

Notes from the Meeting April 2

President Simon



Welcomed all to the meeting

Including

Guest Speaker Marissa Verma

Assistant Governor Ric Davies

Aaron Raman Carol Dowling Tina Coleta

Lyn Parlington Kelly Parlington

Has received an invitation from PDG Bruce Lynch and Max Bird
to visit Timor Leste to view existing Water Projects that our club is part of
And to foresee future projects in the area
PDG Bruce and Max Bird will be invited to club early in the new Rotary year
to bring the club up to date with project

Members have been invited to the Rotary Club of Attadale
on April 8 to hear Shelter box chair Mike Winslade

President Elect and Club Service Ric McDonald



Apologies 10 and 8 guests

Next Week

Committee meetings

Attendance Naomi Green Manfred Supper

Property Murray Thorpe Gary Worthington

Host not required

Ted Evans will make a presentation on proposed changes to the club by laws
Changes agreed upon will then be circulated to members
and voted on at the meeting of May 9

Bring and Buy Team 3

Neville D'Vauz Murray Thorpe Guenter Best Zanetta Onasz

Naomi Green Willy Bohmer

Director's Report International Peter Gregory

My Life Ric McDonald

With the resignation of Mike Raspa, the Community Service Director position is now vacant

See Ric if you're interested

If you wish to be on a committee for the next Rotary year

let President Elect Ric know by April 15

Reports

Bring and Buy Clive McCabe

Good Market \$2470

Vocational Julie Ninnis

I Talk Travel North Perth will donate 1% of bookings back to Rotary of any Rotarian Who makes bookings with I Talk Travel or any potential customers recommended by a Rotarian? Kojonup and Belmont Rotary Clubs are involved already

Guest Aaron Raman

. I am an early career researcher interested in the topic of exercise immunology in type 2 diabetes. I completed my PhD in 2018, where my research investigated the impact of exercise training on the immune system in individuals with type 2 diabetes. As I am not currently at a university, I am hoping to find assistance to attend the European College of Sport Science conference which is held in Prague, Czech Republic this year. I have recently found out that I have been accepted to deliver oral presentation based on my PhD. Attending this conference will allow me to network with other early career researchers and well-established professors in the field and importantly, share the exciting findings of my research.

Briefly, a short-term training (**12 consecutive days**; a unique and intensive training period) study was conducted in individuals with type 2 diabetes and the improvements seen in whole-body inflammation was similar to that of long-term (**3 months or more**) studies. I think these findings should be highlighted to the wider community as this research is extremely encouraging to other newly diagnosed (or even current) type 2 diabetics to never discount exercise despite its challenges. One of the successes of this study was that all participants had 100% compliance with their training which truly shows that there is no barrier to integrating a change in lifestyle and this needs to be promoted to our community.

Further to my interest in Type 2 diabetes, the completion of my PhD has led to my current role at King Edward Memorial Hospital where my skillset as a researcher in health and disease is now applied in a clinical setting as a medical scientist involved with the management of the human milk bank (Perron Rotary Express Milk (PREM) Bank) that provides a service to preterm infants who are extremely vulnerable to necrotising enterocolitis (NEC) and sepsis. A significant outcome of our service is to not only prevent NEC and other risks of infection, but to improve the development (muscular, neural etc) and growth of infants to encourage the best quality of life possible.

My Life Colin Waters

In a lengthy, but entertaining presentation Colin gave us a two-part story of early days at Royal Perth Hospital

One story of a bike boy who worked at the hospital for 51 years to rise to be in charge of supplies to the details of early transplants at the hospital and how an early transplant was successful with the cooperation of many people

Fund Raising Colin Waters

With a run of fine weather recently the Bring and Buy annual takings for this year will be much better than expected



Nancy Kilkenny and Corporal Neville

Raffle drawn by Lyn Parlington and won by Carol Dowling [club visitor]

Some of the fines

Willy still awaiting arrival of new car

Ric Davies claiming to be excellent Guinness pourer

All Eagles supporters??

Phil mental block on transferring funds to Julie re his travel

John S off to Melbourne for Board meeting of Rotary Australia World Community Service [RAWCS]

All those not aware today was Autism Day

Secret Handshake those who didn't Shake Tony's hand

Colin and Ted still at bar when meeting commenced

Colin and Ric Website and Colin's Sunday email not synced for members duties

Colin for the longest three minutes

Those talking when others presenting Tony John R Hans

Message from Ric McDonald

Hi Phil

Last night's fines totalled \$70.45 could be a record for Nancy

Guest Speaker

Host Naomi Green introduced our speaker Marissa Verma

Bindi Bindi Dreaming was first established due to the high demand of people from all walks of life wanting to know and understand Aboriginal culture. From listening to a simple dreaming story sitting in the bush to a yearning of tasting some bush tucker is just a few experiences. That's when the idea of creating some walks, talks and cultural experiences were developed to suit everyone's needs.

Vision Statement

Bindi Bindi Dreaming aims to showcase unique Aboriginal culture of Perth, Western Australia. Bindi Bindi Dreaming will allow visitors to gain a better understanding about its traditional people whom are local to the Perth/Metropolitan area and share their continuation of cultural traditions. We aim to do this by raising people's awareness of Noongar culture in Perth, Western Australia. We aim to provide a 100% Aboriginal owned and operated cultural experience which will be most memorable for anyone to further share this to their families and friends.

Mission Statement

Bindi Bindi Dreaming strives to deliver 100% Authentic Aboriginal guided tours to visitors from both the Domestic and International tourism market as well local people living here in Perth and surrounds. Bind Bindi Dreaming is about showcasing our unique culture of Perth in Western Australia. The delivery of Aboriginal guided tours will help create awareness about Aboriginal culture in a positive way. Bindi Bindi Dreaming will be making contribution to the tourism industry in Perth, Western Australia

"Bindi Bindi means Butterfly in the local Noongar language."

Marissa took us on a journey about Noongar people in the SW of Western Australia
Featuring the Stolen Children which was close to her family
We were shown a compelling short video clip from the movie Rabbit Proof Fence
We learnt about many problems that aboriginal people face in today's society
Of great interest to many was the six seasons in a year that her people recognise
Marissa answered many questions during the night and stayed back after the meeting as many
members and guests wished to talk to her

Noongar people

The **Noongar** alternatively spelt **Nyungar**, **Nyoongar**, **Nyoongah**, **Nyungah**, or **Noonga** are a known group of people who live in the south-west corner of Western Australia so from Geraldton on the west coast to Esperance on the south coast. Traditionally, they inhabited the region from Jurien Bay to the southern coast of Western Australia, and east to what is now Ravensthorpe and Southern Cross. The Noongar traditionally spoke dialects of the Noongar language, but generally today speak Australian Aboriginal English, a dialect of the English language interspersed with Noongar words and grammar.



Host Naomi Green with Marissa

PARALYMPIC DREAM

West Aussie wheelchair athlete Robyn Lambird, pictured below, is ranked in the top 5 in the world for the 100m sprint but needs help to bankroll a vital trip to this year's world championships if she is to fulfil a dream of making the Tokyo Paralympics next year.

In addition to being a disability role model with her performance on the athletics track, Lambird, who has cerebral palsy, is a fierce advocate for the disabled community when she isn't competing.

She's exactly the sort of WA star we should all get behind, so find her dad's crowdfunding page by searching for "Rounds for Robyn" at [gofundme.com](https://www.gofundme.com).



This was in this morning's West Australian newspaper
Robyn is our presenter at the "Shine on Awards" on April 30