



THOUGHTS FROM A HAT DAY VOLUNTEER

-Helen Hegarty



At Clarkson Station: Margaret, Tina and Helen

I have been asked to write a little blurb for my participation for the Hat Day at Clarkson Railway Station for Mental Health Week and the sausage sizzle on Sunday at Bunnings (see later in the Bulletin).

Firstly, may I say, that I have enjoyed the welcome I received when attending the meetings held on Tuesday nights for The Mindarie Rotary Club.

It is inspiring to hear members willing to commit themselves to such a worthwhile organisation.

My first volunteer position was for the Hat Day at the Clarkson Train Station for Mental Health Week. There we were, three of us, "up and at em" at 7.00 am shaking our containers and wearing our lovely bright coloured hats in the endeavour to stand out in a crowd.

It is the early rush hour and understandably the public are rushing to catch their train for work and some just didn't have the time. Then there were those who didn't have any change, then there were the ones who just didn't want to donate and then of course there were the ones who were happy and some very happy to donate to the cause.

It was an interesting exercise involving many nationalities. No matter what nationality, I was told of several stories of individuals and families that have been affected by Mental Health. It does not discriminate and I felt honoured to be there to listen to the people wanting to express their grief that they had experienced or are experiencing with themselves, their family members or their friends.

On the whole I thought it very successful and am glad to have taken the time to volunteer.

Our volunteers raised \$270 and the Club donated an additional \$30.



Rotary Club of Mindarie Inc. WA
District 9455 Club 83520
Chartered 2010

www.rotarymindarie.com



Be a gift to the world

RI President K.R. Ravindran chose *Be a Gift to the World* as his theme for 2015-16. Ravindran urges Rotary members to give the gifts of time, talent, and knowledge to improve lives in communities across the globe. "Through Rotary, we can take these gifts and make a genuine difference in the lives of others and in our world."

1 2 3 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19

Share with your friends when you find the mitsake.

facebook.com/rotaryclubofmindarie

facebook
Marketing



Our thanks to Raylene Quinn who has volunteered to step in and improve our SwapMart Facebook page.



The reason why I hate mornings so much is that they start while I'm still sleeping.



Meeting Notes



CLUB MEETING

Tuesday 27th October
at Mindarie Senior College

The meeting was opened by stand-in Sergeant at Arms, Brian Baily, at 1806.

President Nigel advised that our exchange student Maud, was performing at a concert in one of the College halls and that some members wished to attend. In addition, since there was no guest speaker, the meeting would be shortened.

He advised that apologies had been received from Brian Butterworth, Sandy Jones, Sally Farr, Tiffany Dowling,, Bill Benbow, Tracy Roberts, Nick Gerrard, Sharon Kinraid, Helen Hegarty and Lindsay Robeson.

He expressed his disappointment about the lack of attendance from members and that a number had not communicated their apologies.

He welcomed Geoff Russell to the meeting and requested him to give the toast to Rotary and to Australia. There were no makeups.

Nigel informed those present that the Swap Mart would need to go into recess during December as the Shopping Centre would not allow the Swap Mart to operate. Thus we had 4 more Swap Marts before the "closure" and we would resume on the 3rd January. We would need to hold off on our advertising plans until January.

He also thanked members for their efforts during the month i.e. the Catalina Telethon, Hat Day, two Bunnings Sizzles and the Swap Marts. He mentioned that the Relay for Life did not have the support as we would have hoped for.

International Service

Margaret was not present but there was discussion about the donations in kind at Mindarie PS. There were two issues of note:

- The need to present the School Principal with a plan as to what would be done with the donations collected by the School to date i.e. where would they be stored?
- The desire by the School to have some of the donations transported to the Ampan PS in PNG by the end of the year.

Points discussed included:

- Options regarding storage of the donations.
- District had advised that there were not facilities available and that storage of containers and goods was a District issue and involved many Clubs.
- Consideration of the quality of the donations v the cost of transport
- Linking with another PNG Rotary Club was considered essential

- The issues associated with getting goods transported to PNG customs cleared without entanglement with unnecessary and illicit costs
 - Apparently Margaret is considering travelling to PNG in December and what could she take with her? Any costs associated with large parcels etc would be borne by the Club.
 - Potential temporary storage options proposed by Mike
- It was agreed that the final strategy etc, needed to be determined by the International and Community Service Committee.

