



# The Attadale View



Volume 40 No 25 2023



Bev Moffat

## President's report.

A group of 18 members met for an informative evening on Monday night, joined by our guest speaker Dana Henderson of the Spinnaker Health Research Foundation. I was grateful for the return of our computer master: Colin McCulloch, who as usual, took us through a hiccup free presentation for the evening. Gail McCulloch was our photographer for the evening, thank you Gail!

Dana's talk was about the introduction of a new Foundation under the umbrella of the Spinnaker Health Research Foundation, MHT (Men Healthier Together) which deals with the issues of men's physical and mental health and the pioneering approaches to improve these in Western Australia.

Some very startling and alarming statistics around boys' and men's health and life expectancy were brought to our attention. The one that struck me as a standout, was the massive disparity in the national spending on preventative health measures between men and women: \$130 million is devoted to women's health issues and only \$13 million to men's health issues. Dana went through some of the reasons, but in essence, women tend to be more aware of the fact that they need to take care of themselves so that they can be around to take care of their family, whilst men tend to sweep issues under the carpet with "she'll be right, mate" thoughts and attitudes. Statistics show that the trend pre-Covid was that women tended to outlive men by at least 4 years. During Covid, that gap increased. One of the initiatives that has been set up by the Foundation is "Fire Up for Men's Health": fire up a BBQ, invite friends, family, workmates along to spread the word, and collect donations for the MHT Foundation to assist in the research; to make a positive change in the lives of men and boys. More information on the MHT Foundation can be found at [www.healthiermen.com.au](http://www.healthiermen.com.au) and to find out more about the Fire Up initiative: [www.fu4mh.au](http://www.fu4mh.au).

Bev reminded members that the Rotary Foundation seminar is to be held on 21 May from 9am to 12.00pm and a volunteer to attend this seminar is required – please contact me if you are able to attend. We have been sent information on a masquerade ball being held by the Prostate Council on 17 June, for more information please refer to the information later in the Bulletin. Calls for comments or suggestions in regard to the Regionalisation Pilot Project was mentioned, please contact me if you have anything to contribute.

Winston Marsh was delighted to share with us that he has been invited to attend the 10<sup>th</sup> anniversary of the Winthrop Probus Club, one of several Probus Clubs that were started by Attadale Rotary.

Helen Carwardine gave us an update on her Trek the Tarkine for ShelterBox fundraiser, members are asked to spread the news, invite family and friends and book a table for the Asian Yum Cha Brunch on the 2<sup>nd</sup> July, or donate to her fundraising page. More information is available later in the Bulletin.

Shelley asked our guest speaker Dana to draw the door prize, which was won by Llew who chose a bottle of white wine. Mal was managing The Joker, Kerry Parsons' won the draw made by Dana and a bottle of red. Sadly the Joker did not make an appearance, so we will try again next meeting.

Martin Houchin led a merry Happy Dollars session, with funds being solicited from several members.

It was a delight to thank Dana Henderson for a thought-provoking presentation, and to Selwyn for the provision of Sweet Treats to be enjoyed with tea, coffee, and social gathering.

08 May is our Club meeting, where we find out more about what is happening in our club, what we are / have been doing and to look at future potential projects. Bev will also report on the recent Zone meeting. Family and friends are welcome to attend these meetings.

Reminders for the roster on 08 May:

Set up and Pack up:	Betty Bright
Attendance:	Joyce Smith
Invocation:	Winston Marsh
Joker:	Martin Houchin
Happy Dollars:	Neil McKay
Charge:	Gail McCulloch
Sweet Treats:	Rod Rate

**If you are unable to fulfil your role at the meeting, please arrange a replacement and let me know.**

Take care everyone, we look forward to your company on the 8<sup>th</sup> May.

Yours in Rotary

Bev

Here are some pictures from the meeting on 24 April



Some pictures from the meeting on 1 May



Neil, Llew, Winston, Abby and Kerry



Selwyn, George, Helen, Ian and Mal





Colin, Gail and Shelley



Kerry, Dana, Martin, Betty and President Bev Moffat



RCA President Bev Moffat, Spinnaker CEO and Guest Speaker Dana Henderson and Martin

The next meeting of the Club will be a Club meeting to be held on 8 May at the Royal Fremantle Golf Club at 6.00 for 6.30pm.

This meeting will give you the opportunity of finding out the current and planned club events so come along and share your contribution to the Club.

