BULLETIN #2265 -7th October 2025

October is a significant month for Rotary, traditionally observed as **Vocational Service Month** to highlight the importance of ethical business practices and the service Rotarians provide through their professions. .

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 7th Oct Meeting #2265	Tues 14th Oct Meeting #2266	Tues 21st Oct Meeting #2267	Tues 28th Oct Meeting #2268
Welcome	Les	Hadi	Mark C	Ron
Speaker	**Lyana & sister Lysha.**		**Greg Mickan**	**Harvey Spencer**
Subject	**NYSF attendees**	**Board Meeting**	**"BIOHACKING for ROTARIANS"**	**Australian Powerlifting Championships**
Speaker Host	Mark S		Les	Vic
Raffle	Angela	Angela	Angela	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
~~**Mon 13th Oct**~~ **Fri 10th Oct**	**Bunnings TBA**	AM Vic - 2 more	PM Mark C – 2 more
Sat 11th Oct	**"Walk for Respect"**	9am – 11am	See flyer below
Sat 11th Oct	**PAE Skate Park Competition** – 541 Victoria Rd Osbourne	Set up BBQ 9.30am Serve to 3pm or when we run out. Trailer required	Les, Vic, Hadi, Abdulla, Ezekial 1 extra would help. Brian? Late morning
Sun 19th Oct	**Rotary Family Day Picnic**	Bonython Park 12 – 3pm	See flyer below
Sun 26th Oct	**Bunnings**	AM. Vic, Hadi, Abdulla, Aminata (transport?) Les: Drop gear off	PM Mark C? Jack P
Sun 26th Oct	**RARE (DIK) working bee**	Edinburgh Park 9.30am – 12.30	Lunch provided
Thurs 13th Nov	**White Ribbon Breakfast "Wake Up to Change"**	Adelaide Convention Centre 6.45am – 9am	See flyer below
Sat 22nd Nov	**Norwood Xmas Pageant**	10am – 11am	TBA - Details to follow
Sat 29th Nov	PLEG Christmas Market	Serve 12.30 - 4pm $25 Stall fee.	
Thurs 4th Dec	**DHS Event Lightsview:** Sausage sizzle for 500	TBC 10 set-up pack-up by 2pm	Vic, Mark C, Jeff, Les Need trailer
Sun 7th Dec	**Port Adelaide Pageant**	11am – 3pm	TBA - Details to follow
Sun 14th Dec	**Bunnings**	AM: Vic Pam 12.30- 2.30	PM: Mark C
Wed 17th Dec	Catering for Uniting Care St Clair Rec Centre – Woodville Rd		To be considered
Wed 24th Dec (Christmas Eve)	**Bunnings**	AM: Vic	PM: Jack, Les
Sunday 05 April 26	**Touch-A-Truck** Regency Park Golf Club		

The Rotary Family Picnic is scheduled for Sunday, October 19, at Bonython Park, from 12-3 pm. Rob from Adelaide Light and Heidi will be there by 11 am to set up a marquee, Rotary banner, and two tables. If anyone else can assist, please let us know. The setup will be near the playground and kiosk.

Our thoughts and prayers are with Dale Davey-Starr and his family as he battles some serious health issues.

Last week, recently inducted member **Piotr Salamon** gave us a fascinating account of his life, from the time that his parents left Poland after the second world war. He has had a varied life including time in the army and a long association with other Rotary clubs. A fun fact is that he knows how to tap dance.



President Jeff also inducted two new members. We welcomed **Aminata Soccoh** as a friend of the club and **Marzila Osmarni** as a young member.







The recent **Welcome Fest at Kilburn Community Centre** was a resounding success, with the crew serving up a veritable feast of pancakes to the hungry crowd.





RARE

ROTARY AUSTRALIA REPURPOSING EQUIPMENT

FORMERLY DONATIONS IN KIND (DIK)

RAWCS CENTRAL OPEN DAY

RARE WORKING BEE

Learn about RAWCs while enjoying a delicious BBQ

SUNDAY 26th October 2025

Follow the signs from Taranaki Road Edinburgh Parks

Start at 9:30am until Lunch starts at 12 noon.

BBQ lunch cooked by our District Governor

Register at https://rotaryaustraliarepurposing.equipment/wb/

Australian Rotary Districts | RAWCS ENABLING GLOBAL GOOD | RARE Rotary Australia Repurposing Equipment

Rotary
Metropolitan Adelaide Clubs

Community Group 1

ROTARY METROPOLITAN ADELAIDE CLUBS 'PICNIC AND FAMILY DAY'



GET TO KNOW YOUR ROTARY COMMUNITY GROUP

A relaxed afternoon to get to know others in the 14 Rotary and Rotaract Clubs in our Rotary Community Group.

