

ATTADALE View

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President's Meeting Report for 20 November 2023



President Bev Moffat

Our meeting on Monday started with a bit of a technical hitch, and despite not getting our PowerPoint presentation up and running, we managed to wing it through the meeting. Once we got our Guest Speaker's presentation working for later in the meeting, it was a delight to welcome Gail Michael from Days for Girls, along with Yvonne Rate and Janet Pike. Half way through presenting Selwyn Castles with a birthday cake, I realised that I had missed the National Anthem at the beginning of the meeting, so we did things a little backwards and sang it after that. In the absence of background music, we were very ably led by our intrepid "choir master" Mick Donnes.

Helen Carwardine introduced speaker Gail Michael, who is married with 5 children and lives in Coogee, despite being a country girl at heart. Gail has a teaching career spanning more than 30 years, and started Fremantle Days for Girls in 2019 to improve educational outcomes for disadvantaged girls. Gail started by acknowledging that many women and men are uncomfortable around conversations about menstruation and women's hygiene. That is slowly improving, and the discomfort was highlighted a few years ago, thanks to a young woman who raised the issue about young women not only in Australia but around the world, which won her a Young Australian Award. Every girl and woman goes through this, and it should be normalised as part of every day life.

Every Days for Girls kit that is handed out is accompanied by health education, as often these girls are unaware of what is happening to them, due to lack of education around menstruation in many of the countries and cultures where these are distributed. In some cultures, women are not allowed to prepare meals and are banished from their homes while menstruating, resulting in their deaths due to the harsh conditions and lack of proper shelter of where they are located. Most of the work done is in third world countries, where education is a challenge for girls already. Add to this missing a week of school every month, puts them even further behind the boys in their education.

Of the more than 1.5 billion women in the world of reproductive age, around 500 million live on less than \$1.00 per day; so if the choice is a cabbage to feed the family which costs the equivalent of \$1.00, or purchase 1 pad to deal with menstruation, the cabbage is going to be the decision. Days for Girls' mission is to help the people in those situations, to ensure that no one is missing school or work due to menstruation, a totally natural process. Each kit is contained in a drawstring bag to hold the contents. These include waterproof shields which snap around knickers, absorbent cotton liners that fold up and go inside the shield, wash cloths, soap, knickers, a carry pouch for washing and storing, and a care and use instruction sheet. All components are made of colourful cotton, hiding stains, and thus increasing user confidence, are fully disposable and will totally decompose barring the small studs and liners. They require little water for washing, and dry quickly and discreetly, last 3 to 4 years and have a high user acceptance. The bonus of the kits is a both a financial and environmental saving, as pads do not need to be purchased and the menstrual waste load is not disposed of incorrectly or unhygienically.



November: Rotary Foundation Month



Days for Girls also offers a health care education. A booklet is provided in a number of different languages allowing instructors once trained, to continue to provide this education for girls and boys in schools and wherever it is needed. This is to get people to understand that it is a natural process for girls and women and that it will not stop until they get to a certain age. The health education is a very important part of the programme and the only time this is not provided is in refugee camps and in cyclone affected areas, where they just want to get the product to those in need as soon as possible, so that they are able to continue to function with dignity.

Social entrepreneurship is another facet of the organisation. In Northern Thailand they are providing sewing machines to locals so that they are able to make their own kits and start a little business and ultimately training others how to sew and learn new skills and then sell the kits. In Cambodia they are training teachers in health education so that they can go through the schools and teach the children about women's and men's bodies. There are also pamphlets to provide to girls and women with an overview of their health, how to track and prepare for their cycles.

The main provider of the programme in Northern Thailand, where they have a Memorandum of Understanding, is a man. He talks to the girls and the boys about what the pads are and tries to get the men in the community involved as well, so they are there to support the women. They have booklets which have information on puberty, self-defence and human trafficking avoidance. There are girls coming across from Burma into Thailand trying to escape human trafficking and other awful situations. There is also education around sexually transmitted diseases for both boys and girls, and also around hand washing. By educating a girl, a future mother is educated and subsequently a future generation. Breaking the taboos and stigmas are so vitally important.

