

# The Rotaract 'Ketchup'

Adelaide City | Salisbury City | Thebarton Senior College | The University of Adelaide

Issue 1- December 2015

## Rotaract blossoming throughout Spring 2015

### “ARC” 2015:

The Australian Rotaract Conference was held in Hobart this year. More than a hundred Rotaractors descended on the Tasmanian capital to list to guest speakers. These speakers included, but were not limited to, Robyn Moore, Sebastian Terry and Johanna Parker.

Along with having these keynote speakers, there were extracurricular activities. Among these activities were: yachting, dancing, eating, exploring Hobart, and enjoying Mona.

If you'd like to read more about this conference and to find out where ARC 2016 will be hosted please find the information located DRR Damien Lynch's blog.

### Who Looks Like a Clown?:

The Rotaract Club of Thebarton Senior College, recently helped out at the Christmas Pageant on Saturday 14 November. The volunteers painted the faces of all the clowns that were participating in the festive event



### Mockingjay - Welcome to Australia Movie Night Fundraiser

On Thursday 19 November the Adelaide City Rotaract Club at the Capri Theatre on Goodwood Road. With raffle prizes to accompany the movie all reports were a very positive night. \$1000 was raised for 'Welcome to Australia' so congratulations to the club and all members who organised the event for making it such a successful evening! Welcome to Australia assists refugees with settling into Australia.





## Smarties:

The Salisbury City Rotaract Club hosted a Movember Quiz night on Saturday 28 November. Rotaractors, Rotarians and friends were invited to attend the quiz night fundraiser for the Movember Foundation. Questions were impeccably researched and prepared by members of the Salisbury City Rotaract Club. All questions had a moustache or facial hair connection with interesting facts shared after each answer, including the reason why Eric Clapton wore a fake moustache. The quiz was taken out by

the Adelaide City Rotaract Club and Friends table - who sported some real and fake moustaches of their own to celebrate the evening!

## Professional Development Continues in 9500



The focus on developing skilled young leaders in our district was again on show with more fantastic speakers attending events. **The Adelaide City Rotaract Club** received a good turnout to speaker Jane Calleja. Jane spoke about time management and answered questions from members who find themselves snowed under with work and event commitments. Time spent on urgent and unimportant tasks were discussed as well as how to effectively control email inboxes - delete every conversation that has been actioned, don't let it build up!

**Salisbury City** hosted Carrie Faggotter who led a team of Rotaractors to get out of their comfort zone, finding what we thought we were and then building up our confidence to what we can be! Carrie was a student of the famous motivational speaker, Tony Robbins and also spoke about her experience with him and the firewalk challenge.



# Welcome New Rotaractors:



On 11 November the Salisbury City Rotaract Club inducted 3 new members in one evening! Please welcome (L to R) Jordan Fischer, Thomas Cloon Hopgood and Kaz Bahmanzadah

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## Upcoming Events:

### Adelaide City Rotaract End of Year Break Up:

Join ACRC in the Botanic Gardens at 3pm on December 6th to celebrate the year passed and enjoy some games and good company. [RSVP here!](#)

### Rotaract Games:



### Rotaract Games

Want to meet other Rotaractors from around the country? Want to show your competitive side? Why not combine both of these, and head over to Sydney in February for a weekend of competitive fun.

Sydney will play host to the Australian Rotaract Games from the 6 to the 7 of February 2016. If you are keen on taking full of advantage of making new friends, there is a social both on Friday the 5th and then a beach social Monday the 8th.

To find out more on how you can join in the puzzle check out [Facebook](#).

# Come Taste the Wine:

## **Fellowship, leadership and Motivation**

In the heart of the Barossa at Chateau Tanunda the 2016 District conference will take place, March 17-20. All Rotaractors are strongly encouraged to attend and organise a group to go together.

There is now a Facebook form to aid in the collaborative effort in sourcing: accommodation, travel and gatherings while in the Barossa Valley.

<https://www.facebook.com/groups/1594741280775490/>

Please click on the link and request to join. Or search "D9500 Conference info for Rotaractors" on facebook.

Filled with well-known South Australian celebrities and personalities the event will be M.C.'d by news reporter Graeme Goodings. Keith Conlon- multiple Tv and radio show host and current chairman of Crows Children's Foundation, Glenn Cooper - current chairman of Coopers Brewery, which is the largest Australian-owned brewery in Australia. More guest speakers can be found on the official website:

<http://www.d9500conference.org.au>

## **Brisbane - #ARC2016:**



The 2016 Australian Rotaract Conference will be held in the Sunshine State. Brisbane will host the event on 14-16 October 2016. Anyone that enjoyed ARC 2015 in Hobart will be booking their tickets early to get more fellowship and their next shot of inspiration. Any Rotaractor out there who has not been to a conference should read the blog about ARC 2015 below to see what is involved and what you can get out of the event.