Mike mentioned that Mindarie PS is extremely happy with the association with RCM and that the PNG project fits very well with their curriculum.

Youth Service

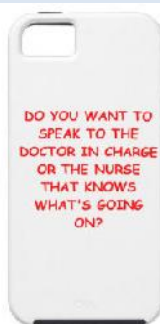
Mike provided the following information:

- There is a meeting with the Wanneroo Youth Services on the 18th November to discuss broader youth engagement issues/projects
- We have no takers for the 4 Way Test programme. Geoff mentioned that heats are currently underway.
- Mike mentioned that under the above circumstances he was not prepared to have RCM participate in the 4 Way test.
- There was no feedback yet from District as regards RYPEN handover
- He attended a meeting with the Police Commissioner in relation to the Interplast/Mongolia Project Blue initiative. The intent is to take a group of students to Mongolia and show them how Interplast assists the locals. (Details are in this Bulletin)

Geoff then gave a presentation of the Convicts for a Cause event to be held at Fremantle Prison on the 7th November. He stated that funds raised would go to the Diabetes WA research projects and that there were two tiers of fundraising. Those attending could be guests or convicts. The former could pay an attendance fee and receive excellent value for money from the food and drinks whilst the Convicts would raise money to get themselves out of jail.

He mentioned that it had been successful in the past and that it was a good night for the whole family.

Continued next page



**3 OUT OF 4 VOICES
IN MY HEAD WANT TO
SLEEP**

**(The other wants to know if
penguins have knees!)**



Meeting Notes



Treasurer's Report

President Nigel distributed a P&L for the period 1st July – 12th October, that had been prepared by Peter and Peter provided an explanation of how it is to be interpreted.

There was general discussion about the state of the Club's finances:

- Back in July, Service Committees had been asked to prepare budgets and were expected to undertake their own fundraising activities and not simply rely on allocations from Community Service which is the Club's primary source of income.
- Committee expenses have been amortised over a 12 month period and so far look good as there have essentially been no fundraising activities by those Committees to date.
- Admin income is down on budget as there is still a considerable amount outstanding as regards membership dues.
- The two Bunnings sizzles netted around \$1900, the Catalina Telethon netted \$650 and the three recent Swap Marts netted around \$800.

Swap Mart Committee

PP Darren informed the members about activities in relation to the Swap Mart:

- Directional signage has been ordered but there is still a question mark about the size of the wording and the logo.
- These directional signs are to be put up on the morning of the Swap Mart.
- Nothing has come of the approach to ECU as regards a marketing project but an alternative option has arisen.
- A meeting with Wanneroo Council as regards other signage is still to occur.

Raylene provided members with her initiatives and thoughts of the Swap Mart Facebook page:

- The number of "likes" has jumped in the last week or so
 - The Facebook Ads that we pay \$32 per month for are not serving us well at all and we should cancel this.
 - There are too many people with Admin rights to the Facebook page
 - A busker has been arranged to attend
 - We might consider selling our surplus drinks at the Swap Mart
 - Coffee van is unlikely to attend unless we can "guarantee" them that they would sell around 200 cups.
 - Perhaps consider doing a sausage sizzle at the event
- President Nigel expressed the Club's thanks to Raylene for taking ownership of the Swap Mart Facebook page.

There was additional discussion about the promotion of the Swap Mart in school newsletters in the forthcoming weeks.

The raffle was drawn by Geoff Russell and the lucky winner was Nigel. In addition, we thank Geoff for donating a fine bar stool for another RCM raffle in the future.

Once more, Brian Bailly performed the Sergeant-at-Arms role in excellent wit and style.

Nigel advised that the next meeting would be on the 10th November.

Meeting closed at 7:20 pm.



The weekend Relay for Life was Poorly attended by RCM members.
Sally thanks Cheryl and Jack Morgan and his friends who ensured that she was not on her lonesome!



An MIT linguistics professor was lecturing his class the other day. "In English," he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. ... But there isn't a single language, not one, in which a double positive can express a negative." A voice from the back of the room piped up, "Yeah, right."

