



THE MINDARIE BULLETIN



35

24th November 2018

Rotary Club of Mindarie Inc. WA
District 9455 Club 88520
Chartered 2010

www.rotarymindarie.com

2016/17 THEME



Rotary's founder, Paul Harris, believed that serving humanity is "the most worthwhile thing a person can do," RI President-elect John F. Germ said, and that being a part of Rotary is a "great opportunity" to make that happen.

Germ unveiled the 2016-17 presidential theme, *Rotary Serving Humanity*, to incoming district governors on 18 January at the International Assembly in San Diego, California, USA.



But just what is Rotary? AND WHY DOES ROTARY CARE?

We work hard to give back.

We want to create a better future and make a difference. We know we can't do it alone, so we get our support and strength from other Rotarians both in our community and across the world.

PROMOTE THE CLUB AND ROTARY THROUGH A SIGNATURE PROJECT



Many Rotary clubs are known in their communities for one big project or event that sets them apart from the other groups.

Whether it's an annual dinner that raises funds for polio eradication, or a park clean-up, a club's signature project or fundraiser can help promote Rotary's public image as an action-oriented service organisation.

Several small projects leave no mark, but one larger project leaves a signature. A great way to promote Rotary's image is to have a significant project or a significant fundraiser that is a very public event in the community and to do that event or fundraiser consistently over the years.

Some ideas on how to create a signature activity.

- **Identify.** Decide on a public event and its purpose, such as to raise funds for The Rotary Foundation or to involve members of the community in a local service project.
- **Publicise.** Include the Rotary club or district in the name of the event, following the RI guidelines for using the Rotary Marks. Use social media and press releases to publicise the event and the work of Rotary and build interest and excitement.
- **Connect.** Assign club members to help answer questions about the Rotary club and its projects during the event to form connections with the general public. Distribute take-away information about the Club and Rotary as well as pamphlets or business cards linking to the club's website.
- **Repeat.** Hold the event annually to build recognition. As awareness grows, more community members will participate and the event will become increasingly successful. You may even attract new members to your club.



monthly
themes

NOVEMBER	Rotary Foundation month
DECEMBER	Disease Prevention and Treatment month
JANUARY	Vocational Service month
FEBRUARY	Peace and Conflict Prevention/Resolution month
MARCH	Water and Sanitation month
APRIL	Maternal and Child Health month
MAY	Youth Service month
JUNE	Rotary Fellowships month
AUGUST	Membership and New Club Development month
SEPTEMBER	Basic Education and Literacy month
OCTOBER	Economic and Community Development month



AGM & CLUB MEETING

Wednesday 23rd November 2016

at Mindarie Marina

The meeting commenced at 1807.

President Sandy welcomed those present and Ralph advised that apologies had been received from Peter, PP Darren, PP Sally, Karina, Brian Baily, Alan and Kelly,

After the toast, there was informal discussion about issues and matters related to the Club:

- Member attendance at meetings
- Alternative venues for Club meetings
- Recent insurance and youth matters from District
- The last sausage sizzle set a record of raising \$1506
- Mayor Tracey advised of organisations in Wanneroo that might benefit from RCM assistance (Yanchep National Park, Disabled Riding School, Butler Falcons)
- Date for the RCM Christmas gathering

We were then joined by two students that the Club had sponsored for the RYPEN camp – Jade Craig and Daniel Pengelly; both from Butler College. Their mothers also attended.

Daniel and Jade were full of praise about the benefits of the RYPEN experience and gave us further insights into the benefits and what might be done to improve the selection process. Key aspects were meeting different students including overseas exchange students, confidence building and sharing of differing views.

Both parents also commented on how their children have come back more confident.

Jade assisted us in our recent sausage sizzle and both she and Daniel volunteered to assist at the Wanneroo Show.

The final part of the evening related to the Annual General Meeting which had been rescheduled from October. A quorum being present, the meeting commenced and President Sandy requested Brian Butterworth to chair the meeting.

