

Rotary Club of St Peters



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President – Jim Owler Secretary – Wendy Gaborit
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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 29 August at the Kensi Hotel.
5.45 for a 6pm start. Also Board Meeting – postponed from 22 August.**

Future Events

<u>Meeting #</u>	<u>Date</u>	<u>Venue</u>	<u>Speaker/Program</u>	<u>Information</u>
3285	29/8/23	Kensington Hotel	Lenard Sciancalepore Adelaide Peace Rotaract	MOSAIC 2023
3286	5/9/23	Kensington Hotel	Paul Otto	Allkids Update
3287	12/9/23	Kensington Hotel	Review Strategic Planning	Wendy Gaborit
3288	19/9/23	Kensington Hotel	Farewell Dave and Amy	Partners Night

Report of Meeting 3284 held on Tuesday 22 August at the Kensington Hotel

Sergeant Phil Smith called the meeting to order and **Milton Jones** gave the Invocation and toast.

President Jim Owler was pleased to welcome everyone after his four weeks' away.
Jim thanked Arthur, Wendy and Pam for stepping up in his absence.

Jim welcomed Guest Speaker Judith Brown from the RC of Morialta. Also Jeff Neale from the RC of Campbelltown, and Suzi Llewelyn and Stephen from the RC of Epping NSW.

Jim was pleased to announce the final approval for the construction of the shelter at the Shed from the Council.
Half the cost has been borne from a Community Grant through James Stevens MP.

Members please note **19 September will be a Social Meeting** with partners to farewell **Dave and Amy Strange**.
Dave has accepted employment in Cairns so the family is relocating.
Save the Date! **Tues. 19 Sept.**

Chairman David Birkedale welcomed Guest Speaker Judith Brown.

Judith is Project Manager the very successful **MIDWIVES SAVES LIVES** Program in Papua New Guinea.

Judith gave the background to Stage One of the project which was supported by many Rotary Clubs including our own in 2018. Members were delighted to hear the positive results of that Buddy Program.

Stage Two of the project is now underway.

The Project – Stage Two

An opportunity to support a proven program to radically improve maternal health outcomes in Papua New Guinea (PNG).

Overall Aim

To improve maternal and newborn outcomes in PNG through the strengthening of midwifery leadership and advocacy within the PNG Midwifery Society (PNGMS).

How was the project developed?

Recognising an urgent need to develop strong midwifery leaders in their country, the PNGMS took the initiative and reached out to the Australian College of Midwives (ACM) for assistance. In 2018 the Adelaide based, Rotary Club of Morialta, with the aid of Rotary district and global grants, commenced working with the ACM, the PNGMS and the Rotary Club of Port Moresby to improve maternal and newborn wellbeing in PNG.

Stage One - Scope of the project 2018-2023

Three rounds of an innovative Buddy Leadership Program have now been completed. Our **24 PNG graduates, with support from their Australian Midwife buddies**, have built networks in their regions, with advocacy and local community health initiatives, to improve maternal health services

and to reduce the maternal mortality and morbidity rate in PNG. They are working to improve access to essential medical services, trained community health workers and health care providers for mothers and their children.

Stage Two 2023- 2025

We need your support to raise \$120,000 to extend this leadership program by at least 26 more senior PNG midwives to ensure that each region/province in PNG is represented.

Who are the key project players?

Midwife members of the PNGMS The PNGMS was initially established more than 20 years ago, was dormant for many years, but is now active within PNG and the region.

Rotarians Rotary is an international organisation that brings together local leaders in order to volunteer humanitarian services, encourage high ethical standards and help promote goodwill and peace in the world.

Midwife Members of the ACM The ACM a member of the ICM is a national not-for-profit membership organisation and the peak professional body for midwives in Australia.

Vote of Thanks

PDG Keith Shaw gave the Vote of Thanks stating this program is a wonderful reminder of the reach of Rotary and difference it can make in saving the lives of mothers and babies.



