

VICTORIA sPARK

PO Box 37 Victoria Park 6979

5th November 2009

Issue 17



President's Report... Editorial



Flash Notice—Special Guest Speaker Next Week! Please take note that Hilary Lee, accompanied by Jeni Winslow, will be speaking on the *Spark For*

Life programme—essential information for anyone, but especially for those who are over 21... friends and family are welcome!

“Buckets” Hendriks (he had 3 of them!) again did a sterling job of running the Fellowship Sweep. The stewards should have been called in to swab our winners—George Sharp and David Sagers. Yes, the same two as Melbourne Cup 2008—and you thought lightning didn’t strike the same place twice! Anyhow we all enjoyed the finishing post seats in front of the RRC big plasma TV experiencing some of the 1st Tuesday in November excitement.

John led the singing again with Vin’s song really sung with gusto by David

and George who were the only ones having “Oh, what a beautiful morning” Wilf opened the meeting—no visitors and only 14 members present. Did some wimp out to avoid “Waist management?” Boy, do we have a surprise in store!

Announcements/Reports:

Food Bank WA bulletin was tabled. Highlights were donations of 90,000litres of soup from Burswood; 500,000 kg of grain annually from CBH; and 800,000 kg of food and groceries from Coles and Woolworths.

Rotary Cord Blood Bank update—tenders have been called for the building which it is expected will begin and reach completion in 2010. Approx. \$450,000 still needs to be raised to meet the target of \$6,000,000.

Amelia - end Polio! Special film preview on 11th Nov. at Greater Union, Innaloo, 6.30pm. A \$20 ticket equals a donation of \$8 to the Gates challenge. Contact Ken Collins—9385 0471

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Deadline for the sPark—Thursday

Next Meeting—Tuesday 10th November

Guest Speakers: Hilary Lee on the Spark For Life Programme

Don’t forget if you can’t make the meeting, please phone **John Colley**
Ph: 9361 6102, Mob. 0413 315 670 or email: johnglenc@yahoo.com.

District 9470 Website—www.rotary9470.org.au

This website provides invaluable information about District 9470, its clubs and their activities

Pres. Wilf attended the KSSHS Graduation night and presented the **Pride of Workmanship Award** on behalf of the club.

November is Rotary Foundation Month: David Sagers presented the first week's address—The Rotary Foundation has brought hope to millions of people throughout the world as it has worked to fulfil its mission statement: **“To enable Rotarians to advance world understanding, goodwill and peace through the improvement of health, the support of education and the alleviation of poverty.”** Through a wide range of educational and humanitarian projects lives have been changed and endless opportunities have been opened up to men and women across the globe. For more details—www.rotary.org/foundation.

Banner from GSE team GOA officially received.

Red Bull Parking at Taylor Reserve confirmed.

While it may not be as profitable as last year, every little bit raised is helpful.

Ben Wyatt has invited members to a **Xmas Soiree** on Fri. 26th Nov. 6pm for 7pm

VPRC will again collect **tins of tuna** for local needs—please add these to your shopping list!

Board minutes now circulated electronically—please contact Roger if you require a hard copy.

Very sad news—**Sue Van Dongen** is critically ill, necessitating a return to the East by Lex and Sue to access family support, which of course means the club will need a new Pres. Elect. We are sure that Lex and Sue know they have our support and that they leave behind many friends who extend their very best wishes and hopes for a full recovery.

Remaining notices have a spot elsewhere...

Guest speakers Sharoen and Roger on Waist

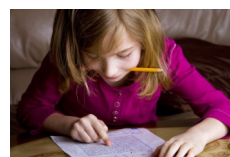


Management started with a power-point presentation which revealed some startling statistics and graphic comparisons between the eating habits of people in wealthy versus poor nations. Key health problems in the former

reflect unbalanced over-eating with reduced activity. A better diet and 40min. of activity per day should help a person lose 5kg in 5months with a 27% reduction in serious health issues and a 34% lowering of the death rate. Participants in this programme are trying to lower the internal abdominal (visceral) fat, improve their health and expose themselves to life-style coaching. BMI (Body Mass Index) tables were then introduced and we were all measured and weighed to give each of us a starting BMI. The Waist Management competition between clubs is based on the best average BMI reduction in

individual clubs. Missing club members deprived themselves of a well-presented and inspiring presentation but are able to join up (their partners can. too!) next week. Roger and Charoen continue the programme in two weeks' time. Charoen is even prepared to come out of personal trainer retirement to set up a VPRC walking group if that is desired; the scribe and his assistant have set up their own walking programme in Greenwood (which means he was REALLY impressed). The session ended with 10 ways to lose weight—serve dinner on smaller plates, do more exercise; get more active at work (use stairs instead of lifts) etc. More info next week!