There are 15 volunteers in Fremantle who donate their time to come and make the kits. Gail's husband is her main support, assists her and manages the books and cash. The main Fundraising activities are Cash for Cans, sausage sizzles and walks. There are currently 691 volunteers globally working in various countries. Australia focuses on PNG, Pacific Islands and Arnhem Land. More than 2.5 million girls in 144 countries around the world have been assisted by Days for Girls to date.

Helen thanked Gail for the informative talk, after which I was delighted to present Gail with a cheque for \$500.00 on behalf of Attadale Rotary, to assist with the programme.

Selwyn reminded members of the Social Dinner on Monday night at Aroy Thai in South Fremantle, there are still a couple of spots available if you have not yet let him know that you plan to attend.

I advised all of the Giving Tuesday on 28 November, reminding of the opportunity to donate to The Rotary Foundation. Please refer to details later in the Bulletin. With the annual Christmas Dinner confirmed for 11th December, a reminder was made to make your booking through the TryBooking link as soon as possible but no later than 4th December. On checking numbers on Monday morning, only 6 people were confirmed to attend. Please see the information later in the Bulletin on where to purchase your tickets.

Ian Pittaway, as the attendance officer on the night, asked Gail to draw the Door prize. Shelley Konig was delighted to be the winner of a bottle of red wine. Our guest Janet Pike drew Mal Bennett's ticket for the Joker pick. Mal was rewarded with a bottle of white, but no Joker. Rod Rate ran an entertaining Happy Dollars session, keeping us all on our toes to see who the next "victim" would be.

Thanks were expressed to Gail for her talk, and to Yvonne and Janet for their attendance, and Helen was thanked for the sweet treats provided to enjoy with tea and coffee.

The next meeting is on 04 December, our guest speaker is Marianna Winton from The Round House.

The roster for 04 December:

Setup and Pack up	Jeff Spickett
Attendance	Joyce Smith and Kerry Scott
Invocation	Helen Carwardine
Joker	Winston Marsh
Happy Dollars	Ian Pittaway
Charge	Rod Rate
Sweet Treats	Shelley Konig

A reminder to please arrange for a substitute for your task if you are unable to attend the meeting.

Take care and have a good week.

Yours in Rotary

Bev

Jacaranda Festival & Meeting photos courtesy of Jeff Spickett



Helen at
Shelter box
stand



RCA members and students at entry to festival





Helen introducing Gail Michael (guest speaker)



Gail giving presentation



Helen thanking Gail



Gail receiving cheque in support for Day for Girls from President Bev



Selwyn receiving birthday cake



Mal selecting card for joker prize without success



Rod conducting the happy dollar session

04 December Guest Speaker



MARIANNA WINTON

Fremantle Volunteer Heritage Guide

Marianna Winton is currently a Fremantle Volunteer Heritage Guide working at the Roundhouse as well as a Rottnest Voluntary Guide. She has a background in training, sales, marketing and event management. She has worked in large and small companies, volunteer organisations and has been involved in a number of committees across various industries. She is currently on the RVGA committee managing the Social portfolio, which includes organising social events for over 350 guides.

Having moved from Sydney over 20 years ago, she has adopted Western Australia as her home ground and is passionate about informing visitors to WA about the fascinating history of Perth and Fremantle.