Who do I contact for further information?

Team Leader:
Judith Brown. Mobile: 0405032184
Email: judith.brown1912@gmail.com

Project Manager:
Tim Mee. Mobile: 0405032184
Email: timmm@bizgroup.net.au

www.morilata.org.au
Email: morialta@rotaryclub.org.au

Rotary  **PNG Midwifery Leadership Project**
Rotary Club of Morilata District 9510 Stage Two program

Members Minutes

SHED REPORT – Phil Smith

Last Saturday's takings were very pleasing.

DUTIES

If you are unable to fulfil a duty please be proactive and swap with someone.

It is very difficult for other volunteers if another is absent.

Also please contact the Bulletin Editor if the Roster needs amending.

There are several changes over the next two weeks. See P 9. (Ed)

BLOKES' KITCHEN – Romaine Dawson

Romaine reported on the success of the Blokes' Kitchen this week.

The next session is 20 September. Report on P. 5.

BLOKES' KITCHEN - Arthur Manser

Arthur attended the Blokes' Kitchen session and praised Romaine for the Program. He said the session was well organised and very enjoyable.

ENVIRONMENT GRANTS – Chris Dawson

Following the success of last year's grants the Club has another round on offer.

Details P. 6

PAGEANT MARSHALLS – Sat 18 November

The Events Unit from the NPSP Council has invited our Club to help as official Marshalls at the Norwood Christmas Pageant.

(This is in addition to our plan to involve our Rotary truck in the pageant.)

If any members are interested in being a Marshall please see Pam.

PAGEANT FLASHBACK – 2019





The Blokes' Kitchen

Chris Dawson

The introductory session was held on Wednesday 16th August with 8 blokes (2 others were unavailable on the day), an instructor/cook and three support crew*. The initial focus was on kitchen protocols and introductory skills, especially knife skills and safety. Following that, pairs of blokes prepared vegetables and cooked them to make a soup. This basic recipe was then modified differently with varying amounts of mashing, garlic addition, thickening with cornflour etc. Then we sat down to eat our product accompanied with garlic bread and lots of interesting chat. Very much enjoyed!

*Many thanks to our support crew of Barbie Birkedale, Jayne Stevens and Angela Williams, and to Sue Doyle, the NPSP Admin Officer at the Payneham Community Centre.



This next session will be more challenging and involve making and eating a two-course meal with a special focus on an attractive, appetising presentation.

Waiting list

At the moment we have just the right number of Blokes involved, but if you know of anyone who might be interested we would be happy to put them on a waiting list.

St Peters Rotary Club Environmental Sustainability Grants

21/08/2023

Applications now open

St Peters Rotary Club, in partnership with the City of Norwood Payneham & St Peters, is offering funding grants to individuals, community groups, education groups and businesses to assist them to undertake local level actions or projects that will make a positive difference to the environment.

Grants offered will be from \$50 to a maximum of \$1000 with the grant recipients selected on the merit of their application. Consideration in the selection will given to the following criteria:

- project site is within, or close to, the Norwood Payneham St Peters Council area
- the positive impact the project or initiative has on creating positive environmental change
- the simplicity of the project and its applicability for other groups in the community to be able to adopt it
- the ability of the applicant to sustain the project without ongoing financial support from this grant.

Applications must be made before September 24th, 2023.

The grant selection process will be undertaken by the St Peters Rotary Club and successful applicants will be notified mid-October.

For applications, contact: secretary@rotarystpeters.org.au

For more information, visit: <https://rotarystpeters.org.au>

President Jim was moved by this article in the Weekend Press.



All the lonely people, where do we all belong?

Just like Eleanor Rigby, Australians of all ages say they are feeling alone, miserable, disconnected and frightened

GEMMA TOGNINI

There's a fascinating interview with Sir Paul McCartney in the New Yorker magazine, published back in 2021. In it, McCartney tells the story of how he came to write the Beatles hit Eleanor Rigby.

