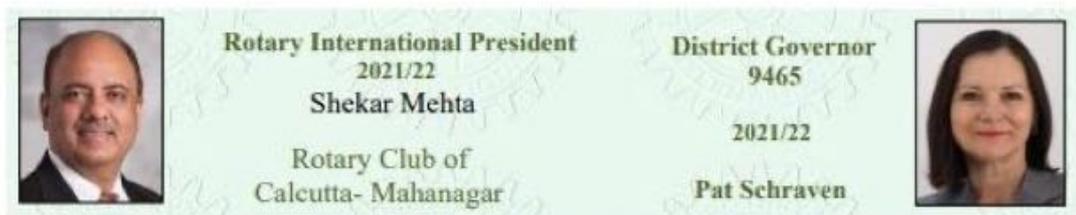




Meeting Notes & News 2021/22

Tuesday 29 March 2022



Report from President Phil

Welcome back to Sindy Bishop after a leave of absence. Gordon Smith has taken a couple of weeks off for skin cancer surgery.

District Governor Pat Schraven has advised that the District Governor for the Rotary District 9423 for 2023/2024 will be Ineke Oliver from the Rotary Club of Swan.

Shine On Awards: Shine On Awards night is on April 12. The number attending at present is almost 50. Remember, it's a partner's night. As Patrick is still overseas, can you please let me know if your partner is attending. Don't forget it's a **6.30 for 7.00pm** start. On the night there will be no fines session and no Chase the Joker, but we will have one big raffle for everyone, so we are looking for raffle prizes to the value \$5 to \$10. Hopefully members can donate some prizes for the night.

District Governor Pat Schraven, has let us know she is attending. Also, last week I mentioned that our regular performer Ritchell Lim was unable to attend. Some of you may remember Grace King, one of the awardees last year. Grace has just been cast in the WA Opera production *Iolanta*, to be performed at His Majesty's Theatre from April 6 to 9. Grace will attend our Shine On Awards, sing a couple of songs and close the meeting with the National Anthem. I am also hopeful that Claire McGlew, who is a vision impaired pianist and accomplished singer, will attend on the night.

Three of this year's awardees have been nominated by VisAbility (previously known as the Association for the Blind) in Victoria Park. One of the things they do is arrange arts and crafts activities for the vision impaired. The VisAbility attendees have some items – painstakingly made, by the vision impaired, using glass tiles – that they would like to bring along to the awards night and auction off to help raise funds. One of the awardees, Loc Tang, will donate one of his paintings for charity on the night. Loc has only six percent vision in one eye.

Food Bank WA is seeking volunteers to help with packing food hampers. Hours are from 8.45 until 2.00pm Mondays to Fridays at the Airport branch. Individuals or groups of volunteers – for just one day or multiple days – are welcome. If you would like to assist, please contact: volunteering@foodbankwa.org.au or call **9 258 9277**.



Due to the increase in COVID cases, most corporate teams have cancelled or postponed their scheduled participation. At the same time, the demand for food assistance has increased. The hampers are for distribution throughout the state, including remote communities.

Collection Reminder



- **Do you have any old blankets, quilts, sheets, pillows, towels or rugs lying around at home?**
- **Have you been hoarding ice cream containers at the back of the cupboard?**
- **Saving fabrics, beanies or scarves you'll never use?**
- **Stockpiling tinned or dry dog food against the coming of the apocalypse?**
- **Holding on to any old pet beds, collars, leads, bowls, shampoo or other paraphernalia?**

If so, bring them along to Rotary next week. They'll be collected to pass on to Sandra (a colleague of Craig) who conducts an annual appeal for these items on behalf of local pet rescue groups including K9 Rescue.



Club Service INFORMATION

Next Tuesday, April 5, we will be joined by Guest Speaker, Henry Sklarz, who will talk about his more colourful experiences as a Perth criminal lawyer. Henry has recently published a book, *Jungle Law – Mad, Bad, Stupid & Dangerous: True Crime Tales from a Perth Criminal Lawyer*. Henry will be hosted by Murray.



CLUB NIGHT DUTIES

Tuesday 5 April 2022

Property	Michelle Kerr	Rob Pannell
Attendance	Stephen Anthony	Carlton D'Souza
Sergeant & Fines	John Rechichi	
Host	Murray Thorpe	

Under threat of rain that never appeared, Team 5 managed to take \$ 1 322 on Sunday 27 March.

BRING & BUY DUTIES

Sunday 3 April 2022

Phil Cordery [Leader]
Sindy Bishop
Dom Manno
Peter Sourivong
Ric McDonald [if available]
Gordon Smith [not available]

Guest Speaker & Meeting Highlights

Tonight we welcomed UWA Professor of Anthropology Loretta Baldassar as our Guest Speaker. Loretta has been conducting research into ageing for many years and, as Director of the Social Care and Ageing (SAGE) Living Lab, she is well placed to offer insight into the importance of social ageing support.

