

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 15 October at the Kensington Hotel
Program – The Use of Hydrogen in Energy Transformation

Future Events

<u>Meeting #</u>	<u>Date</u>	<u>Venue</u>	<u>Speaker/Program</u>	<u>Information</u>
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
3342	29/10/24	10 King Pin Norwood Bowling	Partners 10 Pin bowling Night	Social Event
3343	6/11/24	Observatory 23 23 Hackney Road	Rotary Foundation Celebration Dinner Guest Speaker PIP Mark Maloney	6.30 Wednesday 6 November NO MEETING AT THE KENSI THAT WEEK

Report of Meeting 3339 held at the Kensington Hotel

President Wendy Gaborit called the meeting to order and Peter Hewitt gave the Invocation and Toast.

President's Announcements

Wendy welcomed Rotarians including Judy and Rob Cornish from the RC of Peterborough



and Guest Speaker Jesse Humphrys (organised by Judy and Rob).
The Club also welcomed Bronwyn Roberts, house guest of Pam Vaughton.

- 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 if you can help

President's Announcements (cont.)

- **Rotary Foundation Celebration Dinner** – 6.30 - Wed 6 November
- Observatory 23, 23 Hackney Road Hackney

This is a joint Club Meeting

Please note it is a Wednesday night and there will be no Club meeting at the Kensi that week

If members need assistance with any online bookings please see Wendy

The Rotary Foundation Recognition Dinner



Wed, 6 Nov, 6pm - 9:30pm ACDT
[Add to calendar](#)



Observatory 23
Hackney, Australia



Rotary District 9510
2 followers · [Contact host](#)

Event description

The Rotary Foundation Recognition Dinner, celebrating Rotarians, Partners and Friends who have made a Bequest or Major Donation to the Foundation.

Chair of the Trustees PRI President 2019-20, Mark Maloney will deliver a key note address.

Rotarians across District are invited to attend, to be inspired and through their contributions to make a difference in communities here and across the globe.

To make a Bequest or Donate contact PDG [Wendy Gaborit](#)

- **Membership/Volunteer Flyers**

The final draft is on display for feedback

They will be printed on A5 light card – “back to back”

“Save the Date”

<u>Date</u>	<u>Venue</u>	<u>Program</u>	<u>Information</u>
Sunday 13 October	Campbelltown Oval	Walk – Lift the Lid	Australian Rotary Health
Saturday 19 October 4pm	Fullarton Centre	RC of Kent Town - Bingo	New Dawn Rotary Ukraine projects
Sunday 3 November	47 Statenborough Street	Garden Party	Allkids Fundraiser
Wednesday 6 November	Observatory 23	Rotary Foundation Dinner	Rotary Foundation Fundraiser
Tuesday 12 November	San Giorgio La Molar Centre	Design & Creativity Awards	Rotary Club of St Peters

- Allkids Garden Party – Sunday 3 November - please book your tickets online

YOU ARE INVITED TO



allkids

GARDEN GALA PARTY

TO BE HELD IN THE
BEAUTIFUL GARDENS AT
47 STATENBOROUGH STREET, LEABROOK

SUNDAY 3rd NOVEMBER 2024 2.00-5.00pm

CONTINUOUS AFTERNOON TEA TO BE SERVED WITH REFRESHMENTS, INCLUDING A
COMPLEMENTARY GLASS OF
SPARKLING ON ARRIVAL.
LIVE AUCTION ITEMS UP FOR GRABS AND MUCH MORE!

TICKETS \$80/HEAD

Register for the event online or alternatively contact:

Keryn Bache - 0419 545 091

keryn@allkids.org.au

RSVP by 20th October 2024

If you wish to direct debit, transactions can be made to:

ALLKIDS LTD

BSB: 085-005 ACCOUNT NO. 9325 76 333

REF: 3 NOVEMBER/YOUR NAME

For any dietary requirement please call Margaret on 0408 824 232

Supported by Rotary Club of St Peters
and the MGA Whittles Foundation

PROCEEDS SUPPORT ALL KIDS IN CAMBODIA



Guest Speaker: Jesse Humphrys

Introduced by Judy Cornish – RC of Peterborough

Judy was inspired by the presentation given recently by Dr Leonie Heilbronn.

Judy said she has been part of a fitness program for the past 18 months that complemented the advice provided by Leonie.

Judy said everything in her life has improved, hence her fitness coach Jesse is addressing our Club.

Jesse Humphrys is a highly experienced fitness professional with over a decade of experience in the fitness industry, following 10 years of service in the army.



He is the owner of CrossFit Proficient, a thriving gym in South Australia that caters to a wide range of fitness enthusiasts, from beginners to competitive athletes.