Brief description of talk

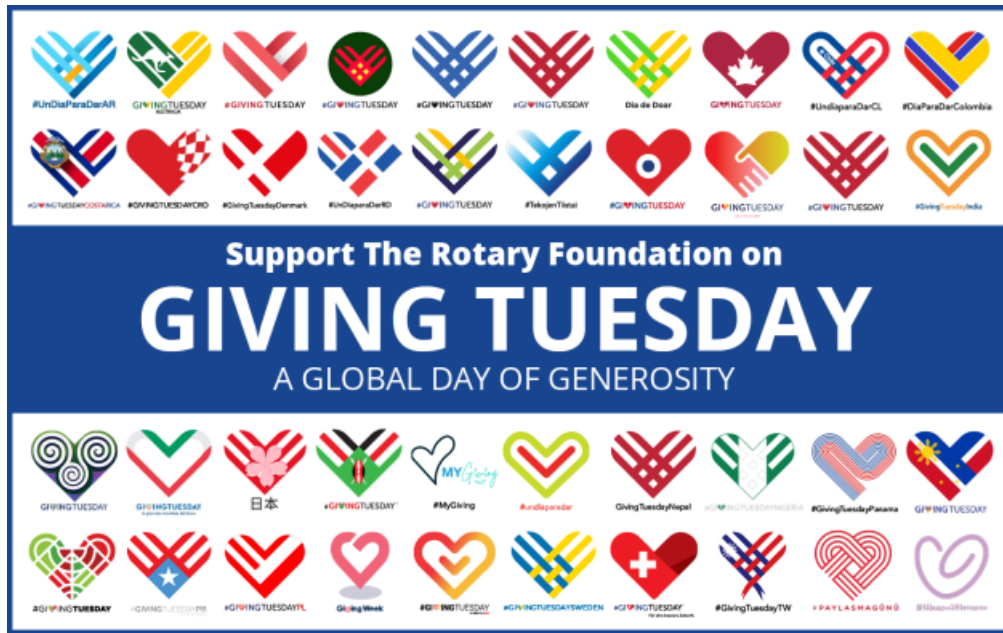
Marianna's presentation will provide a view of the oldest public building in Western Australia - The Roundhouse. She will discuss the surrounding landscape and difficulties of the Swan River Colony, The presentation will also cover the features and uses of the building and how it changed over time, the prisoners, who they were, what they had to do and some of the reasons why the initial free settlement eventually became a penal colony.

life ●●●● events

November	December
14 Carole Maxwell ~ Induction (2005)	09 Della Smith-Rawlins ~ Birthday
14 Jeff Spickett ~ Induction (2005)	11 Selwyn & Wendy Castles ~ Wedding
15 John & Trish Sharp ~ Wedding	12 Neil McKay & Bev Moffat ~ Induction (2016)
16 Ian & Jacquie Pittaway ~ Wedding	22 Evadne Spickett ~ Birthday
20 Winston & Judy Marsh ~ Wedding	24 Jeff Spickett ~ Birthday
25 Selwyn Castles ~ Birthday	29 Kerry Parsons ~ Birthday



 Stairway by ©Jeff Spickett



Dear Beverley,

We need your help, as a Rotary leader, to raise funds and awareness for The Rotary Foundation this **Giving Tuesday, 28 November**.

This global day of generosity is an opportunity for all members to make a big impact, with a gift of any size that supports projects you're passionate about.

Here's how to get ready for Giving Tuesday:

- [Watch](#) our Giving Tuesday video with Attadale.
- [Donate](#) to [Annual Fund-SHARE](#) on Giving Tuesday to support district and global grants.
- Share our Giving Tuesday graphics on [Facebook](#) or [LinkedIn](#).

The Foundation will recognize the top three clubs in fundraising, donor participation, and online giving. Find out [which clubs were recognized last year](#) and set a giving goal for your club this year. **Just be sure the gifts are made on 28 November!**

Thank you for your leadership and support, Beverley. As we approach this day of giving, remind other members that every contribution, no matter the size, helps Rotary create positive change in the world.

We know that with your help, Giving Tuesday will be a bigger success than ever.

Sincerely,

The Rotary Foundation



RCA Christmas Dinner Meeting

Rotary
Club of Attadale



Christmas
DINNER MEETING

Monday, December 11
6.00 for 6.30pm

Parsons' Home
20 Chelydra Point, North Coogee

Please book by 6.00 pm, December 4

The Aroy Thai restaurant has been booked for **Monday night the 27th November.**

It is a fixed selection of 4 dishes plus dessert.

The cost is \$40pp and BYO

The Aroy is 310 South Tce and on the other side of the road from Big Rigz burgers

Contact Selwyn

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

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

Please nominate yourself for between 8:30 & 12:30 on Sunday, 17 December	17/12/23
	Heathcote Lowlands 08:30—12:30
Mal Bennett	
Betty Bright	YES
Jim Calcei	
Helen Carwardine	
Selwyn Castles	
Mick Donnes	
Martin Houchin	YES
Shelley Konig	
George Lewkowski	
Pete Locher-Davis	
Sheri Locher-Davis	
Winston Marsh	
Carole Maxwell	
Colin McCulloch	YES
Gail McCulloch	YES
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	5
Volunteers needed	4



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](#)