<http://conference.rotaract.org.au>

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# ***SUNNY HOBART SHINES AT ARC 2015***

by Damien Lynch, District Rotaract Representative 15/16

On October 10-11 Rotaract Australia held the Australian Rotaract Conference for 2015. Held in the capital of Tasmania, more than 150 Rotaractors converged on the Baha'i Centre of Learning to listen, be motivated and take part in good old Rotaract fellowship! Attending from Adelaide were Kirsti Kankkunen, Paige Honor, Cameron McClean, Nicholas Egan and Damien Lynch. The theme was I-C-E: Inspire, Connect and Experience. **“to inspire and empower people in both their personal and professional lives by providing a platform for professional development.”**

Landing in Hobart and catching up with some of my best friends from across Australia within the first few hours made a great introduction to the weekend.

## Day 1 - Friday Yachting



One of the best features of ARC this year was the Yacht race that all Rotaractors could participate in. In teams of 4-8 we were placed onto yachts to be a part of a team and race around the buoys. This rotaractor fell IN the Derwent River. Though this turned out to be a very good exercise for the team - practicing rescuing a man overboard. It was quite an exhilarating experience, both in and out of the boat! Credit to The Royal Yacht club of Hobart and the Sandy Bay Rotaract Club. Following the race, and my lift back to my hotel room to get changed, there was a beautiful dinner at the Yacht

club for all Rotaractors who participated.

## Day 2 - First day of the Conference



Starting early I rose to go to the Woolworths across the street to make sure I was awake, full of food and ready to be inspired. Guest speakers galore on this day. This day was so full of motivational and inspirational material that justice may not be done in writing. Robyn Moore was first up and after making half the audience over excited by revealing she was the voice of Blinky Bill her main message was “What are you going to do before you cark it?!” with unbelievable enthusiasm and a dry wit for our own mortality. Perfectly placed and politically incorrect jokes made us all laugh and sit up because the excitement was contagious.

Sebastian Terry was a man without shoes on but spoke about what he has accomplished in his life. Creator of the initiative “100 Things” and website [100things.com.au](http://100things.com.au) Sebastian showed his extreme confidence and desire to complete his list of 100 things to do before he dies. Some items on the list included walking on the red carpet at an international festival and delivering a baby - both of which Sebastian has completed without relying on money.

Johanna Parker closed the day with a talk on goal settings however to be honest this Rotaractor was feeling a little tired at the end of the day and needed more coffee. However I spoke to other Rotaractors at the event including other DRR Bec Weragoda who thought that Johanna was the best speaker for the day, motivating her with plans to getting things done.

The I-C-E theme was on display during the dinner on Day 2 with snowflakes and an icy feel to the function room where dinner was served for all attendees.

Social interaction is a big part of Rotaract and as expected a large portion of us gathered at Salamanca Place for some drinks and dancing. A large circle was formed during Queen’s Bohemian Rhapsody which allowed for a phone to be passed around as we all sung a line. I’ll have to get that video later.

## Day 3 - Last day of Conference

An early start for me again, but it was an easy day where the Rotaract Awards were handed out to deserving clubs that have achieved in the past year. Sadly our district did not come away with any awards this year but I am hoping that motivates us to try harder for next years conference. A special mention will be given to Dani Fogarti who took out Rotaractor of the year. I hope to catch up with Dani one day in the future.

I listened to speaker Mel Irons on Day 3 who became well known for setting up a facebook page during the Tasmanian Bushfires in 2013. The facebook page quickly grew into the state's largest and fastest form of communication for fire relief and support, overtaking the local governments' messages and efforts. Mel was an inspiring person who I will remember for quite a while.

The day ended early, and after my Rotaract Australia Council meeting I headed off with interested Rotaractors to find some of Tasmania's best burgers. Myself and all interested Rotaractors headed off to the Burger Haus which, if I may add, were pretty decent burgers and milkshakes. Afterwards it seemed others had a hunger for more and we ended up back at Salamanca Place for round 2 of burgers - which were nowhere near as good fyi - followed by more clubbing and dancing. There were a few pranksters that night who hid my driver's license but it did not compare to the joke pulled on Rotaract Australia chair Jake Weragoda. The Rotaract crew in the bar managed to get everyone to sing along to happy birthday to Jake - whose birthday is in February. It was also managed that people wrote on his Facebook wall, which snowballed to many others outside the group posting to his wall.

The last morning in Hobart went by quickly, as some plans were cancelled due to poor weather, but after we managed to find a cute cafe for one last breakfast before saying goodbye. I was then forced to say my goodbyes as people headed off to the Airport to go back home, ending a weekend in Hobart.



Members of Adelaide City Rotaract at the Australian Rotaract Conference