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Robert Atkinson](http://www.clubrunner.ca/portal/Speakers/SpeakersList.aspx?accountid=3414&eid=0&tid=4#462364)  Clubs - quo vadis | | Aug 15, 2013  [DG Barbara Wheatcroft](http://www.clubrunner.ca/portal/Speakers/SpeakersList.aspx?accountid=3414&eid=0&tid=4#462365)  District Governor's Visit | | Aug 22, 2013  [Club Committees](http://www.clubrunner.ca/portal/Speakers/SpeakersList.aspx?accountid=3414&eid=0&tid=4#462366) | |  | | [View entire list...](http://www.clubrunner.ca/portal/Speakers/SpeakersList.aspx?accountid=3414&eid=0&tid=4) | | Club Events | | [**Adelaide Light Quiz Night**](http://www.clubrunner.ca/portal/Events/EVPEventDetails.aspx?accountid=3414&eid=92f55efd-1d1e-4b7c-bb93-7432d230311c&tid=1) Kensington Gardens Tennis Club, ,  Aug 10, 2013 06:30 PM | | [**90th anniversary of Rotary in S.A.**](http://www.clubrunner.ca/portal/Events/EVPEventDetails.aspx?accountid=3414&eid=77231b24-d272-46e4-9178-8cf151869ee9&tid=1) National Wine Centre  Aug 28, 2013 12:00 PM | |  |  |  | | --- | | Directors | | President [**Richard Jarrett**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=pJoHDI7JljroxfSYzpNHGg%3d%3d) | | President Elect [**Yvette Reade**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=r9vzfJM5w3Qui6qH3Gze0w%3d%3d) | | Treasurer [**Bruce McDonald**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=7VY6BK7hUkkwLg3n5gkdVA%3d%3d) | | Secretary [**Fred Field**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=SLyJBoQmjq6S1lfT3pj%2bqA%3d%3d) | | Community Service [**Rohan Richards**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=7p%2bJbW8VBUqoxPT7hRKxYg%3d%3d) | | Vocational Services [**Peter Briscoe**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=nY1AmvWXXaY5fhJn8IQ6sA%3d%3d) | | International Service [**Kym Pedler**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=BBPhK5vp7wBRuS21TQq6Cw%3d%3d) | | Rotary Foundation [**David Riggall**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=0CUpubocK5BV2vm%2bh4BHUg%3d%3d) | | Membership [**Geoff Bell**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=atmRdYuawvyl5Yy4CDoo2Q%3d%3d) | | Club Administration [**Yvette Reade**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=ICz%2bdEAIYXFkswNIOttKBQ%3d%3d) | | Public Relations [**Tony Reade**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=IserWejOfeN4ivz1K1N6mg%3d%3d) | | Sergeant [**Terry Rodoni**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=sdkef76KgkM4bVyCSzAjLw%3d%3d) | | Rotaract Liaison [**John Karran**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=4o9aNnu3fy%2b8ej82wg0Shw%3d%3d) | | Fundraising / Fellowship [**Andrew Black**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=dANZ9B0ihypKaA3IHZID%2fQ%3d%3d) | | Youth Service [**Peter Briscoe**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=omQdBpSZsKtpaJAd%2br1JzA%3d%3d) | | Public Officer [**Fred Field**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=roWoaqSexRvSBcWgXoTGWQ%3d%3d) | | Bulletin Editor [**Di Lane**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=j36MRcDKKuZyGWQzFYKQKw%3d%3d) | | Club Webmaster [**Richard Jarrett**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=c%2f%2fkQkt210BLbmUTKmnXkg%3d%3d) | | Child Protection Officer [**Fred Field**](http://www.clubrunner.ca/portal/Email/GeneralEmail.aspx?mid=ykhNFmV5hU07E1xvSAax6A%3d%3d) | |  | |  | |  |  | | --- | --- | | Welcome to our Club! | | | Adelaide Light  Service Above Self | *We meet Thursdays at 7:15 AM*  *Naval, Military and Air Force Club*  *111 Hutt Street Adelaide, South Australia 5000 Australia* | | |  |  |  | | --- | --- | --- | | *http://www.clubrunner.ca/portal/UserControlLibrary/images/search_globe.gif* [*Venue Map*](http://maps.google.ca/maps?q=111+Hutt+Street+Adelaide+South+Australia+5000+Australia+) | *http://www.clubrunner.ca/portal/UserControlLibrary/images/person.gif* [*Duty Roster*](http://www.clubrunner.ca/portal/Meetings/Meeting.aspx?accountid=3414) | *http://www.clubrunner.ca/portal/UserControlLibrary/images/smallhouse.gif* [*District Site*](http://www.clubrunner.ca/dprg/dxhome/_home.aspx?did=9500) | | | | Stories | | | [**THE P.R. FACTS**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=364165&stid=)  Posted by Tony Reade on Jul 30, 2013  Diamonds would not sparkle without the facets being properly planned, executed and placing them in a complimentary setting.    