- Minutes of the previous AGM were accepted
- The Audited Financial Statement for 2015/16 was accepted
- Retention of the current auditor for 2016/17 was accepted

Focus then shifted to election of Officers of Club for 2017/18 with a selection of nominations having been received for many of the positions and a ballot being required for the role of President Elect.

The following appointments for 2017/18 were voted:

- President Elect – Ralph Sirmulis
- Secretary – Cheryl Shaw
- Treasurer – Peter Andrews
- Director, Club Service – PP Nigel Owen
- Director, Community Service – Mike Gilbert
- Director, Youth Service – vacant
- Director, Vocational Service – Brian Butterworth
- Director, International Service – Margaret Dull

The meeting closed at 2037 hrs



National Youth
Science Forum

T

he National Youth Science Forum (NYSF) is a not-for-profit organisation that began in 1984 as the National Science Summer School. Since then, it has grown to become a national leader in supporting the development of Australia's youth, by allowing them to experience what future study and science-related careers might be like.

Every January, the NYSF runs a 12-day residential program for incoming year 12 students who are passionate about science, technology, engineering and maths (STEM). The program is currently delivered at the Australian National University in Canberra, ACT, where the students live on campus and learn what it is like to attend university and study science-related courses.

Rotary clubs all over Australia contribute to the program through endorsing students for selection at a district level, with each district having a specific allocation of places. Where possible, clubs contribute to the cost of the student's attendance at the NYSF program. Since 1984, Rotary clubs have been involved in the selection of over 10,000 young people to participate in the program, which currently has a total of 400 places available in two separate January sessions.

NYSF participants apply for the program during their year 11 and must be passionate in their commitment to studying STEM subjects at a tertiary level. To be selected they must illustrate a balanced approach to their studies and be involved in extra-curricular activities, but don't have to be "top" of their class.

"Since 1984, Rotary clubs have been involved in the selection of over 10,000 young people to participate in the program."



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Rotary Jacaranda Festival 2016

NOV 26

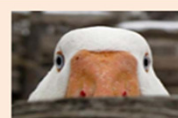
a free community event

A linguistics professor says during a lecture that, "In English, a double negative forms a positive.

But in some languages, such as Russian, a double negative is still a negative. However, in no language in the world can a double positive form a negative."

But then a voice from the back of the room piped up, "Yeah, right."

TRUE BLUE Thanks!
CONTAINERS



Anatidaephobia is the weird fear that somewhere, somehow, a duck is watching you

Teamwork Makes the Dream Work

Whilst referring to the workplace, it applies to our Club

Group projects; we've all had them, but that doesn't mean we all like them. There are generally two schools of thought surrounding collaborative projects. Some love them, whereas others feel as if they are acting out a scene from Game of Thrones. While team-style working is not something readily preferable for everyone, skilled and adept leaders can hone in on the culture of teamwork and collaboration.

Express intent

We all come from different backgrounds, giving us experiences that [shape our perceptions](#). This means that everyone approaches the same challenge from a different vantage point. Leaders cannot change perception until they express intent. When bringing up teamwork and collaboration, make sure you drive home the point of "why." Explain your purpose so that you manage the negative perceptions. Once you answer the "why" it's on to the "how."

Provide guidance

The major differences between [leading and managing](#) are teaching and enabling. As the old adage goes: you give a man a fish, he eats for a day. Teach a man to fish, he eats for life. The same can be applied to the workforce. When it comes to the teamwork and collaboration, have a concrete plan. This isn't to say that your employees cannot innovate or think outside the box. In fact, providing explicit parameters can encourage innovation in groups, because people feel comfortable with the expectations. The guidelines exist to establish expectations while ensuring that teamwork and collaboration bring out the very best in your employees.

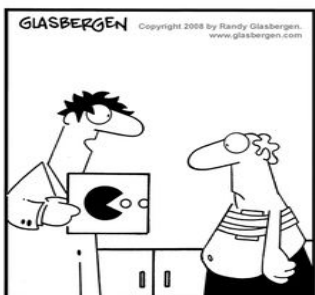
Keep accountability

Teach the art of mutual reciprocity and emphasize the goals at hand. After all, the team should be working toward the same thing at the end of the day.

