

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 15th July at **6 pm** at the Kensington Hotel
Program – Jack Batty & Dr Anna Finizio

Future Events

Meeting #	Date	Venue	Speaker/Program	Information
3375	15/7/25	Kensington Hotel	Jack Batty	Member for Bragg
3376	22/07/25	Kensington Hotel	Dr John Willoughby	Vision for Islands
3377	29/07/25	10 Pin Bowling	Partners Welcome	We had a lot of fun last time!

Club News – 2025-26 Club Meeting Times

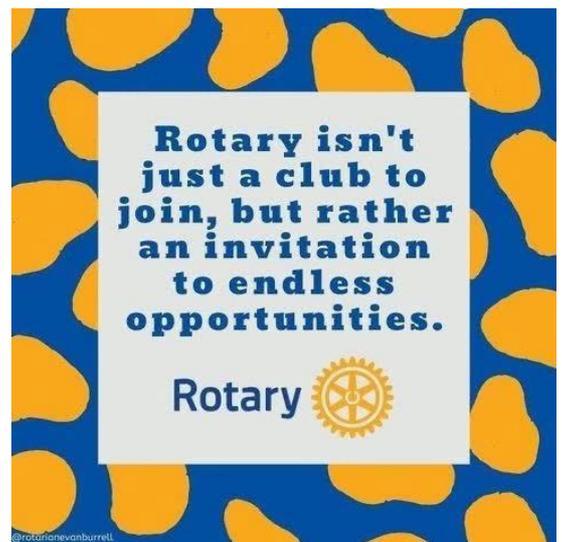
The weekly Club Meeting will **begin at 6 pm and finish by 7 pm** when the meals will be served.
Recent meetings have been popular so come early to “get a good seat”.
Meal orders are taken just prior to the meeting start.

The Bulletin

The Bulletin will be published fortnightly from 1 July.
Please send through contributions to Keith Payne or Pam Vaughton.

Rotary Club of St Peters Subscriptions

From 1 July the Annual Subscription will be \$260.
Payable: annually, monthly, quarterly or six monthly.



Report of Meeting 3374 held at the Kensington Hotel

Chris Dawson gave the Invocation and Toast.

President Wendy welcomed **Susie Llewelyn** and **Stephen** RC of Epping NSW, PDG **Jeff Neale** RC of Campbelltown, Rotarians and Guest Speaker Australian Rotary Health (ARH) Scholar **Tristan Sprumont**.

President's Announcements:

- The Lift the lid for Mental Health Walk Timeline was circulated
Two venues simultaneously – ours in beautiful Linear Park Campbelltown
- Hat Day will be in the week of 10 October
- A welcome letter from Gina Tenny in Nepal was shared – Heart-warming and inspiring and much appreciated by members

Members Minutes

- **Chris Dawson** - An **Environmental Project** was discussed – referred to the Board
- **Jeff Neale** spoke of the work of ARH Research into Mental Health – including a focus on 0 -12 yr olds
- **Jeff Neale** reported from the RI Convention re the continuing Foundation End Polio campaign – Bill Gates is subsidising Rotary to the tune of \$US100 million.
- **Adrian Esterman** spoke of a current Covid wave – early symptoms are a very sore throat and gastro issues. A mask is recommended.
- **Paul Holton** reported steady trading at the Shed on Saturday. Paul and **Mark Polkinghorne** are taking on new roles at the Shed.

Wellbeing Report – Sending greetings to **Joan Shaw**. Get well soon Joan.

Also hello to **Sue Bardy** and **Julie Reynolds**.



Guest Speaker Tristan Sprumont – Australian Rotary Health Scholar

Tristan first spoke to our Club just over a year ago as he was embarking on this 5th Year Medical journey. Tonight he told us how pleased he was to have performed well and passed the exam.



Tristan said the Scholarship helped him to spend more quality time on sport, nutrition, family and friends as well as his clinical placement.... rather than working so much in part-time casual work.

Tristan spoke of his 3 month stint in Truro, Cornwall. He did an extra placement in respiratory studies.

(He was surprised at the number of Rotarians present who had spent time in and knew Truro England. The town has the Headquarters of Shelterbox.)

Going forward Tristan is currently enjoying Emergency and Theatre roles, vascular surgery and a wide range of experiences as a Junior Doctor.

Next year he will be doing a city internship. After that he is required to spend 3 years in a rural setting.

The Club was delighted to hear of Tristan's success.

He showed much gratitude towards the Club for nominating him for this Scholarship.