As a Rotary Club with a great reputation we still need to ‘better polish’ what we do in the service and fundraising areas. I believe that every Club Committee should factor in anticipated Public Relations outcomes in their planning. PR works best by including and placing value on members and helpers in both the planning and project phases. It is critical that the team be thanked for their work and importantly to gain feedback.    No club committee should proceed with a project or an event without factoring in its potential in ***‘people terms’*** – there are four to be considered:    o   Recipients, who will benefit?  o   Will the project be fun and achievable in the short term?  o   Team leadership – does the club the right skill base?  o   Setting a target that can be enthusiastically adopted by club members and attractive enough to involve **non** Rotarians?    Tony Reade | | | [**From the President's pen**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=354230&stid=)  Posted by Richard Jarrett on Jul 28, 2013  At last week's meeting, our speaker was **Prof Don Howie** on "Walk before you run - an update on hip disorders". Don is Professor of Orthopaedics and Trauma, University of Adelaide, as well as Clinical Director, Orthopaedic & Trauma Service, Royal Adelaide Hospital.  He gave a very interesting presentation about the development and progress on hip replacements, and showed data that supports the idea that metal on metal replacements are less satisfactory than the traditional approach.  The idea of "walk before you run" was partly a plea to do proper scientific evaluation before launching into adopting new techniques.  Don also "wowed" us with his other passion - underwater photography, and interspersed his presentation with some wonderful photos and videos of many underwater and seabed creatures, including some which have adapted to "walking" on the seaflloor.  In response to a question from the floor, Don indicated that it was sensible to do a moderate amount of exercise if you have trouble with your hips - either too little or too much is likely to create more problems.  This could perhaps be summed up by the Piet Hein aphorism:  "There's an art of knowing when. Never try to guess. Toast until it smokes and then twenty seconds less."  This week's speaker is **Gerry Feltus** who will talk about the Somerton Beach body - a mysterious body found on Somerton Beach in 1948.  We have previously had a (different) speaker on this topic, but Gerry is a retired policeman who has had an interest in the case since he was a schoolboy in the area and who explored it as a "cold case" late in his career and into retirement. | | | [**The RYLA Dinner**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=360497&stid=)  Posted by Richard Jarrett on Jul 28, 2013  Last Wednesday (24 July) we had a great night at the Belair Country Club for the **2013 RYLA Celebration Dinner**.  This dinner is the culmination of a week-long Rotary Youth Leadership Awards (RYLA) program held for 30 young people aged 18-24 at the Nunyara centre in Belair. **Rob McLennan** did a great job as compere for the night.  As we are one of the two sponsoring Clubs for the dinner, **President Richard** welcomed guests.  In addition to the 30 attendees in the program, there were 6 team leaders.  Most of the team leaders were in fact members of the Adelaide City Rotaract Club and two other members of that Club (**Bethany Jackson** and **Tegan Druce**) were sponsored by us to attend.  We hope they will come and talk to us about their experiences soon.  The dinner always includes a presentation by the attendees who tell us about how they perceive leadership and how they feel the program has changed their lives.  