Understand strengths

In the same way that everyone approaches group work with their own set of experiences and perceptions, they also bring with them their unique set of skills and strengths. Encourage team members to familiarize themselves with the everyone's skills and interests. This way the team can play to each other's strengths and optimize the division of tasks.

**OF COURSE I
TALK TO MYSELF.**
SOMETIMES I NEED EXPERT ADVICE.



"Your new pacemaker includes a Pac-Man game that gobbles up the cholesterol in your arteries!"

Working together to do good

The Rotary Club of Croydon, Vic, received a \$31,500 global grant from The Rotary Foundation to provide early intervention training for teachers and primary caregivers of autistic children in Kuala Lumpur, Malaysia, and raised additional tax deductible donations towards the project by utilising the RAWCS infrastructure. What a great example of different sections of Rotary working together to do good in the world.

DID YOU KNOW

Australia 2005 \$1 1oz
Silver Rotary
Century 2005
100 Years of Rotary
Stamp and 1oz Silver
Proof Dollar Coin Set



Rotary, the world's oldest and most prestigious service club, was founded in 1905 in Chicago.

Today, it is a worldwide organisation of approximately 1.2 million business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

The coin was struck by The Perth Mint from 1oz of silver in proof quality.

It is housed with the Australia Post 50c stamp in fittingly prestigious presentation packaging.

A limited release of just 7,500 Stamp and Coin Sets will ensure these officially sanctioned collectables are highly sought after. The stamp and coin are housed in a prestigious timber presentation case featuring the Rotary International logo on the lid.

**I NEVER MAKE
STUPID MISTAKES.
ONLY VERY, VERY
CLEVER ONES.**



There is hope.
We can all make
a difference.
It starts with you.



Pavlov is sitting at a bar, when all of the sudden the phone rings. Pavlov gasps, "Oh no, I forgot to feed the dogs".

AFL Expects Boost In Talent As Pacific Islanders Begin Fleeing Rising Sea Levels



The AFL has today unveiled a new 'Climate Pathways Program' – in an effort to secure the talent of Pacific Islanders forced to move to Australia and New Zealand as a result of climate change.

Not even two days after the Australian Government finally resolved the issue of detained Asylum Seekers in the US, it seems our country is now having to prepare for a new wave of refugees from that same part of the world.

Only this time they aren't fleeing war and persecution – they are fleeing Mother Nature.

AFL CEO Gillon McLachlan says he can't wait to see some of the potential coming out of the catastrophic climate change currently taking place in the Polynesian and Micronesian islands.

"Pacific Islanders have contributed greatly to our game over the year. Personally, I can't wait to see what this next wave has in store for us"

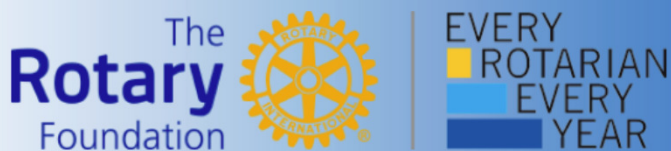
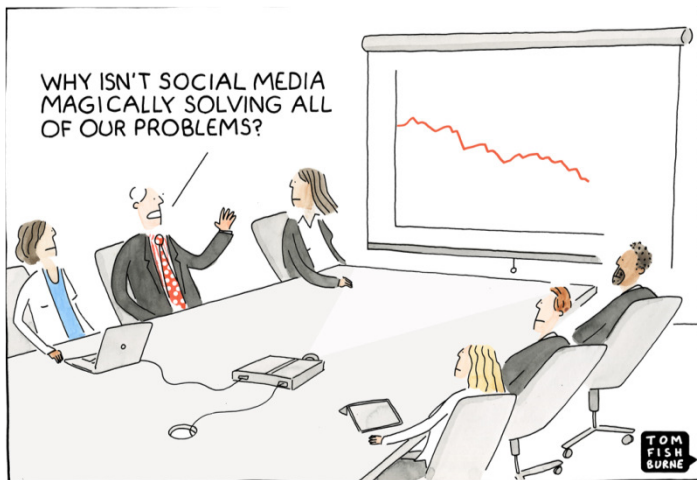
"Pardon the pun"

The term "Environmental refugee" refers to people who are forced to leave their homes due to sudden or long-term changes to their local environment which compromise their well being or secure livelihood, such changes are held to include increased droughts, desertification, sea level rise, and disruption of weather patterns.