World Wide Literacy: Another vital Rotary project.



The aim is to develop basic, functional and ethical literacy in both children and adults. Your editor has the full Literacy Report available to send on request (18

pages); you can also find out more by accessing www.rizones30-31.net for the Literacy newsletter. Some ways in which clubs around the world worked towards developing literacy included: partnering a school and providing after-school tutoring (one club even hired a teacher for this task!); building a library for a school and equipping it); issuing a dictionary to each student in the school and pasting in a copy of the four-way test into the front cover—and then explaining the test and what it involves. It was suggested that if there was no interested member in the club, there was a new classification vacant!

LATE ANNOUNCEMENT: Due to illness, RIP John Kenny has had to cancel his visit. The keynote speaker will now be long-serving Rotarian John Germ, of the RC Chattanooga, Tennessee. He has served RI as Director and Vice-Pres. (2004-05) and is currently Vice-Chair of Rotary Foundation. The support speaker is still the Hon. Justice Nicholson

Annual Ken Collins Address: will be held on Monday Nov. 16th. in the Golden Nugget Room of Gloucester Park at 7pm for 7.30pm. In its 11th year, this Rotary International event provides a venue for international speakers to up-date WA Rotarians and their partners about our Rotary charity—The Rotary Foundation—and to give insights into the future of the Foundation and Rotary in general. Cost of attendance including a two-course dinner is \$45. **A link to the District 9450 website has now been established and the facility to register and pay for attendance to the Dr Ken Collins' Address is:** <http://district9450.fortix.com.au/events.htm>
Registration deadline is 4th November

Aust. Rotary Health tri-District Seminar: will be held on Wed. 24th Feb.2010, 6pm for 6.30pm at the Lakes Suite, The Boulevard Centre, 99 The Boulevard, Floreat. Tea and coffee avail. on arrival. One key-note speaker is Dr Michael Sawyer, MBBS, PhD, Head Research and Evaluation Unit Children, Youth and Women's Health Service. The suggestion is that clubs may cancel their normal meeting and do a make-up by attending the seminar!



RYLA: We currently have one student interested in attending the next RYLA camp, Jan 17-21st.

National Science Forum: we have one candidate (and are looking for more), Tara Netherway from the Rotary Residential College.

Kent St Interact Club meets every Friday at 2.45 pm. Rotarians are asked to keep this day/time in their diary and attend where possible in order to show their support for these future Rotarians! The club is looking for more fund-raising ideas for perceived community needs.



Xmas cakes and puddings—These have now been ordered from the RC Cannington. First come, first served—let John Colley or Graeme Cooper know how many you would like to purchase. These should be available next week so make sure you get your share—there are also many charitable organizations looking for Xmas donations, so any you may not want could go to a good cause.



VPRC Dates for your Diary



*Next Club Meeting: Tuesday
November 10th at RRC*

*Next Board Meeting on Wednesday
November 18th at Photo Hendriks*

*Ken Collins Address—Mon. November
16th Golden Nugget Room
Gloucester Park 7pm for 7.30pm*

AROUND THE CLUBS:

City of Perth Great Bike Ride: 22nd November, at Langley Park; \$20 per. adult. Hosted by the RC Perth to raise money for the Heart Foundation, Hope for Children and Horizon House. Cyclists can choose to pedal from 53km to 106km or enjoy the 10km Woodside Family Ride. Contact 9244 5200 or



www.greatbikeride.com.au

RC Willetton wishes to advertise its **wine sale** fundraiser. Wines selected, and their price, will be advised when they go on sale on Monday 9th November. Sale closes on Friday 4th December and orders will be available for collection on Sat. 12th December.



