

The Rotary Club of Regency Park

Club Number 17650 – District 9510 – Chartered 1980 – ABN 50 754 712 409 (Incorporated in South Australia)
PO Box 294, Prospect, SA 5082 email: info@RegencyParkRotary.org.au Website: RegencyParkRotary.org.au

2023/2024 President: *Vic Isbester* Secretary: *Jack Pappin* Treasurer & Public Officer: *Russell Green*

Bulletin editor – *Jeff Cluse – jeffcluse@gmail.com*

We usually meet weekly on the traditional Country of the Kurna people at
The Caledonian Hotel, 215 O’Connell Street, North Adelaide.

Tuesday 6:00 pm for 6:15 pm start

VISITORS ALWAYS WELCOME

BULLETIN – 10th of October 2023 #2165

Theme for 2023/24 – Create Hope in the World

Role	17 th October Meeting #2166	24 th October Meeting #2167	31 st October Meeting #2168	31 st October Meeting #2169
Furniture	Russell Green	Russell Green	Russell Green	Russell Green
Welcome	Steve Brown	Mark Carter	John Goodridge	John Goodridge
Speaker	Danien Leach	TBA	Vocational Visit	Melbourne Cup Breakfast
Subject	Gaining membership At Lightsview	End Polio day	Vocational Visit	Melbourne Cup Breakfast
Speaker Host	Angela Ellis	Angela Ellis	John Goodridge	Brian Wheatley
Raffle	Dale Davey-Starr	Dale Davey-Starr	Dale Davey-Starr	Dale Davey-Starr



Birthdays - October

Drew Ellis – 2nd, Heather Wheatley & Jeff Cluse 3rd, Des Eiffe 7th, Josephine Crocket 11th,
Mark Streich 15th & Angella Ellis 21st – all good people are born in October.

Notes from Meeting #2165 – 10th of October.

This week our club meeting with President Vic Isbester in charge.

Process – Guess Speaker first then the meal to be served at 7.00pm followed by club business.

Have you booked to walk on 25th November [Rotary Says No to Domestic Violence](#) – a number of club members have – don't leave it too long, there maybe not be enough room for you.

[www.StopCoerciveControl.au](http://stopcoercivecontrol.au)

<http://stopcoercivecontrol.au/about-the-parade/groups-register-for-the-parade>

Invite family and friends to walk with us under the Rotary Club of Regency Park banner.

The walk is free.

Book online now to walk behind the Regency Park banner.

Guest Speaker Spot.

Board meeting tonight but with only 5 Board members – the others are overseas.

Only 9 members were present.

Tonight's guest speaker was Steve Brown – our very own club member to provide the very first "Club Member" information – 5-minute spot.

Steve provided a power point presentation on several subjects – one – the Environment, two helping ourselves first and third Greening Adelaide APP.

RPRC ROTARIANS' BEST ENVIRONMENT

A sound **cultural environment** for all – including our Indigenous Communities

A safe **biological environment** in Australia – 33 native mammals extinct

A more green **physical environment** – hence the Greening Adelaide Application

A safer **social environment** – without coercive control, family abuse

A more sustainable transformational **political environment** – with a new Environment Policy

TO HELP ACHIEVE THIS, VOTE YES

RPRC ROTARIANS HELPING RPRC ROTARIANS FIRST

HOW CAN WE DO THIS?

One Member showcased each week (5 mins) **[I want our hearts healed]**

Or one disease showcased each week **(e.g. depression, dementia, Parkinsons, diabetes?)**

We invite a health specialist once a month

TRY OUR GREENING ADELAIDE APP

Better Diet – a plant-based diet that is ideal for our gut biome
Extract more Indigenous wisdom – we need indigenous caretakers, guardians, mentors
More Fasting – science-backed
Daily Exercise – Friday Walks are just not enough!!
Better Sleep – 8 hrs at night
Less Stress – Try meditation, communing with nature, etc.
Avoid known Toxins – sugar, aspartame, MSG, aluminium, diacetyl (dementia)

THESE ARE OUR 7 PILLARS OF GOOD LIVING and GOOD HEALTH

Well done, Steve, you have set a high standard for future “Club Member” information – 5-minute spots.

Club Business

Vic Isbester – Club President.

Christmas Dinner – To be held on a Saturday at the Caledonian Hotel – date TBA.

Les Dennis – Club Admin Chair.

Des Eife 90th Birthday: Two club members were invited and report it was a great event. Happy Birthday Des.

Sunday 15 October – Junction Community Centre Haircut Day – Catering serving 90Kg sausages. Set-up trailer from 11am, (TBC).

Sunday 29 October SCASA: Award Day lunch at Glenelg Golf Club.

Tuesday 7 November – Melbourne Cup breakfast: TBA

Wednesday 6 December Anglicare BBQ: TBA

Mark Streich – Youth Chair.

2 students returned from the One and All sailing trip on Wednesday 4th October.
Youth night proposed for either Tuesday 21st Nov or Wednesday 22nd Nov. at Billies Table in Croydon plus RYLA attendees – TBA.

IMPORTANT: Zoom sessions with M-I about Regionalization.

Three Zoom meetings have been set up to allow District 9510 Club Presidents and any interested members to ask questions regarding Rotary Community Groups or any other questions about the Zone 8 Regional Pilot.

Session 1 = Completed

Session 2 = Completed

Session 3 = Sunday 15 October at 4pm

The zoom links have been forward to club members directly from either Les or Jack P.
Contact Angela for further information.

Dates for Our Calendars – new addition in green

14 th & 15 th October (Saturday & Sunday)	Semaphore Carousel – 11am to 6pm
15 th October (Sunday)	Junction Comm Centre Ottaway – Hair Cut Day we are sharing the love with Largs Bay Rotary
26 th October (Thursday)	Bunnings BBQ
29 th October (Sunday)	ROMAC quiz – 2pm to 5pm
7 th November (Tuesday)	Annual Melbourne Cup Breakfast.
12 th November (Sunday)	SWAP MEET – 7am to noon – BBQ trailer
18 th November (Saturday)	Norwood Christmas Pageant
25 th November (Saturday)	Rotary Says No to Domestic Violence walk. 9am to 12pm
25 th & 26 th October (Saturday & Sunday)	Semaphore Carousel – 11am to 6pm
10 th December (Sunday)	Bike Toy Run – 8.00am to 11am
14 th December (Thursday)	Bunnings BBQ

Come Along and Join the Friday Morning 'Walking & Talking' Group

It usually starts outside the Barton Terrace entrance of the Caledonian Hotel at 7:45 am. BUT....

For weekly information please contact Russell Green at rusgreen@bigpond.net.au.

Come for a walk, stay for a coffee and chat.



The Four-Way Test

of the things we think, say or do

Is it the **truth**?

Is it **fair** to all concerned?

Will it build **goodwill** and **better friendships**?

Will it be **beneficial** to all concerned?

Rotary



JOKE OF THE WEEK.