ROTARY IN WA MEMBERSHIP FORUM



RETHINKING MEMBERSHIP

Realities, challenges and the future

A strong Rotary membership is critical for our future. Engage in this important forum to develop strategies for membership growth, engagement and retention in your club.

Listen to excellent speakers, participate in workshops and leave with practical ideas you can implement.

All Rotarians are encourage to attend this important event

**Sunday 1 November
9.30 am – 1 pm**

(Registration from 8.45 am)

**TOMPKINS ON SWAN
632 Canning Hwy, Alfred Cove**

Light refreshments and lunch provided

Please confirm your attendance at
<http://www.trybooking.com/156724>

Note the sign!



From Tiff: Just a pic from Canada of me with my rotary jumper on, at Mt Nigel which is located on the ice fields parkway at the Columbia ice fields.



Today, 2 year olds can unlock an iphone, open and close their favorite apps all by themselves. When I was that age, I was eating dirt

STITCHES OF HOPE SHED PARTY

SATURDAY 14TH NOVEMBER 2015 AT 6PM

1448 TOODYAY ROAD GIDGEGANNUP
(ON THE RIGHT HAND SIDE WITH TIM EVA'S NURSERY SIGN)

ENJOY SHEEP ON THE SPIT AND A GREAT COUNTRY MEAL.
MUSIC BY THE TALENTED "ALL STARS" BAND

COME PREPARED FOR AMAZING RAFFLES, AUCTIONS AND
ITEMS FOR SALE TO HELP SUPPORT THE CHILDREN IN OUR
HOME TO TAKE THEIR FIRST EVER TRIP TO THE BEACH!
PLUS EDUCATION COSTS FOR OVER 100 CHILDREN.

CARD FACILITIES ARE AVAILABLE.
BYO DRINKS BUT TEA & COFFEE WILL BE AVAILABLE

TICKETS AVAILABLE AT WWW.TRYBOOKING.COM/157372
FOR MORE INFO CONTACT: KAY 0419 928 311 OR ALEX 0412 632 263



Stitches of HOPE
BRINGING HOPE TO GAMESBIA

Proudly supported by
Rotary Club of Swan Districts



Rotary District 9455

Positions Vacant

Rotarians interested in training fellow Rotarians - wanted:

1. Experienced Facilitators and Trainers - to deliver predeveloped curriculum courses
 - a. Courses considered but not limited to:
 - i. Rotary Leadership Institute (RLI) Training
 - ii. President's Elect Training
 - iii. District Assembly Training
 - iv. District Officer Training
 - v. Visioning
 - b. At least a team of 9 experienced to provide flexibility
2. Developing Facilitators and Trainers - Rotarians wanting to develop into experienced facilitators and trainers learning the craft
3. Training Administrators - to keep the documentation and communication up-to-date
 - a. Curriculum review and improvement
 - b. Documentation Control
 - c. Marketing Training, 'get them in the door'
4. Training Coordinators - to arrange and set up venues for training activities - the important aspects of tea, coffee, morning teas, lunches making the environment within which to train conducive to effective and efficient training.

Rotary Training is a seriously important part of our Rotary involvement and we intend to create a District Training team of passionate training professionals.

By spreading the load amongst more interested Rotarians the outcome will meet the expectations of a vibrant District.

If you are interested please contact Peter Durrant - peterdurrant@westnet.com.au with an expression of interest to be involved and 0419931451 seeking further information or clarification

Yours in Rotary Service,

Jerry Pilcher (Kerry)
District Governor 2015 - 2016
District 9455 - Western Australia
President Rotary Club of Scarborough 2008 - 2009

I don't think you are stupid. You just have a bad luck when thinking.

