

Rotary Club of St Peters

Rotary St Peters Periodical 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.

Welcome to the October 2024 to January 2025 edition of the Rotary Club of the St Peters Periodical Newsletter

Meeting Guest Speaker - Mrs Marie-louise Lees - District Governor 9510 -2024-25



Marie-louise, known as M-I, joined Rotary in 2012 and is a member of the Rotary Club of Gawler Light. She is a Certified Professional Engineer. M-I has been active at club and district level.

M-I spoke of her professional journey as a Petroleum Engineer. As a child she was always interested in science – how and why things happen. At school she developed a passion for Maths and Physics.

M-I attended a Summer School where she learned as much as possible about Oil Production leading her to University to gain a Chemical Engineering degree. M-I's first job was as a petroleum engineer. A petroleum engineer is involved in producing oil and gas from up to 4,000 metres underground. Specialists in the field deal with drilling, completions and production, i.e. How much oil and gas is there and how to get it out! This process does not contaminate underground aquifers. Oil and gas have helped the population of the world gain a quality lifestyle.

M-I posed the question:

“Our Energy Transition Challenge
How do we maintain our lifestyle, but reduce our environmental impact?”

M-I is optimistic of success. The presentation was very engaging with many members asking for further information.

Meeting Guest Speaker – Jesse Humphrys

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 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. 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.



Australian Rotary Health Walk – Fundraiser - Lift the Lid on Mental Health

There were two venues organised by local Clubs – Venues: East Parklands and Campbelltown. Several folk represented our Club.



Guest Speaker: Rick Day



Rick is Director of Industry Development Office of Hydrogen Power SA.

Hydrogen: A key enabler of South Australia's green reindustrialisation

SA has a competitive advantage in renewables due to its global physical position for solar and wind – renewable energy production.

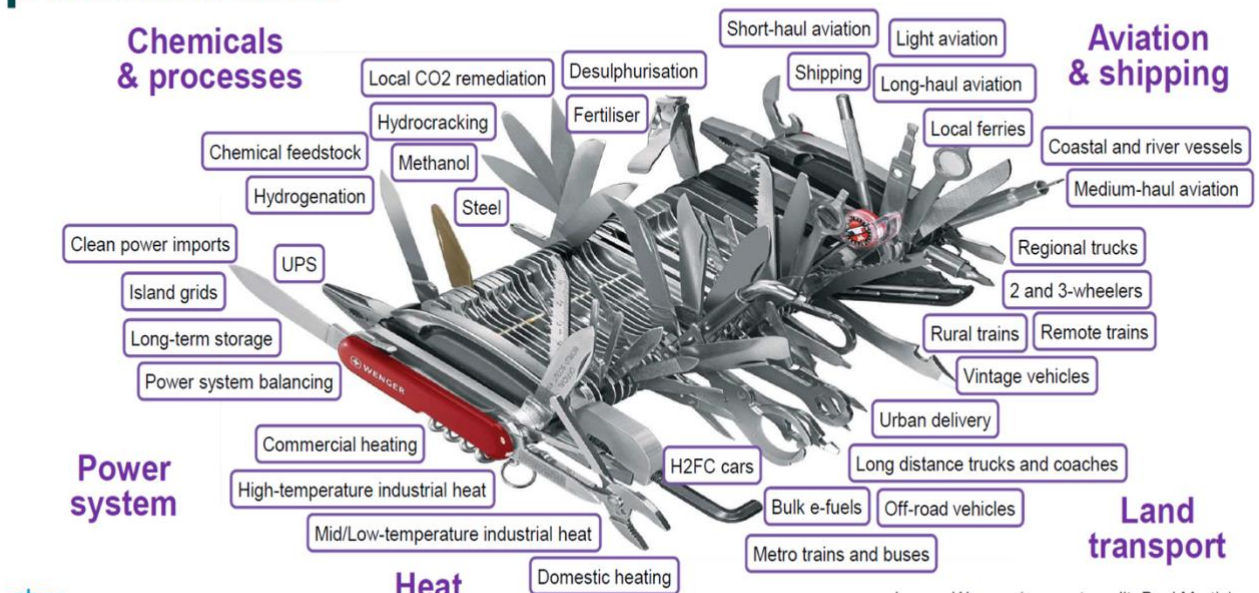
Over the past 16 years SA has moved from 100% fossil fuel energy use to 74% clean energy per annum. SA is a global leader in renewable energy.