#### May SPECIAL DATES

##### Birthdays

8 Llew Withers

9 Martin Houchin

9 Judy Marsh

##### Anniversary

17 Shelly and Egon Konig

\* partners/honorary members

**The Rotary Designated Month of May is Youth Service**



HELEN  
CARWARDINE

fundraiser  
brunch

I'm supporting ShelterBox Australia by taking part in their Tarkine adventure!

Helen will be joining like-minded people on a five-day trek through the rainforest, rugged coastline and mountain tops of Tarkine (Tasmania's wild north-west) to support SHELTERBOX AUSTRALIA in providing emergency shelter and equipment to those made homeless by war and natural disaster.

JOIN US AND SUPPORT OUR CAUSE AT A SPECIAL FUNDRAISING EVENT FOR  
SHELTERBOX\*

**SUNDAY, 2 JULY 2023, 11AM to 2PM**  
Sweetwater Rooftop Bar  
Level 6/1 Silas St, East Fremantle

SWEETWATER  
ROOFTOP BAR

Tickets at \$59 per person includes a Yum Cha Asian Brunch, a contribution to SHELTERBOX, and Door Prizes

There will also be a Silent Auction to supplement the amount of revenues raised for SHELTERBOX.

Book your tickets at <https://www.trybooking.com/CHMJK>

**Bookings close on 2 JUNE 2023**

If you are unable to join us, Helen's Facebook Fundraising Page gratefully accepts donations at <https://shelterbox-tarkine-2023.raisely.com/helen-carwardine>

Enquiries to [helen.carwardine123@gmail.com](mailto:helen.carwardine123@gmail.com)

\* SHELTERBOX is an international disaster relief charity that specialises in the provision of emergency shelter and essential items following disaster and conflict. A partner of Rotary International, the organisation relies heavily on the support of Rotarians and the general public, and 100% donor-funded. ShelterBox's vision is a world where no one goes without shelter, following disaster.

Book your tickets at <https://www.trybooking.com/CHMJK>

Bookings close on 2 JUNE 2023

If you are unable to join us, Helen's Facebook Fundraising Page gratefully accepts donations at <https://shelterbox-tarkine-2023.raisely.com/helen-carwardine>

Please encourage your friends and family to make a contribution to the very worthwhile Rotary Project

Enquiries to [helen.carwardine123@gmail.com](mailto:helen.carwardine123@gmail.com)

## Rotary Club of Attadale



### Makers Market Roster 2023

Please nominate yourself for these sessions between 08-30 & 12-30 on six Sunday mornings.

We need four volunteers for each session **except Apr 9 where we need eight**

\*Apr 9 (Easter Sunday)

Fundraising	First Name      Surname		Makers Market Parking Roster					
			26/2/23	9/4/23 *	21/5/23	24/9/23	5/11/23	17/12/23
			Heathcote Lowlands					
			08:30-12:30					
	Mal	Bennett						
	Betty	Bright						
	Jim	Calcei						
	Helen	Cowardine	1/2		YES			
	Selwyn	Castles	Yes					
	Mick	Donnes	YES					
	Martin	Houchin	Yes					
	Shelley	Konig			YES	YES		
	George	Lewkowsky						
	Sheri	Locher- Davis						
	Pete	Locher- Davis						
	Winston	Marsh						
	Carole	Maxwell						
	Colin	McCulloch		YES				
	Gail	McCulloch		YES				
	Neil	McKay			YES	YES		
	Beverley	Moffat			YES			
	Charles	Moffat						
	Abby	Parsons						
	Kerry	Parsons						
	Ian	Pittaway						
	Rod	Rate						
	Kerry	Scott		YES				
	John	Sharp		YES	Overseas			
	Joyce	Smith					YES	
	Della	Smith-Rawlins						
	Jeff	Spickett	1/2		YES			
	Llew	Withers						
	Volunteers Available		4	4	5	2	1	0
	Volunteers Needed		4	8	4	4	4	4

# Celebrating our Change Makers

You're invited to enjoy a light supper, beverages and conversation with your peers!

THURSDAY 18 MAY 2023 | 6.00PM TO 8.00PM

CITY OF MELVILLE CIVIC CENTRE 10 ALMONDBURY ROAD BOORAGOON



To RSVP, email [volunteer.melville@melville.wa.gov.au](mailto:volunteer.melville@melville.wa.gov.au) by Thursday, 4 May 2023.

