17 October 2018

The Rotary Club of West Wollongong’s “Motley Crew” ...

Proudly supporting Australian Rotary Health’s Hat Day Campaign for Mental Health Research

President: Helen Hasan
RI President: Barry Rassin
Secretary: Kerrie Hayes-Williams
District Governor: Sue Hayward
Treasurer: Rose Pope
Assist. Governor: Frank Pezzimenti
IP President: Jessica Gnata
Pres. Elect: Ray Lee

Send items for the Bulletin to Editor: Michael Crowley

Club website: westwollongongrotary.org.au
District Website: rotarydistrict9675.org.au/
Facebook: fb.me/westwollongongrotary
Capsule website: babycapsulehire.org.au
Club e-mail: westwollongongrotary@gmail.com
Capsule e-mail: enquiries@babycapsulehire.org.au

Postal Address: PO Box 5040, WOLLONGONG NSW 2520

Payments to the Rotary Club of West Wollongong can be made direct to:
Commonwealth Bank of Australia
BSB: 062-528
Account No: 28000503

Birthdays this week
19/10 – Kerrie Hayes-Williams

Anniversaries this Week
None this week
<table>
<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>Organiser/Speaker</th>
<th>Comments</th>
</tr>
</thead>
</table>
| 17/10/2018       | ▪ Fund raising ideas  
   ▪ Board Meeting                                                      | Joanne Glaser  
   Helen Hasan                |                               |
| 21/10/2018       | ▪ Graffiti Removal Day *(Tennis Sheds ... Beaton Park Tennis Club)*  | Di North                        |                               |
| 24/10/2018       | ▪ International Humanitarian Law in Action from East Timor to Afghanistan – Glenn Kolomeitz ... ex-Australian Army Legal Officer  
   ▪ World Polio Day                                                           | Aditya Ghose                      |                               |
| 31/10/2018       | ▪ Assistant District Governor visit  
   ▪ Frank Pezzimenti                                                            | Helen Hasan                        |                               |
| 01/11/2018       | ▪ Movie night featuring “Bohemian Rhapsody” at the Gala Cinema, Warrawong  
   ▪ Fundraiser for ‘End Polio Now’ campaign                                      | Rose Pope                          |                               |
| 07/11/2018       | ▪ Christmas Party at the Twenty Twenty Restaurant ... Wollongong TAFE ($35pp)                         | Joanne Glaser                      | Partners’ Night                |
| 08/11/2018       | ▪ Helensburgh Hindu Temple + Lunch  
   ▪ Symbio Wildlife Park                                                      | Netty Broekman                      | Club social event              |
| 14/11/2018       | ▪ Club Assembly  
   ▪ Helen Hasan & Directors                                                | Helen Hasan                        |                               |
| 21/11/2018       | ▪ TBA  
   ▪ Board Meeting                                                      | Helen Hasan                        |                               |
| 26/11/2018       | ▪ The Rotary Foundation Dinner @ The Waterview, Sydney Olympic Park, Homebush | Helen Hasan                        | 6.30 till 10pm ... $75pp       |
| 28/11/2018       | ▪ Annual General Meeting (AGM)                                          | Helen Hasan                        |                               |
| 05/12/2018       | ▪ TBA                                                              | Helen Hasan                        |                               |
| 12/12/2018       | ▪ TBA                                                              | Helen Hasan                        |                               |
| 19/12/2018       | ▪ Final Meeting of 2018 ... Melodrama Evening                           | Patrick Roberts                    | Partners’ Night                |
| 15-17/03/2019    | ▪ District 9675 Conference: Bankstown Sports Club                      | DG Sue Hayward                    | Members/partners invited to attend |

**International Toast**

Rotary Club of Nicosia, Cyprus

Cyprus became independent from Great Britain in October 1960.

The **Rotary Club of Nicosia, Cyprus** was chartered in 1938 and has 66 members.

