



# The Rotary Club of Kwinana

District 9465 Western Australia

Chartered: 22 April 1971



President James

## Bulletin

No 31 23 Feb. 2014



Team 2013-14

**President**  
**James Sharkey**  
**Secretary**  
**Genevieve Carr**  
**Treasurer**  
**John Iriks**

Attendance this week  
**Total Members** 26  
**Exempt**  
**Apologies** 5  
**Make-up** 5  
**Attended** 15  
**Honorary Member** 1  
**Guests** 1  
**Visitors**  
**Partners**

77 %

**Facts & Figures**  
**Raffle**

**Heads & Tails**  
**Ian C**

**Birthdays:**  
**Tish E** 24<sup>th</sup>

**Anniversary:**

**Club Anniversary:**  
**Norm Mc** 8 years

If you had any we hope  
you had a good day



**March 2014**

Meets Monday  
6 for 6.30pm

At Rotary Hall

Brownell Crescent, Medina

Visitors always welcome

Swimathon 2014 what a fantastic success, congratulations to Genevieve and her team on a great result for 2014. 81 swimmers registered, Rotary District 9465 and seven other Rotary Clubs involved this year. We were privileged to have in attendance, DG 2012 Bob Cooper, DG 2013 Erwin Biemel, DG 2014 Brian Eddy and DG 2015 Melodie Kevan all showing great support for this global project. Genevieve sincerely thanked everyone involved for their support and enthusiasm. 'My Cause' donations stand at present are \$5542.00, the page will be open for another 30 days to accept further donations.

We welcomed Tessa Jupp from 'Post Polio' as our guest speaker tonight, very stimulating presentation, turned out to be quite a lengthy but interesting evening. Tessa founded Post Polio 21 years ago after the death of her husband who contracted polio as a child. It is not widely recognised that polio victims and their offspring are today still suffering in so many ways.

We travel to Rockingham next Wednesday 5<sup>th</sup> March to meet with the GSE team from Denmark. Should be a good night.



Rotary International President  
**Ron D. Burton**

Rotary Club of Norman,  
Oklahoma, USA



District Governor 9465

**Erwin Biemel** 2013-14

### Coming Events March 2014 Literacy Month

#### March 2014:

- |                            |  |
|----------------------------|--|
| <b>Mon 3<sup>rd</sup></b>  | No Meeting, Meeting Wednesday R/Ham  |
| <b>Wed 5<sup>th</sup></b>  | Meeting at Palm Beach GSE Presentation<br>Host: RC Rockingham Partners night |
| <b>Mon 10<sup>th</sup></b> | Club Meeting Lorraine Lucas (thumb nail)                                     |
| <b>Mon 17<sup>th</sup></b> | Club Meeting Mushroom Exchange   |
| <b>Mon 24<sup>th</sup></b> | Club Meeting Lauren Odea RYLA  |
| <b>Mon 31<sup>st</sup></b> | Club Meeting RAC Community Road Safety                                       |

**Attendance Officer: Greg Williams 9419 5834**  
**Apologies by Saturday pm please**

### The Four-Way Test

Of things 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?

## President James Sharkey



### President's Pen

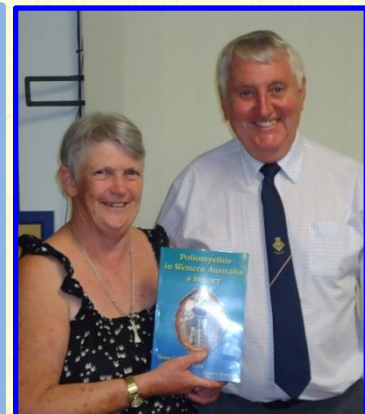
Club Meeting 24<sup>th</sup> February 2014



Thank you to all the Rotarians and partners who helped at the Swimathon on Sunday. The day was a great success and it was all down to the efforts of all our club members. The on line "my cause" web site will remain open for a few more weeks.

