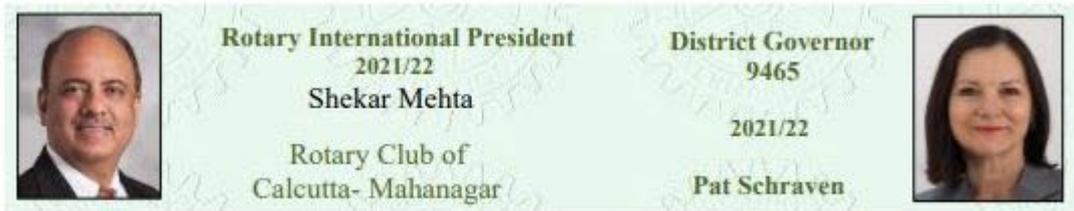




Meeting Notes & News 2021/22

Tuesday 10 May 2022



Report from President Phil

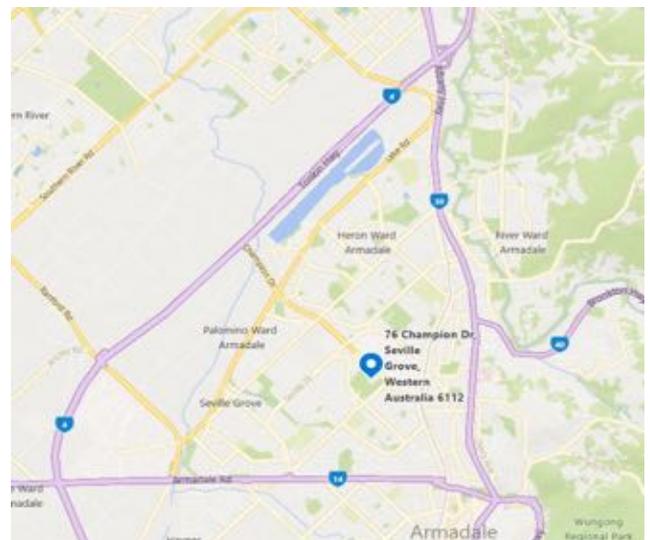
Thanks to President Elect Patrick Bartlett, who chaired the meeting this week while I attended the Rotary Club of Armadale for a ROMAC presentation.

Numbers are required at the next meeting [May 17], for those attending the **joint meeting with the Rotary Club of Armadale** on May 24 at the Champion Centre, 76 Champion Drive Seville Grove. The Champion Centre is the building between the Library and the Aquatic Centre and opposite Armadale Mower World (*see map, below right*).

Please note the time: 6.30 for 7.00 pm.
Cost is \$20 per person and BYO drinks and glasses, if needed.



Phil presenting at the Armadale Rotary on Tuesday, 10 May



**Club Service from
Patrick Bartlett**

INFORMATION

Next Tuesday, 17 May, is our Community Grants Awards Night.

CLUB NIGHT DUTIES

Tuesday 17 May 2022

Property	Robert Da Prato	Andy Hopper
Attendance	Dom Manno	John Stockbridge
Sergeant & Fines	Murray Thorpe	



BRING & BUY DUTIES

Sunday 15 May 2022

Grant Buxton [Leader]

Naomi Green

Carlton D'Souza

Zaneta Onasz

Meeting Highlights

This week we were joined by Matt Wilson from Black Dog on a Lead, a local organisation formed with the mission to encourage people to talk openly about mental illness and to raise funds for mental health services.

They believe that open communication is key for eliminating the stigma and taboo associated with mental health problems. The question is: why should society treat mental illness differently to any other illness?

As Matt explained, one in five people will experience mental health problems, depression and anxiety being among the most common. Sadly, many sufferers feel they must struggle-on in silence, with no – or only very limited – support.

Matt's presentation led us to: consider what mental health is...and isn't; to recognise that developing resilience can help reduce our vulnerability to mental health difficulties; how to talk about our own mental health issues and challenges; and how offer mental health support and understanding to our loved ones, friends and colleagues. Matt also stressed the importance of prioritising self-care to keep ourselves mentally well.

The annual **Black Dog on a Lead Walks** around Bibra Lake have been a huge fundraising success. Since 2015, they have raised over \$50,000 for mental health services including Beyondblue, HeadSpace and Sirens of Silence (SOS), amongst others.