**President’s Message**

Thanks to **Dieter Glaser** ... our **Hat Day** last week was a lot of fun while raising much needed funds for Australian Rotary Health’s projects on mental health. Mental illness seems to be a much more widespread problem than it once was. I often wonder whether this is because there is less stigma in reporting it or if it really is more prevalent. I always believe that prevention is better than cure.

A couple of years ago, the unit where I work at the University had a visit from Patrick McGorry, Professor of Youth Mental Health at the University of Melbourne, and a Founding Director of Headspace. He spoke of the great work he was doing on early identification and intervention for youth with mental issues. There was some discussion on whether there were any changes we could make to our lifestyle to reduce the instance of mental illness; the way that good nutrition, exercise etc. does for our physical health. Evidently it’s a bit complicated but there is evidence that caring for our physical health also helps our mental health together with good social relationships and engaging in worthwhile activities.

*Sounds as though Rotary could be good for us!*

**Helen**
Report on last week’s meeting … **Scribe: Marilyn Phillips**

- **Marilyn Phillips** gave an invocation for the prevention and early recognition of Mental Health.
- International Toast was made by **Paul Lee** to the Rotary Club of Maastricht-Oost.
- **President Helen** welcomed members and partners’, **Yvonne Roberts and Jane Lee**.
- Most members remembered their hats for Hat Day and there were some inspirational and lovely hats. Helen wore a traditional Palestinian headgear belonging to her husband, as it was his birthday on 10 October.
- **Netty Broekman** announced the Symbio Park visit for 8/11/18 will be postponed until early next year.
- The Shoalhaven River Cruise is on Saturday 8/12/18. Members attending please contact **Netty Broekman**. The cruise will go to Greenwell Point and take about 3 hours costing $55/person.
- **Joanne Glaser** announced a **Bunnings BBQ for 19 October**. Joanne passed the roster around for members to compete. There will be three further BBQ’s in November and two in December.
- **Helen Hasan** asked for assistance at the **Multicultural Village on Saturday 20 October** from 9am to 2pm for their BBQ.
- **Di North** asked for assistance on **Graffiti Day Sunday 21 October** at the Beaton Park Tennis Club.
- The ‘End Polio Now’ movie night is on 1 November at Gala Cinema. Book through the TryBooking link here: **Bohemian Rhapsody Movie Tickets**
- Christmas Party is on 7 November at TAFE’s Twenty Twenty Restaurant at $35/person. Contact Joanne Glaser if you are attending.
- **Di North** announced the **Rotary Foundation Dinner on 26 November** (6:30 for 7pm at $70/person). Contact Di for details.
- **Aditya Ghose** announced six children had been hospitalised in the USA with a Polio related illness and new cases were reported in Afghanistan.

**Dieter Glaser** gave a short talk on the work of Rotary International with the current focus on Rotary Health with some interesting information for the members. Money raised last week will go to Australian Rotary Health. He then proceeded to enthral all the members with several games related to that theme. It was a most interesting and enjoyable night and once again proved that some of the best speakers come from our Club members. All members enjoyed the night and look forward to more fun next year.

*Some photographic evidence from last week’s ‘Hat Day’ event (many thanks to Rose Pope & Angela Capri for filling in for the Ed last week) … An evening that raised awareness of and generated funds for mental health research through Australian Rotary Health.*
Above: President Helen looks like she means business! Ray Lee looks stunning is his little pink number; Marcel Benson & Joanne Glaser showing off gifts acquired on the night; Dennis Simpson looking a little concerned in his ‘cat-in-the-hat’ hat and magnificent bow-tie (borrowed from the grandkids’ dress-up box perhaps or simply part of his wardrobe).

Above: Sergeant Netty Broekman wearing a very pointed and colourful number as she works on extracting fines from members; Patrick and Yvonne Roberts sporting a couple of shady hats ... Are those tiny light bulbs on Yvonne’s stunning lamp shade??; Jane Lee promoting horse racing on her brilliant Opera House Sails hat supported by hubby Ray Lee wearing his little ‘frilly/filly’ number and ‘Elton John’ look-a-like pink glasses; organiser Dieter Glaser with wine raffle winner, Ken ‘I prefer beer’ Potter.

