



**Team 2017-2018**

**President**  
**Michael Nella**

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

**Treasurer**  
**Bob Cooper**

**Attendance this week**

**Total Members** 28  
**Apologies** 4  
**Make-up** 5  
**Attended** 19  
**Honorary Member** 1  
**LOA** 1  
**Guests** 1  
**Visitors**  
**Partners**  
**85.7% Attendance**

**Facts & Figures**  
**Raffle**  
**Mike N., Bevan**

**Heads & Tails**  
**Max**

**Birthdays**

**31 Mar** Trish Piper  
**2 April** Ann Samut  
**6 April** Stephen Castelli

**Anniversary**

**26 Mar** Greg & Marge W.  
**6 April** Cyril & Lynne B.

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 29 26 March 2018**



Greetings to all,

This week's guest speaker stimulated much discussion about issues related to ageing. Having worked in aged care for the past twelve years, the subject was very relevant to myself. A number of residents raised concerns about quality of life for people living in residential care. Although the media periodically reports many negative aspects about the aged care industry, on the flip side there are many positive aspects. Most of the staff working in aged care have chosen to pursue work in that field because they truly care about the elderly. Also, contrary to the view that a nursing home is like a prison, residents are able to go out with family and friends as often as they chose as long as it is practicable. Furthermore, they encouraged to have familiar items with them to help create a home-like atmosphere.

The Show and Shine event is happening in just over two weeks. Mike Metcalf is doing a monumental amount of preparation for this event, so would really encourage all members and partners to support him in order to make this event as successful as possible. Those folks who are on Facebook or other social media can assist by promoting the event, both on their own pages and by personally inviting friends. Another way of helping would be to take the trailer with the promotional signs and drive it about town to help increase public awareness.

Hope everyone has a great Easter! See you all on Sunday 8 April at the markets.



**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

**March – Water and Sanitation Month**

Mon 26 Mar Club Meeting @ Rotary Hall

**April – Maternal and Child Health Month**

Mon 2 April Easter Monday – no meeting

Sun 8 April Village Markets @ Wellard

Mon 9 April Restaurant Meeting @ Bliss Momos

Sun 15 April Show and Shine

Mon 16 April No meeting

**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. Welcome to Guest Speaker Erina Goodwin.
2. This will be our last meeting at Rotary Hall until 30 April!
3. Next Monday: Easter Monday – no meeting; 16 April and 23 April – no meeting due to Show and Shine, and Anzac Day
4. Village Markets at Wellard: looking at simplifying BBQ to sausages only, or sausages and hamburgers; Subsequent decision to have sausages and hamburgers; Rotary to run the BBQ at the next markets.
5. Congratulations to Max Bird for be awarded the RI *Service Above Self* award at District Conference.



**Secretary: Cheryl D'Souza**



#### Inward Correspondence

No report

#### Outward Correspondence

None this week



**Treasurer: PDG Bob Cooper**



- Money in the bank; bills paid





### Club Service: Stephen Castelli



1. Vineyard Catering are closing down, and the last meal from them will be Mon 26/03. Currently considering several options:
  - Kwinana Hotel – either have a meeting at the hotel (\$10 steak night) or have the hotel cook for us and deliver to Rotary Hall
  - Kent St Café: the owner lives in Medina; **general consensus was to trial this option**
  - Meetings without a meal, with a plan to have a monthly restaurant meeting
2. Restaurant meeting 9/4 at Bliss Momo in Wellard Village. Cost is \$34/head. Need to have final numbers by Friday 6/4.
3. No meetings on Monday 16 April and Monday 23 April due to Show and Shine, Anzac Day.
4. Changeover is on Sat 30/06 @ Peel Manor House. Cost is \$45/head. Need to have final numbers by mid June.



PP Edd Samut  
Membership

#### Membership

- No report

#### Public Relations

- 494 “Likes” on our Facebook page!



PP James Sharkey  
Public Relations

#### Foundation

- No report



PP Ian Critchley  
Foundation



*Happy Easter to Everyone*

**Rotary**  
**Club of Kwinana**



**Sunday 15<sup>th</sup> April 2018**

**10am to 2pm (Exhibitor entry 8am-10am)**

**@**



**PERTH**  
**Motorplex**  
KWINANA BEACH AUSTRALIA



**Open to all motoring enthusiasts**

**Both individuals and Car clubs welcome**

**For information contact**

**Michael Metcalf 0439 988 355**

**John Iriks 0417 904 419**



**[kwinanasas.com.au](http://kwinanasas.com.au)**



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PDG John Iriks

## Club Projects Director PDG John Iriks

### Project Director's Report Community

- **Show and Shine:**
  - Went to Brookton motor show over the weekend (this was a 2-day event); distributed brochures; noted that the whole town of Brookton was involved in their motor show.
  - Other car shows coming up; please hand out brochures if possible.
  - *Saturday Night Fever* club ladies are helping to promote on Facebook.
  - Trailer sign has been mounted on trailer and is ready to go; will need volunteers to help get it out on the street – may be parked in one location, or driven around the neighbourhood.
  - Radio stations to be contacted regarding promotion of our event.
  - Genevieve to do face-painting at the event; we don't have a budget for a bouncy castle.
  - Job allocations complete; Mike Nella to manage the sausage sizzle.
  - Di Brown organising big Facebook promotion.
- **Long Table Meal**
  - To be held at Wellard Village on Thursday 29 March. Our club will be responsible for closing the roads for Peet Ltd; we will be paid \$500 for this.
- **Village Markets at Wellard**
  - Scheduled for Sunday 8 April
  - Signs to go out before Mike Metcalf goes away to New Zealand.
- **Anzac Day**
  - Only ten days after the Show and Shine!
  - Eric has offered to organize purchase of food; hoping to get a discount through Aldi's
  - Have been asked to cater for 500 people
  - Set-up will be done the night before



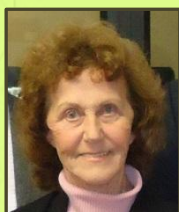
Michael Metcalf  
Community



PP Genevieve Carr  
Vocational



PP Max Bird  
International



Lorraine Lucas  
Youth

### Vocational

- Looking at having another hydrotherapy session on a Monday evening, followed by dinner at Kwinana Hotel.