Club members who would be interested in taking part in 2014 Rotary Youth Exchange please get in touch with our Youth Director, Matt White.

The Rotary District 9465 Conference is just three weeks away. The conference is being held at the Mandurah Performing Arts Centre from March 21<sup>st</sup> to 23<sup>rd</sup>. As this is almost local it will give members the opportunity of attending Conference without the expense of accommodation.



President James with  
'Guest Speaker' Tessa Jupp

Nothing great was ever achieved without enthusiasm

The road to success has few travelers, because so many get lost  
trying find short cuts

Spend less time worrying who is right and more time deciding what  
is right



**Secretary: PP Genevieve Carr**



Inward Correspondence:

- ANZO Directories
- Conference update
- Bendigo Bank statement
- Water account
- Electricity account
- "Great Cocky count" promotion
- Rotary Out West
- Term Deposit certificate
- Lyrik Award nomination information
- Letter of thanks from Tanya Dupagne (Camp Kulin)



**Treasurer: PDG John Iriks**



Bills paid, money in the bank

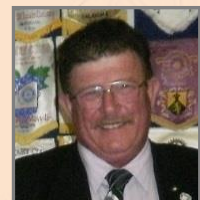
Finalising sending 3 donations to the Philippines.

Club financials to December 2013 are available for your perusal, see myself or any board member for access.

Aus./NZ Rotary Club Directory only \$2.50 see me.



**President Elect Michael Nella**



Rotaract meeting Tuesday 25<sup>th</sup>

No meeting next Monday 3<sup>rd</sup> March, public holiday

Meeting with Rockingham and Palm Beach at Ocean Clipper Inn Wednesday 5<sup>th</sup>  
6.15pm for 7pm Presentation by GSE Team from Denmark, chair: Peter Philipps



**Club Projects Director  
PP Ian Critchley**



**AG Bob Thompson  
Foundation Dir.**



**PP John Brennan  
Membership**



**Norm Mulcahy  
Community P/M**



**Garry Bassett  
Vocational P/M**



**Max Bird  
International P/M**



**PP Matt White  
Youth P/M**



**PP Chris Oughton  
Public Relations Dir.**

### Project Director's Report.

Sausage Sizzle request received for MACC (Medina Aboriginal Cultural Community) 40<sup>th</sup> Celebrations on Saturday 8<sup>th</sup> March 2014, cater for 200 from 11am till 2 pm

The next Wellard Village Markets will be held on March 9<sup>th</sup> Meeting with Creative Communities, Wellard Village and Rotary on Tuesday 26<sup>th</sup> 6pm at Wellard Village Community Centre. All members and partners welcome to attend.

After a recent RYLA event we have a certificate to present to our attendee Lauren Odea. Lauren will be our guest speaker on Monday 24<sup>th</sup> March 2014

Clean up Australia Day on Sunday 2<sup>nd</sup> March, our club will assist at the Rotary Wildflower Reserve.

Foundation committee, a grant to assist with the East Timor Water Project has been lodged.

RC Mandurah City will now host the 4 Way Speech Zone finals on Wednesday Feb. 26<sup>th</sup> at 6.30 for 7 pm at RAAFA in Mandurah, (42 Portrush Parade Meadow Springs). Unfortunately Mandurah Districts have yet to secure a new venue.

Please let Mandurah City's Attendance Officer, David Oxley email [davelox@msvillage.com.au](mailto:davelox@msvillage.com.au) know details of anyone from your clubs who would like to attend.

If you have any queries please contact myself on 0400 201 700 or via email [waynemilnes@bigpond.com](mailto:waynemilnes@bigpond.com)

From 1/7/2013 to 12/2/14 9465 had a net loss of 12 members while 9455 had a net gain of 16.

Zone 8 Australia in the same period has 30,961 members, a net gain of 62 members

More Swimathon pics on  and on our website **Visit your club webpage.**

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



## Leadership, Youth, Respect in Kwinana

Nominations Now Open

Nominations for Round 19 of the LyriK Awards are now open!