FAMILY MOVIE NIGHT	★ SATURDAY ★ 5TH DEC, 2015			
	MPS P&C <small>IN ASSOCIATION WITH The Ecton Club of Mandurah</small>	Bring your picnic, drinks, rugs, Blankets and pillows (or low-slung chairs)		
	Bouncy Castle from 16:00 maybe a visit from a "Special Guest"			
	05.12.15	<ul style="list-style-type: none"> Pre-order your tickets for a chance to win a \$50 Basils voucher door prize (See below). Raffle. Donations to H.A.N.D. graciously accepted. 		Feed van, Doncorn & slushies available.
	Movie starts at 19:00			

Twitter Announces There No Trending Topics Today

'Maybe Something Will Catch On Tomorrow,' Social Network Says

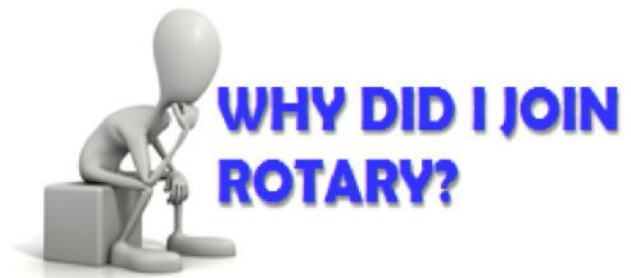


SAN FRANCISCO—Noting the lack of any social causes, amusing hashtag games, or major news stories currently stimulating public conversations on their site, Twitter officials announced Monday that there are no trending topics today, but suggested that perhaps something might catch on tomorrow.

"Normally, our site displays a list of newsmakers and issues currently capturing the world's attention and engaging users in discussion, but it doesn't look like people are really talking about anything today," said Twitter interim CEO Jack Dorsey, adding that a few new hashtags started popping up in users' posts earlier in the day, but every single one failed to become popular.

"Some days, even if a famous person dies or there's a big protest somewhere, people just aren't interested. Maybe something might pop up and start trending later. We'll absolutely put it up on the site if that's the case, but until then we're not going to force it."

At press time, a company spokesperson confirmed that the hashtag #NothingTrendingOnTwitter was failing to gain much momentum.



Perhaps it is worth reflecting as to the reason why you joined Rotary? Here are some views from Rotarians around the world.

"I am a Rotarian because it allows me to be a part of the community. I enjoy getting to know and interacting with like-minded individuals who are dedicated to providing service at the local, national, and international levels. I also enjoy the friendship and the sense of camaraderie that working together on projects and socializing at the weekly meetings provides. Joining Rotary was the best decision I have made in my professional life."

"I originally joined Rotary because I saw membership as a great way to participate in projects to improve our community. I was most interested in joining an organization that was supportive of education, and the Rotary Club of Pacific Grove has fulfilled that goal many times over, with emphasis on helping our local schools adjust to financial hard times. I've now been a member for nearly 15 years, and I have realized that Rotary has become important to me in other ways as well. Membership provides a wonderful opportunity to make friends, to learn about a wide variety of subjects, and to network with business people and community leaders who share similar principles and goals. I particularly appreciate that we hear fascinating speakers every week – on very diverse topics!"

"The Rotary Club of Little Rock always had the image of being a leadership group, to be asked to join was considered an honor, but the real meaning of membership is about leadership and service in the community, not just in Little Rock, not just in our district, but around the world. I think I joined for the wrong reasons, but I think I found out quickly why I continue to be a member, 15 years later, service above self has a LOT more meaning."

"I joined because living in a community you want it to be the best it can be and for that to happen you have to take some ownership and participate. Now 26 years on both my wife (a PDG) and I remain very involved at club, district, zone, regional and international levels ... it is amazing where saying "yes" to opportunities can take you as we never set out to be this engaged and actually do not seek engagement out ... a "yes" just seems to happen."

Ask yourself why are you in Rotary?

What did the dog say to the cat? Nothing, animals can't talk.

REFLECTIONS BY A BUNNINGS SAUSAGE SIZZLE VOLUNTEER

My next volunteer position was at the Sausage Sizzle at Bunnings on Sunday 11th October.

My partner Norm and I volunteered the 10.00 – 1.00 timeslot.

It was such a surprise for us to witness the sizzle in action. We did not realise the ritual it is for some people to not go to Bunnings unless you have a sausage sizzle.

Everyone was there kids, mums and dads, blokes and sheilas and families

It was consistently busy during those hours. It was a very friendly atmosphere all round, the sausages kept coming, the onions kept cooking and the rolls were having trouble keeping up. The drinks ran out and more were ordered in. The staff we were working with were helpful. The weather was wonderful for the occasion. The time just flew by and when we left we felt invigorated.

