

Rotary Club of St Peters



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Weekly Meetings - The Rotary Club of St Peters meets on Tuesdays at 6:00 PM
at the Kensington Hotel, 23 Regent St., Kensington, S.A. 5068. Visitors are welcome.

Next Club Meeting is on Tuesday 1 October at the Kensington Hotel
Program – Introducing the District Governor 9510 24-25

Future Events

<u>Meeting #</u>	<u>Date</u>	<u>Venue</u>	<u>Speaker/Program</u>	<u>Information</u>
3338	1/10/24	Kensington Hotel	M-l (Marie-Louise) Lees	District Governor 9510 24-25
3339	8/10/24	Kensington Hotel	Jesse Humphrys	Exercise for Seniors
3340	15/10/24	Kensington Hotel	Rick Day	The Use of Hydrogen in Energy Transformation
3341	22/10/24	Kensington Hotel	Margaret Nippert +1	Linde Community Garden

Report of Meeting 3337 held at the Kensington Hotel

Jim Owler called the meeting to order and **Julia Verran** gave the Invocation and Toast.

Jim welcomed the following:

St Peters Rotarians: Kuol Baak, Keith Payne and guest Glenda Hedley
St Peters Rotarian Partner – Joan Shaw

Guest Speaker- John Hall

Visitors

Graham Hall (former member of Club)

John Hall (Guest speaker and son of Graham)

Wendy Hall (Wife of speaker) Louis Hall (Son)

Andrew Shaw

Tina Shaw

Erika Shaw

Jim introduced **Vice President Pam**

Announcements:

- From Andrew Bradley President of the RC of Burnside

R C Burnside has a BBQ coming up in November whereby we will be assisting R C Stirling's Small Acreage Field days in Echunga.
It is over 2 days, with a morning and afternoon shift.

- We are seeking able bodies, 1 or 2, to assist us. Revenue share as typical.
- Please see Wendy or Pam if you can help



Members' Minutes

Phil Smith - Shed Report

The Shed did well again on Saturday.

A special mention of the work by Rotarian Paul Holton who did a sterling job on the BBQ.

Erika Shaw - The Pedal Prix –Norwood International High School Car - sponsored by the Rotary Club of St Peters

From the 20th to the 22nd of September, Norwood International High School took part in the 24-hour pedal prix race at Murray Bridge. With loud cheering on the sidelines, multiple tears, and unwavering support, Norwood International delivered an incredible performance and achieved remarkable success.

On Friday night, Ollie Evans-wood from the senior boys' team, XP8, participated in the top 15 qualifying shootout, and was the only school student to make it into the top 10, where he placed 8th. Saturday morning, XP8 came first out of twelve in the school shootout, while Spurls, the senior girls' team placed 7th, or 1st against other all-girl teams.

At the end of the 24 hours, four of six teams walked away with second place, while the remaining two achieved a place in the top 15 in their respective categories.

Additionally, Tom Watts from XP8, recorded the fastest lap in the senior student's

category. XP8, and the middle school boys' team, Astro, placed second overall for the season. Spurls, came first overall, claiming the National Champion title for the third year in a row.

Enigma, the middle school girls' team, also took home the title for the second year, after winning in 2023 as a mixed team.



Guest Speaker: John Hall Helicopter Rescue

Tonight we welcomed the son of a former member as Guest Speaker. Graham Hall was a club member for many years and tonight he brought family members to hear his son John speak. John has worked as a paramedic for 27 years.

John Hall is an ambulance officer in the Special Operations Team Rescue, Retrieval and Aviation Services. His current status has involved many years of rigorous, specialist training.

The day to day demands of an ambulance worker are many and varied. Some sad. Some hard, but overall very rewarding.

John gave a visual presentation of a successful inland rescue involving the helicopter. The steps involved were very challenging in both logistics and tricky terrain.



Bell 412 Helicopter

Helicopters are quite different from other modes of emergency transport with a limited fuel range and high running costs. John said they have no heating or cooling and can be quite uncomfortable during search and rescue missions.

We are fortunate indeed to live in a country with effective ambulance rescue services with personnel like John Hall.

David Heilbronn gave the Vote of Thanks.



The Blokes' Kitchen Newsletter

September 2024

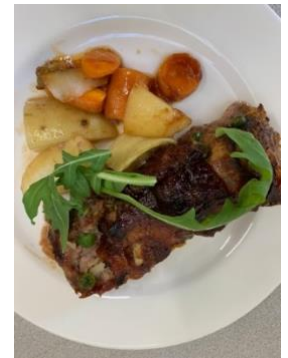
This month it was great to welcome two new Blokes to our sessions. We also had a visitor looking to see whether we were available for another Bloke to attend later in the year.

Our session began with a muffin demonstration by RCSP President Wendy who used an easy recipe to prepare delicious blueberry muffins. Everyone was able to take home a blueberry muffin, and the cake quickly disappeared as the morning progressed. Well done and thank you Wendy.