NATIONAL 15-21 MAY 2023  
**VOLUNTEER**  
THE CHANGE MAKERS WEEK



City of  
**Melville**





# National Volunteer Week 2023

## **EVER THOUGHT ABOUT VOLUNTEERING?**

**Come along and meet some of the  
volunteer organisations making a  
difference in your community!**

**Where: Melville Plaza, 380  
Canning Highway  
(outside Coles)**

**When: Tuesday, 16 May  
Time: 9.30am to 1.30pm**





# Masquerade Ball 2023

JOIN US TO RECOGNISE THE OUTSTANDING WORK OF  
**PROSTATE CANCER**

**FOUNDATION OF AUSTRALIA**

AIMING TO RAISE OVER \$20,000 THROUGH SILENT AUCTION  
AND RAFFLES WITH PROCEEDS TO

**PROSTATE CANCER FOUNDATION OF AUSTRALIA**  
**TWO COURSE DINNER**

**ALL INCLUSIVE BEER, WINE AND SOFT DRINK PACKAGE**  
**TESTIMONIAL SPEAKERS**

**SILENT AUCTION - RAFFLES - ENTERTAINMENT**



**Pan Pacific Hotel, Perth**

**Saturday 17 June 2023**

Doors open at 18:00

**Presale tickets:** \$200 per person

(Regular price: \$220 per person)

10 people per table

QR FOR BOOKING OR VISIT THE TICKETING SITE

[HTTPS://EVENTS.HUMANITIX.COM/MBPCFA2023](https://events.humanitix.com/mbpcfa2023)

For further information:

[mbpcfa2023@gmail.com](mailto:mbpcfa2023@gmail.com)

Proudly Supporting



**Prostate Cancer  
Foundation of Australia**



See this link for more details

<https://convention.rotary.org/en>

My indulgence



Jeff Spickett

Leaving Geralton Cathedral at night

## PORTCARE

### From Llew Withers

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



## Rotary Partnerships



Could this be you in 2023?

**NATIONAL  
YOUTH  
SCIENCE  
FORUM**

**YEAR 12  
PROGRAM**

Applications now open!

Like tackling complex problems?  
Unleash your problem-solving skills with other like-minded STEM  
enthusiasts at the 2023 NYSF Year 12 Program!  
Contact Joyce for more information - [joyce.s@inet.net.au](mailto:joyce.s@inet.net.au)



## Jennifer Jones Imagination Challenge

*A program of education for Rotary Clubs that embraces best practice models on membership growth and public image from around Australia and the World*



**Concept:** The sponsoring districts offer 5 places each on a program aimed at providing clubs with the skills and strategies to be relevant to their communities in the 21<sup>st</sup> century.

The project will include specific support and expertise for each of the participating clubs in accordance with their needs.

**Benefits:** Successful participating clubs will modernise, improve their public profile, and grow their membership.

**Terms:** This offer is open to clubs which are committed to modernising and improving value to members, and whose members have voted overwhelmingly to take part (75% or more in favour).

### Conditions:

1. Participate in the Club Citation program for 22-23, prioritising membership growth and club modernisation.
2. Participation in a Communities of Practice club development program and other training and development programs related to the project.
3. The club will, within 3 months of commencing the project:
  - a. update data on District website for all members to enable the club to monitor improvements in age, gender balance and other key metrics
  - b. update all club online presences to reflect a modern club profile.
4. The club will maintain one or more contemporary social media platforms.
5. The club will take action to reduce the cost of Rotary to members.
6. The club will take positive steps to making the club more relevant in their community
  - a. *by identifying local community issues and targeting programs to these*

### The measurable outcomes

1. Significant increase in membership
2. Significant reduction in average age
3. Significant improvement in demographic balance

President Bev has already accepted the challenge on our behalf

## **our commitment to diversity, equity, and inclusion**



At Rotary, we understand that cultivating a diverse, equitable, and inclusive culture is essential to realizing our vision of a world where people unite and take action to create lasting change.

We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socioeconomic status, culture, marital status, languages spoken, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs.

Recognizing that individuals from certain groups have historically experienced barriers to membership, participation, and leadership, we commit to advancing equity in all aspects of Rotary, including in our community partnerships, so that each person has the necessary access to resources, opportunities, networks, and support to thrive.

We believe that all people hold visible and invisible qualities that inherently make them unique, and we strive to create an inclusive culture where each person knows they are valued and belong.

In line with our value of integrity, we are committed to being honest and transparent about where we are in our DEI journey as an organization, and to continuing to learn and do better.