Any young person between the ages of 10-18 can be nominated for a [LyriK Award](#) in one of six categories ([Leadership, Achievement, Teamwork, Respect, Inspiration and Friendship](#)), with the winners of each category receiving a \$150 incentive prize to encourage them for their contribution to the Kwinana community

All nominees, their families and the person who has nominated them will be invited to the LyriK Awards Ceremony in June 2014 where the winners of each category will be announced. **Nominations will close at 5pm on Friday 16th May, 2014.**

To nominate a young person, head over to the [online nomination page](#) and complete the form. <http://www.lyrik.com.au/online-nomination-form/>

Alternatively, you can download a nomination form [here](#) <http://lyrik.com.au/wp-content/themes/elogix/document/LyriK-Nomination-Form.pdf> and submit it via email to [lyrik@kwinana.wa.gov.au](mailto:lyrik@kwinana.wa.gov.au) or in person at the Zone Youth Space (Corner Gilmore Ave & Darius Dr, Kwinana).

For more information [about the LyriK Program](#) or the LyriK Awards please contact Russell Ingram (Community Development Officer – Youth) on 9236 4550.

In 2006 the Youth Incentive Program 'LyriK (Leadership, youth respect in Kwinana) was established to ensure that young people in Kwinana between the ages of 10-15 years old were recognised for the valuable contribution they make to the Kwinana Community. Since then the LyriK Program has grown to include a number of new initiatives and opportunities for young people to take part in as well as extending its age bracket to include young people between the ages 10-18 years old. In 2009, LyriK was fortunate enough to be recognised at a National level by winning a National Youth Engagement award for its positive engagement with young people.



Guest Speaker: Tessa Jupp RN (Registered Nurse)  
Post Polio



### Introduction by President James

Tessa Jupp RN, who established The Post Polio Network of WA 21 years ago after the death of her husband who had contracted polio as a child, now offers support and services to around 2,000 people in WA who are experiencing the late effects of polio.

The Network lobbied the Western Australia Government health department in 2000 to fund a rehabilitation clinic in Perth for people aging with a long term disability. Polio survivors are the main clients of this clinic.

Since 1994, Tessa has worked with a WA radiation oncologist Dr John Niblett FRACR, himself a polio survivor, to research the successful use of an amino acid – carnitine – for polio survivors with fatigue. Tessa gave us a detailed presentation promoting the use of Magnesium, Gelatine, Borax, and several other natural remedies.

### What is Polio

Poliomyelitis is an ancient disease and has been one of the most dreaded since pre-biblical times. 4000 year-old Egyptian carvings show a typical polio withered leg.

Before the 1900's, polio was endemic and most polio occurred in infants, hence the name "infantile paralysis". Few developed paralysis and poor hygiene meant that most people were exposed to the virus early in life, thus building active immunity. In fact, everyone had polio, just as we all had measles, mumps and chicken pox.

Polio is a gastro virus ie "a tummy wog". 95% of people were not even aware that they had had polio, having no symptoms or just a 'flu-like illness. The other 5% had either weakness or some paralysis. Only 2.5% were left with any visible effects from polio. The mortality rate is 3% of known polio cases ie 15 in 10,000 pop.

### Epidemics

The first recorded "epidemics" were around 1916. Fear swept communities. Hospitals ran out of room. In NZ, patients were nursed in tents in the hospital grounds. Probably in other parts of the world too. Sporadic isolated cases were the norm until 1937-38 when again there was a major outbreak. In post-World War 2 years, epidemics escalated until the Salk vaccine was available in 1956. By the 1950's equal numbers of adults as children were contracting polio. Polio had become a disease of cleanliness. It affected the more affluent people and at an older age was more severe in its paralysis.

Tessa explained in some detail how there are 3 strains of Polio and the effect the Polio virus has on our nerve cells.

