

Rotary Connection

Fellowship, Service and Cancer Awareness

Club Meeting Highlights • Wednesday 19 August 2026

Members and guests gathered at the Geraldton Golf Club for a lively 7.00 am breakfast meeting combining fellowship, club business and a timely reminder that practical prevention and early detection can make a real difference to cancer outcomes.

Meeting at a Glance

- Barry Dring delivered the invocation and toast, recognising World Humanitarian Day and those who serve their communities.
- Janhavi Dahanukar, Regional Cancer Prevention Coordinator with Cancer Council WA, led an engaging cancer-prevention bingo activity.
- The club's next gathering will be a Saturday breakfast with the Bicycles for Humanity team on 29 August.
- President Bob Hall will be away until the end of September; Vice President Jim Dillon will chair meetings in his absence.
- Members are invited to suggest future guest speakers to Grant Woodhams.
- Applications remain open for the RYLA youth camp commencing 27 January.
- Save the date: Club Christmas function, 12 December at Tarts & Co.

Learning Through Cancer Bingo

Our special guest, Janhavi, turned an important health message into a friendly competition. Using bingo cards and illustrated prompts, she guided members through practical ways to reduce cancer risk and recognise changes that should be discussed with a health professional.



Janhavi Dahanukar calling Cancer Bingo with one of the illustrated prevention prompts.

The discussion covered quitting smoking, being SunSmart, eating well, maintaining a healthy weight, limiting alcohol, staying active, keeping vaccinations current and taking part in recommended screening programs. Members were also reminded not to ignore persistent or unusual symptoms.

Key message: *know what is normal for your body, participate in screening when eligible, and seek medical advice promptly if something changes.*



A core message from the session: one third of cancers can be prevented.

Joint winners of Cancer Bingo were Barry Dring and Clare McElhinney. Hugh Lavery thanked Janhavi for her presentation; she received a club certificate, and a donation made in her honour will support Rotary's work to help protect children from polio.



Past President Hugh Lavery presenting a certificate of appreciation to Janhavi Dahanukar.

Practical Prevention Reminders

- **Be SunSmart:** use protective clothing, SPF50 or SPF50+ sunscreen, a broad-brimmed hat, shade and sunglasses whenever ultraviolet levels require protection.
- **Choose healthy routines:** eat a varied diet rich in vegetables, fruit, legumes and wholegrains; move regularly; maintain a healthy weight; and drink less alcohol.
- **Use screening programs:** eligible Australians can access national screening for bowel, breast, cervical and lung cancer.
- **Act on changes:** persistent cough, coughing up blood, unexplained breathlessness, unusual lumps, skin changes, blood in the bowel motion or lasting bowel changes should be discussed with a doctor.

Member Reflections

The presentation prompted thoughtful personal reflections from members whose lives have been affected by cancer. Their stories reinforced the value of early detection, regular check-ups and acting promptly when something does not feel right.

Fellowship & Club Business

Sergeant Bob Urquhart conducted a lively fines session. Kim Wann, Bob Hall, Barry Dring, Grant Woodhams, Jim Dillon and Hugh Lavery were all put through the mill—how did anyone escape?

Rotary Heads and Tails was won by Rob Mosel (his wine cellar continues to grow!).

Barry Dring shared an “On This Day” note: it was the birthday of Emperor Augustus Caesar—the man who gave us the month of August.

Bob Symington reminded members about the Radio Auction, and Rob Mosel advised that this financial year’s Rotary membership invoices have been emailed.

Club Notices

Events & Guest Speakers

Members with ideas for future guest speakers are encouraged to pass them to Grant Woodhams, who has taken on the coordination role.

Next Meeting: Bicycles for Humanity (B4H) Breakfast

Saturday 29 August, 8.00 am at Flow Café, Gregory Street.

This breakfast **replaces the usual Wednesday meeting**. Members and partners are welcome; attendees will order and pay individually. The visiting Bicycles for Humanity team is expected to recognise Peter Moore’s contribution before riding on to the HMAS Sydney II Memorial for a tour.

<https://www.givenow.com.au/cr/geraldtoneventure2026>

September 9th: Guest Speaker Leonie Forrest

North East Metropolitan, Midwest and Pilbara Area Manager | EdConnect Australia

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September 12th, Saturday – 8:00 AM – 2:30PM Northampton Showgrounds

Parking assistance at Northampton Show – I have 4 volunteers and need another 4-6 guaranteed by

COB Wednesday 26th. The more the merrier. This a great little fundraiser for the Club

Details for sign up here → [Parking Marshals - 2026 Northampton Show | Rotary Club of Greater Geraldton](#)

RYLA Applications

Applications are open for the RYLA youth camp commencing 27 January. Members who know a suitable young applicant should follow up promptly.

Christmas Function

Save the date: 12 December at Tarts & Co. Further details will follow.

President’s Message

President Bob Hall thanked members for their support and encouraged everyone to keep contributing while he is away through late September. Jim Dillon will chair meetings during the President’s absence. With a busy program ahead, members are asked to step forward when help is needed and continue working together in the spirit of Rotary service.

Thank you to Janhavi and to every member who helped make the morning informative, practical and enjoyable.

— Rotary Club of Greater Geraldton —