

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 28 January at the Kensington Hotel
Program – All Things French

Future Events

<u>Meeting #</u>	<u>Date</u>	<u>Venue</u>	<u>Speaker/Program</u>	<u>Information</u>
3351	28/1/25	Kensington Hotel	All things French	Social Night - Partners Night
3352	4/2/25	Goolwa Lifesaving Club	Mary McInnes Whalers Community Assn	Joint Meeting with RC of Goolwa - Partners Night
3353	11/2/25	Glenunga Croquet Club	Croquet Evening	Please Register - Details P 4
3354	18/2/25	Kensington Hotel	Tracy McNamara - FAME	Foundation for the Management of Australia's most endangered species

Report of Meeting 3350 held at the Kensington Hotel

Sergeant Milton Jones called the meeting to order and **Julia Verran** gave the Invocation and Toast.

Milton introduced **President Wendy**. The meeting was extremely well attended. It was great to see so many members, partners and visitors. Our Guest Speaker was Wendy Hall.

President Wendy welcomed Margie Maloney, Des Munro and Maria from the RC of Burnside. Also partners Jen Carey, Barbie Birkedale, Joan Shaw and Rhonda Heilbronn. Visitors included Barb Joy, Trenna Kretschmer, Tina, Andrew and Erika Shaw. Also John, Graham and Andrew Hall.

A special welcome to Lee O'Connell.

Lee is mother to Ben O'Connell, volunteer coordinator of the Pedal Prix team sponsored by our Club in 2024.

President's Announcements

- Membership Fees – reminder
- The Club Program has many varied and interesting events coming up
- Please note three meetings will not be at the Kensi –
4 Feb. 11 Feb and 25 Feb.
- Please check the bulletin for details



John George - Save the date: 27 May – Dark Skies – Swan Reach

- We are planning this event over two week-days after the upcoming installation of a state of the art telescope – more details as this exciting project unfolds



All Things French – 28 February – Kensington Hotel – Wear **red** **white** and **blue**!

Do come along and enjoy a meeting with all (most) things French on the agenda.

Enjoy a little music, a little food and plenty of French trivia and fun.

Did you know that in France it is against the law to throw out or burn edible food?

The new 'compost obligatoire' rules came into force on 1 January 2024. Here's what they entail.

As of 1 January 2024, organic waste recycling is mandatory in France under new 'compost obligatoire' rules. With support from the government's Green Fund, municipalities must provide residents with ways to sort bio-waste, which includes food scraps, vegetable peels, expired food and garden waste.

Households and businesses are required to dispose of organic matter either in a dedicated small bin for home collection or at a municipal collection point. Previously, only those who generated over five tonnes of organic waste per year were required to separate it.

The waste will then be turned into bioqas or compost to replace chemical fertilisers. Alternatively, it can be composted at home.

Save the Date – Tuesday 4 February at the RC of Goolwa and Wednesday 5 February

Jim Owler has invited Rotarians and partners to his family's holiday home as part of our City to the Country program. Please see Jim or Wendy if you are interested in joining our Club members in attending the RC of Goolwa meeting on the Tuesday 4 Feb and lunch at Port Elliot on Wednesday 5 Feb – similar to last year. So much fun!

The Guest Speaker at the meeting will be Mary McInnes from the Whalers Peninsula Community Association which assists folk in need. More details in the Bulletin next week.

Paul Harris Fellow Awards

President Wendy was delighted to announce awards for two of our hardworking volunteers.

Trenna Kretschmer has been responsible for children's books at the Shed as well as volunteering at the counter over at least seven years.

Barb Joy has been a volunteer with the Club for well over ten years working on the counter and being flexible in other Shed Sale roles as well.



Guest Speaker: Wendy Hall
Dementia Doulas

So what role does a Dementia Doula play?

“Through the provision of support, information, education, advocacy and enablement strategies, you can walk beside families from time of diagnosis through to end of life and beyond.”

From the Website

Our ongoing support community sets our Dementia Doulas up for best practice in ensuring no one impacted by advancing dementia ever need go it alone. From the Website



Wendy spoke with us about the impact stress can have upon memory function.

She spoke about the different aspects of long and short term memory.

Memory loss can be very fearful for both the person and those close to them.

She illustrated some strategies that anyone can use to help strengthen memorising items (not more than seven!)

Wendy said: Say out loud, write it down, visualise, chunk (like phone numbers) and repeat.

Wendy has written several books on the topic of dementia. For more information:

www.dementiadoulas.org.au

Wendy's presentation was very engaging,

There were many questions and comments from the floor.

Romaine Dawson gave the vote of thanks.





