



ATTADALE *View*

V41

N° 09

18 / 09 / 2023



**September is
Basic Education and Literacy Month**

Guest Speaker, 2 October : **GLENN SWIFT**



Alexander Technique

You may have heard of the Alexander Technique in connection with educating actors and musicians, but did you know it's very useful for helping people out of low back pain? The British Medical Journal in controlled trials rated it above every other therapy. Glenn Swift, with 35 years of teaching experience, will introduce you to the basic principles and practice through gentle hands-on suggestions which will change your sense of balance to something easier than you might imagine.

Glenn Swift began working as a professional actor even before attending the WA Academy of Performing Arts Acting course at age 23. One of the core units was the Alexander Technique- a curious and very particular technique for changing the balance of the head on the spine which affects balance, breathing and articulation of the entire body, including the organs of speech. Glenn received a study grant from the WA Arts Council to complete the three-year training for teacher accreditation in 1985-87 and returned to WAAPA as a member of the teaching staff. Over ten years many talented actors passed through his hands including Hugh Jackman, who can be found on YouTube saying something nice about his Alexander education. Glenn has for many years had a parallel career as a Storyteller, which has taken him around the state and around the world. He continues teaching in private practice in Fremantle.

Jeff's Pick



Decaying Log by ©Jeff Spickett

Announcements

BUY YOUR ENTERTAINMENT BOOK NOW

SUPPORT ROTARY CLUB OF ATTADALE \$14.00 from each book purchased goes to our Club Use this link to find out more <https://www.entertainmentbook.com.au/orderbooks/8788p4>

- Save up to 50% on dining, shopping and many more things to do
- Unlock over \$20,000 of potential savings with an Entertainment Membership.
- Redeem at over 15,000 locations across Australia & New Zealand. New offers added daily.



Entertainment fundraisers retain 20% of every Membership they sell



PORTCARE

If anyone has recycled clothing at home to go to PortCare, I can arrange to come and pick up clothing and take it. I have taken two

boot loads so far this year in addition to other clothing dropped by Rotarians. Send me a message on mellview@bigpond.com with your contact details and I will arrange a collection.



~ Llew Withers



Wedding

- 01 ~ Gail & Colin McCulloch
- 08 ~ Anne & George Lewkowski
- 30 ~ Bev & Charles Moffat

Birthdays

- 07 ~ Jenny Calcei*
- 09 ~ Gillian Baker*
- 30 ~ Bruce Robinson*

*Honorary members / partners

Rotary Zone 8 News



USING 'KIT CULTURE' TO ATTRACT YOUNGER VOLUNTEERS

Many of us are familiar with new trends emerging in the volunteering landscape; trends such as the rise of cause-based and episodic volunteering, the push for greater flexibility, and more meaningful volunteering roles.

Article by Jessie Harman, 2021-23 Rotary International Director

Another trend, starting to feature in the research, is the rise of 'kit culture' – think packing meal kits for the homeless or writing advocacy letters to petition government.

Kit culture refers to the practice of providing quick and easy 'pre-packaged' volunteering solutions which enable mainly younger people to express their social conscience in ways that are consistent with their busy, modern, 'right-now' lives. And while the trend may be newly reported, kit culture volunteering itself has been around for quite some time – think, the student armies that pop up spontaneously and the successful 'meal packing event' organised by (then) District 9800 Governor Amanda Wendt as part of the recent Rotary International Convention in Melbourne.

'Packaging up' some of our meaningful volunteering activities may be another way that Rotary clubs can regularly engage with younger volunteers, maybe not as members, but rather as a pathway to membership further down the track.

However, for kit culture to be effective, clubs also need to have the right marketing, communication, registration, and supervision processes wrapped around these opportunities. Technology, social media, and a bit of 'youthful savvy' will likely hold the key.

For Rotary to have a future in this region, we need to continue to adapt and leverage these changing volunteer trends; capitalising on the rise of 'kit culture' may need to be part of our toolkit of solutions.

Jacaranda Festival

19 November: 8:30 am to 3:30 pm. Stack Lane entry point

**Please nominate your availability for the following times,
collecting donations at the Stack Lane Entrance**

Please nominate yourself for one of three roles: +Setup

- a. **A person to welcome the public and guide them towards the donation points (Welcome)**
 - i. reference the two options to make a donation:
 - "if you want EFT, go over there";
 - "if you want to make a cash donation, go to the spinner".
 - ii. Answer any questions as efficiently as possible to keep the queue moving
 - iii. Refer to the Applecross Story Board that will be in place at each entry point.
 - iv. Refer to the QR code that allows patrons to see the site map, stall locations and other useful information.
 - v. Ask the queue to make way for disabled and/or aged patrons.
 - vi. Discourage dogs. They get frightened and hot in the event space
- b. **One person at a bar stool to solicit EFT donations at the eye level of the patrons. (EFTPOS)**
- c. **One or two persons at a spinner to solicit cash donations. (Spinner)**
 - vii. Keep a distinct separation between the spinner and the table with the EFT points.
 - viii. All donations are a voluntary act; patrons do not have to offer a donation.
 - ix. We prefer to ask for a donation,
 - **do not ask for a "gold coin", and the best option is an EFT donation.**

