

ATTADALE View

V41 | N° 20 | 14/ 02 / 2024

21 February Speaker/s Helen & Dr Vincent Keane

Helen Keane is a Rotarian at the Perth Rotary Club. She and her husband Dr Vincent Keane worked and lived in Cambodia for 5 years alongside Dr Eng Samnang, Cambodia Family Support (CFS). CFS is supported by Rotary Australia World Community Services (RAWCS project 4-2011-12), sponsored by the Rotary Club of Perth.

CFS is a Cambodian non-profit organization registered in 2008 with the Cambodian Ministry of Interior, CFS helps improve the lives of rural poor Cambodians in Battambang and Palin Provinces, Northwest Cambodia. CFS's activities fit with several of Rotary's focus areas: lack of access to water and sanitation; fighting disease, and supporting education. CFS also helps child-only families, victims of human trafficking and domestic violence (mainly women and children) and the disabled.

Dr Samnang is running several projects to assist the poor in Cambodia. Helen will share with us these projects and seek support and assistance.



▲ Helen Keane with Dr Vincent and Dr Samnang looking at a women's fish pond (income generation assistance for her family)

▼ Dr Vincent Keane with Dr Samnang (CFS Director) inspecting a village communal bore and pump



February is Peacebuilding and Conflict Prevention Month

Photos courtesy of Gail McCulloch and Jeff Spickett. Story by Gail

On Wednesday 14th February, the Rotary Clubs of Attadale and Fremantle met at the Royal Fremantle Golf Club to hear Attadale Rotarian Helen Carwardine talk about her five-day trek in the Tarkine's remote and rugged landscape, in Tasmania, to support ShelterBox.

A great crowd of Rotarians, partners and friends thoroughly enjoyed hearing about and seeing pictures of, Helen's physical preparations for the challenges of the trek, all the ways she set about raising funds, the trek itself and her reflection of it all.

To qualify to join the trek Helen had to raise a minimum of \$3000. This was done by people donating to a Fund Me page, a very successful and enjoyable brunch at Sweetwater in East Fremantle, a raffle, a silent auction and a generous donation from the Rotary Club of South Perth Burswood. Helen is to be congratulated on her amazing effort and achievement in raising well over \$8000 for ShelterBox.

Sue Simmons was a visiting Rotarian from Malta. She presented her small Club banner to Fremantle Rotary Club President, Paul Chorlton, who presented her with a small Club banner from his Club. Rotary Club of Attadale President Llew Withers presented her with a pewter Club coaster.

We had a ShelterBox coffee table book and two bottles of wine for door prizes, which made three people very happy.

There was a lot of great fellowship making it a very enjoyable night.'



(more photos [here](#))



Jenny and Jim
being
acknowledged for
holding the 21st
Crabbing day on 4
February in
Mandurah





AUSTRALIA

TARKINE TREK 2023

16-20 OCTOBER



Dear HELEN CARWARDINE

Thank you!

Thank you for being part of the **Tarkine Trek 2023** in aid of Shelterbox Australia. Together, you and your team raised a fantastic **\$25,771** for disaster relief. An outstanding result! On behalf of the families we assist around the world, **thank you!**

Mike Greenslade
CEO ShelterBox Australia



SHELTERBOX AUSTRALIA

www.shelterboxaustralia.org.au

Donations | 1300 996 038 Contact | office@shelterbox.org.au



ShelterBox and Rotary are Project Partners in disaster relief. ShelterBox is a charity independent of Rotary International and The Rotary Foundation.

GAZA

URGENT APPEAL

Credit: Mohammed Zaanoun



ShelterBox

AUSTRALIA

Dear Helen

Shelterbox is providing lifesaving emergency shelter and other essential household items to thousands of people in Gaza who have lost their homes.

In makeshift displacement centres, there is severe overcrowding, disease is spreading, and people don't have what they need to protect them from the harsh weather.

Items like tarpaulins and rope will help people repair damaged buildings and make shelters watertight. Blankets, mattresses, pillows and floormats will help people stay warm. We are also providing washing sets, water carriers, kitchen sets, and items like nappies, toothbrushes, and sanitary items.

Up to 1.9 million people in Gaza are displaced. People have no choice but to shelter in community buildings like schools, makeshift shelters, or out in the open.

We have launched an urgent fundraising appeal. Please [**donate today**](#) so we can provide emergency shelter and essential items to people left with nowhere to live in Gaza, and around the world.

