Rotary Club of Kidman Park

Club No: 22046
R.I. President:
MARK DANIEL MALONEY (GAY)

District Governor – 9500:
JANE OWENS (DAVID)

THE KIDMAN KRIER

Assistant Governor – Group 2: JEFF CLUSE (KAREN) – PROSPECT R/C

ROTARY CONNECTS THE WORLD

The official publication of the **ROTARY CLUB** of **KIDMAN PARK** INC. PO Box 83, Brooklyn Park SA 5032.
Meetings: 6.30 pm Tuesdays. Until further notice, meetings will be conducted as 'Zoom' E Meeting video calls.

IN THIS EDITION:

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RCKP Facebook
Moderators: **Alison Harris/Karen Feind**
www.facebook.com/KidmanParkRotaryClub

RCKP Facebook Members page (closed group)
Moderator: **Karen Feind**

Meeting No: 1786
Tues, 5th May, 2020- 6:50pm for 7:00pm start
'ZOOM' E MEETING
Business Network Meeting
Guest Speaker: Dennis Bunnik - Topic: Current Challenges in the Tourism Industry

NEWS AND MORE SCREENSHOTS FROM LAST WEEK'S INTERCITY ZOOM MEETING INSIDE.



All Zoom meeting screenshots provided by Alison Harris

The Rotary Club of Kidman Park appreciates the support and sponsorship for our Downs Syndrome Learning Centre Redevelopment Project provided by:-

SERAFINO
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carpet mart
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WEST END Community Fund
BARBEQUES GALORE
Rotary
ROTARY AUSTRALIA WORLD COMMUNITY SERVICE

CHILL

Rotary Kidman Park

My Self-Isolation Quarantine Diary

Day 1 – I Can Do This!! Got enough food and wine to last a month!
Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!
Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??
Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.
Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!
Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.
Day 7 – Laughing way too much at my own jokes!!
Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.
Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.
Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
Day 13 – If you keep a glass of wine in each hand, you can't accidently touch your face.
Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3–1.
Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?



Today marks 3 weeks of isolation and 3 weeks without sugar, meat, dairy or flour. And I've been walking a minimum of 5k everyday.

The change has been fantastic! I feel great!

Zero alcohol! A healthy vegan diet, gluten free, caffeine free, sugar free and a 2 hour home workout each day!

I've lost 10kg of fat and gained muscle mass.

I have no idea whose status this is, but I am really proud of them so I decided to copy-paste!



Birthdays		Anniversaries	
3rd May	Bob Gloyn	3rd May	Victoria & Paul Denley

JUST DOING MY JOB OF KEEPING YOU ALL IN-FORMED AND UP TO DATE WITH THE WORLD!

HOW THE ECONOMIC STIMULUS PACKAGE REALLY WORKS.

It is a slow day in the small SA country town of Pump Handle, and streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit. The virus thing has had a hard effect.

A tourist visiting the area drives through town, stops at the hotel/motel, and lays a $100 bill on the desk, says she wants to inspect some rooms upstairs and pick one for the night.

As soon as he walks upstairs, the hotel/motel owner grabs the note and runs next door to pay his debt to the butcher.

The butcher takes the $100 and runs down the street to retire his debt to the local sheep farmer.

The farmer takes the $100 and heads off to pay her bill to her supplier, the Co-op.

The guy at the Co-op takes the $100 and runs to pay his debt to the local masseuse, who has also been facing hard times and has had to offer her "services" on credit.

The masseuse rushes to the hotel and pays off her room bill with the hotel owner.

The hotel proprietor then places the $100 back on the counter so the traveller will not suspect anything.

At that very moment the traveller comes down the stairs, states that the rooms are not satisfactory, picks up the $100 bill and leaves.

No one produced anything. No one earned anything... However, the whole town is now out of debt and now looks to the future with a lot more optimism.

And that, ladies and gentlemen, is how a Stimulus package works. There should be more of them!

Courtesy of Kevin Tiggemann

CLUB NEWS:

Rotary Kidman Park

WORDS FROM OUR PRESIDENT

Words from our President

Mark Aiston, our guest speaker for the Intercity meeting last week presented a very down to earth talk about his journey over recent years. It was great for Mark to share his story, not only for us to understand, but also was good for him to share and navigate into the future.

On the 17th March I intended to induct two new members however the meeting was cancelled.





On the 21th April we had the Zoom induction of Phil Ransome, one of the two new members.

I am pleased to announce and welcome our 60th member Cheryl Tompkins to our club.

Cheryl is very much looking forward to catching up with us once our "normal" meetings begin.