I was very pleased to hear of the money raised and we were grateful to have been a part of it.

I am going on holidays for three months and wish you all the very best in the up and coming events and wish you all a Very Merry Christmas and Happy New Year.

Well done to you all.

- Helen Hegarty

Note: We netted \$1100 that day!



Some of the attendees at the Zone meeting at Hilarys Yacht Club.



The Rotary Club of Mindarie was invited by Creating Communities to put on a sausage sizzle ,with a difference, at the Catalina Telethon home auction site on Sunday 18th October.

For the first time we offered egg and bacon rolls as well as the traditional sausages and drinks.

The egg and bacon rolls were the first choice for munchers until around 1030 and then the demand switched to the traditional sausage and onion rolls.

Interestingly, in the days beforehand, there was considerable trepidation amongst the organisers about how difficult it might be to cook some 150 eggs and bacon pieces on a BBQ? But with egg rings and spray on oil, and terrific short cut bacon, it went really well. It is a shame that we cannot offer this at the Bunnings Sausage Sizzles.

Our great volunteers, Peter, Darren, Brian, Nigel and of course Margaret, did an excellent job. Satterley were generous in contributing \$600 to our costs and in the end, the event netted over \$650.

Our thanks to Creating Communities and Elise O'Sullivan with whom we have worked before. Here are some of her comments about the event.

"Thanks so much again for yesterday.

It turned out to be a great day with a great crowd – the event organisers estimated we had around 400 through across the morning which is fantastic, and the rain held off until just after we finished. I heard that the community stalls even got a mention on the Telethon broadcast last night!

How did you guys go on making some profit from the day? There seemed to be a queue at your stall the whole morning so hopefully you made a few bucks!

Thanks again for your involvement in the day, I'm looking forward to further opportunities where we can work with Rotary going forward. I think there will be plenty of opportunities for us to team up again at the Catalina community."



An Invitation to an evening presentation of The Swim Vietnam Programme by Le Viet Duyen, Consul General of Vietnam

In Vietnam today, drowning is the leading cause of death from injury of children and adolescents aged up to 19 – about 50 percent of the deaths from injury in fact. Many of these deaths could be prevented if children had been taught to swim.

Monday 16th November

6.15pm for 7.00pm start at Hilarys Yacht Club
65 Northside Drive, Hilarys.

Dinner \$30.00pp. Drinks at the bar

Payment: Direct Deposit to Treasurer Mark Kitson
into BSB 016-494 A/C 203639752.

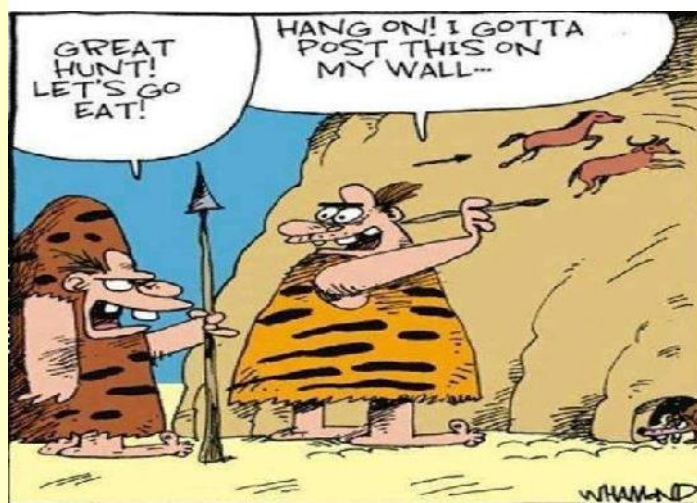
RSVP to Jim Benson M 0405 713 978
Email jbenson-lidholm@bigpond.com
or David Siddall M 0402 789 664
Email davidsiddall2@gmail.com
by 10th November.

We look forward to the pleasure of your company!
International Director Jacquie Harry

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www.glasbergen.com



"Please listen carefully as some of our menu options have changed. For customer service, go fly a kite. For technical support, whistle in the wind until the cows come home. For repair service, wait for you-know-what to freeze over..."



