



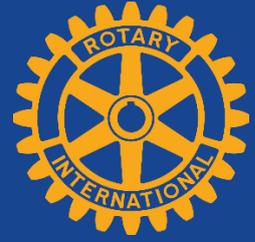
# THE ATTADALE VIEW

N 40 June 12, 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 at

**The Kardinya Tavern Bistro**

6.00pm for 6.30pm

Attendance officer:

**Gillian Baker:** - 0437 146 849

Email: - gillian.baker7@bigpond.com



**Monday, June 15**

**Janette Etherington**

**Rotarian Engagement Co-ordinator  
Interplast Australia & New Zealand**



The guest speaker will be via Zoom from Melbourne for the meeting to view on the large television screen

## CLUB CALENDAR

### 2020

June	Saturday	14	District Assembly 9.00 – 11.00am Electronic Meeting
June	Monday	15	Dinner Meeting ~ ~ Janette Etherington ~ Interplast Coordinator
June	Monday	22	Rotary Club of Attadale Change Over Night - RFGC
June	Saturday	27	District Change Over Night via Zoom
June	Monday	29	Dinner Meeting
July	Monday	06	Dinner Meeting
July	Monday	13	Dinner Meeting
July	Monday	14	Board Meeting

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.

**JUNE****SPECIAL ANNIVERSARIES****JUNE**

<b>1</b>	Jim Calcei Induction 1987	<b>14</b>	Helen & Greg James Wedding 1975
<b>1</b>	Robin Hamilton Induction 1987	<b>15</b>	Gillian & Robin Hamilton Wedding
<b>2</b>	Nancy Day Birthday	<b>16</b>	Betty Bright Birthday
<b>4</b>	Jim Calcei Birthday	<b>20</b>	Alan Morcombe Birthday
<b>9</b>	Llew Withers Induction 2003	<b>21</b>	Peter Field Birthday
<b>13</b>	Gail McCulloch Induction 2011	<b>25</b>	George Lewkowski Induction 1999
<b>13</b>	Colin McCulloch Induction 2011	<b>26</b>	Jim Trotter Induction
<b>13</b>	Patricia Robertson Induction 2011	<b>30</b>	Keith Timmel Birthday
<b>14</b>	Dellys Rodgers Birthday	<b>30</b>	Derick Robertson Birthday

**ROTARY SPECIAL MONTHS:****JUNE IS ROTARY FELLOWSHIPS****OUR FIRST FACE TO FACE MEETING SINCE MONDAY 16 MARCH**

**We have not missed a weekly meeting thanks to John Sharp's expertise and Zoom licence and the willingness of everyone to help each other learn how to use Zoom**

**Our new venue for weekly meetings is The Kardinya Tavern Bistro  
17 South Street, Kardinya WA 6163**



*The Kardinya Tavern*

**Meeting Monday 18 May**

**President Gail** was delighted to welcome, our guest speaker **Martin Borrill** from the Rotary Club of Peterborough in the UK.

She was also pleased to welcome **Jenny Calcei**, **Yvonne Rate** and her sister **Norma Lee**, and **Jeff's** guest **Terry Southam**.

## Happy Birthday Jim



**President Gail** related a very interesting story about Jim's birthday.

For 50 years Jim celebrated his birthday on the 5<sup>th</sup> of June. One day he had to apply for some legal documents which showed he was born on the 4<sup>th</sup> of June. It turns out when you are born on the kitchen table in a small village in Italy, as Jim was, your birth gets registered later at a municipal office in the nearest small town.

## Announcements

### Tompkins on Swan

As Tompkins on Swan are not taking bookings until December 1, we needed to find somewhere for our weekly meetings.

### New Venues

Since the recent lifting of restrictions due to COVID 19, it has been a very busy time finding a venue for our weekly meetings and Change Over Night.

It was important that we take the criteria needed into account when looking at possible venues.

We need: -

- a separate room so we can hold a meeting
- easy convenient parking
- easy access, i.e. a lift if upstairs
- the ability to use a microphone, projector and screen (ours or theirs)
- a meal and drinks available

Thank you to everyone who put forward suggestions for a venue to hold our weekly meetings.

Lots of enquiries have been made and many possible venues have been visited. There are a surprising number of venues that are closed on a Monday. The feedback from the thought that we may need to change our night to meet was: - "Monday is the preferred night!"

### **Our new venue for weekly dinner meetings is The Kardinya Tavern.**

I would like to thank the management and staff at the Kardinya Tavern, who have been very helpful and a pleasure to work with.

Please note that there will be a \$10 charge per person to cover venue hire and meeting costs.

### Change Over Night

The 2020 Change Over Night will be held at the Royal Fremantle Golf Club.

The same difficulties to find a venue for our weekly meetings were encountered when trying to find a suitable venue for our Change Over Night.

I would like to thank the Food and Beverage Manager, Fabrice, for being so helpful and accommodating.

Invitations have been sent out and we look forward to a great night.

## District Assembly Metro ~ Online

The District Assembly will take place this 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.