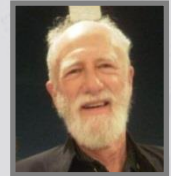
Polio enters through the mouth and divides in the lymphoid tissue of the pharynx or intestine. If the body cannot stop the virus at this stage, it enters the bloodstream and may cause flu'-like symptoms. If the disease is able to progress further, (ie with poor immune function), the virus enters the anterior horn cells of the spinal column resulting in weakness and paralysis, which is then recognised as polio.

**The Late Effects of Polio (LEP)** is a general term covering new health problems resulting from polio-caused impairment including arthritis, tendinitis, bursitis and other repetitive motion problems.



## Fine Session

## Sergeant PP John Wallhead



## Stand in sergeant Garry Bassett



Wendy and Chris O: holding up the start of our meeting by holding their own private meeting at the same time.

Dockers fans all fined, an 84 point loss to WC, how do you explain that?

John Iriks and Garry Bassett are 'Grandfathers' again.

President James: Asked Garry at very short notice to be 'sergeant' then couldn't find the 'bell' did however find it, where? In the boot of his car!!

Eric and Errol: fined because information was missing regarding Tessa Jupp coming along tonight.

Greg W: Heard telling Garry he'd give him "4 kisses" you need to explain Greg? Something to do with Lotto money.

Eric: Plated up his dinner tonight, "Eric 2 minute pieces of lettuce doesn't mean you had salad"

James commented to the sergeant "I have no money for fines tonight"  
"No problem says the sergeant I'll lend you some"



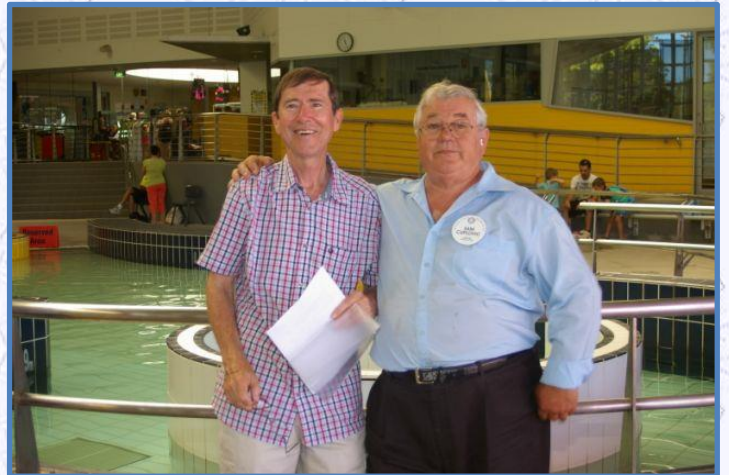
Melodie Brian Erwin Bob  
Swimarathon District involvement



Bob Roger Wendy Darryl James Bob



Bob Peter



Bob Sam



Brian Michael



Greg Damian Genevieve



James

Erwin



Marg Jo Wendy Bob



Great turnout



Cathy Jo



Little ones waiting their turn

**By Kerry Kornhauser**  
**Founder of Women in Rotary Australia**

After more than 20 years since women were first admitted into Rotary, the perception that women are not allowed or welcome in Rotary continues in all regions. Perhaps this explains the alarming statistic that just 18 per cent of Rotarians worldwide are women.

**Why does this matter?**

The low number of women in Rotary matters for two main reasons.



First, women represent a large, untapped pool of potential volunteers.

At the heart of each Rotary club are its volunteer members. However, over the past decade there has been *no* growth in the total number of Rotarians worldwide, with many clubs struggling to maintain members. In fact, were it not for the increased number of women Rotarians during this period, Rotary would have over 115,000 fewer members than a decade ago!

Gender diversity is thus vital for maintaining and expanding Rotary's membership base. This is particularly so given that in some places the rate of volunteerism among women is higher, and growing faster, than that of men.

Currently, we have about 1.2 million Rotarians worldwide. If we had a 50/50 gender split, we could arrest the decline in the number of Rotarians and build up a volunteer base of more than two million Rotarians. Imagine what a difference that would make!

