BULLETIN #2267 21st 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

	Tues 21st Oct Meeting #2267	Tues 28th Oct Meeting #2268	Tues 4th Nov Meeting #2269	Tues 11th Nov Meeting #2270
Welcome	Mark C	Ron		Jack P
Speaker	**Greg Mickan**	**Harvey Spencer**	**"Away Meeting"**	
Subject	**"BIOHACKING for ROTARIANS"**	**Australian Powerlifting Championships**	**Melbourne Cup Breakfast** **Da Vinci Cafe**	**Board Meeting**
Speaker Host	Les	Vic	Vic	Jeff
Raffle	Angela	Angela	Angela	Angela

Biohacking is a broad term for nonspecific lifestyle self-improvement. It may involve making incremental changes to one's body, diet, and lifestyle to improve one's health and well-being.

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	EVENT	Details	Roster
Sun 26th Oct	**Bunnings**	AM. Vic, Hadi, Abdulla, Aminata (transport?) Angela to 11	PM Mark C, Jack P **Need extra from 11am and afternoon**
Sun 26th Oct	**RARE (DIK) working bee**	Edinburgh Park 9.30am – 12.30	Lunch provided
Fri 31st October	**Halloween pancakes @ Lightsview 4.30 -7.30pm**	Brian, Aminata, Mark S, Angela 2 more plus trailer	Details and RSVP – Angela See attached flyer
Tues 4th Nov	**Melbourne Cup Breakfast meeting 7.15 for 7.30am**	Da Vinci's Café 10 O'Connell St North Adelaide	RSVP to Vic In lieu of regular meeting
Thurs 13th Nov	**White Ribbon Breakfast "Wake Up to Change"**	Adelaide Convention Centre 6.45am – 9am	Book via attached flyer
Sat 15th Nov **Sun 16th Nov**	**Carousel**	Morning 11-2	Afternoon 2-5pm
Sat 22nd Nov	**Norwood Xmas Pageant Marshalls**	8am to 11.30am	Marshalls: Vic (Bands), Ron, Les,
Sat 29th Nov	PLEG Christmas Market	Serve 12.30 - 4pm $25 Stall fee.	See attached flyer
Thurs 4th Dec	**DHS Event Lightsview:** Sausage sizzle for 500	TBC: 10am set-up pack-up by 2pm Contact Prospect RC	Vic, Mark C, Jeff, Les Additional 3 needed Need trailer
Sun 7th Dec	**Port Adelaide Pageant Catering**	Set up Saturday. Les in Santa's Cave 10.30 to 2.30?	Onsite (8am early bird) Sellers and cooks TBC 10am to 3pm
Sun 14th Dec	**Bunnings**	AM: Vic, Angela, Marzila Pam 12.30- 2.30	PM: Mark C 3 more required
Wed 17th Dec	**Catering for Uniting Care** St Clair Rec Centre – Woodville Rd	Lunch event for 200 people	Mark C, Les Extra Volunteers required
Wed 24th Dec (Christmas Eve)	**Bunnings**	AM: Vic	PM: Jack, Les
Sunday 05 April 26	**Touch-A-Truck** Regency Park Golf Club	Catering – selling?	

Two fundraisers need support in December: Sausage Sizzle for 500 at the Lightsview Recreation Centre Hamstead Rd on Thursday 4 December 10am to 2PM with trailer – 6 at least and Uniting Care for 150 at the St Clair Recreation Centre on Wednesday 17 December– 4 at least with trailer. In fairness to the clients Les needs to tell them if we can do – They have been advised we can do subject to our ability to do. If we cannot they need to find someone else.

Remember in October, Friday morning walks from the Caledonian support "Lift the Lid"

Rotary District 9510 AGM to be held on Sun 16th November 2025 at 10am via Zoom.

2026 Cambodia house building project 'Homes for Hope'



Key travel dates:

Monday 19th January 2026: Adelaide, overnight in Singapore, Siem Reap

Wednesday 4th February 2026: Sien Reap - Adelaide

Activities include:

New Hope Cambodia school and clinic. See and hear how well NHC is regarded in the community. Enjoy traditional Khmer food for lunch from their training restaurant.

Key activity: House building Project in Run Taek Village including blessing ceremony on completion and handover to local family.

Visit 'Bekong My Village' with Kemsour, Founder of New Hope Cambodia. The village is an amazing and beautiful Eco Tourism Centre.

