



THE ATTADALE VIEW

N 38 May 22, 2020

The Rotary Club of Attadale

Rotary International District 9465

PO Box 110, Melville, Western Australia 6156



The **ROTARY CLUB OF ATTADALE**

meets on Mondays via

Zoom

6.55pm for 7.00pm

To join in please email John Sharp

Email ~ johns@trilogyfacilitation.com



Next Zoom Meeting

MONDAY, May 25

Colin Delane and Natasha Rogers

'Greenbatch Co Ordination Group and Greenbatch Foundation

CLUB CALENDAR

2020

May	Monday	25	Zoom Meeting. ~ Colin Delane A member of the Greenbatch Co Ordination Group and Natasha Rogers Manager Operations Manager of the Greenbatch Foundation.
June	Monday	1	Western Australia Day Public Holiday ~ No Meeting
June	Monday	8	Zoom Meeting
June	Tuesday	9	Board Meeting via Zoom
June	Saturday	14	District Assembly 9.00 – 11.00am Electronic Meeting
June	Monday	15	Zoom Meeting ~ ~ Janette Etherington ~ Interplast Coordinator
June	Monday	22	Rotary Club of Attadale Change Over Night
June	Saturday	27	District Change Over Night via Zoom

Information at your fingertips.

Just click on the button >



NEW WEB SITE



The above links make it easy for you to access these sites so please use them often. If you like and share the Facebook entries regularly it will keep you and others up to date as well as promoting the Rotary Club of Attadale.

Visitors are welcome

Come and enjoy great fellowship via Zoom during these difficult times

To join in please email John Sharp

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MAY

SPECIAL ANNIVERSARIES

MAY

3	Peter Field Induction 1982	9	Martin Houchin Birthday
3	Alan Morcombe Induction 1982	9	Judy Marsh Birthday
3	Peter Knox Induction 1982	23	Rosemary & Don Rodger Wedding
3	Don Rodger Induction 1982	24	James Doogue Birthday
7	Pat & Trevor Leaver Wedding	25	Heather McNaught Birthday
8	Llew Withers Birthday	25	Louise & Fred Soale Wedding

ROTARY SPECIAL MONTHS:

MAY IS YOUTH SERVICE



Thanks to John Sharp and the willingness of members to participate, we have not missed holding a weekly meeting.

The Rotary Club of Attadale are now meeting using the facility of Zoom Video Conferencing

Well done to you all.

Zoom Meeting Monday 18 May



Participants of our latest Zoom meeting,

Welcome

President Gail was delighted to welcome everyone to the Zoom meeting.

She was especially delighted to welcome, our guest speaker, **Catalina Lizama**, and guests, **Bill Stevenson from the Rotary Club of Cleckheaton and District UK**, Rod's guest **Martin Borrill, also from England**, but originally here on a holiday.

Announcements

"The Erwin Award"

This award is in recognition of the late, **Past District Governor Erwin Biemel** and his service to Rotary International District 9465 and the Rotary Club of Willetton.

Rotary International District 9465 will present "The Erwin Award" to one member of our District each year, that exemplifies, that the strength of the Rotary Idea is founded on the service carried out by club members in their local, national or international communities.

This award provides a means for Rotary International District 9465 to recognise a member of the district for outstanding work in any of Rotary's five Avenues of Service.

The award commends the service carried out by an individual Rotarian in the club, thereby reinforcing the importance which Rotary places on the personal involvement of each club member in Rotary service activities.

District Assembly Metro

The District Assembly will take place on Sunday, 14 June, commencing at 8.45 am for 9:00 and is scheduled to be completed by 11:00 am.

All members are invited to participate with club officers particularly encouraged.

It is not intended that all aspects will be covered, so it is planned to conduct particular subject seminars (Membership, Governance, Projects etc) over the next six months.

Rotary Club of Attadale Board

At our last Board meeting held on Tuesday May 14 we were delighted to have our incoming Treasurer, **Heather McNaught**, attend.