District Governor Elect Colin Burns will share the 2020-21 Rotary International theme as well as his goals and plans for the year, and you will hear from District leaders about updates to Rotary information and programmes. There will be Breakout rooms for the various roles to allow opportunities to share ideas with Rotarians across the District.

Registration via the [District Website](#) is essential for Zoom access – and *please advise your 2020-21 Club position in the comments* when registering so you can be allocated to the correct Breakout Room.

We also recommend you download Zoom prior to the date, and check your audio and video settings.

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.

If you have any questions please contact Jodie Sparks, on 0412 329 859.

## Rotary Club of Attadale Annual Board Reports

A huge thank you to **Colin McCulloch** for printing all the Annual Report booklets at home.

Another big thank you to **Heather McNaught** for offering to bind them.

Annual Reports will be made available on our Club website.

## Rotary Down Under

**Colin** sent out an email asking members to reply whether they wanted the Rotary Down Under magazine in digital or hard copy.

Members all pay for this in their annual fees.

A digital copy will be cheaper for you.

Thank you to the members who have responded with most of you in favour of receiving a digital copy.

Can I ask the members who have not replied, to do so as soon as possible?

## Guest Speaker ~ Martin Borrill from a Rotary Club in Peterborough in the UK.

### 'How to Maintain Healthy Sight'

**Rod Rate** introduced **Martin Borrill** and then asked him some questions about his working life.

Martin has done a wide range of jobs over the years.

For twenty-two years Martin taught independent skills to people with sight problems.



**Martin Borrill and Rod Rate**

Martin has a diploma in 'Rehabilitation Studies for the Vision Impaired'.

He has worked in New Zealand and the United Kingdom, sharing with us what his work involves and what his aims were.

He then went through his ten pieces of advice as to how we can keep our sight healthy and avoid the services of someone like himself.

- **Regular testing.** At least every 12 months, but if an immediate relative develops glaucoma, this should be reduced, to a six-month maximum.
- **Reduce eye strain.** Set an alarm on your phone for a maximum 30 minutes staring at a computer screen after which you should stare at a point at least 5 m away for 30 seconds or more.
- **Protect your eyes.** Use protective goggles when using mechanical equipment; a welding mask when welding plus wraparound sunglasses and a peaked hat when it's sunny.
- **If you smoke, stop!** It increases your risk of serious eye disease by many times.
- **Diet**
  - **Eat your greens!** Silver beat, Savoy cabbage and spinach provide excellent eye health ingredients, more so when cooked
  - **Oily fish** (sardine; salmon; herring, mackerel)
  - **Nuts** (almonds, walnuts, macadamia) & seeds (chia, hemp and flax) also provide vitamin E.
  - **Increasing your fruit and veg** whilst reducing processed meat, will improve your health.
- **Download an Amsler Grid.** Found at Macular Disease Foundation of Australia, fix it to your fridge using a magnet and use it daily as described on the grid.
- **Clean** spectacles; sunglasses and contact lenses on a daily basis. Don't use paper products as they'll scratch lenses and lens coatings. Keep them in a case and if scratched, take them to the optometrist to either polish them out or change the lens.
- **Clean the car windscreen** every week, both inside and out. This avoids eyestrain and may even save your wallet or your life.
- **Give away your old prescription spectacles.** Avoid problems by giving them to a charity that recycles for the developing world.
- **Only take vitamin and mineral supplements if prescribed** by a doctor or dietician. At best you may waste your money. At worst you could build up unhealthy levels of vitamins and minerals, especially fat-soluble types.

Martin's talk was very interesting and thought provoking.