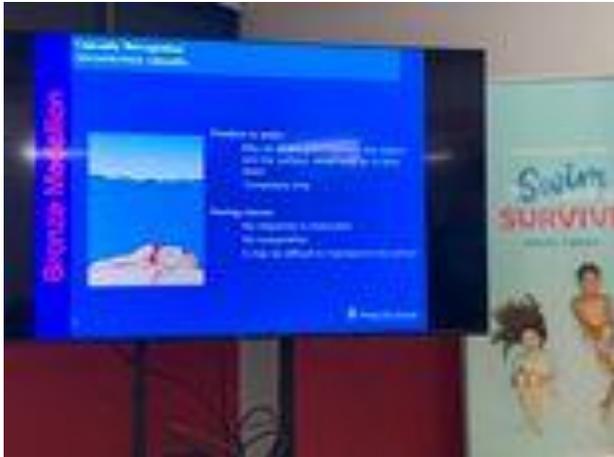
We wish him every success in his chosen profession.

Romaine Dawson gave the Vote of Thanks.



Water safety course

Romaine and Chris travelled to Gilles Plains to view a session of our funded water safety course for migrants being run by Ann McIntosh and colleagues at the Royal Life Saving Society's pool.



We saw Ann introduce the session with several short videos showing how easily children can drown (even in 3cm of water), various water safety hazards, and different means of rescue – pointing out that non-swimmers and injured swimmers pose the most hazardous conditions for rescuers because of their unpredictability.



Volunteers Lunch

On Friday 27 June volunteers and Shed workers were treated to a delicious lunch at the Shed. The event was to say thank you to the folk who work regularly to process and recycle goods for sale at our Rotary St Peters Weekly Fundraising Shed Sale. All profits support projects local, national or international. Examples of current projects are the Hay Run for farmers in drought and the Trinity Gardens School Kitchen Garden Project. Cooks were Jim, Phil, David and Wendy who provided a delicious meal enjoyed by all.



Paul Harris Award to Bert Saccone

Bert has been volunteering on Fridays with our Club for well over ten years.

The Club thanks Bert for his continuing work and good humour working with others and preparing goods for sale.

Congratulations Bert.



Volunteers Lunch – Rotary St Peters says thank you



RECIPES from the Volunteers Lunch

RASPBERRY Loaf Cake / Muffins – Gluten Free

This is the easiest cake you could ever make!!
And it is so delicious too!

All you need is a spoon! (Although I've included more precise measurements too..)

If blackberries are not your flavour, go blueberries, raspberries, cherries, strawberries!

Yogurt, blackberries and Olive oil loaf cake 🍰.

150 gm caster sugar
3 eggs
125 g/ (½ cup) thick Greek yoghurt
60 ml (¼ cup) mild extra virgin olive oil
230 g (1½ cups) "gluten free plain flour
16 g baking powder
1 vanilla bean, split and seeds scraped or 1 tsp vanilla paste
finely grated zest of 1 lemon
125 g blackberries
2-3 tbsp flaked almonds
Icing sugar, for dusting

Instructions

1. Preheat the oven to 180°C. Grease and line a 13 cm x 28 cm loaf tin with baking paper. or. Place patty pan cases in a 12 holed muffin tin

2. Place the sugar and eggs in a bowl and whisk until creamy.

Add the yoghurt, oil, flour and baking powder and mix until smooth,
then stir in the vanilla and lemon zest.

Gently stir in three-quarters of the blackberries / raspberries, then pour into the prepared tin/scoop into the muffin cases.

Top with the remaining berries and the almond flakes.

Bake for 40-45 minutes or until pale golden and a skewer withdraws clean.

3. Cool in the tin then turn out onto a rack to cool completely. Serve as it is or dusted with icing sugar or with a dollop of yoghurt or a scoop of gelato.

#cooklikeanitalian@chefsink @sbsfood

Apricot and olive oil cake!

Fluffy, delicate just sweet enough

Ingredients (serves 8)

170 g caster sugar
230 ml milk
Finely-grated zest of 1 lemon
1 vanilla bean, split and seeds scraped
100 ml extra virgin olive oil
3 tsp Sambuca (optional)
2 eggs, lightly beaten
1 1/3 cups (200 g) self-raising flour
½ tsp bicarbonate of soda
7–8 apricots, cut into quarters flaked almonds, for sprinkling



Method

Preheat your oven to 180°C (160°C fan-forced). Grease and flour a rectangular or square cake tin (or line it with baking paper).

Place sugar, milk and lemon zest in a medium saucepan over low heat and cook for 3–4 minutes, stirring regularly, until the sugar has dissolved.

Do not let the milk come to the boil. Turn off the heat and stir in vanilla seeds, olive oil and liqueur (if using), then let the mixture cool for 5–10 minutes.

Add the beaten egg, flour and bicarbonate of soda and whisk to form a smooth batter. Pour the batter into the prepared tin and arrange the apricot quarters on top any way you like.

Sprinkle with the flaked almonds and bake for 30–35 minutes or until pale golden and a skewer inserted into the middle of the cake comes out clean.

