuing to appear in *Rotary Out West*, together with promotions for the car show and swimarathon. Had at least two articles in the most recent edition!



PP James Sharkey
Public Relations

Visit your club webpage.

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



Fine Session

Sergeant Steve had a field day out of Sunday's event! Some notable fines for this evening included:

John Iriks: "Lost his hat." It was hanging from his radio!!!

Max: Was very proud of his new hiking stick, then promptly lost it!

Max: Grabbing the easy job of driving Mike Metcalf's car.

Matt: Sleeping on the job!

Bevan: Sat all day in the air-conditioned caravan for two customers!

Ian: Sitting in the back of the golf cart in the shade!

Wendy & Bob: Disappeared for a while for a "nooner"!

Mike N & Cyril: Promptly told Steve "where to go" when he wanted the house special at the BBQ!!!

Bob T: At the end of the day had a list of single women attending the Show and Shine!

John Iriks: About to start a new career in real estate

Brian Mc: Little Aussie bleeder!

Bevan: Gave the loyal toast, but forgot to mention the Queen!

Edd: Forgot to take the guest speakers to dinner!

Mike Nella: Called for a burger, but had no bun ready!

In Pakistan in recent years, polio vaccinations more than doubled from 11 million (2013) to 24 million (2015), while recorded cases dropped from 304 (2014) to 20 (2016). Learn how Rotary is working with Pakistan to end polio for good: endpol.io/2ITBrZ3



Personality of the Week

Genevieve Carr

Name: Genevieve Carr

Place of Birth: Pyramid Hill, Victoria

Favourite food: French and Italian food!

Favourite movie/TV program: Movie: *The Help* TV: Three-way tie between *Downton Abbey*, *Love Child* and *House Husbands*

Hobbies: Reading, bushwalking, dancing, theatre, karate, foreign language study, wine-tasting

Who I admire: War veterans, holocaust survivors, and people who live with a disability

Best present ever received: Engagement ring (it led to future exciting events!)

What I dislike most in life: Any form of bullying

Most exciting/memorable day of life: The day Damian and I selected my engagement ring; also, the birth of our children

What I know now that I wish I knew at 16: The importance of believing in yourself!



Get the family involved wherever possible!





Guest Speaker

Our guest speaker for this week was Adam Beavis, who currently runs Kwinana Physiotherapy in partnership with another colleague. The practice, located in Calista, also has a branch in the Wellard Shopping Village, and in Aubin Grove. Adam was assisted by practice employee Karoline Furlinger, who trained as a physiotherapist in Austria. The focus of Adam's presentation was osteoarthritis – a very relevant topic for many of us.

Osteoarthritis is the most common chronic joint condition, and is considered a normal part of ageing. It affects approximately three million people in Australia. Many such people eventually have hip or knee replacement surgery, whilst others manage the condition conservatively via a number of methods such as exercise, weight loss, use of walking aids and other assistive devices, heat therapy, and medical management.

Misconceptions of Osteoarthritis

- 1. “Osteoarthritis is a disease.”**
Osteoarthritis (OA) is not a disease. It is a degenerative condition, and tends to be progressive.
- 2. “Osteoarthritis is painful.”**
Osteoarthritis develops slowly, with many people having the condition without being aware of it. Pain increases with factors such as muscle weakness, obesity, previous joint injury, and psychosocial issues.
- 3. “My joints are bone on bone!”**
This situation is very rare++. Joint spaces narrow over time, and are managed conservatively before consideration of joint replacement surgery. *Adam made a point of mentioning that research has indicated that arthroscopic “clean-ups” are rarely useful.
- 4. “Osteoarthritis, Osteoporosis and Rheumatoid Arthritis are the same thing – all arthritis!”**
Osteoarthritis is a degenerative condition of joints. Osteoporosis refers to thinning of the bones (“brittle bones”). Rheumatoid arthritis is an auto-immune condition of the joints.
- 5. “Osteoarthritis only affects old people.”**
A significant number of people below the age of 50 are affected by osteoarthritis, with a many of them requiring joint replacement surgery.
- 6. “Stiffness with osteoarthritis is permanent and there all the time.”**
Osteoarthritis improves with movement.
- 7. “You should avoid exercise as you are damaging the joints more.”**
The aim is to increase muscle bulk to compensate for lack of cartilage.
- 8. “Cracking your knuckles will cause osteoarthritis.”**
There are currently no studies to prove this.
- 9. Osteoarthritis can only be treated with medication.”**
Medical management should be combined with other factors such as exercise, weight control, use of appropriate walking aids and other assistive devices.
- 10. “Glucosamine Chondroitin is a cure and will make my cartilage grow back.”**
These supplements may help symptoms, but there is currently very limited evidence.



Rotary Club of Kwinana Swimarathon

followed by a free sausage sizzle
on

Sunday 26 February 2017

Time: 10.30 am – 11.20 am Registration
11.30 am – 12.30 pm Swimarathon
12.30 pm – 2.00 pm Sausage sizzle

Venue: Kwinana Recquatic Centre
Chisham Ave Kwinana

Cost: \$10 for adults \$5 for children
Gold coin donation for spectators
**All funds raised go directly to End Polio Now*

Requirements: Participants to swim lengths of the pool consecutively during the course of the hour – minimum of two lengths. Separate lanes available for young children to swim according to choice.

Enquiries: Genevieve (0448 170 601) or James (9592 4987)

*Come and have fun and help Rotary raise funds for
End Polio Now!*

Makeup opportunities

| | | | |
|--------------------|-----------|-----------------|-------------------------------------|
| Rockingham: | Monday | 6pm for 6.30 | Ocean Clipper Inn |
| 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