



Notes from the meeting October 16

Sergeant Nancy opened the meeting with the Rotary Charge

### **President Simon**

Welcomed guest speakers Kwanele Ndlovu and Jessica Soulsby

Invited Michelle Kerr to introduce her guest Naomi Green

John Stockbridge introduced his partner Faye

Reminded all members that October 30<sup>th</sup> is the District Governors official visit

Partners night with a 6.30for 7.00pm start

And that after the meeting tonight a board meeting will take place

### **Club Service John Stockbridge**

Apologies 10

#### **Next week**

Guest speakers Viv Blycha Army Art

Amber Bates Tiny Sparks

Attendance Patrick Bartlett Guenter Best

Property Willy Bohmer Hans Groot

Host Sandy Baraiolo

Bring and Buy Team Two

Carlton D'Souza Nancy Kilkenny [stand in for Grant Buxton]

Julie Ninnis Jodie Sparks

### **Reports**

#### **Bring and Buy Robert Da Prato**

Washout rang his team and advised them to stay in bed

Andy Hopper not too happy with people making use of our bins at Bring and Buy

Explained how it happened

#### **Julie Ninnis Vocational**

Asked all members to be on the lookout for potential recipients of the club business Excellence awards

To be held June 14, 2019

Members of the committee will keep the pressure on members

Apologies for next weeks meeting as along with Lloyd Dungey

will attend the Graduation ceremony at Thornlie High School

Manfred Supper

Asked members to raise their glasses in remembrance of former member Mike Young who passed away one year ago

### **Carlton D'Souza Behind the shed**

Gave us a short review of his short-lived career as an amateur boxer  
Winning two fights and losing one

### **Fines master Nancy Kilkenny**

Raffle Drawn by Faye Stockbridge and won by Jessica Soulsby one of our guest speakers

Some of the fines

Carlton for not elaborating on the beautiful girl he met while a boxer

Grant for delegating his duties whilst on upcoming holidays

Julie and Jodie together again

Phil and Ric for hassling the sergeant in a light-hearted manner

Carlton kissing Frank

Manfred his mother stalking members on FB

Sandy waiting for an eternity for her meal

Phil Frances away for 6 days

Willy for his fancy parking last week

Andy lost badge found in car

Carlton looking like a porn star [pictures on FB]

Bring and buy team from last weekend no funds collected

Robert Da Prato no markets closed sign

Michelle feeding Steve 7-year-old taco's

Taonga still waiting for new haircut

Murray congratulations on his new grandchildren

And his horse running second

**Guest Speakers** Kwanele Ndlovu and Jessica Soulsby from UWA

Formerly introduced by host Mike Sanders

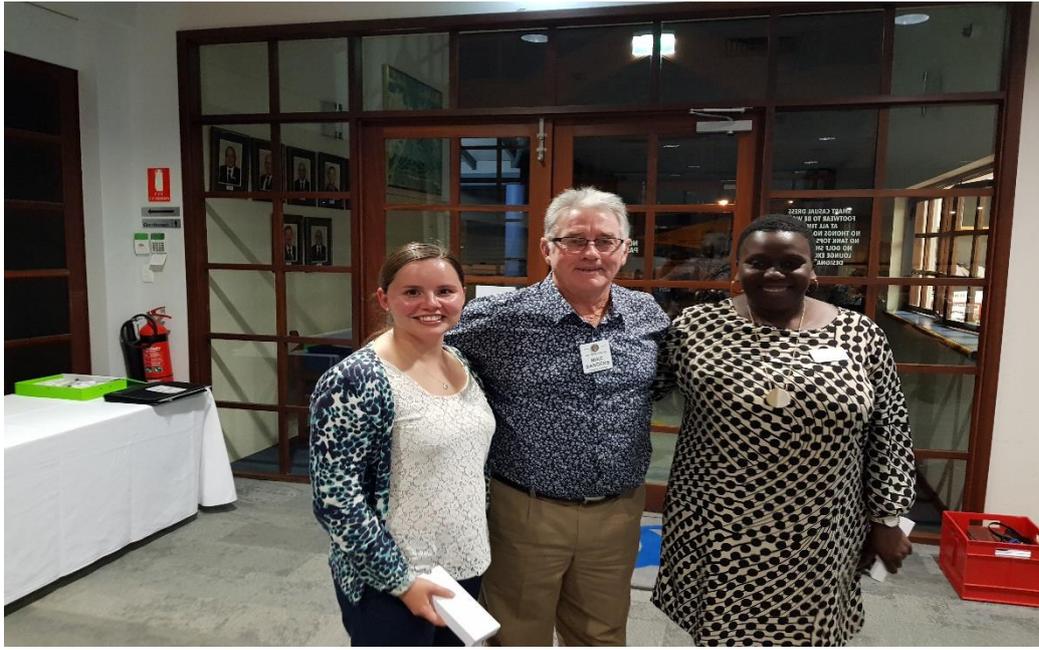
Jessica spoke with a passion about a new initiative started at UWA

Which prompted many questions from members which indicates huge interest into the mental health of young people

Kwanele introduced us to HARP

A program aimed at easing elderly people ease into coping with skills as we all getbolder

- In 2017 the Young Lives Matter Foundation UWA was established at the University. This ambitious youth suicide prevention initiative is focused on increasing effectiveness at predicting risk of suicidal behaviour through the creation of a Developmental Vulnerability Index. From the outset it was clear that this increasingly complex problem would require a cross-disciplinary approach. UWA has assembled a team of world-leading experts in mental health and allied fields who have committed to advancing this project. This team leverages UWA's diversity of expertise across relevant disciplines including clinical, medical, indigenous knowledge, psychology, social sciences and mathematics. Each of UWA's four faculties is involved in addition to the School of Indigenous Studies.
- The Healthy Ageing Research Program (HARP): an ongoing and intensive study of older adults. **One of our primary approaches has been the identification of novel measures of cognitive and behavioural coping skills that show promise for improving individuals' ability to remain independent in their own home for as long as possible.** These specific cognitive skills include the ability to remember to carry out an intention at the right time in the future (such as remembering to take medication with food – a skill called prospective memory), as well as awareness of one's memory capacity. Awareness of one's memory abilities is vital, since we only implement coping strategies when we recognize there is a problem with which to cope. From our experience, these skills have been inadequately studied in both research labs and clinical practice. We aim to address this important gap.



**Host Mike Sanders with Jessica Soulsby and Kwanele Ndlovu**