Travel to Kampong Pluk (The Floating Village) on Tonle Sap Lake to see traditional Khmer families living on the water.

Bus to Battambang and surrounds (approx. 3 hrs), ride the Bamboo Train (7km, 20 min each way), visit local temples and see thousands of bats emerge from the caves at dusk.

Bus to Kulen Mountain to visit temples, 1000 Lingas, Reclining Buddha and a swim in the lake under the waterfall. Dinner in Pub Street.

Sunrise over Amkor Wat Temple

To confirm your place please pay a $500 deposit *ASAP* into the Regency Park Rotary Club Holding Account, BSB 325-185. Account 04160634. Contact Mark Carter for details.

In comments, please put **Your Name – Cambodia Visit.**

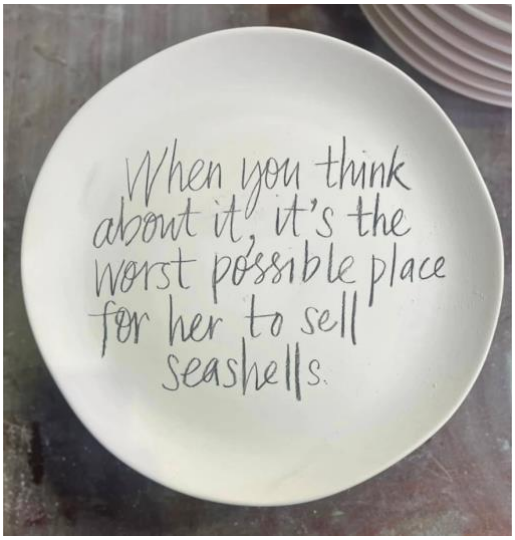
This trip is covered by Rotary Travel Insurance

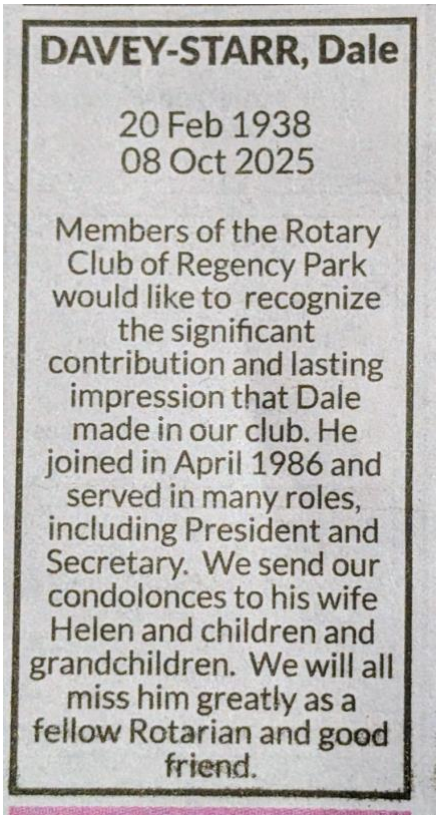
WORLD POLIO DAY IS 24 OCTOBER



ONE DAY, ONE FOCUS, ENDING POLIO.

World Polio Day is a time for Rotary members, public health advocates, and all who want a world free from polio to come together, recognize our progress in the fight to end polio, and talk about the actions we need to take in order to end polio for good.





DAVEY-STARR, Dale

20 Feb 1938
08 Oct 2025

Members of the Rotary Club of Regency Park would like to recognize the significant contribution and lasting impression that Dale made in our club. He joined in April 1986 and served in many roles, including President and Secretary. We send our condolonces to his wife Helen and children and grandchildren. We will all miss him greatly as a fellow Rotarian and good friend.

On behalf of President Jeff-Rotary Club of Regency Park
Please note funeral arrangements for our esteemed Past President Dale Davey-Starr PHF

"Our Family warmly invites you (members of the Rotary Club of Regency Park and friends) to honour the life of our dad, husband, father-in-law and grandpa - Dale Wolford Starr.

The funeral service will be held on Thursday 23rd October 2025 at 2pm at St John's Lutheran Church, Tea Tree Gully (182 Hancock Rd, Ridgehaven)

The service will be followed by a procession and burial at Enfield Memorial Park.

We also invite you to join us for light refreshments at The Grove Tavern - 232 Grenfell Rd, Surrey Downs - either immediately after the church service or upon returning from the burial.

For those who would like to say a personal goodbye, there will be a viewing at the chapel of Simplicity funerals Enfield on Wednesday 22nd October from 3.00pm to 3.30pm."

