



The Rotary Club of Kwinana

District 9465 Western Australia

Chartered: 22 April 1971



President James

Bulletin

No 38 28th April 2014



Team 2013-14

President
James Sharkey
Secretary
Genevieve Carr
Treasurer
John Iriks

Attendance this week
Total Members 26
Exempt
Apologies 2
Make-up 1
Attended 20
Honorary Member 1
Guests
Visitors
Partners

81 %

Facts & Figures
Raffle
Matt & Matt

Heads & Tails
Bevan

Birthdays:
Jill B 1st May

Anniversary:
John & Margaret 29th

Club Anniversary:

If you had any we hope
you had a good day



April 2014

Meets Monday
6 for 6.30pm
At Rotary Hall
Brownell Crescent, Medina

Visitors always welcome

Back to normal after our Easter break and Anzac Day Breakfast commitment. Team work and commitment again prevailed, Anzac Day Breakfast went off almost flawlessly, Mr Bean (baked) gave the troops a little headache but skill and ingenuity took over and all was well. An estimated 800 people were present at the Dawn Service although that many didn't come back for breakfast. Another successful effort by club members, partners and Rotaract members.

We are heading into a busy period for incoming club officers, District Assembly will be held at North Lake Campus this Sunday, PE Michael Nella hopes that all incoming club officers will attend, Michael also points out that all club members are welcome to attend.

The preferred date for our Cliff Richard Concert Night at our club rooms is Friday 16th May at 7pm. BYO drinks and nibbles.

Our condolences to Terry, Chris, John and family on the recent sad loss of Chris's mum Marion Hill.



Rotary International President
Ron D. Burton

Rotary Club of Norman,
Oklahoma, USA



District Governor 9465

Erwin Biemel 2013-14

Coming Events May 2014 Australian Rotary Health Month

May 2014

- Sun 4th District Assembly
- Mom 5th Club Meeting Andy Valk Foundation
- Mon 12th Joint Meeting Timor Project, Partners
- Mon 19th Club Meeting
- Wed 21st Incoming Board Meeting
- Mon 26th Club Meeting

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 28th April

I trust we all enjoyed our Easter break.

I am really pleased to welcome back Lorraine who has spent a few weeks recuperating after surgery.

We missed Genevieve at our last meeting as she was holidaying in Victoria and celebrating her parent's 50th wedding anniversary. Welcome back.

First, congratulations to everyone in regard to the ANZAC Day breakfast, it was another successful well-planned and well-organized operation. Thank you John Iriks for pulling everything together.

Although the organizing and planning are important what came across to me as I ambled from the Dawn Service was the absolute enthusiasm of our team of Rotarians, partners and 3 members of the Rotaract Club on the morning. It was wonderful to watch, which is all that I did.

Even the expected Mr. Bean stuff up with the frying pan blowing the fuses in the caravan was overcome by finding an alternative means to heat the beans.

Well done to all of you.

Thanks to Bevin for taking on the duty of laying the wreath for our club at the Anzac Ceremony.

I am sure he did a splendid job.

President James

To forgive and forget is far better than to resent and remember.

Be kind to unkind people – they need it the most.

Rejoice in others successes knowing there is plenty for all.



Secretary: PP Genevieve Carr



Secretary Report 28 April 2014.

Incoming Mail.

- Rotary Club of Rockingham Inc. (Cheque for Swimathon)
- Parmelia Delivery Round. (Tax Invoice)
- Synergy. (Tax Invoice)
- Water Corporation. (Account)
- Bendigo Bank X 2. (Term Deposit Certificate)
- Communities & Industries Forum. (Agenda)

- No Outgoing Mail.



Treasurer: PDG John Iriks

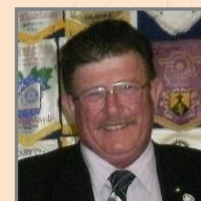


Bills paid, money in the bank

Incoming Project Managers, I will need your budget estimates very soon.



President Elect Michael Nella



Some important dates for the remainder of this year.

- | | |
|---------------------------------|--|
| Monday 12 th May | Joint meeting with R/Ham clubs 'Timor Project' |
| Wednesday 28 th May | Incoming Board Meeting. |
| Saturday 7 th June | Rotaract Changeover. |
| Wednesday 18 th June | Combined Board Meeting |
| Saturday 12 th July | Kwinana Club Changeover |
- Rotaract Club are organising a 'Monster Garage Sale' (watch this space)



Club Projects Director
PP Ian Critchley



AG Bob Thompson
Foundation Dir.



PP John Brennan
Membership



Norm Mulcahy
Community



Garry Bassett
Vocational



Max Bird
International



PP Matt White
Youth



PP Chris Oughton
Public Relations Dir.

Project Director's Report.

Request from Leda Primary School for assistance, they have a class of 15 special needs children whom they are helping with a life skills program. When asked what we can do to help? They would like a digital camera donated to record progress.

Secretary Genevieve thanked PP Brian McCallum for standing in for her while the family enjoyed a trip to Melbourne, mainly to celebrate the Golden Wedding of parents Brian and Helen Foley.

The next Wellard Village Markets will be held on Sunday May 11th Markets will run till June, we will then evaluate continuing during winter.

Members are invited to join Probus for a Quiz Afternoon at 2pm on Friday 2nd May at the Kwinana Bowling Club.

Cliff Richard and the Shadows Concert night will be on Friday 16th May 7pm at our club rooms, BYO drinks and nibbles.