Some of Australia's closest neighbours look to be on the frontline of this exodus. With countries such as Kiribati, Nauru and Tuvalu all ear-marked to be completely underwater by 2050.

It is not yet known whether Immigration Minister Peter Dutton will allow the tens of thousands of displaced Pacific Islanders to relocate to Australia, however it is believed that his football-mad electorate of Dickson will be rallying for him to let them in.

- The Betoota Advocate



The Rotary Foundation has continued its steady growth, moving up one spot to 93rd in The Chronicle of Philanthropy's annual ranking of the top 400 nonprofit organisations in the United States.

The ranking is based on monetary contributions from private sources and reflects the increasing generosity of those who support Rotary's mission.

According to The Chronicle of Philanthropy, the Foundation received \$259,594,884 in 2014, an 8.3 percent increase from the previous year.

The Foundation recently earned [a 4-star rating](#) from [Charity Navigator](#), the largest and most prestigious independent evaluator of nonprofits in the U.S.



FROM PHARMA TO TABLE: THE MCDONALD'S-PFIZER MERGER



McDonald's new Line of BLT: Bacon, Lipitor, and Tomato

Last night's unexpected merger between Pfizer and McDonald's sent shock waves through Wall Street, the Pharmaceutical industry and the heavily-processed meat community.

"It was a no-brainer, really" remarked Pfizer CEO Ian Read. "These beloved brands have long enjoyed a symbiotic corporate relationship. We finally decided that as long as McDonald's is creating new patients for our medications – medications which keep their consumers alive and able to keep walking back to enjoy those 99-cent specials - why not work together?"

The top-secret negotiations, months in the making, sent stock prices soaring as McDonald's franchises unveiled a new "McHealth Menu" that reflects the revised business model of McDonald's/Pfizer (now listed as 'McPfz' on the S&P 500).

'The New McBLT, featuring Bacon, Lipitor & Tomato, redefines health & commerce' says Fred Golgoth, McDonald's VP of Globalization & Happy Meal Toy Development. "It's a logical progression – together we'll give people the tasty food products they love, and, should said products threaten their health, we also provide the drugs to neutralize that threat."

New meals include the Angus Chipotle Zithromax BBQ Burger, which provides powerful antibiotics to combat fungal infection, in addition to the undetermined antibiotics injected during a cow's short life before slaughter.

Customer activity indicates strong approval for the merger amongst McDonald's regulars. At a franchise in Bullwhallop, Texas, hungry diner Sue Gompfolker opted for the Premium Crispy Chicken McLyrica Classic. "I've got a generalized anxiety disorder, and this allows me to get the anticonvulsant I need, with the bacon I crave."

Ms. Gompfolker's elderly mother, Anna, opted for the Big N' Tasty Celebrex Burger with Mushrooms & Swiss. "Why should I worry about the colon polyps when I'm also eating the cure?" she merrily chirped from her mechanized scooter.

Upcoming entrees include the Premium Honey Mustard Diflucan Wrap (with co-pay), the Southern Style Grilled McDouble Viagra Wrap (Ranch), and the all-new McZyloprimRib with Red Meat Wrap for gout sufferers.

- continued

"It's the circle of life" remarked McDonald's VP Golgoth. "Pfizer had the vision to partner with the largest fast-food chain in the world." When reminded that Subway recently surpassed McDonald's as the largest chain, Golgoth replied "Yes, but we've still got the largest customers." Subway is rumored to be in talks with Merck.

The newly merged company has already secured preliminary approval from Health and Human Services for Medicare and Medicaid to cover the cost of McDonald's Health Menu meals. A small co-pay may be required where brand-name drugs are used, or HHS deems the health-threat of McIngredients to be abnormally high.

