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.

Meeting: 7.00 pm Tuesday, June 30th will be the last of our dedicated Zoom -Meetings before face to face meetings resume at 6.30 pm each Tuesday - West Beach Surf Life Saving Club, Seaview Road (southern end of West Beach Road).

IN THIS EDITION:

♦ **Chill** - a little bit of humour etc
♦ **Club News**
◊ Words from our President
◊ Guest Speaker, Luke McLean
◊ Birthdays and Anniversaries
◊ Working Bee at the Epilepsy Centre
◊ DHS Screening
◊ Upcoming events
♦ **Admin & Membership**



President Kevin Tiggemann

Club Secretary: Wayne Comley
Email: tr16038@bigpond.net.au

Krier Editor: Jen Clarke
Email: jd.clarke@westnet.com.au
Mobile: 0423 007 354

Apologies & Additional Guests:
Please advise Tom Bunnik by 12.00 noon Monday.
Email: t.bunnik@bigpond.com
Mobile: 0413 548 298

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

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

This week 'Guess Who is Coming to Dinner'

A Fellowship Event
SATURDAY, 4th JULY
7.00 pm Start
Bring a bottle.



Any photographs of your dinner events that are suitable for publication in the Krier would be much appreciated.

Next Meeting No: 1794

Tues, 30th June
6:50pm for 7:00pm start
Zoom E-Meeting

SPEAKER/S	**Peter Murton**
Topic	**'Safety in the Home'** and an update of a Kangaroo Island based project he is involved with.

A NOTE ABOUT UPCOMING MEETINGS

Unless otherwise advised, Meeting 1794 is the last of our scheduled dedicated Zoom E-Meetings.

From the 7th July, regular Tues dinner meetings will be hosted at the **West Beach Surf Life Saving Club**. This meeting will be a **face to face/Zoom E Meeting hybrid experiment** in response to requests for the Zoom component to be made available. **Please note the staggered start times scheduled for this hybrid meeting.** (Page 5)

To assist Kate with the catering arrangements, **please send your apologies if you will not be attending.** Contact **Tom Bunnik** as Frank will be unavailable. (details on the bottom left of this page.)

Currently available details of upcoming meetings are printed on page 5 of this week's Krier. Rostered duties are yet to be allocated.

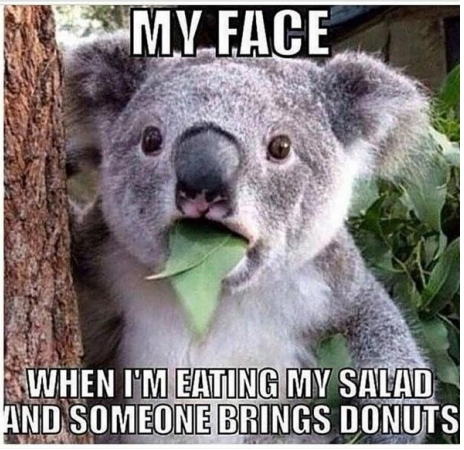
The Rotary Club of Kidman Park appreciates the support and sponsorship for our Downs Syndrome Learning Centre Redevelopment Project provided by:-

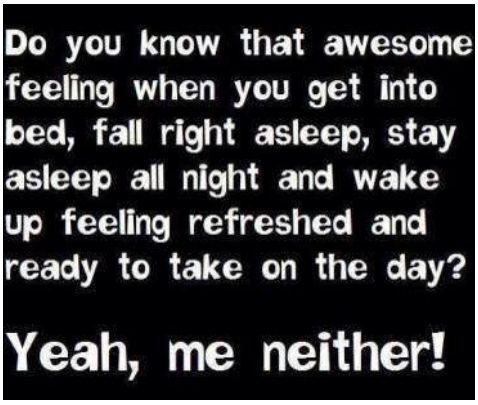
SERAFINO
STRATCO
carpet mart
Bendigo Bank
WEST END Community Fund
BARBEQUES GALORE
Rotary
ROTARY AUSTRALIA WORLD COMMUNITY SERVICE

CHILL

Rotary Kidman Park







LAST WEEK'S GUEST SPEAKER - LUKE MCLEAN

Luke is the founder & 'Lived Experience Facilitator at Mind Over Matter', and he was cares deeply about improving mental health outcomes for those who experience mental health issues and illness.

