



THE MINDARIE BULLETIN



69
1st July 2018

Rotary Club of Mindarie Inc. WA
District 9455 Club 83520
Chartered 11/2010
www.rotarymindarie.com
Meets every second Wednesday
at Portofinos Restaurant.
5:45pm for 6:00pm

Rotary   **BE THE INSPIRATION**

The responsibility we've been given is to build on the work of those who have gone before us — and build a solid foundation for the work yet to come — by serving as effectively and as efficiently as we can; keeping our work transparent and accountable; changing the lives of as many people as possible for the better, in the most significant and lasting ways; and ensuring that Rotary continues to provide the best possible experience to its members.

That it continues to grow and be useful to the world, not just this year and the next, but beyond our own time in Rotary, and even beyond our own time on earth.

- Barry Rassin, RI President

CHANGEOVER REFLECTIONS



It has been an interesting and challenging year. As with all Presidents, I felt I saw what was required and that was to revitalise the Club. My plan involved three key areas

- Growing membership
- Improving team spirit
- Building relationships

Well, as the old heads know, this isn't easy or straightforward to accomplish.

As I see it, the fundamental building block to growing membership and building team spirit is having a home where we can base ourselves, bring guest speakers and be proud of. We had been bounced around by the Marina and had met at Dome until finally I was able to find a place we could be proud of.

In hindsight, perhaps the QMCC isn't the best for ambience but you would be surprised how little there is out there. It took 5 months to negotiate this venue.

As to membership, this year we lost 6 members but gained 3 – so not to expectations and plan. We had some 8 prospects who attended one of our meetings but they didn't feel the force.

Relationship building and increasing our profile in the local community was a high priority in my mind. We needed to be known in the local community.

Two years ago, we embarked on our signature project which is *Making A Difference in Our Community* and involves the Christmas and Easter Hampers as well as the Winter backpacks (with the considerable help from the RYPEN students).

I recognised that we didn't really know where to find the needy, disadvantaged and homeless to be the recipients of these donations. So I am happy that we established a working relationship with Mercycare, the Salvation Army and the RAAFA villages at Merriwa. We have just very recently re-establishing contact with HAND. We still have our relationship with Mindarie Primary school although not much has happened there.



We are lucky that through the 4WT Speech Competition programme, we have a good relationship with Butler College and the start of one with Irene McCormack Catholic College, Peter Moyes Anglican Community School and Quinns Baptist College. With the advent of the year 6 4WT test, there is even more opportunity to establish relationships with local schools.

We also undertook some sausage sizzles which were primarily 'show the flag' relationship building events i.e. Riding for the Disabled Carabooda, Ukulele Conference, Clough Water family day, opening of Quinns Mindarie Community Centre. In fact, the opening gave us the opportunity for the Ukelele Conference and will probably surface again next year.

- continued


www.rotarymindarie.com
Use the website
- it's there for Members

 LIKE US ON facebook

CHANGEOVER REFLECTIONS

(continued)

Ideally, we can create fundraising opportunities through our relationship building. This year, fundraising has proved to be a challenge.

Our two main sources of funds are the Bunnings sausage sizzle and the Swap Mart.

This year we were only able to have 3 Bunnings sausage sizzles as every club and their supporters in the northern corridor and beyond want a place a Bunnings Mindarie. They even now offer Friday sizzles.

We are thankful to Darren for facilitating the opportunity to do a sausage sizzle at Caversham which was most profitable.

We did well from our effort at the Wanneroo Show in conjunction with RC Wanneroo.

As to Swap Mart, after continuing poor attendance, in April we suspended its operation. Prior to that, we spent considerable time looking for an open air alternative but without any real success. OKSC want us there and we are still in negotiation with them to trail a monthly Swap Mart.

All of our fundraising efforts have netted us almost \$20,000 this year.

As to where we have **Made A Difference in Our Community:**

- 80 Easter hampers to families in our local community, Mercycare Merriwa and the Pat Giles Centre
- 60 Christmas hampers to Mercycare Merriwa, Salvation Army, RAAFA villages
- 86 Winter backpacks to Mercycare and the Salvation Army
- Sponsorship of 10 students to attend the Rypen camp
- Sponsorship of 6 students to the Conoco Phillips Science experience
- Sponsorship of our inbound RYE students Olga and Kaisla
- Sundry work at the Sells Family – Dave Duvall has done a lot of gratis work there
- In conjunction with Dismantle, donation of 9 sets of bicycle helmets and security devices for an indigenous family in Quinns Rocks

I am an expert in hindsight and believe that we need to look more closely at our signature project and how we go about it because we do not have an ongoing and regular commitment from us as members and I question if we are delivering to the right audience?