### International

No report

### Youth

No report

### Conference Report (Wendy Cooper)

- Conference at Margaret River was very successful, with an excellent range of speakers.
- One significant speaker spoke about Meningococcal Disease – the latest deaths occurring among older adults.
- 2019 District 9465 Conference will be held in Collie from 22-24 March



## Fine Session

Sergeant Norm was back in action this week. Some notable fines included:

Max: Mobile phone ringing!

Mike N: Saying that Norm doesn't work (living dangerously!)

Mike N, Max: Wearing their Indonesian shirts

Ian: Did a nosedive on his front lawn after a few drinks!!!

Steve: Accused Norm of not paying to *World's Greatest Shave*

Mike, Bevan: Winning raffle

Max: Winning Heads & Tails

Mike N, Steve: Two Italians talking without uttering a word (the good old hand language!!!)

Non-badge wearers

# Polio

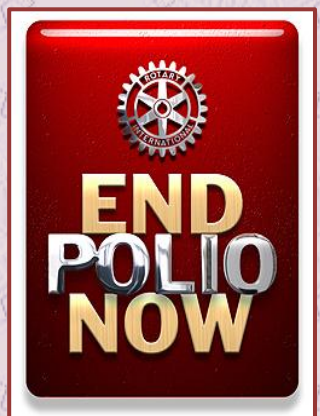
**It's only a plane ride away.**

**Please Have Your Children Vaccinated.**



**The Pain and Disability from  
Polio Lasts a Lifetime.**

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# March – Water and Sanitation Month



Since 2013, the  
Rotary Foundation  
has invested more  
than \$74 million  
in water and sanitation  
projects



Through water, sanitation and hygiene programs, Rotary members bring people together to create long-term change. <https://on.rotary.org/2Geoh2t#WorldWaterDay>

With March being Water and Sanitation Month on the Rotary calendar, PP Max Bird's *Service Above Self* award in recognition of his work in Timor to provide adequate drinking water to people living in villages was particularly special.



## Guest Speaker

This week we enjoyed an informative talk from Erina Goodwin. A nurse by profession, Erina has worked in the field of health and community development for over twenty years. Erina currently works for the organization known as **Best West**, where she is largely involved in training and assessment. Her workplace is based at a centre in Meares Ave, Kwinana.

Best West provides both training and agency work for aged care staff. Staff are sent to service a range of residential care facilities in the southern corridor of Perth. A strong emphasis is placed on ethics, and dealing with grief and loss. Best West prides itself on making an investment in every care worker so that in turn these people can provide the best quality of care to clients.

Specific training provided by Best West includes:

- Certificate III in Aged Care
  - Qualifies staff to work in aged care facilities within three months
  - Provides three weeks' training, followed by a four-week work placement
  - Covers ageing, Health and Community Care (HACC), disability (three certificates in one)
- First Aid
- One-day course on medications
  - Valuable for staff and family members looking after an aged person
- Clinical skills
  - Good for managing blood pressure, diabetes, kidney problems
- Dementia training
  - In Australia, every six minutes someone is diagnosed with dementia.
  - Training staff to assist people with dementia to maintain optimum independence.
- Dysphagia training
  - Approximately 77% of nursing home residents have a certain amount of dysphagia (swallowing difficulty)
  - Course teaches how to feed, thicken fluids, modify diets to prevent choking incidents
- Manual handling training
  - For both staff and families
- Palliative care
  - Refers to looking after people with a life-limiting condition
  - Provides training for how to assist people both physically and spiritually
- Mental Health
  - Train workers to help families and individuals
- Certificate IV in Aged Care, Disability, Mental Health
  - Training enables one to coordinate services
  - Good for people planning to eventually take up nursing as a profession
  - Completed externally





## Please Support Stephen Castelli

For the third consecutive year our very own Stephen Castelli has participated in the *World's Greatest Shave* by shaving off his trademark moustache. The *World's Greatest Shave* is an annual event aimed at raising funds for the Leukaemia Foundation. Steve and other work colleagues are very passionate about this cause, as indicated in the photo below showing the end result of the shave. Whilst to some people the concept of shaving off one's moustache may not seem to be a big deal, for Steve it is a meaningful gesture as he has always regarded his sizeable moustache as a significant part of his identity.



**Steve's fundraising site is still open.** Members are being encouraged to support Steve's fundraising efforts by visiting the link below to make an online donation. Any contribution, however small, would be greatly appreciated.

<https://secure.leukaemiafoundation.org.au/registant/FundraisingPage.aspx?RegistrationID=708657>

### 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>Baldivis:</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Mon</b>	<b>6pm for 6.30</b>	<b>Peel Manor House</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)**