

# Rotary Club of St Peters

## Rotary St Peters Monthly Newsletter

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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.

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### Welcome to the August/September 2024 edition of the Rotary Club of the St Peters Monthly Newsletter

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## Club Meetings

### Meeting Guest Speaker – Professor Leonie Heilbronn



Leonie is a clinical research scientist within the Adelaide Medical School at the University of Adelaide and leads the Obesity and Metabolism lab which is located within the Lifelong Health Theme at SAHMRI. The goal of her lab is to develop dietary and behavioural strategies that optimise circadian and metabolic health to prevent chronic diseases and promote healthy ageing in humans.

Her current research is focused on three broad areas:

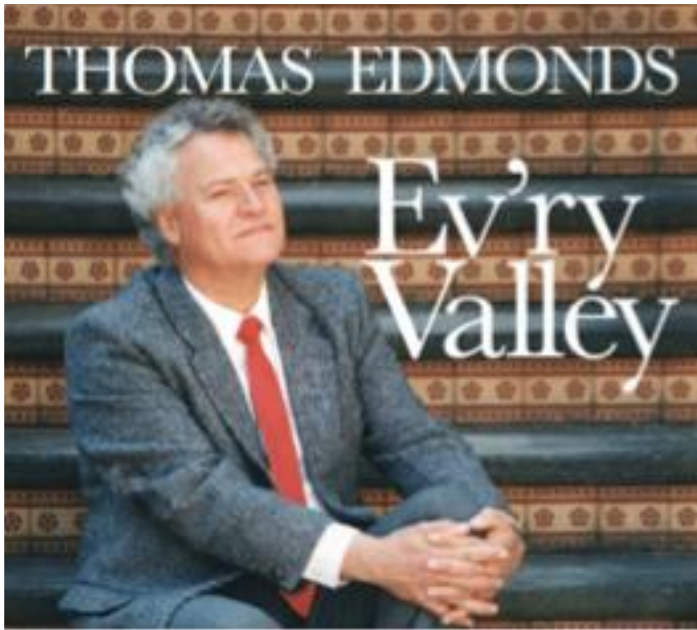
- (i) understanding the impact of meal timing on circadian regulation of metabolism
- (ii) deciphering inter-individual variability in nutritional interventions and
- (iii) prevention and treatment of metabolic disease in “at risk” population groups.

Leonie stressed the importance of a balanced diet.... Especially fruit and vegetables, nuts and seeds, also the notion of eating less!

Leonie said try to eliminate late night food intake. Eat within an 8 hour daily period. She also discussed weight loss, medications and procedures.



## Meeting Guest Speaker – Thomas Edmonds



Thomas Edmonds, tenor and brother of Jack, who lived with the family on Jack's farm at Canowie Belt as a boy, recently turned 90.

Many folk will remember he won Showcase in 1968 – the equivalent of the Voice in 2024.

Thomas went on to perform across the globe and, in earlier years, at many Rotary Clubs!

Thomas published his autobiography *Ev'ry Valley*, a tenor's journey for his 90th birthday. In April this year.

Tom started singing from a very early age. The family said he was singing before he was speaking!

Singing lessons were a shilling in those days and Tom learnt from Mrs Gwen Young in Peterborough.

The family were tenant farmers. They were at Morgan East about 12 km north east of Peterborough, before they moved to Canowie Belt. Tom had correspondence lessons.

Later he boarded with his sister in Peterborough and attended the High School before moving to Adelaide to Adelaide Boys High School.

Tom went on to Teachers' College and had teaching postings in both public and private schools. It was when he was Deputy Headmaster at Westminster College that he won both the Viewers' and Judges' Prizes in Showcase – 1968. The prize being a world trip.

This trip gave Tom the chance to become a professional opera singer and he worked in both the UK and Europe. (He also engaged his brother Jack as a minder (at age 75!) for a stint in Carnegie Hall.

Tom said his favourite composers are Bach, Handel and Mozart. His favourite person - his wife Elizabeth!

Tom said he has also enjoyed singing popular sentimental songs at weddings and concerts



## Guest Speaker: Rachel Elliott

Rachel is an experienced property professional, Fellow of the Australian Property Institute and Graduate of the Australian Institute of Company Directors.