Thanks to all who have been involved in the Club this year and in particular to the help from Brian Butterworth and Dave Duvall.

We have in incoming President who has the enthusiasm to steer us on a better path for the future.

Welcome Jessica and all the best for the future.

PAUL HARRIS FELLOW



Our Club is proud that District has awarded our PP Sally Farr a

Paul Harris Fellowship.

This is in recognition of this, and previous year's, efforts with the Annual RYPEN Camp.



designed by freepik.com

PRESIDENTIAL CHANGEOVER DINNER

The Club's Changeover Dinner was held at Portofinos Restaurant on Wednesday 20th June.

A goodly number of members and their partners attended. We also welcomed fellow Rotarians PP Darren Meakins (Scarborough) and PP Lindsay and Janet McLeod (Joondalup).

President Ralph spoke about this past year and Brian Butterworth added a few word about the efforts of the Club and Ralph's service.

Ralph handed over the President's Chain of Office to Jessica who spoke briefly about the exciting future of the Club.

She indicated that more details would be forthcoming at the next Club meeting.



If it takes a hen and a half, a day and a half, to lay an egg and a half - how long does it take a grasshopper with a wooden leg to kick all the seeds out of a cucumber?



My wife just stopped and said,
"You weren't even listening were you?"
I thought...
"that's a pretty weird way to start a conversation?"



CLUB MATTERS



WEDNESDAY 27th June PORTOFINOS RESTAURANT

Outgoing President Ralph opened the first meeting at our new venue. He welcomed our guests, the Reid family, and members. He stated that this was his the last meeting under his Presidency.

Following the toast to Australia, Rotary and the future of the Club, he called upon our RYE student, Kaisla, to give us her final presentation about her experience in Perth.



What was very notable was her increased confidence and attitude compared to when she first arrived in Australia. She has had the opportunity to travel extensively through the state – perhaps more than most of us.

Karen and Perri Reid and PP Nigel gave us some insights in to what it was like to host Kaisla during her stay. Apparently she takes card playing seriously!



Ralph then exchanged Club banners (Kuopio and Mindarie) and, as is our custom, presented Kaisla with a parting gift.

Kaisla departs these shores on Wednesday 4th July and we will miss her.



The Club has again been fortunate to be awarded the District D9455 **2018 Communications Award** for its Club Bulletin. Our thanks to the judges for this award. We were fortunate to also have received the award in 2016.

Following a break, PE Jessica was asked to give members some insights into her forthcoming plans for the Club.

She stated that engagement was her key focus and she was looking for member input on a number of matters:

- Should we change our meetings to weekly rather than fortnightly? The idea is that we have Committee business one week and a social gathering on the alternate week.
- She asked members to think about why they are in Rotary and what type of project/activity has interest for them?
- A survey form was handed out to those present.
- She has been in discussion PE of Joondalup and she is hoping that both Mindarie and Joondalup Clubs will collaborate more closely on fundraising activities, guest speakers and meetings. RCJ is amenable to the idea.
- Whilst the hampers and backpacks are a good initiative, the effort for these occurs only at periodic times during the year. Perhaps need something that engages members on a more ongoing basis? What options are there?
- Income for the Club is an issue and it was mentioned that Ralph has been in discussion with OKSC in regard to relaunching the Swap Mart but on a monthly basis. However, perhaps members have alternative ideas for generating income? Suggestions are welcome.
- She called for assistance from members in undertaking Club tasks and function as she cannot do it all.

There was general discussion on the above matters with Jessica asking for members to think and get back to her with their thoughts.

David then gave an update on the organisation of next Saturday's Bunnings sausage sizzle. Ralph confirmed that required items had been ordered.

The meeting closed at with Ralph thanking members for their efforts during the year. Members and guests then participated in sampling the dishes from the restaurant.

If you eat well, get good sleep, exercise and drink plenty of water, you'll die anyway!



ADOPT A SCIENTIST PROGRAMME

'Adopt a Scientist' is a campaign initiative of Lift The Lid (the fundraising brand representing Australian Rotary Health) Lift The Lid/ARH aims to raise \$20 million in

Australia over the next three years to fund mental health research, increasing ARH funding of research grants fivefold.

'Adopt A Scientist' will be the ongoing public facing campaign until at least 2020.

The campaign will launch in August 2018 with the longer term aims being:

- Continue to promote salience of the urgency and importance of research.
- Lobby for Federal Government support eg by matching public contributions dollar for dollar.