She was one woman, but at the same time, every elderly woman, on her own in her twilight years, in the area he grew up in.

He tells how he met her and many others via the Boy Scouts Bob a Job program. Local Scouts, doing odd jobs in their neighbourhoods, for a shilling.

McCartney said his motivation in writing the hit was simple. He wanted to tell their stories in the hope that listeners would have empathy.

He was writing about 1950s Liverpool but could easily have been writing about Australia in 2023.

This week, the findings of the inaugural State of the Nation report into social connections told a grim story about the hearts and minds of everyday Australians. It makes for gloomy, but perhaps unsurprising, reading.

We're lonely. Terribly, frighteningly, lonely.

A third of us confessed to feeling like this. One in six says this isolation, this sense of disconnect, is severe and debilitating.

The study was based on the responses of more than 4000 people who were surveyed between June and July this year.

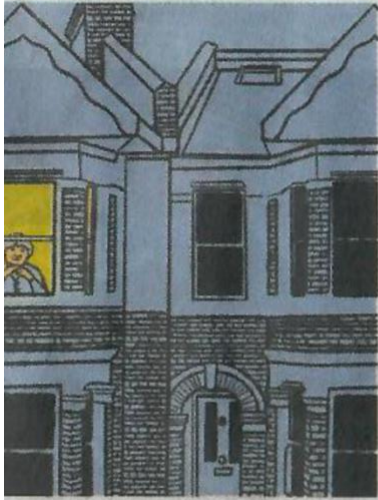
Perhaps saddest among the findings, young Australians – on the cusp of adulthood, their whole lives ahead of them – are the loneliest. Nearly a quarter of young people between the age of 18 and 24 admit to feeling alone constantly. Those in middle age followed close behind.

Of those aged 45 to 54, almost one in five experience the feeling of relentless isolation.

The study also found that these feelings are wrapped in shame, and I believe that. Who wants to admit to being lonely? In my own, overwhelming moments of feeling adrift, admitting it was too much would have made me too vulnerable. I mean, rationally, you look at your life and acknowledge how much you have to be thankful for. You know that from the outside, at least, it looks like every moment of every day is just another episode of me living my #BestLife.

Meanwhile, inwardly, there's a

All the lonely people, where do we all belong - cont...



EMILIA TORTORELLA

gnawing sense of loneliness that lingers like hurtful words after an argument.

For me, at least, there was shame in those moments.

How many of us can relate to all this? What this report says is important. What matters more is what it says about us. As a country, and as a community of increasingly divided and disconnected individuals.

It tells us that something is broken, inside us and around us. That we've lost our ability to connect. It's not like we don't know the answers, at least in part. There's a trove of evidence that points to the link between a digital existence and poor mental health.

We know from countless studies that the more time a person spends online, the more likely they are to feel isolated and alone. Is it any wonder?

We're wired for connection. The human kind, not the kind that

needs to be plugged in and charged overnight. Conversation. Touch. Empathy. Tenderness. The sound of someone's voice. The knowledge that you're valued. Missed. Worthy. This is the currency of human interaction.

These are the salves of a lonely soul. You won't find them spending 24/7 on Facebook.

And this is the currency that was so catastrophically devalued during the Covid years.

Perhaps this study is a reflection of that callousness? I'd believe that too. You can't shut down a nation and lock up 26 million people without consequence. You can't deny a cohort of kids their education and social interaction without consequence. And you can't rob people of the only true commodity that matters – time – without there being a cost.

That narrative of fear, fed and nurtured by governments, made us suspicious of our families and neighbours. Caused us to shrink from one another.

Did we think this would all amount to nothing?

We are not without hope, though. There is much that can be done, and with the creative expanse of the human heart we don't need to look too far to see.