It is truly inspirational to see these young people in action.  A big thanks to those in our Club who attended on the night to support this great program. | | | [**Adelaide Light Quiz Night!**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=341891&stid=)  Posted by Andrew Black on Jul 01, 2013  Date:  10 August 2013  Venue: Kensington Gardens Tennis Club, East Terrace, Kensington Gardens  Time: 6.30 for 7pm start.  Cost: $15 per head  BYO nibbles and drinks ($8.00 corkage) or buy from the bar    Members are invited to organise tables of 10. Let **Andrew Black** know if you are organising a table.    We are also asking members to provide donations to help with prizes on the night.  Please contact any businesses you are associated with to see if they will donate items in return for 'endorsement' on the night. | | | [**Duty Roster**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=326720&stid=)  Posted by Di Lane on Jul 28, 2013  For the benefit of members, we will aim to give the Duty Roster a few weeks ahead - see below.   |  |  |  |  | | --- | --- | --- | --- | | **Responsibility** | **1 August 2013** | **8 August 2013** | **15 August 2013** | | Chairperson | Chris Dibden | Tony Reade | Carolyn Wigg | | Attendance | Katina Jones | Dean Sullivan | Rohan Richards | | Attendance | Phil Harding | Barry Grear | Peter Briscoe | | Hosting | Graham Smith | Di Casey | David Rowe | | Furniture | Don Tindale | Bob Angove | Feisar Joya | | Furniture | Ray Cullen | Graham Smith | Di Casey | | Invocation | Carolyn Wigg | Dalice Kennedy | Ray Cullen | | Bottles/cans | Graham Smith | Andrew Black | Dean Sullivan | | Rotaract roster |  |  |  | | HouseInt Uniting Church | N/A | N/A | Richard Jarrett | | Bread Roster | Carolyn Wigg | David Rowe | Graham Smith | | Members' Corner | Bob Buckerfield | Rob McLennan | Colin Davies |   **Birthdays: Nil** | | |  | | | [**The Four Way Test**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=350521&stid=)  Posted by Richard Jarrett on May 29, 2013  **The Four Way Test**  Of the things we think, say or do:   1. Is it the Truth? 2. Is it Fair to all concerned? 3. Will it build Goodwill and better Friendships? 4. Will it be Beneficial to all concerned?   **Invocation**  For good food, for good fellowship and the opportunity to serve through Rotary, we give thanks  **Rotary Club of Adelaide Light Mission Statement**  To be recognised as the Service Club of Choice in the Eastern Precinct of Adelaide because we are a Friendly Breakfast Club that appeals to a broad range of busy people who want to make a difference to local and international communities | | | [**JOKES CORNER**](http://www.clubrunner.ca/portal/story/StoryDetail.aspx?accountid=3414&sid=364166&stid=)  Posted on Jul 30, 2013  **ASPRIN**  A man with a winking problem is applying for a position as a sales representative for a large firm. The interviewer looks over his papers and says,   "This is phenomenal. You've graduated from the best schools; your recommendations are wonderful, and your experience is unparalleled. Normally, we'd hire you without a second thought. However, a sales representative has a highly visible position, and we're afraid that your constant winking will scare off potential customers. I'm sorry.... we can't hire you."   "But wait," the man says. "If I take two aspirin, I'll stop winking!"   "Really? Great! Show me!"   So the applicant reaches into his jacket pocket and begins pulling out all sorts of condoms: red condoms, blue condoms, ribbed condoms, flavoured condoms; finally, at the bottom, he finds a packet of aspirin. He tears it open, swallows the pills, and stops winking.   "Well," said the interviewer, "that's all well and good, but this is a respectable company, and we will not have our employees womanizing all over the country."   "Womanizing? What do you mean? I'm a happily married man!"   "Well then, how do you explain all these condoms?"  "Oh, that," he sighed. "Have you ever walked into a pharmacy, winking, and asked for aspirin?" | | |  | | | | |
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