Some of the items discussed: -

- Some time ago the Board decided to collect all the Club's legal and official documents together and store them on the Club website.
Martin Houchin took on this job and I would like to thank him for all the work he has done.
- Also, thank you to **Giovanna McKay** for collating and putting all the past Rotary Club of Attadale Board meeting minutes on the Club website.
- Secretary **Colin McCulloch** will be sending you all an email regarding the way we can receive the Rotary Down Under magazine.
It is part of our fees, that we have to pay, but a digital option is now to be cheaper.
- The GreenBatch project is still on the table but is not progressing due to COVID 19 and a lot more information still needs to be clarified.
Jeff Spickett and **Neil McKay** are hoping to attend a meeting which may provide us with some answers.
- COVID 19 has had an effect on our Headphones for Dementia project, but we have had feedback saying that the headphones were greatly appreciated by the residents using them.
We were able to enjoy a video of a Dementia patient dancing to the music he was listening to on the headphones.
- The Board approved the Governance Procedures presented by **John Sharp** and they will be implemented on the House Acquisition and Subdivision Project.
Thank you, John for all your detailed work.
- **Bev Moffat** is seeking more information on two international projects that we have been approached about.
- **Rod Rate** was able to announce that we made a total of \$43 967.47 at the last Rotary Charity Golf Day.
This will be divided between the Rotary Clubs of Attadale and Fremantle, to be presented to the beneficiaries:
 - Care Cure Support for Motor Neurone Disease and
 - Spinnaker Health Research Foundation

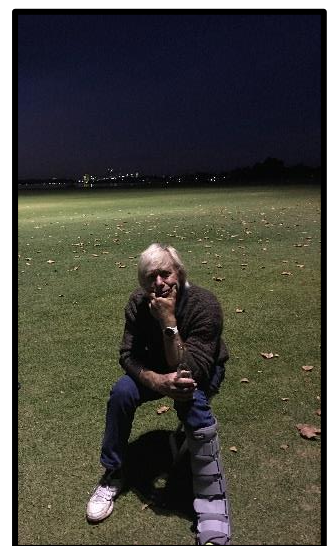
Sundowner

Thank you to **Carole Maxwell** and **Joyce Smith** for organising a very enjoyable Sundowner on the grass at Tompkins on Swan.

It was great to catch up with fellow Rotarians and their partners, and enjoy the beautiful sunset and city lights.



Sundowner held on the grass outside Tompkins on Swan





Bowel cancer is one of the most preventable cancers, however, Australia has one of the highest rates of bowel cancer in the world. Around one in 23 Australians will develop bowel cancer during their lifetime.

Risk Factors

The exact cause of bowel cancer is not known.

The risk of developing bowel cancer is increased if you: -

- smoke
- drink alcohol
- have a poor diet
- don't exercise
- are overweight or obese

Other risk factors that you cannot control, and can increase your risk are: -

- most people with bowel cancer are over 50, and the risk increases with age
- previous history of bowel cancer or polyps
- a strong family history of bowel cancer
- chronic inflammatory bowel disease (ulcerative colitis and Crohn's disease)
- a rare inherited genetic disorder, such as Familial Adenomatous Polyposis and Lynch syndrome
- Type 2 diabetes and increased insulin levels

Symptoms of bowel cancer may include one or more of the following,

- Bleeding from your back passage (anus) or any sign of blood after a bowel motion (this could be red to black)
- A change in bowel habit for example, straining to go to the toilet (constipation) and/or looser bowel motions (diarrhoea)
- Abdominal pain and bloating
- Loss of weight for no obvious reason
- Loss of appetite
- Symptoms of anaemia including unexplained tiredness, weakness or breathlessness

If any of these symptoms are unusual for you, and they persist, it's important to see your doctor. Having these symptoms does not mean you have bowel cancer, as they may be caused by other conditions.

It is important to know these symptoms, but it is equally important to know bowel cancer often develops without symptoms.

Remember the earlier a diagnosis is made, the better the chances of successful treatment.

Reduce Your Risk

The National Bowel Cancer Screening Programme (NBCSP) aims to reduce deaths from bowel cancer through early detection of the disease.

NBCSP invites eligible people starting at age 50 and continuing to age 74 (without symptoms) to screen for bowel cancer using a free, simple test at home.

You will be contacted by mail and sent the screening kit, which includes a description of how to complete the test.