In Italy, a program in Milan called Adopt a Nonno has been running for about a decade. It connects young people with the elderly to address social and generational disconnection. This is what McCartney spoke of when he explained how he brought Eleanor Rigby to life in song, based on the friendship he built with his elderly neighbour.

"Just hearing her stories enriched my soul and influenced the songs I would later write."

But what of the rest of us? Lonely Aussie teens. Young adults stepping into the world without confidence, wrapped instead in isolation. My own cohort, a bunch of Gen Xers who according to the data have hit middle age with a whimper, grappling with loneliness.

Ours was probably the last generation who got kicked out the front door on a Saturday morning and told to come back for lunch. Those days are well gone.

On reflection, the answers are simple. They won't come from government; they must come from us. We hold the answer in our hands. Our homes. Our streets. Our everyday conversations. Believe me, I know.

Moving from Perth to Sydney at the age of 48? It was a trip. While the loneliness I felt at times after moving was circumstantial rather than existential, it was simple things that eventually dealt with that constant sense of being a rabbit in the headlight.

Getting to know my neighbours. Chatting to people at my local cafe. Keeping an open heart. Deliberately staying offline as much as possible. Getting out and going for a walk on the days I'd rather wallow.

It's not complicated but in a weird way, it takes a degree of courage and a commitment to self-determination.

It also takes community.

I want to be part of the answer not just for myself, but for those around me too.

We are fortunate to be part of a friendly Club working for the community where newcomers are always welcome. Do come along to the Shed any Saturday morning.

Apologies

Wendy Gaborit, Keith Payne, Brian Kretschmer, John Dubberley, Peter Hewitt, Carmel O'Reilly.

Meeting Roster

Date	29-Aug	5-Sep	12-Sep
Meeting Number	3285	3286	3287
Meeting	Kensington Hotel	Kensington Hotel	Kensington Hotel
Venue Topic / Guest Speaker	Mosaic 2023 Lenard Sciancalepore Rotoract	Allkids Cambodia Paul Otto	Review Strategic Planning Wendy Gaborit
Chairperson	Romaine Dawson	John George	Phil Smith
Vote of Thanks	Bill Winslow	Keith Shaw	Mary-Anne Hannay
Special	Board Meeting		
Reception	Peter Hewitt	Dave Strange	David Birkedale
Cashier 1	Paul Holton	Chris Dawson	Mary-Anne Hannay
Cashier 2	Angela Williams	David Heilbronn	Bruce Ballantyne
Steward	Ann McIntosh	Keith Shaw	Bill Winslow
Invocation	Peter Hewitt	Dave Strange	David Birkedale
Bulletin	Pam Vaughton	Pam Vaughton	Pam Vaughton
Information Spot			
Sergeant	Brian Kretschmer	Mary-Anne Hannay	Greg Rogers
Information			

Shed Roster

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

Also please note several personnel changes to the Roster

DAY	Saturday	Saturday	Saturday
DATE	26-Aug-23	02-Sep-23	09-Sep-23
		PANCAKE SAT.	
TEAM LEADER	Jim Owler	David Heilbronn	John Reynolds
FRONT COUNTER Sales 1	Pam Vaughton	Romaine/Chris	Julie Reynolds
Counter Sales 2	Betty Owler	Ann McIntosh	Margaret Hewitt
			Joan Shaw
GENERAL HELP	Jim Owler	David Heilbronn	Peter Hewitt
CAFÉ/BBQ	Peter Shaw	Alberto Curiel	Tony Camporeale
Coffee	Lisa Shaw	Pancakes and Coffee Dave Strange	Mary-Anne Hannay
GOODS IN Counter When Needed	Jim Owler	David Heilbronn	John Reynolds
SMALL HOUSEHOLD	Keith Shaw Angela Williams (Assist on Café As needed)	Keith Shaw	Keith Shaw Angela Williams (Assist on Café As needed)
EMERGENCIES CONTACT	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
PICK UP CREW 2	Marlene Balacco	Marlene Balacco	Marlene Balacco