After more than 30 years of valuation and property advisory experience across national and multinational firms she was appointed Chief Valuer at Land Services SA in 2022.

In addition to her professional role Rachel is the Deputy Chairman of the Believe Housing Board (an Anglicare SA subsidiary) and a member of the Urban Development Institute of SA Executive Council.

Rachel gave a very informative snapshot of the current property situation in South Australia and Australia....

For example in South Australia there are 900,000 individual properties. 77% are residential. In June 2024 the median value of houses in Adelaide was \$785,000....Units: \$572,000. Over the last quarter dwelling values have increased\ by 5%. In the past year 15.5%.



## RCStP Environmental Grant

The RCSP has supported Adelaide East Education Centre, a Department of Education secondary school for students with a disability, on several occasions in the past through the purchase of a range of specialised educational equipment and several raised garden beds for students in wheelchairs.



During the 2023-24 year, an environmental grant was awarded for the creation of a vegetable garden which is to be partly looked after by students, and also to serve as a source of herbs and vegetables for the school kitchen.

Rotarians were invited to have lunch at the Centre where, once a month, a group of school students and helpers prepare a lunch for interested parents and other invitees. They had a lovely lunch of curry and lemon tart, during which time they chatted with Nidhi (the Administrator) and Sasi (the Principal). They then toured their vegetable garden which is already supplying some kitchen needs.

It was interesting to learn that the plants bought for this garden, together with some used to beautify the car parking area, cost \$500+ from Virginia Nurseries as against \$900+ at Bunnings! Good to see our grant money being spent judiciously.

*Rotarian Chris Dawson*



## RCStP - Supporting Young People

The Rotary Club of St Peters was proud to host a display at the Shed of the vehicles used in the Pedal Prix.

The Norwood International High School team came to the Shed and accepted a donation of \$4,000 from our Club.



From the school's website –

### [Norwood International HS Pedal Prix](#)

Pedal Prix is an exciting activity for students to ride pedal powered vehicles during Terms 2 and 3.

Students join a team and compete in the UniSA HPV Super Series held on closed tracks.

Norwood International Pedal Prix Racing aims to provide an inclusive program with teams for students of all year levels, abilities, and aspirations.



This year we will look to field up to 6 teams in various races, with the addition of a community team/s at Adelaide Round 3.

Students taking part in season 2024 will need to commit to (on average) fortnightly training sessions at Victoria Park or Hanson Reserve velodrome and to various races depending upon their team's requirements.

We are looking for students to consistently strive to improve themselves on and off the racetrack, by building fitness, gaining knowledge of the trikes, and taking on leadership roles within the program.

Depending on the program capacity students may be required to complete tryouts to secure their position in the program.



# AUGUST 2024

Monthly Newsletter

ROMAC is a project of Rotary Clubs in Australia and New Zealand

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## Making a Difference One Child at a Time

BY ANITA ROBINSON

Haggai's story is just one of many. Rotary Oceania Medical Aid for Children (ROMAC) – continues to help children from across the Oceania region who require life saving and life changing medical treatment.

Since its inception in 1988, ROMAC has assisted over 550 children, and we continue to be moved by the generosity of our donors and volunteers, whose support makes these success stories possible.

Watch the captivating video of Haggai's story now at <https://bit.ly/3WNxKDb> or scan this QR code:



[Follow Us On Facebook](#)

[ROMAC website link](#)



## MONSTER GARAGE SALE in the BIG GREEN SHED every Saturday morning in Linde Reserve

Our **Rotary on Linde BIG GREEN SHED** provides clothing, shoes and bric-a-brac items. Also, books, toys, art, DVDs and LP records as well as household electrical, sports equipment and tools.

All at affordable prices.

**Location** - in Linde Reserve at Stepney (Bus stop 6, Payneham Road). Follow the roadside signs.

**Opening times** - Every Saturday morning from 8:30 am to 12:30 pm.



**Our Café** – Serves coffee, light BBQ snacks and drinks. Come and enjoy our new shelter.

**Dog Owners** with their pets on a leash are welcome.



**Electronics Recycling** – there's a bin at the Shed for items. This provides work for the employees at Minda.



**We need your help** - to **DONATE** items, to help **SORT** items, to **SERVE** on Saturdays.

**Bring items to the Shed on Saturdays, phone us on 8411 0277 or contact us at –**

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