This week will be our first Business Network Zoom meeting with guest speaker Dennis Bunnik, Co-CEO of Bunnik Travel, talking on current challenges in the tourist industry. Remember it's not too late to invite business colleagues or anyone who may like to join our meeting. Just send them an email and notify Warren Hobbs or me and we will email them the link on your behalf.

See you on our Zoom meeting on Tuesday at say 6.50ish ready for a 7.00 pm start.

Yours in Rotary

Kevin Tiggy



TIGGY'S THOUGHT FOR THE WEEK

'UNITED WE STAND, DIVIDED WE FALL.'

CLUB NEWS:

Rotary Kidman Park

LAST WEEK'S GUEST SPEAKER - MARK AISTON

THIRTEEN MONTHS OF SOBRIETY



Many of us will be familiar with last week's guest speaker, Mark Aiston whose illustrious media career spanned over 3 decades. During this time, Mark was employed as a television presenter with the ABC and Channel Ten, and he also worked as a radio announcer. Much of Mark's career focussed on sports. He loves and takes pride in his job and possesses the rare ability to successfully inject humour into his media work.

Mark explained, however, that during those years he felt like he was wearing a mask that disguised a range of deeply troubling personal issues. Unresolved concerns about his mental health, and his addictions including gambling and alcohol were lurking beneath the shiny veneer of Mark's professional success. Mark's mother had suffered from mental health issues before him, and even as a child, Mark remembers being enveloped by depressing thoughts. He began drinking and gambling as a relatively young teenager. Eventually the mask began to crumble and as events came to a head Mark lost his employment, first in television and then in radio. Furthermore, his marriage broke down. The impacts were devastating and Mark was eventually persuaded by his sister and his best friend to participate in a rehabilitation program. He then spent over 2 months at the Hader Health Clinic in Victoria.



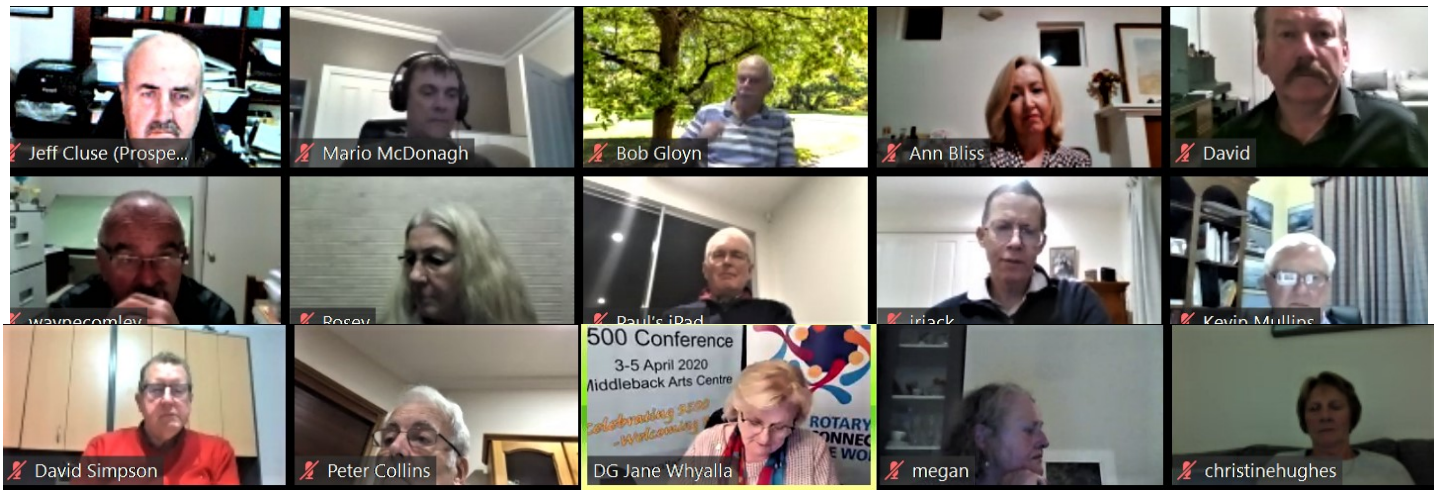
Mark has now been sober for over 13 months, and while embracing the 12 steps to recovery to address lifelong addiction issues, his focus is on the future. Like many in recovery, Mark explained that he finds even small tasks can require considerable effort. Nevertheless, he is not ready for retirement. Mark hosts a program on *Radio Adelaide* that features guests and interviews exploring issues related to mental health, and he is presenting a drive time program for *Radio Italia*. He is also working on his online media training course.