As Loretta explained, older adults “have terrific medical care in Australia, but we need better *social care* supports.” This was a finding of the recent Royal Commission into Aged Care Quality and Standards.

The SAGE Living Lab is focusing its community-based research efforts on three main areas of challenge facing ageing Australians:

- **Avoiding social isolation and loneliness.** Increasing age and disability are often associated with a decrease in the size of social networks. Older adults, particularly those from migrant backgrounds are at a greater risk of becoming socially isolated, with negative consequences for health and wellbeing. Relatedly, younger people often have limited opportunities to engage with older residents of the community. Apparently, to thrive, people need at least three ‘nodes’ of social contact. For many older Australians, their only social contact ‘nodes’ are virtual strangers such as their G.P. or a pharmacist. Luckily, a pet counts as a node. Loretta was also delighted to inform us that we, as members of a warmly collaborative socially active group, are doing very well in this area.
- **Social Care.** There is growing awareness that if we wish to encourage healthy ageing in Australia’s population, we will need more social support networks and providers.
- **Diversity.** Meeting the needs of an increasingly diverse Australian population, where one in three older people were born overseas, as well as a broader recognition of the need to cater for diverse sexualities in aged and disability care, requires the development of a range of aged-support solutions.
- **Technologies & Digital Citizenship.** Technology has huge potential to create and support the social connection and inclusion of older Australians. Developing applications that support social care and facilitating access to technology are crucial considerations.

Loretta’s engaging presentation was both thought provoking and heartening. Particularly interesting is the point she made that “ageing is a process that occurs throughout our lives”. Now that healthy Australians are living longer, the proportion of our lives that will be spent dependent on others to actively support our needs is going to be greater than it has ever been. This serves as a reminder that what we do in the ‘now’ will always have an impact further down the track. So, it was great to discover that – as part of the Rotary ‘family’ – we are not only in the privileged position to offer genuine support to others in the community but are directly promoting our own healthy ageing.

Fun & Games News

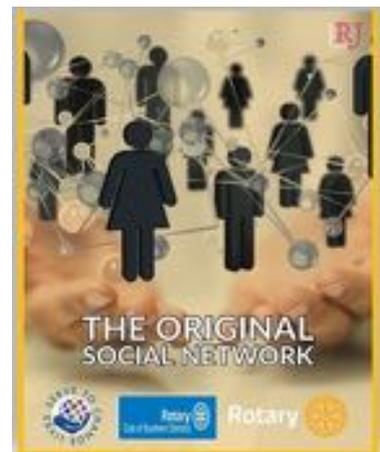
In **Today’s Trivia**, John Stockbridge knew there are sixteen balls in a game of pool and in **Know Your WA**, Sindy successfully named five towns in WA ending with “up”.

John also won the draw for **Chase the Joker** and was kind enough to keep the jackpot of \$154 intact, by selecting the eight of hearts.

The **Newsletter Puzzle Prize** winner was Michelle Kerr and the winner of **Heads and Tails** was Sindy.



Prof. Loretta Baldassar, our Guest Speaker



Upcoming Events

Tue April 5	Henry Sklarz – Jungle Law
Tue April 12	★ SHINE ON AWARDS NIGHT ★
Tue April 19	Board Meeting
Tue April 26	David Hartley – Large Medical Stents



Congratulations to Sindy Bishop, celebrating one year with Rotary on March 16th

Congratulations to Robert Da Prato, who joined in 1983, celebrating his 39th 'Rotary Birthday' on 1 April.



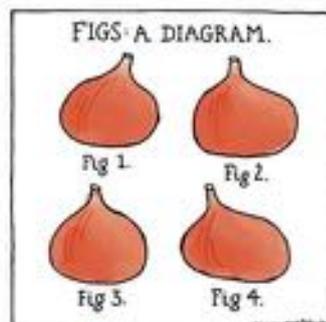
to Carlton D'Souza for March 22



Puzzle #1. What word in the English language fits the following description?

The first two letters signify a male,
The first three letters signify a female,
The first four letters signify a great man
While the entire word signifies a great woman.

Puzzle #2. If you divide 50 by a half and add 5, what is the answer?



"Wake up. The cat's got your teeth."

Answers to last Week's Puzzles

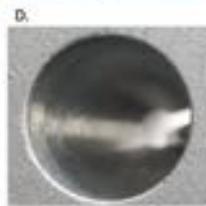
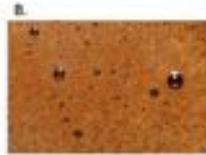
Brain Gym

Mike is a butcher. He is 47 years old. He has blonde hair and grey eyes. His waist circumference is 98 cm. He walks his dogs most days but does no other regular exercise. He is 181 cm (5' 11") in height. What does he weigh?

Meat. He weighs meat.



Can you recognize these ordinary objects in close-up?



- A. is avocado skin
- B. is the top of a coffee
- C. is a crayon (Crayola)
- D. is a pencil sharpener



LOVE AND KINDNESS ARE NEVER
WASTED.
THEY ALWAYS MAKE A
DIFFERENCE.

