BULLETIN #2263 –23rd September 2025

September is **Basic Education & Literacy Month**. Rotary's goal is to empower communities to support basic education and literacy, reduce gender disparity in education and increase adult literacy.

Regency Park Rotary Club members meet weekly at The Caledonian Hotel from 6pm

215 O'Connell Street, North Adelaide

We gather on the traditional lands of the Kaurna people

VISITORS are ALWAYS WELCOME

Meeting planner:

	Tues 23rd Sept Meeting #2263	Tues 30th Sept Meeting #2264	Tues 7th Oct Meeting #2265	Tues 14th Oct Meeting #2266
Welcome	Vic	Russell	Les	Hadi
Speaker	John Opio	~~Movie Night cancelled~~		Harvey
Subject	**Visitors welcome:** **John and his Family journey**	**New member Peter Saloman – "life and times"**	**TBA** **(Vic to advise)**	**World Weightlifting Championship** **(TBA)**
Speaker Host	Ron			Vic
Raffle	Dale / Angela	Dale / Angela	Dale / Angela	Dale / Angela

Rotary Club Number 17650 – District 9510 – Chartered Oct 28, 1980 – ABN 50 754 712 409
PO Box 294, Prospect, SA 5082 email: info@RegencyParkRotary.org.au
Website: RegencyParkRotary.org.au fb: www.facebook.com/RegencyParkRotaryClub

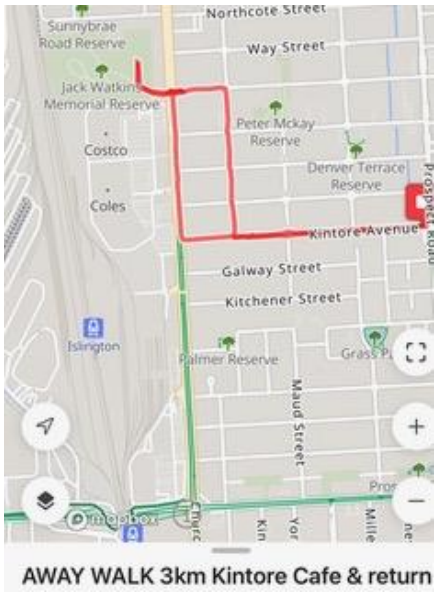
***President**: Jeff Cluse*
***Secretary**: Jack Pappin*
***Treasurer:** Brian Wheatley*
***Public Officer**: Russell Green*
***Bulletin editor**: John Goodridge*

Diary Dates:

(Events in Red still to be confirmed by board)

DATE, Time	EVENT	Details	Roster
Sat 27 Sept	**Kilburn Community Centre**	"Words Grow Minds" Pancakes 9am – 12	Jeff, Ron, Angela, Vic, Mark C, Aminata, Les, Peter, Marzila NEED TRAILER
Sat 27 Sept **Sun 28 Sept**	Carousel (Spring) Carousel	11 to 2: John O 11 to 2: John G	2 to 5: Mark S 2 to 5: vacant
Sat 11 Oct	**"Walk for Respect"**	9am – 11am	Details to follow
Saturday 11 October	PAE Skate Park Competition – 541 Victoria Rd Osbourne	Time and details TBA 10am to 2pm?	To be considered
Saturday 22 November	**Norwood Xmas Pageant**	10am – 11am	Details to follow
Saturday 29 November	PLEG Christmas Market		Consider - Food service $25 Stall fee.
Thursday 4 December	**DHS Event Lightsview:** Sausage sizzle – for 500	TBC 10 set-up pack-up by 2pm – request for quote	Vic, Mark C, Jeff, Les
Sunday 7th Dec	**Port Adelaide Pageant**	11am – 3pm	Details to follow
Wednesday 17 December	Catering for Uniting Care at St Clair Rec Ctre – Woodville Rd		To be considered
Wednesday 24 December – Christmas Eve	Bunnings	AM Vic	PM

This coming Friday, 26 Sept, will be our monthly AWAY walk. It combines two recent visits by the club. The walk starts at the usual time of 7.45 at **Kintore Cafe**, on Kintore Ave, off Prospect Rd at Kilburn. It's an easy 1.5km down to **Jack Watkins Reserve** (you can use any of the side streets to get you there). Have a stroll around, then another flat 1.5km back to **Kintore Cafe** for a caffeine fix.



AWAY WALK 3km Kintore Cafe & return




Our Rotary meeting last week was within both the community and vocational themes as we enjoyed a meeting at Kintore Caffe. The owner spoke of his journey from Syria, firstly to London then Adelaide. Originally a hairdresser, he had several salons in Adelaide before joining forces with his family to open the Kintore Pizza Caffe. A very delicious range of pizzas for us to sample.