Our club signs are now up and viewable to all, at Dixon Road, Wellard Road and Thomas Road. Many thanks to Norm and Greg.

PP Matt White will be leaving us soon, he is off to Saudi Arabia on a 18 month contract with Alcoa. We wish him a safe and rewarding experience and will welcome him back on his return. Matt will need to hand on his Youth commitments for the rest of this year.

Membership: Meeting scheduled for Monday 19th May, PP John has lodged an editorial with the Weekend Courier, inviting interested people to contact PP John and be invited to the meeting.

RYPEN 16th to 18th May, we have a candidate.

Max is organising a caravan/camping trip to Albany for the Anzac Commemorative Event, October 31st to November 2nd 2014. See Max if you would like to join the party.

<http://www.anzacentenary.gov.au/program/acce.htm>

Visit your club webpage.



Guest Speaker:

Greg Bell

Nutrition



Introduction by President James.

Greg is a Health and Nutrition Trainer and Speaker and Co -Owner of Your Life Success.

Peak performance requires, Physical capacity, Emotional Capacity, Mental Capacity and Spiritual Capacity. And that's what we do. Health and Nutrition is the first place we start. To perform at your best all the time and live a quality life for as long as you possibly can you need 4 things.

Good nutrition, exercise, the right thinking and quality sleep.

We offer Nutrition and exercise plans suited to your needs. We can add to that some Personal discovery. Finding out what your strengths are and what areas need to be worked on to bring your life back into balance. Natural Therapies to rebalance energy , heal, reduce stress, and enhance over all wellbeing.

We offer practical and results orientated solutions that get results to whatever you're are struggling with or whatever your challenges.

Without GOOD HEALTH you have nothing.

Imagine waking up every morning feeling good about the day ahead, full of energy and vitality and liking what you see in the mirror.

We offer a complimentary obligation free consultation to find out how we can help you .

Greg told of the virtues of good eating, 'You are what you eat' Organic grown food is highly recommended, and GM modified foods are definitely a no no.

Good food, good water and exercise are the key to longevity.

Greg advised that eating some animal fats such as meats and dairy products are necessary and are very good for you.

Foods bad for you are: most processed foods, margarine products and artificial sweeteners to name a few.

Greg has also set up a trust in honor of his wife who was taken by cancer in 2011

The Kerrie AC Bell Memorial Trust was created in 2011 to commemorate the life of Kerrie Bell who bravely fought but lost her fight to cancer in April 2011. The Trust has been set up by Kerrie's husband, Greg and their four children, Jacintha, Elissa, Daniel and Christian..

When Greg realised that Kerrie was not going to survive her battle with cancer, he promised her that he would create something in her name – something that she would be remembered for, something that she was passionate about and something that would become HER legacy.

The Kerrie AC Bell Memorial Trust has been created to carry out two important projects – one to support and assist people and their families who are affected by cancer and the other to run youth camps for disadvantaged young people.





Help end polio worldwide.

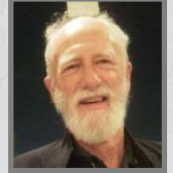
Rotary. Humanity in motion.

rotary.org/endpolio



Fine Session

Sergeant PP John Wallhead



John Iriks and Stephen Castelli:

John and Steve were seen at the Anzac Day breakfast outside the Kwinana Senior Citizens intently trying to remove a piece of rubber matting from the entrance way to the building, nothing wrong in that I hear you say?

Only the piece of matting was glued and fixed to the pathway.

Greg W: Announced that there was 1 number left in the numbers raffle, and who would like it. "I'll take it" shouted out a member,

Ok says Greg "do you want number 23 or 24" figure that one out???

Ian C: Got the slogan the wrong way around, It is "Kill speed not children" and not "Kill children not speed"

Wendy fined for holding up the meeting.

John Iriks fined all of the Eagles and Dockers supporters for their combined dismal showing over the weekend.

Bob Cooper fined Wendy because she actually paid her fine from her own pocket and not his.

Norm Mc fined: Ian, John and the crew were waiting for the Dockers game to start a couple of weeks ago and getting drowned in the process, where was Norm at this time, in the pub.

John and Brian for managing to set off the club hall alarm at 4.30am the other morning.

Our three lady members fined just because they were all here tonight.



*Start with Rotary
and good things happen.*



Guest Speaker Greg Bell with President James



Pub designed especially for seniors

My husband and I purchased an old home in Northern New York State from two elderly sisters.

Winter was fast approaching and I was concerned about the house's lack of insulation. "If they could live here all those years, so can we!" my husband confidently declared. One November night the temperature plunged to below zero, and we woke up to find interior walls covered with frost.

My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up. "For the past 30 years," he muttered, "they've gone to Florida for the winter."

Q: What do you get from sitting on the ice too long?

A: Polaroids!

Q: What's an ig?

A: A snow house without a loo!

Q: What did the detective in the Arctic say to the suspect?

A: "Where were you on the night of September to March?"

Remember: Cold season is starting and cows seek heat on car hoods. Do not forget to tap on the hood to give the cow enough time to get off before you drive away.



Makeup opportunities

Rockingham:
Palm beach:
Cockburn
Fremantle

Monday 6pm for 6.30
Wednesday 6pm for 6.30
Thursday 7.15am for 7.30
Wednesday 6pm for 6.30

Ocean Clipper Inn
Ocean Clipper Inn
Cockburn Seniors Centre
Villa Roma 9 High Street Fremantle

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