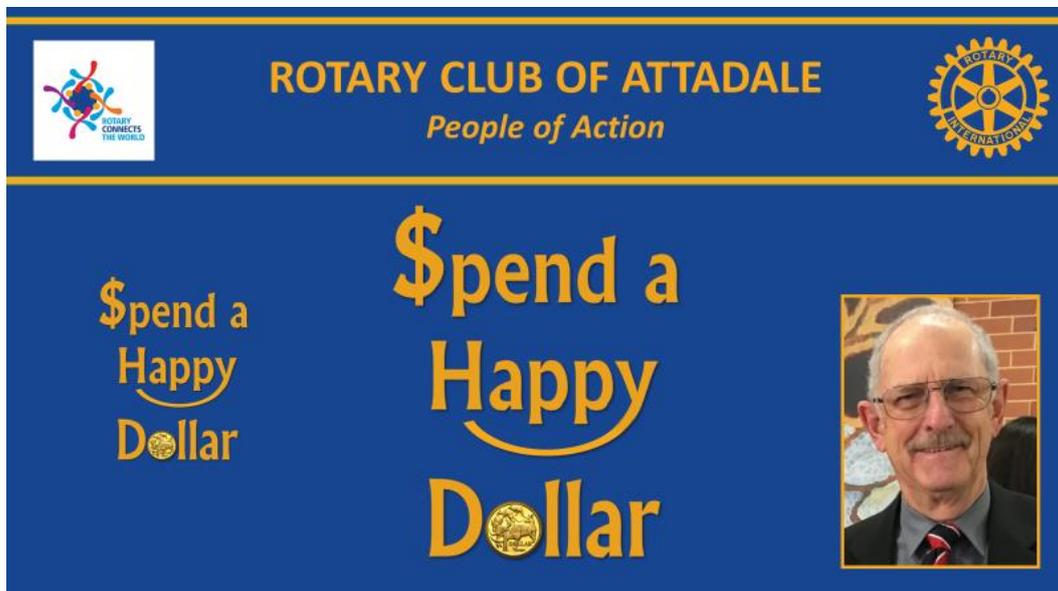
## Reports

**Ian** reported that the Rotary Australia World Community Service (RAWCS) were very pleased to have raised approximately \$1 100 000 for the Bushfire Appeal and \$600 000 for the Drought Appeal through the generosity of Rotarians Australia wide.

Rotary is the leading and most trusted organisation in the world.

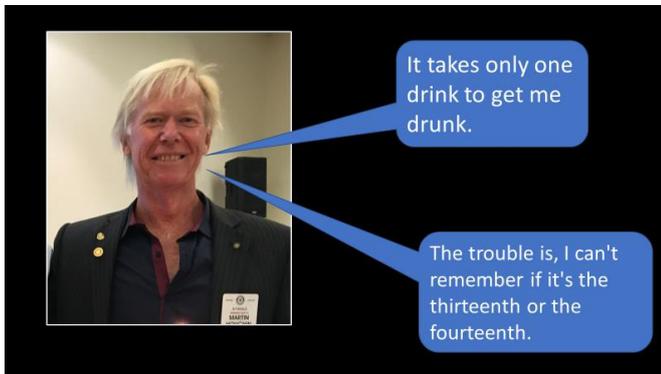
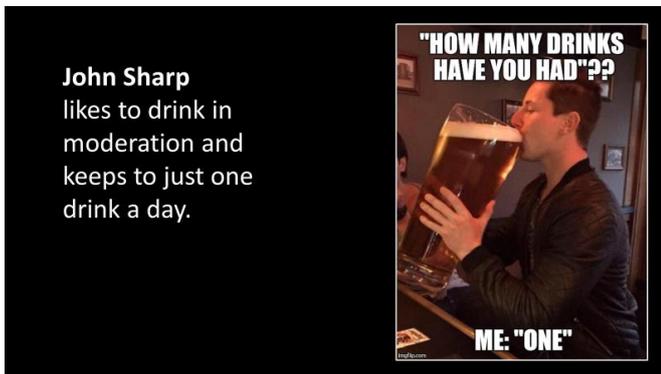
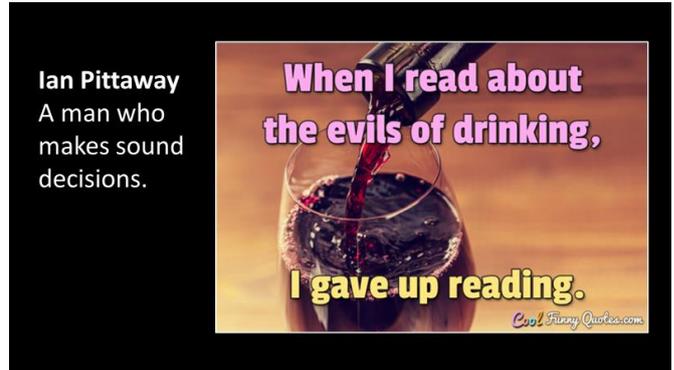
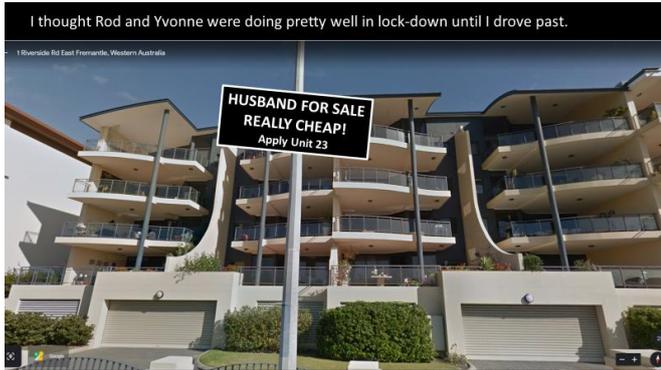
## Happy Dollars

It was really enjoyable to have **Colin** present a Happy Dollars Session in person.



The banner features a blue background with yellow text and graphics. At the top left is the Rotary logo with the text "ROTARY CONNECTS THE WORLD". In the center, it reads "ROTARY CLUB OF ATTADALE" in large yellow letters, with "People of Action" below it. On the top right is the Rotary International logo. The main text in the center says "Spend a Happy Dollar" in large yellow font, with a gold coin icon under the word "Dollar". On the bottom right is a portrait of Colin, a man with glasses and a mustache, wearing a suit and tie.

**Colin entertained the meeting with many humorous Happy Dollars.  
A few of them are featured below.  
The theme was the effects of the coronavirus lock-down and  
particularly the increase that it caused in drinking.**



**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](http://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.'**