On Saturday, we catered for the PAE council for re-opening of the **Jack Watkins Reserve.** The reserve commemorates those who lost their lives to Asbestos related illness. Despite lingering rain, the community showed their support for the project. Fifty children from a nearby school had an amazing time. Some kids had their first sausage sanga (halal version).

Council members, comprising the Mayor, CEO, and former member Cr. Mark Basham 'Bash' were all very pleased with the catering.



Join The City of Port Adelaide Enfield to celebrate the official opening of the huge new Jack Watkins Reserve in Kilburn with family fun, a sausage sizzle, live music and more.


Supporting People Everywhere
Rotary
Regency Park
Drinks or Water $2 (with free Sausage Sizzle)
Rotary
Regency Park


the COFFEE RUN




JACK WATKINS
RESERVE



LIFT
THE LID
WALK

REGENCY PARK ROTARY

Regency Park Rotary Club meets every Friday morning throughout the year for a morning walk, a chat and a cuppa. **It's fellowship at its best.**
This coming **October** there are 5 Fridays in the month and all of them will be a **Lift the Lid Walk**.
You are invited to Join us, preferably for all 5 Fridays, but at least for 1.
The Kilometres that you walk each Friday will be accumulated though the month and at the end, tallied up.
What we would like you to do is nominate how many Km you will walk in the month and nominate a $$ value per Km.
But, before you start, find some family/friends/businesses who will sponsor your walks. Ask your Club to sponsor you. Your option, you can either pay for the Km that you walk yourself, or you collect from your sponsors. (or both).
There is no entry/nomination fee, but you will need to register your participation.
The 5 walks start each Friday morning (of October) at 7:45am, they last for about 45mins, then we gather at a café for a cuppa and a chat. The average walk is about 3km, but you can do more or less as suits you.
We meet outside the Caledonian Hotel Barton Tce West, North Adelaide then after the walk gather at Pellegrini Café O'Connell St, North Adelade.

TO REGISTER:
Send an email to info@regencyparkrotary.org.au titled "LIFT THE LID WALK"
Please advise your NAME and CLUB. (*It's as easy as that)*
***DONATIONS**: **Regency Park Rotary** BSB **325-185** A/C **04160634** DETAIL "**LTL** *your name* "

Get fit, walk with friends, meet new ones, enjoy a chat over a cuppa and importantly raise funds for MENTAL HEALTH RESEARCH through Australian Rotary Health.
PS: Pass this on to Family & Friends, the More the Merrier.

Walk for Respect 2025
Saturday 11th October 10am

We're locked in for our 3rd Annual "Walk for Respect" on Saturday 11th October, from Victoria Square, this year to Festival Plaza.

Adelaide's walk to say No to Domestic Violence & YES to Respectful Relationships.

The Walk is free, but individuals are requested to register for planning: http://c.planetreg.au/2025-Rotary-Walk-For-Respect-Individual-Registrations

The walk is a peaceful, non-confrontational, non-political occasion offering the wider community an insight into key signs of Domestic Violence & Coercive Control against Women • Men • Children.

To flag a group's interest in being a part of the 2025 Walk for Respect, please email: Chair@WalkForRespect.au





JOIN US FOR OUR FREE FORUM

Western Collaboration Against Family and Domestic Abuse (WCAFDA) invite you to their October Forum to hear from:

embolden CEO Mary Leaker
Discuss the recommendations from the Royal Commission in to Domestic, Family and Sexual Violence