Early Facebook

Convicts
FOR A CAUSE

2015

SAVE
THE
DATE

www.convictsforacause.org.au

When:

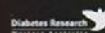
Saturday, Nov 7

Where:

Fremantle Prison

Time:

7-11 pm



BREAK OUT & MAKE A DIFFERENCE



Interplast™
Repairing bodies & rebuilding lives
in the Asia Pacific region

A TRULY
EPIC
ADVENTURE



The Police Commissioner, Karl O'Callaghan, is looking to take a number of students to **Mongolia** to see firsthand the Interplast efforts. Four of these students are ideally to come from the North Perth region. Fundraising is involved.

Funds raised would be used to fund a specialist medical team from Australia to perform life changing operations to hundreds of sick children with cleft lip and palate and burn scar contractures in Mongolia whilst providing "sustainable surgery" through mentoring and training local doctors and nurses to continue to provide the best possible care for kids.

The itinerary is basically depart Perth for Ulaanbaatar on the 27th February and return on Sunday 6th March. Cost is around \$6000 per student inclusive of return flights via Hong Kong, all accommodation, transport, meals and national park fees.

For further information, please contact Mike Gilbert

Deck the Halls!



celebrate at a beautiful venue great value great fun for a great cause!

Cottesloe Christmas Charity Sundowner

Sunday 29th Nov 4pm-7pm
in celebration of Christmas & in support of Cancer Support WA

Bring your friends & family to celebrate in the Christmas-themed gardens of the Cancer Wellness Centre.

80 Railway St, Cottesloe.

Includes food, drinks, Santa, live music, fun photo booth, raffle and auction.

\$50 Adults; \$25 Kids; \$125 Family.



Bookings: 9384 3544 | cancersupportwa.org.au/deck

WANNEROO AGRICULTURAL SHOW

SCHEDULE OF PRIZES 2015

THE BIG RIDES ARE BACK!

27/28 NOVEMBER

FRIDAY 4PM-10.30PM | SATURDAY 9AM-10.30PM

Mindarie Rotary will be working with RC Wanneroo to man the gates at this event. So we will need volunteers!

What's the difference between Investment Bankers and London Pigeons?

The Pigeons are still capable of making deposits on new BMW's

I used to be an inventor, but I had other ideas.



Rotary District 9455

Please find link to the latest [Essential Personnel Cambodia](#) newsletter, compiled by Mr Nimul Ouch the CEO.

Nimul is a very dedicated individual who has worked tirelessly for many years to improve the lives of Cambodia's disabled Youth.

If you or your Rotary Club is in a position to assist by raising and donating funds for this very worthy project we know they will be greatly received.

Donations can be made on the RAWCS website.

Go to **Project # 73-2014-15 'Empowering Disabled Youth through Education and Employment, Cambodia'** This project is sponsored by the Rotary Club of Northam in conjunction with the Rotary Club of Phnom Penh, Cambodia.

The project aims to give disabled young Cambodians the opportunity to get a secondary and tertiary education or training in trades to enable them to lead an independent life.

Go to www.essentialpersonnelcambodia.org where you'll also find a direct donations link to RAWCS.

Shortly after the D9455 Conference in April 2016 it is proposed the Rotary Club of Northam will take a group of interested Rotarians on a fact finding tour of the Essential Personnel Cambodia facilities in Phnom Penh and Kampot Region and also view the site and proposed plans for a secondary school and accommodation and trades training facility on the outskirts of Phnom Penh.

Interested Rotarians and their partners are most welcome to join us.

If you are interested in joining our trip, please contact Rotarians David and Jan Horsley – Rotary Club of Northam, for more details.

Email: horsleys@bigpond.com

A new vacuum cleaner salesman knocked on the door on the first house of the street. A tall lady answered the door. Before she could speak, the enthusiastic salesman barged into the living room and opened a big black plastic bag and poured all the cow droppings onto the carpet.

"Madam, if I could not clean this up within 5 minutes with the use of this new powerful Vacuum cleaner, I will EAT all this dung!" exclaimed the eager salesman.

"Do you need chilly sauce or ketchup with that" asked the lady.

The bewildered salesman asked, "Why, madam?"

"There's no electricity in the house..." said the lady.