Patrick with guest speaker, Matt Wilson, and Matt's daughter, Asha.



Fun & Games News

Our **Chase the Joker** Jackpot continues to build, with Rob Pannell unsuccessful in locating the elusive (dare I say, mythical?) card.

Heads and Tails was won by Michelle Gibson, who thus becomes next week's 'tossler'.

Phil has sent in a special **Newsletter Edition of Know your WA**. If you think you know where this picture (*at left*) was taken, send your answers in to Phil before Tuesday to go in the draw for 2 scratchies!

Do you know where in WA this is?

Rotarian Profile: Ineke Oliver

You may already know Ineke as District Governor Elect for District 9455 (the Northern area of WA). As such, she'll be Ric's counterpart for the final year in which there will be two WA Rotary Districts. This week, it's been announced that Ineke has been selected to become the first DG of the new, combined WA district (D9423) in 2023-24. Here is a brief 'bio' supplied by our DG Pat Schraven.



Ineke's varied professional life has spanned retail (music store), television (film assistant), legal secretary, teacher, teacher-trainer, CEO of a national training organisation, and Principal of an independent school. She and her husband Geoff at one time had their own film production company, and more recently, a consultancy business for registered training organisations. Ineke is lead auditor for quality management systems in the business.

Wherever her life and career has taken her, including NSW, ACT and Singapore, Ineke has been involved at committee level with volunteer not-for-profit organisations.

Ineke has been a Rotarian since 2008 and held positions at club board level almost continuously ever since. She is passionate about the difference Rotary makes, for the community and for Rotarians themselves. She is committed to supporting Rotarians and clubs to achieve their vision, and to bring Rotary's light out from under the bushell!

[Ineke's husband,] Geoff is a Friend of Swan Rotary and enjoys supporting Rotary, particularly using his skills in photography, film and video. He is a keen golfer. They have two children and three grandchildren. In their spare time, Geoff and Ineke enjoy travelling and spending time with family and friends.

Congratulations to Ineka!



Rotary Southern Districts PRESENTS UKRAINE

Join with us and hear directly from the Foundation President of Kyiv Rotary Live from Kyiv as she explains the situation and how Rotary is responding. Join with Rotary Southern Districts on Tuesday June 7th at the Gosnells Golf Club 6 for 6:30 Visit <https://www.southerndistricts-rotary.com/> to book your place as a guest. Normal meeting fees apply \$33

Rotary Club Kyiv International

Oksana Tjupa

The poster includes a collage of six photographs: 1) A large pile of pink chicken carcasses. 2) A long line of people in winter clothing waiting outdoors. 3) A woman in a grey coat and hat filling a white plastic bag with supplies. 4) A woman in a pink coat filling a bag. 5) A group of people standing in a line outdoors. 6) A close-up of a red bag filled with supplies.

Upcoming Events

Tue May 17	Community Grants Awards Night
Tue May 24	Visit to Rotary Club of Armadale, for Guest speaker Elliot Panos – Smarter Freeways
Tue May 31	Niamh Killy – Passages Program
Tue Jun 7	Oksana Tjupa – via Zoom from Rotary Club of Kyiv



Brainteaser

What day follows the day before yesterday if two days from now will be Sunday?



A guy walks into a servo, and asks the attendant, "What's the quickest way to get to Albany?"

The attendant says, "Are you walking or driving?"

The guy says, "I'm driving."

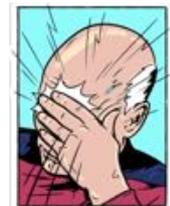
The attendant says, "That's the quickest way."

I didn't hear the sea when I held a Shell up

I did, however, get six years in jail for armed robbery of a petrol station.

Took my car to get serviced. The mechanic asked me if I've ever rotated my tires.

How does he think I got here?



ANSWER TO LAST WEEK'S PUZZLE

Thirty! One per letter. The number of helpings of each canapé corresponds to the number of letters in the canapé's name. 'Sous Vide Ostrich Tartlets à la Mode' has 30 letters.

***A society grows great
when men plant trees
whose shade they
know they shall never
sit in.***

GREEK PROVERB