Luke began his presentation by outlining his own struggles with mental health. When Luke was 16, he began gambling at the TAB, and that triggered addictive behaviour that eventually involved borrowing money he could not repay, stealing and cheating to fund his habit. When Luke eventually gathered the courage to share his problem with family members who he knew loved him, he was disappointed by their response and lack of understanding.

For several years afterwards Luke attempted to deal with his problems without turning to others for help as he feared negative judgements about his addictive behaviour. During this time, Luke experienced occasions when he avoided gambling, but he always reverted to old habits. Luke made several serious attempts to take his life to end the pain he was experiencing.

It was not until Luke turned to mental health care practitioners and group therapies, for example, that he developed a greater awareness of the triggers and recurring patterns associated with his behaviour. Luke learned that his response to adverse events and negative emotional situations in his life resulted in a deep pain. Gambling provided a temporary distraction that numbed the pain but never removed the source. This would be followed by a period of low self esteem and self loathing.

As he worked towards recovery, Luke learned many strategies to help him manage his pain and anxieties. These included journaling, exercise, mindfulness and the realisation that if he did revert to self-destructive behaviours, he should not beat himself up about it, but rather, take steps to get back on track to a healthier lifestyle. Incorporating his mental health plan into his daily life continues to be central to a Luke's mental well being.

Luke encouraged us to participate in an online 'click' survey to help us better understand how prevalent mental issues and illnesses are in our society. He encouraged us to become alert to indications when people are struggling, and to ask after their well-being. He also believes that by completing *Mental Aid Certificates* we are better placed to help ourselves and others.



Birthdays	Anniversaries
No birthdays this week	**No anniversaries this week**

CLUB NEWS:

Rotary Kidman Park

WORDS FROM OUR PRESIDENT

Last Week, 23rd June

Speaker, Luke McLean's presentation focussed initially on his journey to understand and minimise the negative impacts of his gambling addiction. His anonymous online 'click' survey reminded us about how many people suffer with mental health episodes and illnesses. Luke emphasised that just a simple caring question could have a positive impact on the well-being of someone who suffers from mental health issues.

This Week, 30th June

Our speaker will be our own, **Peter Murton.** Peter will be talking to us about '**Safety in the Home'**. He will also give us an update of a of a Kangaroo Island based project he is involved with.

Next Week, 7th July

We will be back at the **West Beach Surf Life Saving Club**. It will be GREAT to be 'Live' again! Our speaker next week will be **Sourav Roy** and his topic is **'Hydration - Are You Drinking Healthy Water?'**

Business Networking on 14th July

Our guest speaker will be **Ali Greco**. Her topic, **Cybercrime - is your computer safe?'**

Do not miss this one and invite family, friends and people in business along for a fun evening.

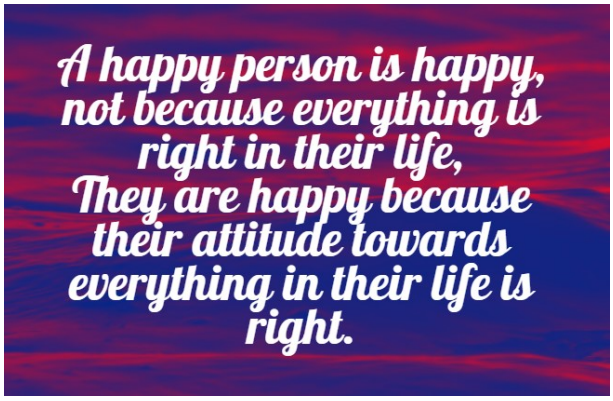
See you on the Zoom screen

Yours in Rotary

Kevin Tiggy



TIGGY'S THOUGHT FOR THE WEEK



ZOOM - 'NINJA' TIP

Unless you are a featured speaker, it is a good idea to mute Zoom from the time you begin your call. Then, just press the **Space bar** when you want to talk. This will unmute the audio for only as long as you hold the down Space bar.

The Four-Way Test

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

CLUB NEWS:

Rotary Kidman Park

THE EPILEPSY CENTRE PROJECT

REQUEST FOR VOLUNTEERS



WORKING BEE at The Epilepsy Centre

Scope of work: 4.8m x 2.7m timber deck in courtyard and relocate 4 bushes.

6 -8 members required for 4 -6 hours on SATURDAY JULY 11 at 9am.

What to bring : Driver/Drill, tape measure, spade/shovel.