Whereas in the past Mark endeavoured to conceal his depression and addictions due to the perceived stigma, he now advocates the need to talk more openly and honestly about mental health. Speaking candidly about his own experiences helps him, and he hopes that it may be of benefit to others.

Towards to end of his presentation, Mark introduced us to Jack, his beautiful dog and much loved companion as Mark navigates the road to recovery.

We wish Mark all the best.



CLUB NEWS:

Rotary Kidman Park

ZOOM MEETING 28TH APRIL 2020



DHS SCREENING

While we are spending much more time at home it is a good opportunity to get a DHS Screening from the Department of Human Services.

This can be done on line and is compulsory for all volunteers working with the aged, children, vulnerable groups and disability sectors from July.

All you need is a birth certificate and driver's licence, or passport and drivers licence to do it all on line.

Go to www.dcsiscreening.sa.gov.au

Go to applicants can initiate a check independent of an organisation - click

Role description - Working for Kidman Park Rotary Club

Screening required - tick all of them

- Aged Care Sector
- Disability Services
- General Employment
- Vulnerable Persons
- Working with children

Category is Volunteer

Keep going.

Good luck if you manage to get it; it lasts for 5years.

Janet Johnson
CPO



Administration and Membership

The Rotary Club of Kidman Park INC.

Rotary Club of Kidman Park

Board of Directors



2019/2020
President:
Kevin Tiggemann

President Elect:
Chris Branson

Treasurer/Past President:
Rob Chambers

Secretary:
Wayne Comley

Club Administration:
Warren Hobbs

Community Service/ Vocational:
John Jackson

International:
Ed King

Fellowship:
Garth Palmer

Membership:
Warren Hobbs

Committees 2019/2020

Community / Vocational Service
Chair - John Jackson

John Christo -Vocational
Karen Feind
Graeme Gaunt
Jenny Harris - Bookmart
Ron Harris - Bookmart
Megan Kerr
Jen Clarke - Bulletin Editor
Helen Kite
Chris Hughes
Chris Turner
Clive Turner
Chris Weyland
Rose Willington
Colin Duley
Brian Macdonald - Fund-raising
Peter Murton - Public Officer
Margaret Sargent
Ken Eyles
Vilma Pernini

International Service
Chair - Ed King

Frank Bunnik
Tom Bunnik
Liz Foote
Stuart Ghent
Kevin Mullins
Janet Johnson - CPO
Tina Murray - Ghana Project
Robert Ryan
Bob Hudson
Jenny Filsell
Rob Hughes

Membership
Chair - Warren Hobbs

Mario McDonagh (Vice Chair)
Paul Denley
Alison Harris
David Simpson
Paul Valente
Julie Bowels
Kevin Roberts
Bob Gloyn - Club photographer

Fellowship
Chair - Garth Palmer

Ann Branson
Chris Branson - President Elect
Peter Brown
Kel Burke
Peter Farquhar
Peter Johnson
Grant Price
Ian Roberts
Shirley Roberts

Club Administration
Chair - Kevin Tiggemann - President

Rob Chambers - Treasurer/ Past President
Wayne Comley - Secretary
Chris Branson - President Elect
Brian Macdonald - Fundraising
Peter Murton - Public Officer
Jen Clarke - Bulletin Editor
Rob Stocker - Website Admin

Norm Lewis - Club Founder

Past Presidents of the Rotary Club of Kidman Park

1984/1985 David Simpson Charter
1985/1986 Dr Bob Hudson
1987/1987 Graeme Sargent
1987/1988 Kevin Fitzgerald
1988/1989 Rob Chambers
1989/1990 Bruce Lamb
1990/1991 Ken Eyles
1991/1992 Peter Brown
1992/1993 Neil Parsons
1993/1994 Vic Raymond
1994/1995 Paul Denley
1995/1996 Grant Price
1996/1997 Robert Ryan
1997/1998 Ken Johnson
1998/1999 Frank Carroll
1999/2000 Kevin Tiggemann
2000/2001 Ed King
2001/2002 Peter Murton
2002/2003 Mike Downtown
2003/2004 Col Levy
2004/2005 Warren Hobbs
2005/2006 Wayne Comley
2006/2007 John Carter
2007/2008 Ted Manka
2008/2009 Brian Macdonald
2009/2010 Peter Farquhar
2010/2011 Dr Bob Hudson
2011/2012 David Simpson
2012/2013 Margaret Sargent
2013/2014 Paul Valente
2014/2015 Ron Harris
2015/2016 Warren Hobbs
2016/2017 Tom Bunnik
2017/2018 Jenny Harris
2018/2019 Rob Chambers



RCKP 2019/2020 Chairperson, Kevin Tiggemann and Board Members

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