If you participate in the Programme your results will be sent to you and your nominated doctor in the mail. Most people that are tested (92%) are likely to have a negative result.

The small number of people who have a positive test will be sent for more tests, which may include referral to undergo a colonoscopy. Only a small number of people (4%) who have this follow-up colonoscopy will have bowel cancer, but many will have a pre-cancerous growth called an adenoma.

If you are ineligible for the National Bowel Cancer Screening Programme

GPs are able to provide patients with a screening test or refer patients to a pathology laboratory to complete a test

Thank you to **Catalina** for your very comprehensive and informative report.

Reports

Bill Stevenson told us that his Rotary Club of Cleckheaton and District UK, was chartered in 1932, had about eighteen members and the average age is around seventy.

During the COVID 19 restrictions they are also holding their meetings via Zoom, which Bill runs. He has taken the opportunity to join Rotary Zoom meetings around the world.

Martin Borrill, Rod's guest, from the Rotary Club of Peterborough in the UK, shared with us that he came to Western Australia for a holiday. Sadly, he had a bicycle mishap, that resulted in him having to have a hip replacement. He is making a good recovery but his return home to England has been further delayed due to the COVID 19 restrictions.

We Care You Share



President Gail spoke about this time of self-isolation, and hopes you are all managing to keep happy and safe.

If any of you need help, please don't hesitate to contact Gail, or any other member, we will be only too happy to help.

Greg James shared with us what he **hasn't** been doing.

Helen and Greg decided late last year to look at buying a new caravan. They ended up ordering one from Jayco. It needed to be built to their specifications and would be ready to be picked up, just when the company was very busy with the Caravan and Camping Show.

Due to COVID 19, the show was cancelled and their caravan was left sitting in Jayco's yard.

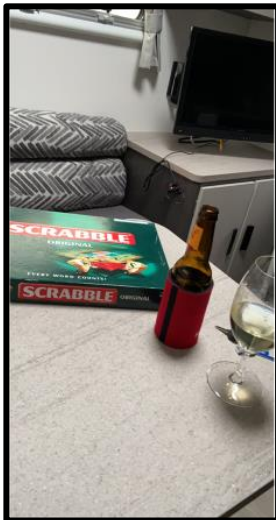
Helen and Greg were in lockdown, so couldn't pick the van up.

They worried that the company might go out of business, so organised payment and delivery of the caravan to their daughter's home where there was room to store it.

Helen and Greg were really looking forward to seeing their new caravan, but being in lockdown at home, decided the situation allowed them to drive to Brianne's in the hope they could see it from the car.

There was the van all safely covered up, and they couldn't see much, so they had to arrange with their daughter to send them some pictures. Looks like they are enjoying the caravan!!!!!!!





Thank you, **Greg** for sharing your story of buying a new caravan. I hope it isn't too long before you are able to take it on a holiday. Colin and I might even be able to join you, along with other caravan owners.

Stay safe and in close contact with family and friends especially those that may be isolated.

COVID-19

The **WA Department of Health** recommends that the following behaviours should be promoted:

- practice good respiratory and hand hygiene
- wash hands regularly with soap and water for 20 - 30 seconds, or use an alcohol-based hand rub
- wash your hands before and after eating
- don't touch your face
- cough or sneeze into your elbow or a tissue and dispose of used tissues immediately
- hand hygiene after coughing, sneezing or blowing nose

Practise social distancing;

- refrain from hand shaking
- keep one and a half metres from others where possible
- **and stay home if you are unwell:** even if you don't think you could have COVID-19

People who have returned from a country or region that is at high or moderate risk for COVID-19 should monitor their health closely.

If you develop symptoms including a fever and cough you should isolate yourself immediately and urgently seek medical attention.

Go to www.health.gov.au/covid19-travellers for the list of at-risk countries.

People who think they may have been in close contact with a confirmed case of coronavirus should also monitor their health and seek urgent medical attention.

We are following the current WA Department of Health recommendations which we feel are the most reliable for our circumstances.

Please follow these recommendations closely for the good of all members, particularly those who are in the higher risk category.

The Prime Minister has announced,

‘ALL arrivals to Australia from overseas will to be forced to self-isolate for 14 days, this is effective from midnight Sunday 15 March 2020.’