Storm The Stage National Stage Production is back at the Burswood, on Friday 4th December at 8pm The RC's of Cannington, Melville, Belmont—and many others around Aust. present a wonderful showcase of talent in Monologue Performance of drama and musical theatre. Performers are aged 16-19 and this is a New Generations Service Project. Clubs have an opportunity to fund raise and may purchase 10 or more tickets for \$20 each and on sell for \$30 each, retaining the \$10. Contact Tania on 9498 5880



HANDICAMP 2010 will be held at Point Walter, as usual, from 17th to 23rd Jan. Applications from both potential campers and buddies are now being called for; information and application forms are available on www.handicamp.org.au



All Rotarians, All Clubs—please consider becoming part of the team that shapes the first joint Conference for Districts 9455 and 9465 on 24/25th March 2011. Respond to Marilyn Barton on marilyn.barton@inet.net.au or on 0411 076 901 before the next Conference Meeting in a few weeks.

Don't forget to view the blog page on <http://rotaryoutwest.blogspot.com> for the latest news around the clubs

NOT TO BE TAKEN SERIOUSLY

With thanks to John Hudson who comments that these people will care for us in our old age, and run the country!

The following questions were set in last year's GCSE examination in Swindon, Wiltshire (UK) These are genuine answers (from 16yr-olds)

Q: Name the four seasons

A: Salt, pepper, mustard and vinegar

Q: What guarantees may a mortgage company insist on?

A: If you are buying a house they will insist that you are well endowed.

Q: In a democratic society, how important are elections?

A: Very important. Sex can only happen when a male gets an election.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.

And with thanks to Petar Radovich

Why am I married? You have choices in life: You can stay single and be miserable, or get married and wish you were dead.

A woman is incomplete until she is married. Then she is finished.



NON ROTARY EVENTS

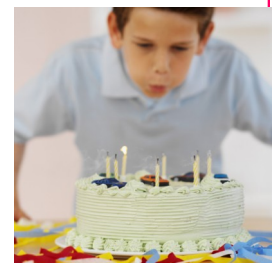
Exhibition—Emerging Artist Award: City of South Perth, 29th Oct—22nd Nov. Heritage House, Cnr. Mends St. and Mill Point Rd. South Perth. On Tues.-Fri. from 10am until 4pm and on Sat-Sun from 1pm to 4pm. Successful applicants' pieces will be showcased by the City in a Selected Works Exhibition. All works submitted are judged; however, only those selected by the judging panel will be exhibited. Contact City of South Perth on 9474 0777

Perth Upmarket: 29th Nov. Perth Town Hall—free entry. This brings together artists, craftspeople, designers, gourmets—all under one roof. Perth shoppers who appreciate the hand-made can connect with talented creators. Contact 9461 3333 or www.perthupmarket.com.au

An Oak Tree: by Tim Crouch—a vivid and absurdly comic play about how we fill the gaps in our lives. It's performed by two actors, one of whom will never have seen or read a word of the play they're in—until they're in it. Brave, challenging and entertaining. Downstairs at The Maj. from 12 November to 5 December. More info from Gemma on 9323 3433



HAPPY BIRTHDAY TO BHAGWAN SINGH—NOVEMBER 12 AND RON TEMPLE—NOVEMBER 16



Out to
LUNCH!

Are YOU one of the few members that have been recently unable to attend the Victoria Park Rotary Meetings?!? If so, don't worry, there are plenty of other places just around the corner where you are able to catch up with like-minded Rotarians. These locations include, but are not limited to: (P.S. Don't forget to let us know that you attended a Make-up meeting!)

Monday:

H^oway & State St

Tuesday:

Wednesday:

Thursday:

Friday:

Bentley Curtin, Victoria Park Hotel, Cnr Albany
6.30 for 7pm

Ascot, Silks Restaurant, Belmont Tavern,
174 Wright St, Belmont. 7.00am for 7.30am

South Perth-Burswood, Burswood Atrium
Restaurant, 7 for 7.30am.

Belmont, Silks Restaurant, Belmont Tavern,
174 Wright St, Belmont. 12 for 12.30pm

Swan Districts, Rosehill Lodge, West Parade,
South Guildford. 07.15am.

MISSED ROTARY MEETINGS LATELY?