



THE ATTADALE VIEW

N 36 –May 8, 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 11

Carole Maxwell and Bev Moffat

'Foundation Grants Management Seminar'

CLUB CALENDAR

2020

May	Monday	11	Zoom Meeting ~ Foundations Grant Management Seminar Report
May	Tuesday	12	Board Meeting via Zoom 7.00 to 8.00pm
May	Sunday	17	District Assembly ~ TBC
May	Monday	18	Zoom Meeting ~ Catalina Lizama ~ National Bowel Cancer Screening Program (NBCSP),
May	Monday	25	Zoom Meeting
June	Monday	1	Western Australia Day Holiday ~ No Meeting
June	Monday	8	Zoom Meeting
June	Monday	15	Zoom Meeting
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

Email ~ johns@trilogyfacilitation.com

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 4 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, **Torie Robinson**, who joined us via Zoom all the way from London.



Llew Withers



*Llew Withers
and
Martin Houchin*



Martin Houchin

Announcements

President Elect Training (PETS)

DGE Colin Burns is organising training for the incoming Presidents.

It will be in the form of on-line and Zoom meetings and will be held on Saturday 9th and Saturday 16th of May.

District 9465 District Governor 2022 - 2023

If you would like to nominate for this position or know someone who would, nominations for the position of District Governor 2022/23 are still open.

Please give this serious consideration.

2021 Annual Rotary Conference

All things going well with COVID-19, the 2021 Annual Conference will be a joint District Conference, to be held on 6/7 March 2021 at Optus stadium.

Guest Speaker ~ Torie Robinson

‘Epilepsy and Mental Health Strategist and Survivor’



Torie Robinson

Right from the start **Torie** was captivating and engaging. She spoke of her personal journey with Epilepsy and where it has led her.

Relying upon her own personal strength, Torie has overcome personal, professional and public adversities regarding disability.

In 2013 she chose to have temporal lobectomy brain surgery for her Epilepsy at the UCL Hospital for Neurology & Neurosurgery, London, which although hasn't stopped her seizures completely, was life-changing.

Having had brain surgery for her Epilepsy and experiencing mental health issues, Torie said she is in the rare position of being able to talk to and educate people on the issues affecting so many millions of people today.

She gave us an insight into the real world of psychiatric and neurological illness, how to identify when a person might be unwell, what to say, what to do, and why you mustn't be afraid.

Torie has been sought out as a positive example of how we do not have to be defined by an illness. She is a firm believer that education is empowering, for all people.

Not only is Torie's own story of courage through adversity amazing as a standalone piece, she possesses a wealth of knowledge from her research and travels in regards to Epilepsy and its association to mental health.

Torie is the CEO of UK based 'Epilepsy Sparks', which she founded and for which she writes an educational blog about Epilepsy, featuring people affected by Epilepsy, neurologists, researchers, scientists, carers and more, from all over the world.

Torie joined the Epilepsy Action Council of Management to positively contribute to key decisions made by the organisation that has helped her life so much, and is committed to a better life for everyone affected by Epilepsy.

She said Epilepsy isn't just about seizures. It's also about the restrictions it causes to people's lives, it's about drug side-effects and psychiatric comorbidities, it's about injuries, the loneliness for many, the impact on the lives of carers, families, friends, employers, and society as a whole.

Torie loves scientific research into Epilepsy, values empirical evidence and has a passion for educating the general public and those affected both directly and indirectly by epilepsy.

She enjoys learning from and sharing knowledge with patients, medical professionals, scientists, researchers, leaders, and politicians from all backgrounds. Torie was amazed that many researchers, scientists and laboratories had never spoken to somebody like her, even though they were researching a condition that affects millions of people.

In 2020 Torie's book "Epilepsy Does My Head In" will also be ready for publication.

Torie is also involved with numerous organisations in her work for Epilepsy. She has come to realise that there are so many people all around the world that do care.

Torie was an absolute delight as a guest speaker and an inspiration to us all.

Reports

Helping donors to our Charity Golf Day

Rod has completed the circulation to members of wineries and restaurants who supported us in the Rotary Charity Golf Day. He is sure we will support these businesses and thanks us for doing so. He has asked the Rotary Club of Fremantle to share a similar letter with their members. Rod has also written to all the donors of vouchers to see that they will be able to be used when the COVID 19 restrictions are lifted. All replied that they will still be valid to use and Rod has notified the winners.

We Care You Share

President Gail spoke about this time of self-isolation, saying we need to stay safe and in touch with family and friends.

She hopes you are all managing to keep happy and safe during this time of isolation and social distancing. She knows you are keeping your eye out on others but are also being watched by family and friends. 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.

We Care



You Share

President Gail invited members to share how they have been enjoying their time in self-isolation.

Giovanna shared that she had received an email from the Co Ordinator of Interplast. One of the articles in it was about looking for people to knit Teddies for them. Giovanna is now on their volunteer list and has been busy knitting these gorgeous teddies that will make the children who receive them very happy.



The children will love these teddies, Giovanna, great work.

Giovanna is also knitting Purple Pinkies for PDG Linda McLerie's, Club project for Polio Plus.



Beautifully knitted and presented, Purple Pinkies

Keith explained that four years ago, when they moved into their new home, there was not much of a garden, just dead grass and ugly old geraniums, so he set up some rules to establish a garden.

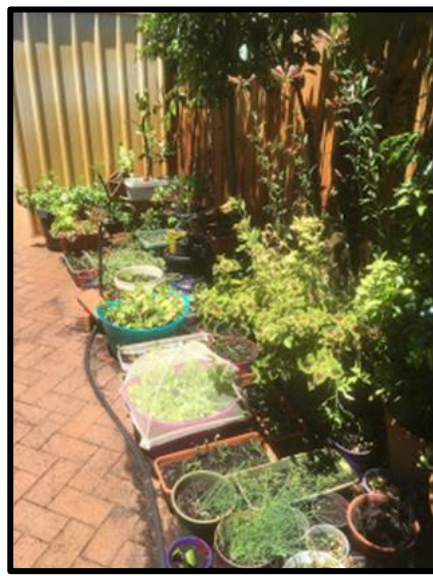
Plants must be: -

- Free
- Able to be propagated
- Self-seed
- Organic
- Cottage Garden (old fashioned plants, lush, colour, mixture of ornamental and edible plants)



Keith now has a magnificent lush and colourful garden, with plants from numerous sources

Keith says he also has a propagation obsession and having time to potter each day means he now has 350 to 400 pots around the garden.



Propagation for himself, family and friends

He has given lots of plants away, particularly to the elderly who have had to move into villas and units where they have little or no garden.

Keith also like propagating succulents and cacti and again they are pretty well all over Perth because he gives them away.

Often visitors who come to their home and admire the plants in pots, end up leaving with one. The empty space is soon filled with another pot plant.



***Succulents near the front door.
Visitors often leave with one***

Keith says that gardening is a wonderful way to spend time when he is having a break from work, so much so that he doesn't want to go back to working in an office.

To finish, Keith explained about *Mycobacterium vaccae* in the soil that adds to our mental health and wellness. He feels very well when he is in the garden.



Mycobacterium vaccae

**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.'