Future corporate plans include development of a nationwide Insurance Provider Network, tentatively titled 'McHMO.'

-The Final Edition

SOME IDEAS TO STRENGTHEN ROTARY CLUBS

- Have more focused service activities
- Adjust the number of committees according to the size of the club



- Make the club more open and less cliquish
- Create an atmosphere that is friendly and easy to communicate with one another
- Provide training for those with less than 5 years as a member
- Foster balance among age groups in mid and long term plans
- Show we care for those members who are frequently absent from club meetings, and take actions to address the issue while at an early stage. The club president and membership chair should visit the member who has been absent for a long time and find out the reasons and address the situation.
- Clubs should make mid to long term plan of 3-5 years, and implement the plan accordingly every year.
- The club president and secretary's enthusiasm can energize the club and make it strong
- Periodically change the seating at club meetings to encourage more people to get to know one another.
- Constantly keep having interesting service projects and club meetings in mind.
- If possible, having spouses come to club meeting once a month or several times a year.
- Be creative and make club meetings more meaningful
- Make a conscious effort to provide opportunities so that every member can be involved in a committee or leadership role.

- A selection from RI PP Sakuji Tanaka

In 2008 scientists discovered a new species of bacteria that lives in hairspray.

What Kind of Reasoning did Sherlock Holmes Use?

Holmes used abduction
- not deduction - to crack his cases.

Deductive reasoning is when a conclusion is certain, provided the facts are true.

For example, all men are mortal. Watson is a man.
Deduction: Watson is mortal.

Holmes more often used abductive reasoning, which works by drawing the most likely conclusion from the available evidence. In essence, it's an educated guess - though Holmes would have hated this description.



Rotary
Districts
of Oceania



ROMAC
Rotary Oceania
Medical Aid
for Children

ROMAC provides surgical treatment for children in Australia and New Zealand from developing countries from our Pacific Region in the form of Life Giving and/or dignity restoring surgery not accessible to them in their home country.

There are no paid staff and the small administration expenses incurred are paid from another income stream.

<https://www.romac.org.au/#>

What does a dyslexic, agnostic, insomniac do at night?
They stay awake wondering if there really is a dog.

LUNCH WITH

the Consul General of India

9TH DECEMBER 2016

12:30 - 14:00

AT PARMELIA HILTON



LIMITED NUMBER OF TICKETS AVAILABLE
Lunch with the Consul General of India



What is Interact?



Interact is a club for young people ages 12-18 who want to join together to tackle the issues in their community that they care most about.

Through Interact, young people can:

- ❖ Carry out hands-on service projects
- ❖ Make international connections
- ❖ Develop leadership skills
- ❖ Have fun!

Every Interact club carries out two service projects a year:

- one that helps the school or community and
- one that promotes international understanding.

Service projects are an effective way for youth to take action at home and abroad, connect with other young leaders, and get members excited about your club.

Considering the schools in our catchment area, is there a case for RC Mindarie sponsoring an Interact Club?

Jean-Paul Sartre is sitting at a French cafe, revising his draft of Being and Nothingness. He says to the waitress, "I'd like a cup of coffee, please, with no cream."
The waitress replies, "I'm sorry, Monsieur, but we're out of cream. How about with no milk?"



Wheelchairs for Kids

You can give a disabled child a wheelchair

Wheelchairs For Kids are a group of retiree volunteers in Australia that use your donations to make and distribute up to 300 wheelchairs per month to poor disabled children in developing countries.

Millions of wheelchairs are needed, but every one makes a difference. Please help. Every \$200 raised gives a child the freedom of mobility and liberates a carer.

Online stories on Wheelchairs For Kids can be viewed

<http://wheelchairsforkids.org/wheelchairs-for-kids/>

A project of the [Rotary Club of Scarborough, WA](#)

Supported by the [Christian Brothers](#)

Main Consultant - [Motivation Australia](#)

I tried walking up a hill without a watch but had neither the time nor the inclination.



THREE TIPS TO FIRE UP YOUR BRAIN

Some brain-boosting tips from Dr. Jenny Brockis, the author of *Future Brain*, a guide on how to boost brain fitness to increase productivity.



