BULLETIN #2264 – 30th 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 30th Sept Meeting #2264	Tues 7th Oct Meeting #2265	Tues 14th Oct Meeting #2266	Tues 21st Oct Meeting #2267
Welcome	Brian	Les	Hadi	Mark C
Speaker	**Peter Saloman (new member)**	**Lyana & sister Lysha.**		**Greg Mickan**
Subject	**"Life and times"**	**NYSF attendee**	**Board Meeting**	**"BIOHACKING for ROTARIANS"**
Speaker Host	Vic	Mark S		Jack P
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:

DATE, Time	EVENT	Details	Roster
Sat 11 Oct	**"Walk for Respect"**	9am – 11am	Details to follow
Sat 11 Oct	**PAE Skate Park Competition** – 541 Victoria Rd Osbourne	Set up 9.30am Serve to 3pm or when we run out.	Les, Vic, Hadi, Abdulla, 2 more would help. Brian? Late morning Trailer required.
Mon 13 Oct	**Bunnings**	AM Vic 2 more	PM Mark C 2 more
Sun 26 Oct	**Bunnings**	AM. Vic, Hadi, Abdulla, Les Drop gear off	PM Mark C? Jack P Same day as RARE working bee
Sat 22 Nov	**Norwood Xmas Pageant**	10am – 11am	TBA - Details to follow
Sat 29 Nov	PLEG Christmas Market		Consider - Food service $25 Stall fee.
Thur 4 Dec	**DHS Event Lightsview:** Sausage sizzle – for 500	TBC 10 set-up pack-up by 2pm – request for quote	Vic, Mark C, Jeff, Les Need trailer
Sun 7th Dec	**Port Adelaide Pageant**	11am – 3pm	TBA - Details to follow
Fri 14 Dec?	**Bunnings**	AM Vic	PM
Wed 17 Dec	Catering for Uniting Care at St Clair Rec Ctre – Woodville Rd		To be considered
Wed 24 Dec Christmas Eve	**Bunnings**	AM Vic	PM

Last week John Opio spoke about his journey from Uganda to Australia in 2017. His plans were put on hold during COVID, but he and his family have made Adelaide their adopted home. His sone Ethan misses his extended family in Uganda and his wife Jane told of the confusion she had understanding food – for example mince pies are not made from meat and heated up.



ROTARY PROSPECT 75TH ANNIVERSARY DINNER

All Members and Friends of the Rotary Prospect

are invited

to celebrate the 75th Anniversary

of the proud traditions and history of our Club

to be held at

Rydges South Park Adelaide

on

October 2, 2025

at

6 pm for 6.30 pm

$55.00/person

Dress: Smart Casual

PLEASE MAKE PAYMENTS TO

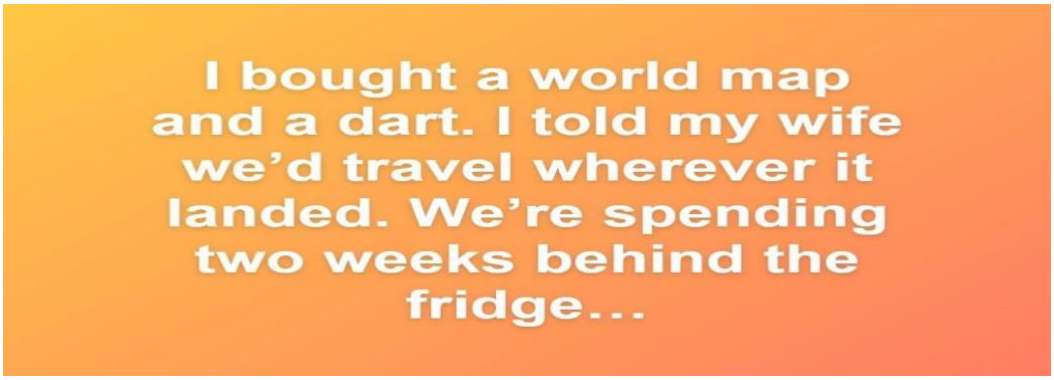
Rotary Club of Prospect Ordinary Account

BSB: 015311 Acct No: 405262594

(Reference 75 + your name)

PLEASE NOTE: CASH $ CARD PAYMENTS TO TREASURER MARK BETTY WILL ALSO BE AVAILABLE AT THE CLUB MEETING ON SEPTEMBER 24.

RSVP to mdorring@bigpond.net.au or text 0417863316 by Sunday September 28, including any dietary requirements



Rotary
Metropolitan
Adelaide Clubs

ROTARY PICNIC AND FAMILY DAY



ROTARY COMMUNITY GROUP PICNIC

A fun and relaxed afternoon to get to know others in the 14 Rotary and Rotaract Clubs in our community group.

Bring your family and friends, picnic basket, chairs and games.

Children are very welcome.

LOCATION:
Bonython Park / Tulya Wardli (Park 27)
Situated between Port Road and the River Torrens

DATE: Sunday 19 October 2025

TIME: 12:00 - 3:00PM

Additional details:
Contact information, a way to RSVP or ask questions
where to park



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

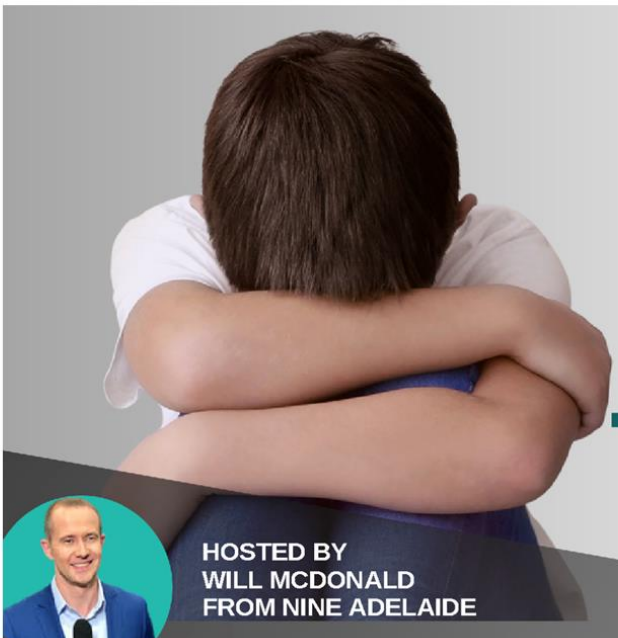
WACAFDA Forums are aimed at community members and service providers to raise awareness, build capacity and discuss best practice in supporting our communities who experience Family and Domestic Abuse.

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