How to Engage

- Be friendly and positive.
- Engage with the patrons.
 - Offer a warm and enthusiastic welcome.
 - Smile.
 - Offer patrons a site map.
 - Look patrons in the eye. Ask for a donation.
- Use the terms "welcome", "enjoy the event".
- Ask very directly: Please make a donation.
 - Repeat the message in case they did not hear the first time
- Move forward to close the interpersonal space
- Within reason, plead for a donation.

What to expect:

- You must sign in/out at the Rotary table near the car park entrance.
- Wear a hat and sunscreen. Bring a water bottle. Water is available on-site at the water tanks.
- If you get too hot, please move away to a safer area, or go to Kim Giddens office space.

Comments:

- In an emergency call Kenn (0428 472 619) or Peter (0488 747 140)

Jacaranda Festival Roster

Number of collectors needed		3-4	3-4	3-4	3-4
		08:30-10:30	10:30-12:00	12:00-13:30	13:30-15:30
Mal	Bennett				
Betty	Bright				
Jim	Calcei				
Helen	Carwardine				
Selwyn	Castles				
Mick	Donnes				
Martin	Houchin				
Shelley	Konig				
George	Lewkowski				
Winston	Marsh				
Carole	Maxwell				
Colin	McCulloch				
Gail	McCulloch				
Neil	McKay				
Bev	Moffat				
Abby	Parsons				
Kerry	Parsons				
Ian	Pittaway				
Rod	Rate				
Kerry	Scott				
John	Sharp				
Valerie	Sim				
Joyce	Smith				
Della	Smith-Rawlins				
Jeff	Spickett				
Llew	Withers				
TOTAL					
<p>PLEASE EMAIL John Sharp with your nomination so the roster can be updated in the bulletin</p>					

Makers Market Parking Roster 2023

		5/11/23	17/12/23
Please nominate yourself for these sessions between 8:30 & 12:30 on the remaining two Sunday mornings		Heathcote Lowlands 08:30—12:30	
Mal	Bennett		
Betty	Bright		
Jim	Calcei		
Helen	Carwardine		
Selwyn	Castles		
Mick	Donnes		
Martin	Houchin		
Shelley	Konig		
George	Lewkowski		
Sheri	Locher-Davis		
Pete	Locher-Davis		
Winston	Marsh		
Carole	Maxwell		
Colin	McCulloch		
Gail	McCulloch		
Neil	McKay		
Bev	Moffat		
Charles	Moffat		
Abby	Parsons		
Kerry	Parsons		
Ian	Pittaway		
Rod	Rate		
Kerry	Scott		
John	Sharp		
Joyce	Smith	YES	
Della	Smith-Rawlins		
Jeff	Spickett		
Llew	Withers		
Volunteers available		1	0
Volunteers needed		4	4

Club of Attadale



Makers Market



BOARD AND OFFICERS 2023-2024

President Bev Moffat
Vice President John Sharp
Secretary Colin McCulloch
Treasurer Neil McKay

Membership Director John Sharp
Service Projects Director Shelley Konig
Charity Golf Day Director Rod Rate
Vocational Service Director Selwyn Castles
Community Service Director Llew Withers
International Service Director Helen Carwardine
Youth Service Director Joyce Smith

Attendance Officer/s Betty Bright, Joyce Smith, & Kerry Scott
Family of Rotary Ian & Jacquie Pittaway
Foundation & Global Grants Ian Pittaway
Meeting Venue & Succession Planning Bev Moffat
Programmes Martin Houchin
Protection and Insurance Llew Withers
Social Media Helen Carwardine / Gail McCulloch
Training & Mentoring Winston Marsh

MEETING DETAILS:

The Rotary Club of Attadale meets every first 3 Mondays of the month
6:00 for a 6:30PM start, at the Royal Fremantle Golf Club.

Meeting and meal: \$32 Meeting without meal: \$10

Pay at the door by credit card

If you would like to:

- visit our meeting, please contact our [Attendance Officer](#) no later than 9AM on the morning of the meeting
- speak to our Club, please contact our [Programme Chair](#)
- join the Rotary Club of Attadale, please fill in the [Contact Form](#). You will be invited to one of our meetings to meet our members and see how our club operates. You will be made very welcome.

Contact Us:

- [Email](#)
- [Website](#)
- [Facebook](#)
- [Twitter](#)