Cool in the tin for a few minutes, then turn out onto a wire rack and cool at room temperature.

A Message from our International President –

Cari amici,

Two weeks ago, I was in my living room playing with my grandchildren. A few days later, I was on a plane to Calgary, suddenly carrying the responsibility of leading this incredible organization. Life comes fast, but so often, it brings us exactly where we're meant to be.

We begin this year with a clear message: **Unite for Good**. It is a simple phrase, but a powerful one. Because behind every successful Rotary effort, every act of service, every new member welcomed, every global challenge met – there are two things that matter most: friendship and trust.

This is how we build strong clubs. It's how we create meaningful partnerships and transform global problems into local solutions. It's also how we lead—not through titles or applause, but with humility, humanity, and heart. But let me be honest with you—this kind of leadership is not always easy. We're human and yes, we make mistakes. We sometimes disagree, but in Rotary, we are called to something greater. Let us reflect on the full vision of Rotary:

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

That last part is essential, because transformation doesn't start with strategy. It starts with character and the way we treat one another. It starts with how we listen, how we support, and how we serve.

This year, I ask you to lead with that spirit. To grow Rotary through relationships. To make your clubs more welcoming, more flexible, more open to new ideas. To think big—but also to think beyond one year. Our term is short, but our impact can be lasting if we plan and act with continuity and vision.

Let us remember our key priorities: membership, polio, and peace. We are closer than ever to ending polio. We cannot stop now. We must keep the promise we made to the children of the world. And as for peace—Rotary has been building it for over a century. Every clean water system, every youth exchange, every maternal health project is a step toward peace.

I joined Rotary as a young professional, eager to help but terrified of public speaking. My fellow Rotarians believed in me and encouraged me to take on new roles, and in doing so, Rotary changed my life. It gave me courage and purpose, but above all, it gave me you: my friends, my team, my family around the world.

So now, my friends... take out your dreams tucked away in a drawer, especially those you thought were too big or bold to achieve. Let's bring them into the light. Let's **Unite for Good**—for our clubs, our communities, and our world. And let's make this a year not only of service, but of joy, of connection, and of love.

With gratitude and affection,

Francesco Arezzo
President, Rotary International, 2025-26

Apologies:

Keith Payne, Peter Hewitt, Dennis Henschke

Meeting Roster

Date	Tue 15-Jul	Tue 22-Jul	Tue 29-Jul
Meeting Number	3375	3376	3377
Venue	Kensi Hotel	Kensi Hotel	Norwood Bowling Centre
Program	Community	Vision for Islands	Social Partners Night
Guest Speaker(s)	Jack Batty	John Willoughby	Julia Verran
Vote of Thanks	Bruce Ballantyne	John Dubberley	
Special			
Chairperson	Phil Smith	Chris Dawson	
Sergeant	John George	Milton Jones	
Invocation	Julia Verran	Ann McIntosh	
Board Meetings			
Steward	Phil Smith	David Heilbronn	
Reception	Julia Verran	Ann McIntosh	
Cashier 1	Keith Shaw	Phil Smith	
Cashier 2			
Bulletin		Pam Vaughton	

Shed Roster

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

DATE	Saturday 12-Jul-25	Saturday 19-Jul-25	Saturday 26-Jul-25	Saturday 02-Aug-25
	School Hols	School Hols		
				PANCAKE SAT
TEAM LEADER	Milton Jones	John Dubberley	Romaine Dawson	Adrian Esterman
SIGNS	Milton Jones	David Heilbronn	Jim Owler	Rod Carey
FRONT COUNTER				
Counter Sales1	Ann McIntosh	Pam Vaughton	Romaine / Chris Dawson	Margaret Hewitt
Counter Sales 2	Trenna Kretschmer	Rachel Elliott	Jayne Stephens	Trenna Kretschmer Joan Shaw
GENERAL HELP	Milton Jones	John Dubberley	Jim Owler	Peter Hewitt Rod Carey
CAFÉ				
BBQ	Tony Camporeale	Rod Carey	Peter Shaw	Tony Camporeale
COFFEE	Paul Holton	Wendy Gaborit	Lisa Shaw	Barb Joy Adrian Esterman
ASSISTANT				Jen Carey
GOODS IN Counter When Needed	Milton Jones	John Dubberley	Jim Owler	Peter Hewitt Rod Carey
EMERGENCIES	Julia Verran Wendy Gaborit	Julia Verran Pil Smith	Julia Verran Wendy Gaborit	Julia Verran Wendy Gaborit
SMALL HOUSEHOLD	Keith Shaw Nick	Keith Shaw Nick	Keith Shaw Nick	Keith Shaw Nick
PICK UP CREW	Pauline Yates	Pauline Yates	Pauline Yates	Pauline Yates