Bring your family, friends, picnic baskets, rugs, chairs, games and bikes. Children are very welcome.

There is a kiosk and playground close by.

LOCATION:
Bonython Park / Tulya Wardli (Park 27)
Off Port Road. Follow signs to the public car park. Look for the Rotary banners.

DATE: SUNDAY 19 OCTOBER 2025

TIME: 12:00 - 3:00 PM

Register: For planning purposes please book at https://www.adelaiderotary.com.au/index.php/events/find-and-book-an-event/events/rotary-picnic-october-25

Contact: Your club president for further details or questions.



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.

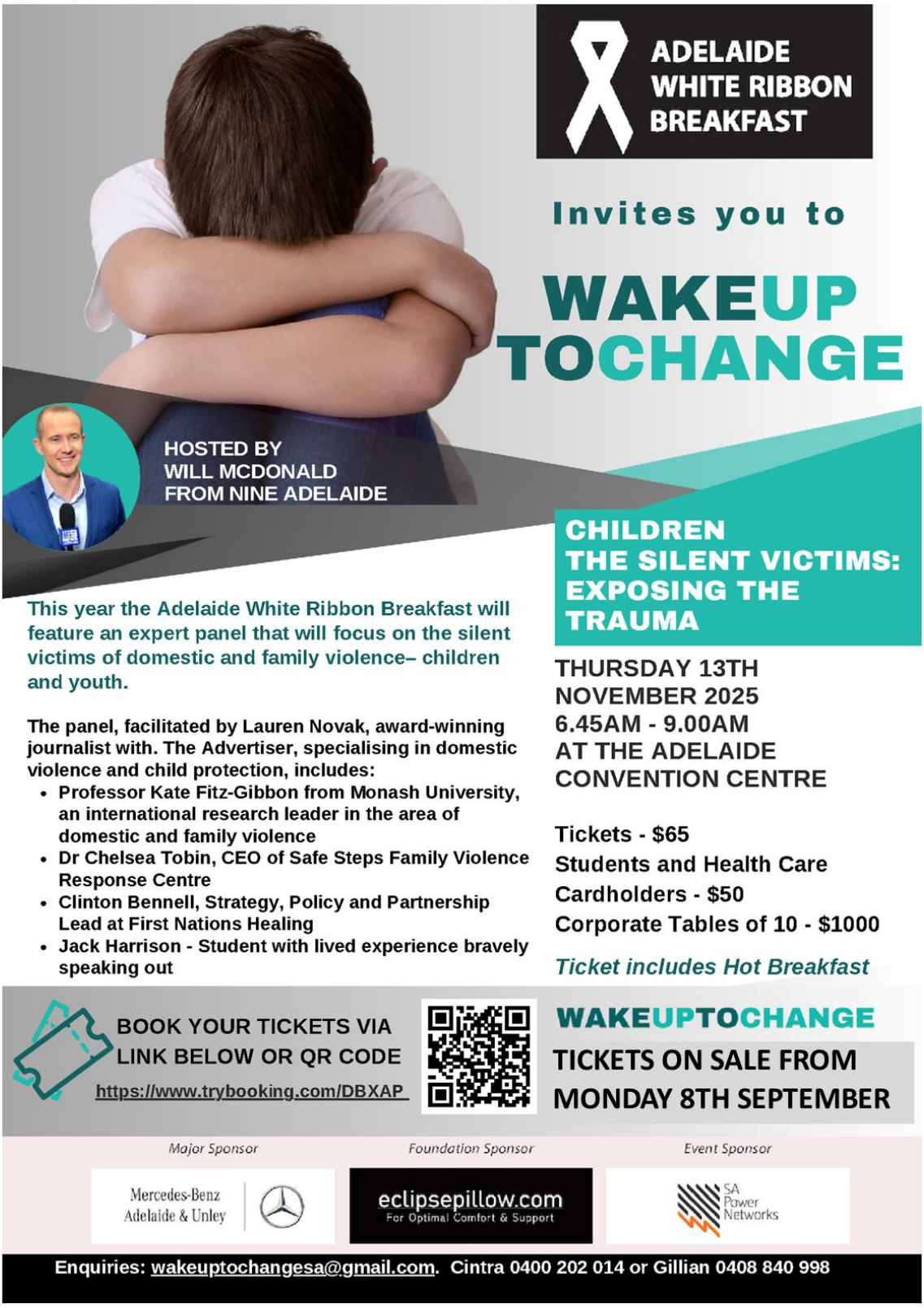
The Walk is free, but individuals are requested to register for planning:

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




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
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