Rosters

Please arrange your own substitute if you are not able to attend

<table>
<thead>
<tr>
<th>Date</th>
<th>Door Manager</th>
<th>Sergeant</th>
<th>Invocation &amp; Scribe</th>
<th>International Toast</th>
<th>Charles</th>
<th>Capsules</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/10</td>
<td>D Glaser</td>
<td>P Roberts</td>
<td>R Pope</td>
<td>N Watt</td>
<td>18/10</td>
<td>6</td>
</tr>
<tr>
<td>24/10</td>
<td>J Glaser</td>
<td>R Lee</td>
<td>K Potter</td>
<td>B Armessen</td>
<td>25/10</td>
<td>7</td>
</tr>
<tr>
<td>31/10</td>
<td>J Gnata</td>
<td>T O'Toole</td>
<td>P Roberts</td>
<td>A Booth</td>
<td>01/11</td>
<td>1</td>
</tr>
<tr>
<td>07/11</td>
<td>No Meeting</td>
<td>No Meeting</td>
<td>No Meeting</td>
<td>No Meeting</td>
<td>08/11</td>
<td>2</td>
</tr>
<tr>
<td>14/11</td>
<td>K Hayes-Williams</td>
<td>J Erickson</td>
<td>D Simpson</td>
<td>N Broekman</td>
<td>15/11</td>
<td>3</td>
</tr>
<tr>
<td>21/11</td>
<td>B Inglis</td>
<td>J Christensen</td>
<td>M Stanoevic</td>
<td>A Cachia</td>
<td>22/11</td>
<td>4</td>
</tr>
<tr>
<td>28/11</td>
<td>T Koppel</td>
<td>D Simpson</td>
<td>B Stevens</td>
<td>M Campbell</td>
<td>29/11</td>
<td>5</td>
</tr>
<tr>
<td>05/12</td>
<td>R Lee</td>
<td>P Lee</td>
<td>N Watt</td>
<td>A Capri</td>
<td>06/12</td>
<td>6</td>
</tr>
<tr>
<td>12/12</td>
<td>P Lee</td>
<td>N Broekman</td>
<td>B Armessen</td>
<td>J Christensen</td>
<td>13/12</td>
<td>7</td>
</tr>
</tbody>
</table>

The Charles Raffle Thursday 6.00pm

<table>
<thead>
<tr>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
<th>Team 4</th>
<th>Team 5</th>
<th>Team 6</th>
<th>Team 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>B Stevens</td>
<td>P Roberts</td>
<td>M Phillips</td>
<td>J Glaser</td>
<td>A Booth</td>
<td>K Potter</td>
<td>J Christensen</td>
</tr>
</tbody>
</table>

Capsule Teams – Saturday 9.30am – 11.30am

<table>
<thead>
<tr>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
<th>Team 4</th>
<th>Team 5</th>
<th>Team 6</th>
<th>Team 7</th>
<th>Team 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>P Roberts</td>
<td>M Phillips</td>
<td>N Broekman</td>
<td>A Christensen</td>
<td>R Pope</td>
<td>K Hayes-Williams</td>
<td>B Stevens</td>
<td>J Erickson</td>
</tr>
<tr>
<td>Y Roberts</td>
<td>M Campbell*</td>
<td>P Lee*</td>
<td>J Christensen*</td>
<td>M Crowley*</td>
<td>J Glaser*</td>
<td>A Cachia*</td>
<td>N Watt*</td>
</tr>
<tr>
<td>D Glaser*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* denotes Fitter

Meeting Attendance and Bookings

All club members are automatically booked in for a meal at each meeting.

Please notify our Treasurer, Rose Pope, by SMS (text) or phone M. 0438 603 808 of any apologies, visiting Rotarians or additional guests (including friends who decide to attend) by 8.00 am on the day of the meeting.

No apology before the cut-off and a no show will cost you $25.00