Hydrogen – is a versatile molecule with many potential uses – for power systems, land transport, aviation and shipping, also chemicals and processes.

There are many hydrogen projects in SA. For more details see the projects listed at

<https://www.hydrogen.sa.gov.au/>

Hydrogen – a versatile molecule with many potential uses



Meeting Guest Speakers – Robin Kelly and Margaret Nippert



The **Linde Community Garden** concept began in 2009 with a Public Forum. With the support of the Council and Steven Marshall the groundwork was laid and in 2011 the timber edging for the plots was installed.

Recently the garden has received grants from our Club for the systematic replacement of the original wooden garden edging with plastic edging that is weather-proof.



The Garden flourishes with 71 members – 40 memberships with members' ages ranging from 6 months to 92 years. All share a connection with nature. The garden is organic – i.e. no pesticides or weedicides are used. Compost is made and stored on site. Thursday is Garden Day when members tend their plots.

Produce is shared. This is particularly useful with herbs. Recently perennial plants such as rhubarb, asparagus and globe artichokes were established. Experimental native food plantings such as finger lime, muntries and black sapote are underway.

Future plans include upgrading the compost bins and developing and designing a small shade house and plant nursery. Also signage on the bars would help and a digital lock is needed on the entrance gate.



Guest Speaker: Peter Jarvis – ShelterBox

“ShelterBox exists to ensure no one is without shelter after a disaster. We often work in places that others don't, making sure that we reach families who need support to take the next step in resuming their livelihoods. By providing emergency shelter and tools for families robbed of their homes by disaster, we're transforming despair into hope.

From Cameroon to Syria, all the way to the Philippines and the Caribbean, ShelterBox has provided shelter to over 2.5 million people so far.

ShelterBox - So what exactly is the product? Temporary shelter for ten folk. A tent you can stand up in with three pods. Tools for erection of the tent, a water filter, solar light with USB charger, warm blankets and kitchen utensils. The unit cost is approx. \$1,000.



AllKids fund raising Garden Party



On Sunday 3rd November 2024 the AllKids fund raising Garden Party was held and there were in excess of 130 people in attendance.



It was a beautiful afternoon and a very satisfactory amount of money was raised for AllKids which included a generous donation from our Rotary Club for the AllKids dental programme.

Paul Otto the Cambodian director of AllKids expressed his gratitude for this donation and stated that this money will ensure the dental programme will be able to continue until next June and possibly beyond. He also stated that the involvement of the current structure of AllKids will continue until 2030 when it will be handed over to the Cambodian authorities.

The Cambodian Ambassador to Australia & New Zealand made a special journey to Adelaide to attend this event and he spoke very highly of the good work being done by AllKids.

A very special thanks to all the ladies who prepared and donated the delicious food served during the afternoon and those ladies who helped in the kitchen during the event.

The food was served by 12 senior boys from Prince Alfred College and what a great job was done by these very smart and polite young men, so a big thank you to PAC for this assistance.

Our Story

By Paul Otto, founder of AllKids

In 2010 I came to Cambodia to supervise the construction of a village and clinic for HIV children in the Commune of Ream, close to the coastal city of Sihanoukville. Each day for the next 18 months I was greeted by the same children as I walked through the village to the building site.

I began to question why these kids were not in school and a survey revealed that less than 25% of children in the Ream Commune were not attending school regularly.



Towards the end of the project I realized that I was in a position where I could change the lives of the children in Ream for the better, and the concept of AllKids began to form. With the support of Mr John George, a successful businessman and an active Rotarian who has over twelve years' experience in managing charity organizations in Cambodia, AllKids was established in 2012 as a not for profit, international NGO.

<https://www.allkids.org.au/>

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 –

stpeters@rotaryclub.org.au