Then the Blokes got down to preparing free form meat loaves with roasted vegetables. Following direction, and working in pairs, most totally ignored reading the recipe at first, but everyone seemed to have fun and the meat loaves were eventually made,

Making the tomato sauce again suffered from inattention to the recipe, but eventually everyone finished producing a very professional looking and tasty lunch. The salad leaf garnish added the final touch, and everyone was able to take an extra loaf home for a meal to serve another time.



We shall be holding a muffin competition at our next session on Wednesday October 16th.



City of
Norwood
Payneham
& St Peters



WE NEED WALKERS!!!!



The 2024 "LIFT THE LID WALK" is getting close.

Departing from the Campbelltown Memorial Oval on Sunday 13th October to raise both awareness of mental illnesses and money for Australian Rotary Health to help fund mental health research.

So, register now and be a part of this worthwhile event at lifthelidwalk.com.au/Campbelltown

Join us in Campbelltown...
LIFT THE LID WALK
PHYSICAL HEALTH FOR MENTAL HEALTH
SUNDAY 13TH OCT 2024
CAMPBELLTOWN MEMORIAL OVAL

STARTS 9AM
BUY TICKETS NOW

WWW.LIFTTHELIDWALK.COM.AU/CAMPBELLTOWN

A community walk to raise awareness of mental illness & raise funds for mental health research

Magill Sunrise Rotary Club, Rotary Districts of Australia, Rotary Campbelltown SA

PROUD 2024 GOLD SPONSORS: Paradise Medical Centre, Oakden Medical Centre

PROUD SILVER AND BRONZE SPONSORS: Efm Health Clubs, Tom Hector, Paradise Mazda, Lynch Meyer 70 Years Lawyers, fashly

Registration:

\$30.00 early bird registration and receive a **FREE** t-shirt. Kids under 15 FREE (No shirt).

Walkers also receive a free sausage or vegetarian equivalent after the walk.

The Walk:

A 5-kilometre circuit from Campbelltown Memorial Oval (Cnr Darley & Lower North East Rds) along the nearby River Torrens Linear Park and returning to the starting point.

After the walk stay and enjoy the Rotary Club of Magill Market



Wellbeing Report – The Club sends get well wishes to Mary-Anne Hannay who is recovering from a broken arm.

Apologies

Wendy Gaborit, Mary-Anne Hannay, Chris Dawson, Romaine Dawson, Peter Hewitt

Meeting Roster

Date	Tue 1-Oct	Tue 8-Oct	Tue 15-Oct	Tue 22-Oct
Meeting Number	3338	3339	3340	3341
Venue	Kensington Hotel	Kensington Hotel	Kensington Hotel	Kensington Hotel
Program	District Governor	Exercise for Seniors	The use of Hydrogen in Energy Transformation	Linde Garden
Guest Speaker(s)	Marie-Louise (M-I) Lees	Jesse Humphrys	Rick Day	Margaret Nippert
Vote of Thanks	Dennis Henschke	Chris Dawson	David Heilbronn	John Dubberley
Special				
Chairperson	Jim Owler	TBA	Peter Hewitt	Chris Dawson
Sergeant	Keith Payne	Keith Shaw	Phil Smith	Greg Rogers
Invocation	David Heilbronn	Peter Hewitt	Paul Holton	Milton Jones
Board Meetings			Board Meeting	
Steward	Bruce Ballantyne	David Birkedale	Mary-Anne Hannay	Milton Jones
Reception	Paul Holton	Keith Payne	John Reynolds	Greg Rogers
Cashier 1	Milton Jones	Ann McIntosh	Jim Owler	Keith Payne
Cashier 2				
Bulletin	Pam Vaughton	Pam Vaughton	Pam Vaughton	Pam Vaughton

Shed Roster

PLEASE NOTE START TIME IS 8.30am and CLOSE DOORS AT 12.30 pm

DAY	Saturday	Saturday	Saturday	Saturday
DATE	28-Sep-24	05-Oct-24	12-Oct-24	19-Oct-24
	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	
TEAM LEADER	Keith Payne	Milton Jones	John Reynolds	Rod Carey
FRONT COUNTER				
Counter Sales 1	Pam Vaughton	Romaine Dawson Chris Dawson	Margaret Hewitt	Rachel Elliott
Counter Sales 2	Barbie Birkedale	Rhonda Heilbronn	Julie Reynolds Joan Shaw	Trenna Kretschmer
GENERAL HELP	Keith Payne	Milton jones	Peter Hewitt John Reynolds	Rod Carey
CAFÉ				
BBQ	David Heilbronn	Kuol Baak	Wendy Gaborit	David Elliott <i>Rob Cornish (Trainee)</i>
COFFEE	Patricia Bozin Until Mid Day	Julia Verran	Angela Williams	Jen Carey <i>Judy Cornish (Trainee)</i>
ASSISTANT				
GOODS IN Counter When Needed	Keith Payne	Milton jones	Peter Hewitt John Reynolds	Rod Carey
SMALL HOUSEHOLD	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw Angela Williams (Assist on Café As needed)
EMERGENCIES	Phil Smith or Wendy Gaborit	Phil Smith or Wendy Gaborit	Phil Smith	Phil Smith or Wendy Gaborit
PICK UP CREW 1	Pauline Yates	Pauline Yates	Pauline Yates	Pauline Yates