[**Donate today to change lives**](#)

Many thanks for your support

Mike Greenslade

CEO ShelterBox Australia

Mary Dell - one of Kerry and Abby's students - receiving her RYLA certificate from Melville Rotary Club who kindly sponsored her at their Monday luncheon meeting this week

Photo+caption courtesy of Joyce.

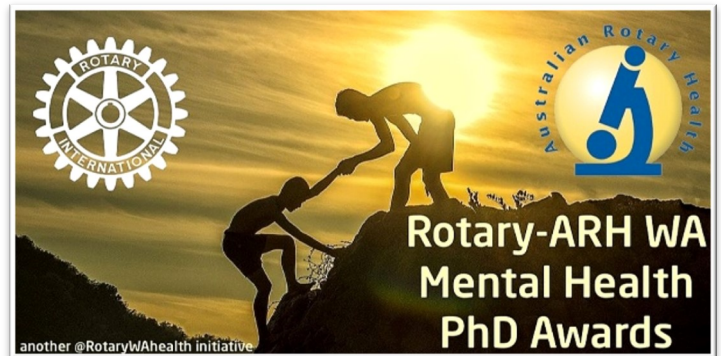
L-R: Ross Ballard, Mary Dell, Melville Rotary President Phillip Draber, and Joyce Smith



From District 9423

On behalf of Australian Rotary Health and Rotary in Western Australia, we wish to invite you (and your colleagues) to the coming award ceremony for our 2023 Australian Rotary Health WA Mental Health PhD awards.

Thursday 22 February 2024, 5.30-7.00pm
Marlee Pavilion, Place of Reflection, King Park
(Near Roe Gardens & Memorial, Forrest Drive)
RSVP: [here please](#)



This event coincides with Rotary's 119th anniversary globally, and with RI President Gordon R McNally's theme of 'Creating Hope' and its resonant mental health focus. This is an opportunity to hear about the latest ground-breaking local WA research into mental health (and of recent Australian Rotary Health developments in WA) and to celebrate some fantastic achievements from emerging leaders in this field. It's also a great opportunity to network across Rotary in this crucial area.

People willing to support these 'Vocational Service' awards and other ARH WA initiatives can also do so via the Humanitix booking system link above, which enables such a donation. Every contribution helps!

Rotarians, Rotaractors, their colleagues and friends, and others interested in mental well-being (especially in pre-teen years), are also being encouraged to attend.

If you know of others interested in the latest mental health research, particularly its implications for young people, and family and community health generally, please relay this invitation to them.

Share [this event](#) with others interested on Facebook [@RotaryWAhealth](#).

Coming Events - Advanced Notice:

We would like to take this opportunity to also advise you of two other recent initiatives:

- ARH WA will be attending the [Hyde Park Festival](#) (Sunday 4 and Monday 5 March, Labour Day weekend) to showcase the importance of mental well-being, and raise awareness of research into pre-teen mental health and mental health generally.
- A [Lift The Lid Walk for Mental Health in Maylands](#) is planned for Saturday 13 April, as part of our WA Rotary Action Day. We invite mental health advocates to participate by registering teams, especially for groups active in that general locality.

If your organisation would like to join with us at these events please talk with us soon.

Yours in Rotary service

Warwick Smith
District Chair, WA Team, Australian Rotary Health



 *Afternoon Shadows* by ©Jeff Spickett

life events February 2024

- 09 Rod Rate ~ Induction
- 17 Viv & Mick Donnes ~ Wedding
- 18 Carole Maxwell ~ Birthday
- 20 Joyce Smith ~ Induction

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

Reminders: Four volunteers per date, 8:30am to 12:30pm

Please nominate
which date/s
you'll be
available to
volunteer



	18-Feb-24	31-Mar-24	12-May-24	22-Sep-24	3-Nov-24	15-Dec-24
Mal Bennett						
Betty Bright						
Jim Calcei						
Helen Carwardine	YES					
Selwyn Castles	YES					
Mick Donnes	YES					
Martin Houchin						
Shelley Konig				YES		
George Lewkowski						
Winston Marsh						
Carole Maxwell						
Colin McCulloch						
Gail McCulloch						
Neil McKay	YES					
Abby Parsons						
Kerry Parsons						
Ian Pittaway						
Rod Rate						
Kerry Scott						
John Sharp						
Joyce Smith				YES		
Jeff Spickett	YES - 50%					
Llew Withers						

Contact Shelley on shelley.konig@iinet.net.au or 0427 761352 with date/s you'll be able to volunteer

BOARD AND OFFICERS 2023-2024

President Llew Withers
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 Ian Pittaway
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
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 three Wednesdays a 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](#)