Second, more women in Rotary is likely to help us better deliver our services.

It is not that women make "better" Rotarians. Rather, increased *diversity* yields better outcomes, and clubs that reflect the communities they serve may be able to better engage those communities and meet their needs.

In the corporate world, research has repeatedly linked greater gender diversity on companies' boards with better financial returns: of Fortune 500 companies, for example, those with more women board members outperform those with the least by 53 per cent in return on equity! One of the key reasons for this, it is thought, is that women offer a differing and complementing perspective to that of men. Put simply by the former Chairman of the US Securities and Exchange Commission, William Donaldson, "monolithic backgrounds are destined to foster monolithic thinking".

**What next?**

Increasing the number of women in Rotary is not about fairness or equality. It simply makes sense if we want to continue doing what we have been doing for more than 100 years.

There is a large and growing number of women in senior business and community roles with a great deal to contribute through Rotary. Why are they not gravitating towards us? This is our loss.

The questions remain: How do we change the perception of potential women volunteers? How do we attract them to Rotary? What strategies do the District Governors and Presidents of today have planned, and what are their ideas for tomorrow?

We need to work hard to encourage more women to join Rotary and dispel the myth that they are not welcome. The future of Rotary depends on enthusiastic membership.

In Melbourne, for example, over the past two years we have celebrated International Women's Day with a large breakfast, which we hope sent a strong message that women are very much a part of Rotary, while also raising funds for local causes. After just two years of running the event, we had nearly 1000 men and women attend in 2013, with other successful events in the UK and Canada.

As a fellow female Rotarian I throw this challenge to both men and women: How do we increase female membership and spread the word that *women are welcome in Rotary*?

All ideas are welcome. Contact Kerry Kornhauser at [kerry@travelinn.net.au](mailto:kerry@travelinn.net.au) or visit [www.rotarywomen.org.au](http://www.rotarywomen.org.au).

A lady walked into a pharmacy and told the pharmacist she needed some cyanide right away. The pharmacist naturally was concerned by such a request and asked, "Why in the world do you need cyanide?"

The lady then explained that she needed it to poison her husband. The pharmacist's eyes got big and he said, "I can't give you cyanide to kill your husband! That's against the law! I'll lose my license. They'll throw both of us in jail and all kinds of bad things will happen! Absolutely not! You cannot have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and replied, "Well, now. You didn't tell me you had a prescription."

A Chinese man rings his boss, "Me no work I sick."  
Boss says, "When I'm sick, I make love with my wife. Try that."  
Two hours later the Chinese man rings back, "Me better, you got nice house."

A wife and her husband were gone to see an exhibition of paintings. So there was one painting, in it was a girl who was only wearing some leaves on her chest. The husband was looking at the painting with an open mouth while the wife saw the whole exhibition and came back to him and asked, "Are you going home or waiting for the wind to blow?"

After waiting more than an hour and a half for her date, the young lady decided she had been stood up. She changed from her dinner dress into pajamas and slippers, fixed some popcorn and resigned herself to an evening of TV.

No sooner had she flopped down in front of the TV then her doorbell rang. There stood her date. He took one look at her and gasped, "I'm two hours late... and you're still not ready!?"

Two guys sitting at the bar. One guy yells at the other, "I slept with your mom." People at the bar grow silent. After a while, the guy yells again, "I slept with your mom again." The other guy responds, "Let's go home dad, you are drunk."

How to cross a road in Nigeria: Look right and left for cars and bikes, look up for aeroplane, down for bomb, back for kidnappers, look side, hold your bag tight and watch the person beside you. Then walk zig zag to avoid the stray bullet.

#### Makeup opportunities

<b>Rockingham:</b>	<b>Monday</b>	<b>6pm for 6.30</b>	<b>Ocean Clipper Inn</b>
<b>Palm beach:</b>	<b>Wednesday</b>	<b>6pm for 6.30</b>	<b>Ocean Clipper Inn</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 9 High Street Fremantle</b>

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