BULLETIN #2268 28th 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 28th Oct Meeting #2268	Tues 4th Nov Meeting #2269	Tues 11th Nov Meeting #2270	Tues 18th Nov Meeting #2271
Welcome	Ron		Jack P	Mark C
Speaker	**Harvey Spencer**	**"Away Meeting"**	**Liz Wheeler (TBC)**	**President Jeff**
Subject	**Australian Powerlifting Championships**	**Melbourne Cup Breakfast -** Da Vinci Ristorante 10 O'Connell St. Nth Adelaide	**TBA (Remembrance Day)**	**Board Meeting**
Speaker Host	Vic	Vic	Angela	
Raffle	Angela		Angela	Angela

Rotary Club Number 17650 – District 9510 – Chartered Oct 28, 1980 – ABN 50 754 712 409
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***President**: Jeff Cluse*
***Secretary**: Jack Pappin*
***Treasurer:** Brian Wheatley*
***Public Officer**: Russell Green*
***Bulletin editor**: John Goodridge*

Diary Dates: PLEASE CHECK AND LET LES KNOW ANY ERRORS PLEASE. FOR BUNNINGS WE HAVE MORNING AND AFTERNOON TEAMS – 8.00 TO 12.15 AND 12.15 TO PACK-UP (ABOUT 4.30PM) – It is helpful if we do not have broken shifts. We do sometimes have people filling in for peak lunchtimes (Pam).

DATE	EVENT	Details	Roster
Fri 31st October	**Halloween pancakes @ Lightsview 4.30 -7.30pm**	Brian, Aminata, Mark S, Angela. Jack P (Trailer) Les. help setting up only. 1 or 2 more	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, Les, Brian, Angela, Jack K (Sweep master), Russell, Mark S, Ron, Jack P, 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**	AM: 11-2 John O AM: 11-2	PM: 2-5pm PM: 2-5pm Sophia
Sat 22nd Nov	**Norwood Xmas Pageant Marshalls**	8am to 11.30am – The more we have the bigger the $'s	Marshalls: Vic-Jack K (Bands), Ron, Les, Brian, Heather,
Thurs 4th Dec	**DHS Event Lightsview:** Sausage sizzle for 500	TBC: 10am set-up pack-up by 2pm Contact Prospect RC	Vic, Jack K, Mark C, Jeff, Les, Brian, Aminarta Additional 1 or 2 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 – Mark C, Ron, Jack P, Mark S, Vic, Jack K, (Trailer required) If we have more people can work in shifts.
Sun 14th Dec	**Bunnings**	AM: Vic, Jack K Marzela, Rhonda? (Angela reserve)? Pam 12.30- 2.30	PM: Mark C, Jack P, Rachel, Craig, (les emergency) .
Wed 17th Dec	**Catering for Uniting Care** St Clair Rec Centre – Woodville Rd	Lunch event for 200 people	Mark C, Les, Aminata, Vic, Jack, Extra 1 Volunteer required
Wed 24th Dec (Christmas Eve)	**Bunnings – not sure how busy the day will be – teams of 3 might do**	AM: Vic, Jack, Rhonda,	PM: Les, Jack P,
Sunday 05 April 26	**Touch-A-Truck** Regency Park Golf Club	Catering – selling?	Vic, Jack, Les, Rhonda?

Friday Morning (7.40AM) Walk this week.(October Friday morning walks support “Lift the Lid” Mental Health.) **Meeting this week at Moratti’s at 7.40AM following the walk with cake and coffee. Last Day of the month walk. Starts at Moratti’s 114B Prospect Rd. Prospect**





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. Last week **Greg Mickan** gave us an informative summary of what this means. In essence, it includes such simple things as the daily coffee uplift, cold showers to boost immunity, collagen supplements and good food and exercise. He recommended a book called “Game Changer” by Dave Asprey as a good place to start. The benefits of a healthy lifestyle include better sleep, less stress, easier weight management and more energy.





Rotary District 9510 AGM

Sun 16th November 2025 at 10am via Zoom.

Topic: D9510 Annual General Meeting
Time: Nov 16, 2025, 10:00 AM Adelaide Voting on motions and resolutions may be made by club representatives in person at the meeting or electronically prior to the meeting.
Please note that only one Rotarian/Rotaractor approved to represent their Club may vote. Join Zoom Meeting
https://us02web.zoom.us/j/85422983626?pwd=exI7tyd5R6dCXasmh5GBYKFbgBio7g.1
<https://links.clubrunner.email/ls/click?upn=u001.kMw73Zp38bMLE6rAti0xQ3FOJt

. Please note that only one Rotarian/Rotaractor approved to represent their Club may vote.



The Grand Cambodia Fund Raiser Raffle

Raffle organised by Rtn. Mark Carter raised $1535 (TBC), Mark would like to thank all who helped selling and buying tickets including Friends of Rotary Grand Daughter Lara. The big draw was conducted on Saturday 25 October with thunder and lightning.



This Friday the club will be supporting the Rotary Club of Lightsview: Trick or Treat event at Lightsview. We will be cooking and serving pancakes (our newfound talent).
Come along and give a hand.

Rotarian **PP Dale Davey-Starr's** funeral service was held on Thursday 23rd October 2025 at St John's Lutheran Church, Tea Tree Gully. **Rotarian, Pastor, PP and Life Member, Mike Semmler** led the service, with a focus on Dale's lasting legacy. Eulogies from his family and **PP Les Dennis**, gave us a remarkable insight into the love he shared and the love that he received in return. RIP Dale



Rotarians formed a guard of honour for Dale's casket:



The Davey-Starr family were grateful to the clubs for their support and participation in the service and at the gravesite.

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.



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