People will have the opportunity to become a 'friend' of the mental health research ARH funds that are donated through Universities, other institutions and among independent researchers.

Rotary
Australian Districts



**ROTARY AUSTRALIA
WORLD COMMUNITY
SERVICE**

Funding Project Liaison

This program deals with the collection and distribution of donated funds towards suitable and approved projects chosen from various community service project lists and from other recommended projects.

Donations for projects are received through a network of regional contacts and are distributed to overseas coordinators from time to time. A database of suitable projects is compiled and maintained on the RAWCS website (www.rawcs.org) and Rotary clubs throughout Australia and New Zealand are encouraged to submit viable projects for listing on the database. The Rotary Australia Overseas Fund receives the donations, which are tax deductible, for this project.

Some of the needs met through this program include medical equipment, school requisites, sponsorship of orphans, cyclone proof homes, improved agriculture, animal husbandry, homes for the destitute, high protein foods, improved sanitation and fresh water facilities.

If I could take just one thing to a desert island I probably wouldn't go

K9 ASSISTANCE DOGS

The Rotary Club of St Peters (SA) is a proud supporter of the K9 program and contributes a significant amount of money to assist with the training of the K9 dogs.

The assistance dogs are from the same breeding stock that the guide dogs are selected from and are Labrador, Golden Retriever or a Lab GR cross.

These breeds are chosen as they are calm, loyal, willing and socially accepted. The dogs are trained to help their client in many ways and can detect and respond to many needs. The dogs are very special, expensive to train (\$25,000) and have a working life of nine to ten years.



END TRACHOMA

Clubs around Australia support many worthwhile charities and projects but **EndTrachoma by 2020** is something particularly special for Rotary Australia.

- Trachoma is the leading cause of infectious blindness in the world - 1.9 million are blind or severely vision impaired from trachoma, and 200 million are still at risk
- Australia is the last developed country to still have trachoma.

Australia's coordinated effort in treatment began in 2009, resulting in significant rate reductions from 21% to 4.6% in 2015.

Without prevention however, trachoma will continue to persist. To stop trachoma transmission, and to stop trachoma bouncing back again, we must make sure that all children in affected communities are able to keep their faces clean, and have safe and functional washing facilities. Rotary's 2017-18 International President, Australia's Ian Riseley, wants a trachoma-free Australia by 2021, Rotary's 100th year in Australia. We are the world's only developed country with trachoma, an infectious eye disease that can be prevented with good hygiene practices.

ANNUAL BUSKING CHAMPIONSHIP

(Rotary Club of Noosa Heads, Qld)

What could be a better location to participate in the Australian National Busking Championship [ANBC] than Noosa?

Building on the successful launch of the regional championship in Noosa last year, 2018 promises to be a bigger all inclusive event with a wide range of prizes totalling more than \$5,000. All profits will be distributed to the local disability charity 121Care.

The ANBC is a celebration of all styles of music because the Buskers who perform bring a huge variety of music to the event. Pre-registered Buskers are assigned special locations (Busking Hot Spots) at various times along Gympie Terrace, Noosaville.



Roaming judges and people's choice busker votes will be used to select a number of Buskers to perform at the finals concert held at the stage in Lions Park Noosaville the following morning, where the judges and audience make their final decision on the winners.

Interesting Facts



- It would take 1,200,000 mosquitoes, each sucking once, to completely drain the average human of blood.
- A small percentage of the static you see on "dead" tv stations is left over radiation from the Big Bang. You're seeing residual effects of the Universe's creation.
- Written language was invented independently by the Egyptians, Sumerians, Chinese, and Mayans.
- Honey does not spoil. You could feasibly eat 3000 year old honey.
- The Spanish national anthem has no words.
- No piece of normal-size paper can be folded in half more than 7 times.
- Blueberry juice boosts memory
- Approximately two-thirds of people tip their head to the right when they kiss
- Percentage of American men who say they would marry the same woman if they had it to do all over again: 80%.
- Percentage of American women who say they'd marry the same man: 50%.
- Your foot is the same length as your forearm
- Diamonds are not that rare, De Beers creates an artificial scarcity by stockpiling mined diamonds and selling them in small amounts
- Kissing is healthier than shaking hands
- The tradition of brides carrying a bouquet of flowers started with the brides trying to hide their body odor
- The parachute was invented by DiVinci in 1515
- If you are right handed, you will tend to chew food on your right side. If you are left handed, you likely to chew food on your left side
- Red wine will spoil if exposed to light; hence tinted bottles
- Polar bears with transparent, fluffy fur actually have black skin
- Coffee beans aren't beans; they are fruit pits
- The people in Bali only have one of four names: Wayan, Made, Nyoman, and Ketut
- Your thumb is the same length as your nose
- The Germans tried to copy Coca-Cola and came up with the drink Fanta.
- Fathers tend to determine the height of their child, mothers their weight.