If you are attending, please wear your Rotary Badge and any other Rotary regalia. Please advise President Jeff or Les Dennis if you are planning to attend.



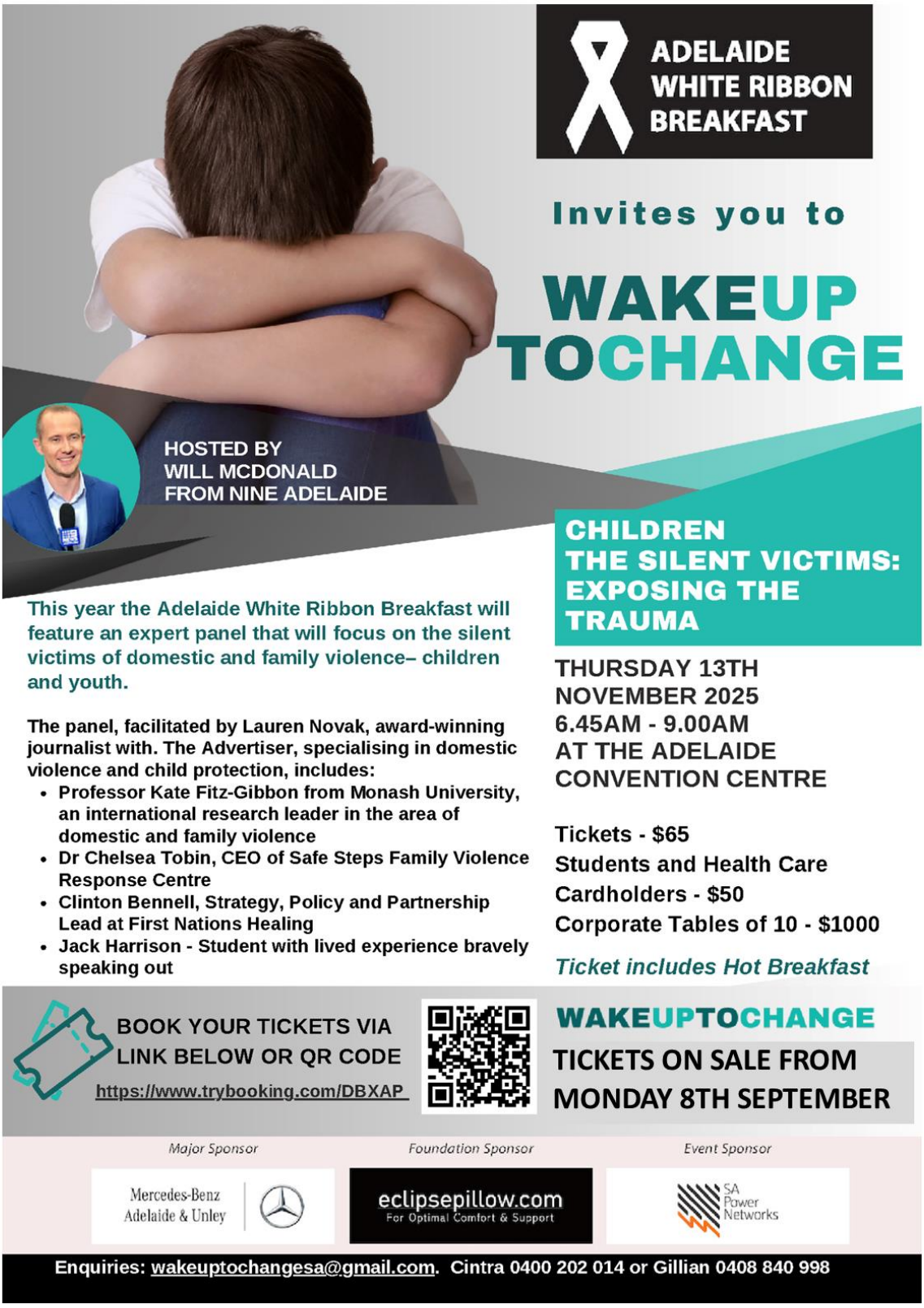
Prospect Christmas Community Market 2025





ABOUT - STALLHOLDER INFORMATION:

PROSPECT CHRISTMAS COMMUNITY MARKET IS ON SATURDAY 29 NOVEMBER 2025 FROM 12:20PM TO 4PM. SET-UP TIME IS 11:30AM AND PACK UP TIME IS FROM 4PM-5PM.


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
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