Celebrating
International Women's
Day



Women in Rotary
SA Chapter

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The 2025 theme is **Accelerate Action**.

Wednesday 5th March 2025
7.00am – 9.00am, Top Room at the Arkaba Hotel

Miriam Silva AM

Miriam is an experienced board director and CEO and has more than 25 years' experience managing large and geographically diverse teams across multiple industries including pharmaceuticals, banking and agribusiness.

Miriam sits on a number of boards and committees including Chair InTouch Multicultural Centre Against Family Violence, Chair Contemporary Arts Precinct Trustee for the William Buckland Foundation, Director of AMES, and the Art Gallery of South Australia. Miriam is Patron for the International Women's Day Committee (SA) and is the Multicultural Patron for The SA Police Training Academy.

In 2022, Miriam was appointed as a Member of the Order of Australia (AM). In 2012 Miriam was named as one of Australia's inaugural 100 Women of Influence in the Westpac and AFR Awards. Miriam is a member of the SA Women's Honour Roll (2011) and the recipient of the 2012 Governor's Multicultural Award for the Private Sector



Tickets are \$45.00 per person (Plus booking fee) with maximum table groups of 10.

Bookings now open - <https://www.trybooking.com/CXIIY>



Or use the QR code

Please bring your business cards for a door prize. There will be raffle tickets available for purchase at \$5 per ticket.

The 2025 breakfast will be supporting ***inTouch Multicultural Centre Against Family Violence***. InTouch works across the family violence continuum, providing culturally-informed case management, perpetrator programs, a fully accredited community legal centre and specialised migration assistance, crisis recovery, learning and development programs and enhanced capacity-building projects across the sector and community.

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Please see Pam if you wish to attend the 2025 breakfast. I will book for us by the end of January.
We have 3 attendees so far.....

Wellbeing Report -

Apologies: Phil Smith, Keith Payne

Meeting Roster

Date	Tue 28-Jan	Tue 4-Feb	Tue 11-Feb	Tue 18-Feb
Meeting Number	3351	3352	3353	3354
Venue	Kensi Hotel	Goolwa Life Saving Club	Glenunga Croquet Club	Kensi Hotel
Program	All things French	RC of Goolwa Jan Lawrence	Croquet	FAME
Guest Speaker(s)	MC Julia Verran	Mary McInnes	Chris & Romaine Dawson	Tracy McNamara
Vote of Thanks		Jim Owler		Chris Dawson
Special	Partners Night	Partners Night	Partners Night	
Chairperson	Wendy Gaborit	Jim Owler	Chris Dawson	Greg Rogers
Sergeant	Peter Hewitt			Keith Payne
Invocation	John Dubberley			Ann McIntosh
Board Meetings				Board Meeting
Steward	Keith Payne			David Heilbronn
Reception	John Dubberley			Ann McIntosh
Cashier 1	Bruce Ballantyne		Romaine Dawson	
Cashier 2				
Bulletin	Pam Vaughton	Pam Vaughton	Keith Payne	Pam Vaughton

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

DATE	Saturday	Saturday	Saturday	Saturday
	25-Jan-25	01-Feb-25	08-Feb-25	15-Feb-25
	Australia Day Long Weekend	PANCAKE SAT		
TEAM LEADER	Jim Owler	David Heilbronn		
			Greg Rogers	Barb Joy (til mid day) Rhonda Heilbronn
FRONT COUNTER				David Heilbronn Signs
Counter Sales1	Betty Owler	Trenna Kretschmer		
Counter Sales 2	Pam Vaughton	Margaret Hewitt Joan Shaw	Chris / Romaine Dawson	Rob Cornish
GENERAL HELP	Jim Owler	Peter Hewitt David Heilbronn	Jayne Stevens	Judy Cornish
		Pam Vaughton	Greg Rogers	Barb Joy (til mid day) Rhonda Heilbronn
CAFÉ				
BBQ	Paul Holton	Rod Carey		
COFFEE	Angela Williams	Jen Carey	Tony Camporeale	Paul Holton
ASSISTANT		Adrian Esterman	Angela Williams	Julia Verran
GOODS IN Counter When Needed	Jim Owler	Peter Hewitt David Heilbronn		
			Greg Rogers	Barb Joy (til mid day) Rhonda Heilbronn
SMALL HOUSEHOLD	Keith Shaw	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw	Keith Shaw Angela Williams (Assist on Café As needed)
EMERGENCIES	Julia Verran or Wendy Gaborit	Julia Verran or Wendy Gaborit	Julia Verran or Wendy Gaborit	Wendy Gaborit
PICK UP CREW 1			Pauline Yates	Pauline Yates
PICK UP CREW 2	Pauline Yates	Pauline Yates		