Use your brain the way it is designed

Brockis says her first tip is to give your brain a break.

"Apply attention in the way it was designed, as a series of short, sharp sprints and then give your brain a break. Take a couple of 20-minute brain breaks across the day to spend on unfocused thinking. Get up for a stretch, grab a glass of water, or get outside for a few minutes," she says.

This gives the brain time to reboot and re-energise ready for the next chunk of focused work. "It helps maintain cognitive stamina across the day and improves our ability to get to and stay asleep at night."

Reduce your cognitive load

Another tip, says Brockis, is to avoid juggling too much information. "Our fear of missing something important merely adds to our stress levels and reduces accessibility to the prefrontal cortex that we use to apply our logic, analysis and reasoning," she says.

So manage your head space by finding out what you really need to know and put in place some boundaries to minimise distractions that lead to interesting but irrelevant information.

Says Brockis: "This can be as simple as turning off email alerts, switching off the mobile phone or putting up a do not disturb sign to using sophisticated technology that can help reduce some of the complexity of the data being examined."

Get the hardware right

Finally, says Brockis, whether driving a Formula One race car or training next year's Melbourne Cup winner, our best performance always requires attention to our physiology.

"Using the best fuel to keep our neurons in tiptop order includes cognitive boosters from a wide variety of foods that are mostly plant based, fresh and unprocessed," she says.

According to Brockis, increasing your level of physical activity across your day boosts cerebral blood flow, supplying your brain with the extra oxygen and nutrients required for best thinking.

"It stimulates the release of growth factors that not only maintain neuronal health but also the process of neurogenesis, which is the limited production of new neurons, and reduces brain shrinkage.

Exercise is neuroprotective and maintains our cognitive reserve as we get older."

She says the gold standard is to do 150 minutes of aerobic exercise each week to get your heart rate and breathing up. "But all physical activity counts so stand up for your brain to boost attention, memory and mood."

She says it's about looking for the opportunity to simply move. Walking meetings, standing meetings, variable height desks, standing to speak on the phone or when on a conference call are all opportunities to move around.

Good brain functioning requires a combination of factors to come together. We all have the opportunity to improve our brain power and now's a great time to get started.

Dr Brockis was guest speaker at a recent RC Joondalup meeting



Rotary Beach Party Dinner

Break out your boardies or slip on a sarong... dress in your brightest beach gear and join fellow Rotarians and our District 9465 RYLarians for a great night of fun and friendship.

Wednesday, 18th January 2017

6 for 6:30pm

Baptist Serpentine Camping Centre

22 Transit Rd, Jarrahdale

(corner of Transit Rd and South West Hwy)

\$30 per person

RSVP with any dietary requirements by

Friday 6th January 2017 to:

Ian Ball

ian@iball.id.au / 0402 491 139



CONVICTS FOR A CAUSE

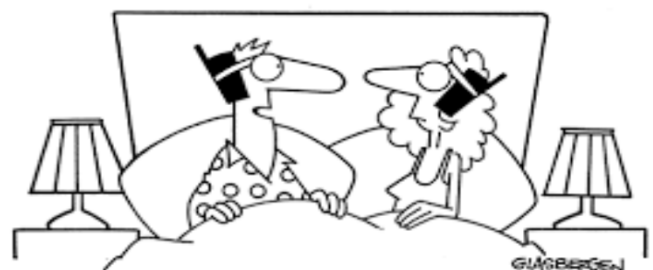
Great work for all the Convicts, charities and in particular our organising committee for a huge success at this year's Convicts For A Cause! Also a great big shout out to Prof. Lyn Beazley for joining in on the fun and doing her part to make this year's event the best!



Convicts for a Cause: Rotary Clubs of Perth and Mt Lawley raise \$100,000 | Community News Group

Rotary Clubs of Perth and Mt Lawley helped raise a record \$100,000 for several charities at Convicts for a Cause at Fremantle Prison

WWW.COMMUNITYNEWS.COM.AU



"With wireless sleep technology, the people in my dreams can send e-mail and faxes to the people in your dreams!"