



ROTARY CLUB OF HEIRISSON

Bulletin



Volume 19, No 29

29 January 2009

Next Meeting

7:00am for 7.30 start,
on 5 February at
Café Bella Vista, 150
Bennett Street, East
Perth.



Guest Speaker

Colin Harte

**“Keep Australia
Beautiful”**

HOSPITAL EQUIPMENT ARRIVES IN SAMOA

PP Di Gilbert has provided the following update on the Samoa project.

“The container of equipment from RPH has arrived in Samoa and the beds etc. have been delivered to the health system and Saanapu Women’s Committee for the clinic they are trying to establish. Another women’s committee, from Manono Island, asked for part of the shipment, and the President of the Rotary Club of Apia decided to do that.. This was within the brief given to Dr Iopu... That the decisions on who was given what would be made by the RC of Apia. Manono Island is about three square kilometres, in the strait between Samoa’s two main islands, Upolo and Savaii, about 4km west of Upolo. It has about 750 people in four villages, and one footpath running about the island. Saanapu is on the southern side of Upolo (Apia is on the northern side).”

The following extract is from an article in the Samoa Observer newspaper.

“The Rotary Club of Heirisson in Perth, Australia has donated much needed hospital equipment to Samoa.

The donation was channeled through the Rotary Club of Apia. (RCA) Yesterday the President of RPA Papali’i Tuala presented the equipment to the National Health Service and District Health Centre of Manona and Sa’anupu.

Forty hospital beds, intravenous holders, wheelchairs and other useful items were donated.

The womens committee of Sa’anupu was happy to receive the gifts that will make caring for the needy easier.”

Congratulations to all those at Heirisson involved in this project - particularly Di & Colin Gilbert who were instrumental in bringing the project together as part of their work with the District RAWCS committee.



**President 2008/09
Allan McLean**

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ROSTER

	Welcome	Registration	Prize
5 February	Peter Rice	Warren Matcham & Peter Gregory	Alastair Bryant
12 February	Ross Robertson	Linda French & Paul Griffin	David Cleary
19 February	Kum Weng Lee	Tony Moore & Robert Holloway	Tim Collins

If unable to attend please arrange your own replacement.



Make Dreams Real



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MIKE FETHERSTON IN JAPAN

Just back from his Rotary trip with the Australia - Japan Exchange team. Mike reported that he and Judy were spoilt to the point of being embarrassed.

Amongst the many outings during the 2 week exchange, Mike learnt that at the Honda car factory they produce 1 car every 60 seconds.

THANKS FROM VIETNAM

International Director Udo Schutze received the following note from Trish Franklin.

Dear Friends of LVAP,
As we are approaching the end of 2008, we revisit many of our projects and the successes of our pursuits with the great little kids in our care.

We would like to extend a warm thanks to every one of you for your interest, support and encouragement and wish you all the best for 2009.

Best wishes from the LVAP Team

ASeTTS

Judith Morrisey proudly announced that ASeTTS received an Australia Day Award.

HEIRISSON GOLF DAY & DINNER

On **Tuesday 31st March** at Maylands Golf Club.
Nomination Forms will soon be available

- Get your team organized
- Sponsors are welcome
- Auction prizes to Warren Lance
- Cartons for the "Wall of Wine"

"THE CLEARY REPORT"

28 January 2009
Hälsningar Greg,

I have finished one whole week and everything is running smoothly. School is really busy with waking up in the dark; I haven't seen the sun for the whole of my first week in Sweden. I will be going off to a Rotary camp next week to learn Swedish and to do some activities with newly arrived exchange students from Australia, South Africa and Argentina. I am looking forward to that very much; on Saturday I took a tourist bus with my Host Mum Elisabeth

around Stockholm. Buildings dating back to the fifteenth century, the office of the King and more museums then you could ever imagine where pointed out from the bus window, I look forward to further visits to the centre of Stockholm. On Sunday I visited the families boat and walk a little bit on frozen ice. I really am enjoying my time, even though it is a mild -1 degrees. So for now farväl and have a wonderful week

Daniel





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GUEST SPEAKER

Professor Samar Aoun - Curtin University “Rotary Waist Disposal”



Prof Aoun designs and implements health service initiatives and is a Director of Health Services at Curtin University. Samar commenced her presentation by asking the question as “to what motivates men to improve their health. Is it sex, drugs or rock’n’roll”.

She said that we are living in an “obesogenic” environment and that people are dying from too much food. The excessive food intake is costing society by having to provide health services for conditions such as diabetes and heart disease which are often related to excessive eating.

Traditionally, mens attitudes to health are

- “soldier on”regardless
- Reluctant to seek help
- Damage is often done before help is sought

Her Rotary health project started with District 9460. It is based on monitoring BMI (body mass index). And has 3 stages

- Stage I educational presentation. (i.e. To burn off 1 sausage takes 85 minute walk)
- Stage II monthly monitoring of BMI
- Stage III Lifestyle Coaching Service. Done by phone and involving a base line session with 2 monthly follow ups.

The D9460 was won by the RC of Mandurah.

Prof. Aoun said there were stages of change
Precontemplation
Contemplating change
Ready for change
Change behaviour

At present the proportion of obese people is increasing at a faster rate than that of overweight people.

Samar finished her talk by stating that the choice is yours.

‘Move it or lose It.

(Now all we need is someone at Heirisson to “champion” the project at our Club)

**“People are
dying of too
much food”**

Exchange Students



2008-09 INBOUND

Line Scandolari from France



2009 OUTBOUND

Daniel Cleary in
Sweden for 2009





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Social Calendar

CHANGEOVER DINNER

This premier event on the Clubs calendar is not to be missed - at the Mt Lawley Golf Club on Saturday 27th June 2009.

ANNUAL GOLF DAY AND DINNER (& "WALL OF WINE")

Tuesday 31st March 2009 - organize your team or for non players - mark your calendar for the evening dinner at the Maylands Golf Club.

TWILIGHT SAIL

February 4th at Royal Freshwater Bay Yacht Club. Contact Gary Redmond

STARLIGHT ROCK SHOW

At the Quarry Amphitheatre on March 13 & 14. Hosted by the Rotary Club of Cambridge. Will feature "Fossil Rock" plus guest artists.

Rotary Club of Heirisson Office bearers

President:	Allan McLean	Sergeant	James Booth
President Elect:	Warren Lance	Social:	PP Gary Redmond
Secretary:	Paul Faix	Speaker Program:	Peter Gregory
Treasurer:	Warren Lance	Webmaster:	Paul Faix
Immediate Past Pres:	Greg Thurston	Fundraising:	PP Rob Holloway & Chris Marsh
International:	Udo Schutze	Almoner:	Lucy Brooks
Community:	Greg Hunter	Membership:	Peter Gregory
Club Service:	Chris Marsh	Bulletin	PP Greg Thurston
Vocational:	Kum Weng Lee		

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