For frog lovers
every where



May I present the
toad stool

SHARE THIS POST



THE GREAT EMU WAR

The Emu War, also referred to as the Great Emu War, was fought between humans and emus in Australia in 1932. It was an attempt to curb the number of emus that were running amok and damaging crops in the Campion district of western Australia.

In a bid to stop the advancing emus along the rabbit-proof fence farmers enlisted the help of the army. Armed with Lewis machine guns and 10,000 rounds, a party, led by Major Meredith of the Royal Australian Artillery, was sent to the Campion district where it was estimated 20,000 emus were causing damage.

But alas it was all in vain for who would have thought flightless birds could outsmart battle hardened soldiers.

The 'war' was unsuccessful in bringing down the emu population and is why it's considered a rare war where humans were defeated.

IT'S AN AMBUSH!



SCATTER YOURSELVES!



After the success of Interact clubs for high school-age youth in the early 1960s, the RI board created Rotaract in 1968. The new organization was designed to promote responsible citizenship and leadership potential in clubs of young men and women, aged 18 to 30. The first Rotaract club was chartered by the Charlotte North Rotary Club in Charlotte, North Carolina. In 1994 there were more than 149,000 members in more than 6,500 Rotaract clubs in 107 countries.

Rotaract clubs emphasize the importance of individual responsibility as the basis of personal success and community involvement. Each club sponsors an annual project to promote high ethical standards in one's business and professional life. Rotaract also provides opportunities leading to greater international understanding and goodwill. Rotaractors enjoy many social activities as well as programs to improve their community. A Rotaract club can exist only when continuously sponsored, guided and counseled by a Rotary club. The programs of Rotaract are built around the motto "Fellowship Through Service."

A GOAL WITHOUT A PLAN IS JUST A WISH.

Anesthesiologists Now Offering Tap from a Ball-peen Hammer as Natural Option for Sedation

Under pressure from the Natural Medicine movement, the American Society of Anesthesiologists have discovered a “natural” and “drug free” approach toward preparing a patient for surgery: a firm, well-placed knock to the skull with a ball-peen hammer. Practitioners of holistic And natural remedies are celebrating the change.



So far, the hammer initiative has been a success. While the vast majority of people still prefer to go with sedation for surgery, a few vocal opponents of modern medicine have taken the hammer option. Coincidentally, job satisfaction scores for anesthesiologists have increased dramatically since the initiative began.

With the success of hammer sedation, hospitals are researching other viable options to bridge the gap between natural and modern medicine. Johns Hopkins is exploring “fresh air treatment,” in which a patient refusing all treatments is simply asked to go outside, take deep breaths of fresh air, and walk as far away from the building as possible.



Gomerblog



"I've asked Tom from the realism club to help us understand this."

EXCHANGE OF CLUB BANNERS

One of the colorful traditions of many Rotary clubs is the exchange of small banners, flags or pennants. Rotarians traveling to distant locations often take banners to exchange at "make up" meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

Exchanging club banners is a very pleasant custom, especially when a creative and artistic banner tells an interesting story of community pride. The exchange of banners is a significant tradition of Rotary and serves as tangible symbol of our international fellowship.

BIKES to the RESCUE

Pat Ryan and Darren Thomas from Bike Rescue delivered 9 bikes to this family of 2 adult and 7 children to brighten up their lives. President Ralph attended to see the impact on the children's faces.



Darren had contacted the Mindarie Club to see if we would be willing to contribute to this worthy cause by donating \$500 worth of biker helmets and bike safety equipment and the Board of the Club agreed.

BikeRescue is a dynamic youth development program that integrates hands on skill-building, to engage and mentor young people who need support. BikeRescue builds knowledge, social skills, confidence and teamwork through various mechanical and mentoring activities.

In BikeRescue, participants fully strip and rebuild two bikes each, the first is donated to charity, the second is 'earned' for them to keep.



Rebecca Sutton, a community engagement officer from the ACC (a church based support organisation) referred the family's issues to Bike Rescue. ACC operates locally and has delivered Mum's Pamper Packs and does regular bread runs to the needy.