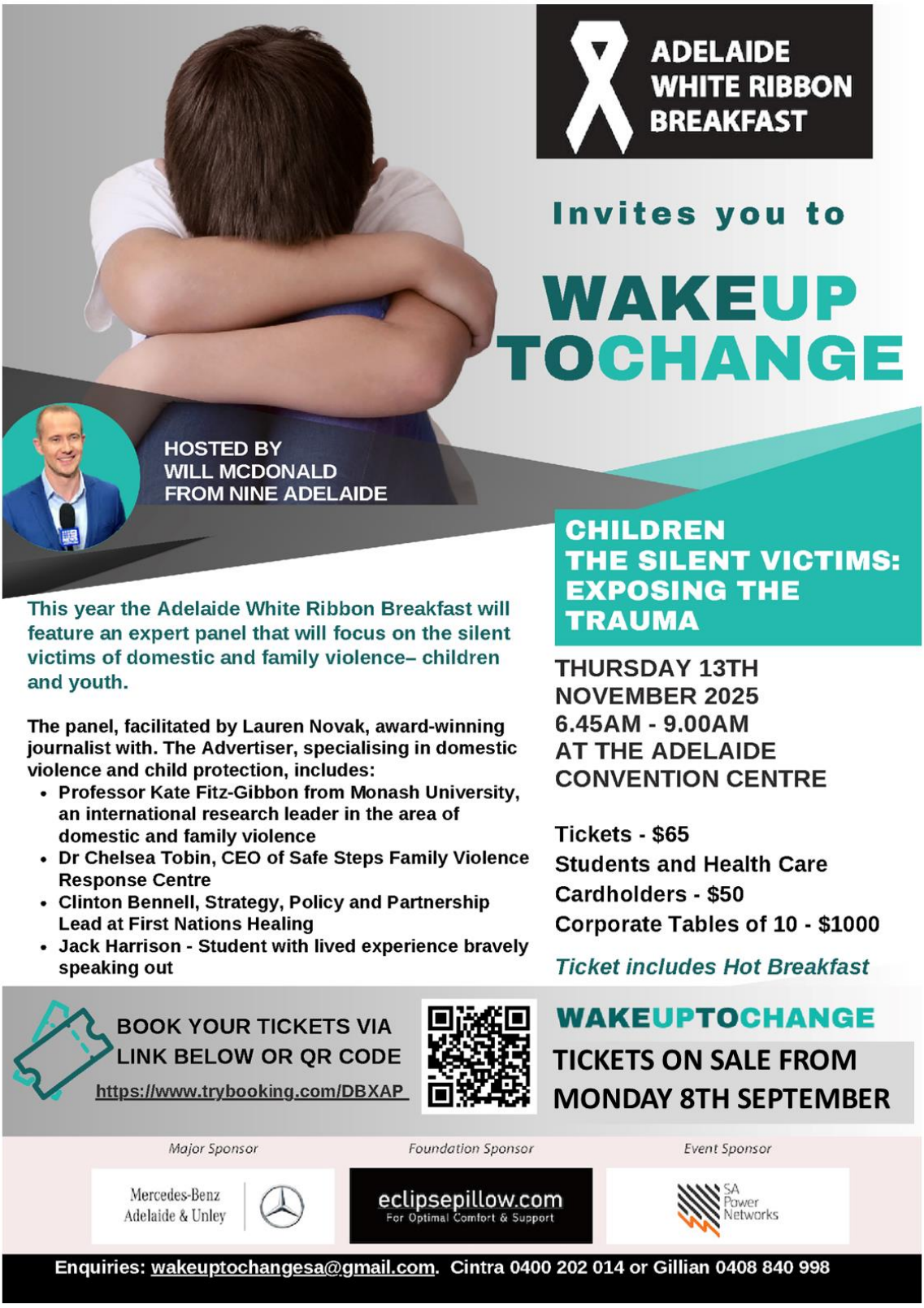
WACAFDA Forums are aimed at community members and service providers to raise awareness, build capacity and discuss best practice in supporting our communities who experience Family and Domestic Abuse.

WCAFDA invite you to bring resources to share with attendees.

Wednesday 15th October 2025 - 9.30am to 12.30pm
City of Charles Sturt,
Function Room CC1
72 Woodville Rd, Woodville

Please register via QR code

The venue is inclusive and accessible. Limited 2hr parking available at rear of venue.
Alternate parking across road, at St Clair Recreation Centre (5min walk) or street parking.


ADELAIDE
WHITE RIBBON
BREAKFAST
Invites you to
WAKEUP
TOCHANGE
HOSTED BY
WILL MCDONALD
FROM NINE ADELAIDE
CHILDREN
THE SILENT VICTIMS:
EXPOSING THE
TRAUMA
This year the Adelaide White Ribbon Breakfast will feature an expert panel that will focus on the silent victims of domestic and family violence– children and youth.
The panel, facilitated by Lauren Novak, award-winning journalist with. The Advertiser, specialising in domestic violence and child protection, includes:
• Professor Kate Fitz-Gibbon from Monash University, an international research leader in the area of domestic and family violence
• Dr Chelsea Tobin, CEO of Safe Steps Family Violence Response Centre
• Clinton Bennell, Strategy, Policy and Partnership Lead at First Nations Healing
• Jack Harrison - Student with lived experience bravely speaking out
THURSDAY 13TH
NOVEMBER 2025
6.45AM - 9.00AM
AT THE ADELAIDE
CONVENTION CENTRE
Tickets - $65
Students and Health Care
Cardholders - $50
Corporate Tables of 10 - $1000
Ticket includes Hot Breakfast
BOOK YOUR TICKETS VIA
LINK BELOW OR QR CODE
https://www.trybooking.com/DBXAP
WAKEUPTOCHANGE
TICKETS ON SALE FROM
MONDAY 8TH SEPTEMBER
Major Sponsor
Mercedes-Benz
Adelaide & Unley
Foundation Sponsor
eclipsepillow.com
For Optimal Comfort & Support
Event Sponsor
SA
Power
Networks
Enquiries: wakeuptochangesa@gmail.com. Cintra 0400 202 014 or Gillian 0408 840 998