CrossFit Proficient is known for its inclusive programs, including specialised sessions for kids, mums and bubs, and the over-55 Legends program.

Jesse has actively participated in CrossFit competitions, consistently ranking in various categories within the CrossFit Open.

His dedication to fitness, both personally and through his gym, has helped many individuals transform their health and well-being.

Exercise for Seniors

Jesse said staying active can lead to

- Increased independence
- Prevention of Chronic Diseases
- Mental Health Benefits
-

Jesse urged seniors to try to make small changes.

He challenged members to try to sustain a change for a month to improve strength and muscle mass. This should lead to better balance and co-ordination.

Jesse urged us to find activities we enjoy.

e.g. walking for 10 minutes, then 15 and gradually increasing pace and duration to 30 minutes a day.

Jesse demonstrated a series of floor, wall and chair exercises to help members stretch and open up muscles.

Exercise for Seniors (cont.)

Swimming and Cycling can be enjoyable to build up duration and intensity.

Jesse spoke of the benefits of group exercise for comradery and motivation.

His gym has a Crossfit Legends class for seniors – age and ability appropriate.

There were many questions from members on a range of health and exercise topics.

The presentation was very enjoyable.



A humorous **Vote of Thanks** was given by **Chris Dawson**.



Members Minutes

Phil Smith – Shed Report

Phil said last Saturday's trading "wasn't too bad"

(although the weather was windy and horizontal rain affected the BBQ and coffee area).

Phil reminded workers to please make your own roster swaps if necessary, and let Jen Carey know. It is challenging when last minute absences need to be covered.

Congratulations to Past District Governor Keith Shaw.

Keith has been a member of Rotary for 57 years.

Keith your warmth and generosity are second to none.

Your contributions are so appreciated in all aspects of Rotary, at meetings and at the Shed.

Special thanks Keith from our Club for your continued work with us over the years.

May there be many more.



Wellbeing Report – Get well greetings to Keith Shaw and Mary-Anne Hannay

Apologies: Keith Shaw, David Heilbronn, Mary-Anne Hannay, Ann McIntosh, Paul Holton, Keith Payne

Meeting Roster

Date	Tue 15-Oct	Tue 22-Oct	Tue 29-Oct	Wed 6-Nov
Meeting Number	3340	3341	3342	3343
Venue	Kensington Hotel	Kensington Hotel	No Meeting at the Kensi	No Meeting at the Kensi
Program	The use of Hydrogen in Energy Transformation	Linde Garden	Kingpin Bowling 11 Osmond Tce Norwood	Wednesday 6th November Rotary Recognition Dinner
Guest Speaker(s)	Rick Day	Margaret Nippert		
Vote of Thanks	David Heilbronn	John Dubberley		
Special			Partners Night	
Chairperson	Peter Hewitt	Chris Dawson		
Sergeant	Phil Smith	Greg Rogers		
Invocation	Paul Holton	Milton Jones		
Board Meetings	Board Meeting			
Steward	Ann McIntosh	Julia Verran		
Reception	John Reynolds	Bruce Ballantyne	Julia Verran	
Cashier 1	Jim Owler	John Reynolds	John Reynolds	
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	12-Oct-24	19-Oct-24	26-Oct-24	02-Nov-24
	SCHOOL HOLIDAYS			PANCAKE SAT
TEAM LEADER	John Reynolds	Rod Carey	Milton Jones	Adrian Estermann
FRONT COUNTER				
Counter Sales 1	Margaret Hewitt	Rachel Elliott	Mary-Anne Hannay	Pam Vaughton
Counter Sales 2	Julie Reynolds Joan Shaw	Trenna Kretschmer	Barbie Birkdale	Rhonda Heilbronn
GENERAL HELP	Peter Hewitt John Reynolds	Rod Carey	Milton Jones	Barb Joy (Until Mid Day)
CAFÉ				
BBQ	Wendy Gaborit	David Elliott <i>Rob Cornish (Trainee)</i>	David Heilbronn	Rod Carey
COFFEE	Angela Williams	Jen Carey <i>Judy Cornish (Trainee)</i>	Angela Williams	Jen carey
ASSISTANT				Adrian Esterman
GOODS IN Counter When Needed	Peter Hewitt John Reynolds	Rod Carey	Milton Jones	Barb Joy (Until Mid Day)
SMALL HOUSEHOLD	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw	Keith Shaw Angela Williams (Assist on Café As needed)
EMERGENCIES	Phil Smith	Phil Smith or Wendy Gaborit	Phil Smith or Wendy Gaborit	Phil Smith or Wendy Gaborit
PICK UP CREW 1	Pauline Yates	Pauline Yates	Pauline Yates	Pauline Yates