Reply to Rob if you can help. 0418 804 066

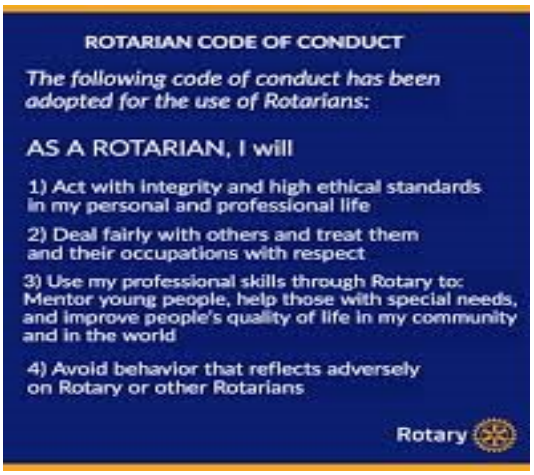
DHS SCREENING

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



CLUB NEWS:

Rotary Kidman Park

UPCOMING EVENTS

Guess Who is Coming to Dinner

A Fellowship Event

SATURDAY, 4th JULY

7.00 pm Start

2020/2021 RCKP Handover Dinner

Glenelg Golf Club

$40 a head (the club has already subsidised $10 a head from district fees refund)

6.30 for 7. 00pm start

Saturday, 25th July

2 course meal:
Main: beef or chicken - alternate drop.
Dessert: mud cake

** Please advise me of any special dietary requirements*

** Please respond to me via email, as some have already done if you are attending the Changeover including partner if applicable*

Drinks:
Corkage $18
The wine list is reasonably priced.
I have, via my Norwood connections 24 bottles of wine from the Grant Burge family donated. Corkage still to be paid by members on the night for the good quality "Barossa Boy" donated wine.

PAYMENT DETAILS: Please pay ASAP

Please pay $40.00 directly into the club account:
BSB: 633-000
Account No: 152107249
Please add your name so that the Club Treasurer, Rob Chambers, can keep a record of payment

Chris Branson PE

RCKP - DISTRICT GOVERNOR'S VISIT



Special Guest, DG David Jones
2020-2021
Tuesday, August 4th
6.00pm for 6.30 Start
West Beach Surf Life Saving Club

Rotary | Rotary Opens Opportunities

UPCOMING MEETING EVENTS:

7th July 2020
6:00pm for 6:30pm Start
Face to face -West Beach Surf Life Saving Club
6:20pm for 6:30pm Start
(Hybrid Zoom E-Meeting)

Speaker	**Sourav Roy**
Topic	**'Hydration - Are You Drinking Healthy Water?'**

Business Networking Event
14th July 2020
6:00pm for 6:30pm Start
Face to face West Beach Surf Life Saving Club
May include 6:20pm for 6:30pm Start
(Hybrid Zoom E-Meeting)

SPEAKER/S	**Ali Greco**
Topic	**Cybercrime - is your computer safe?'**



CLUB NEWS:

Rotary Kidman Park

District 9510

District 9510 Conference - Advance Notice



The D9510 Conference Committee wishes to announce that the inaugural D9510 Conference will be held from the afternoon of Friday 16th April 2021 to 12:30pm Sunday, 18th April 2021 in Bendigo.

For full details https://vimeo.com/420651054

The Conference Committee headed up by Rotarian Arthur Manser from the Rotary Club of St Peters is promising to deliver a dynamic line up of interesting speakers and entertainment that we know you will enjoy and provide many opportunities for fellowship.

After 42 years apart, our two Districts are re-joining on 1st July. Fittingly, our theme for the inaugural 9510 Conference is ***Moving Forward Together***.

Registrations will be open in the new Rotary year once our Districts' ClubRunner databases have been merged into one. Until then we suggest you secure your plans to join us in Bendigo.

To make the Conference a great success we welcome any offers of advertising sponsorship or in kind contributions from your business networks.

Please do not hesitate to contact Conference Chair, Arthur Manser amanser@bigpond.net.au or myself if you wish to discuss.

The latest conference details will be updated on the new D9510 website and we are hoping by April 2021 our conference will be free of COVID restrictions.

Best Regards,

David Jones
District Governor Elect 9510 (2020-21)
Rotary Club of Mitcham
Email: dg2020@rotary9510.org
Mobile: 0427 026 887



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

Norm Lewis *- Club Founder*

Membership
Chair - Warren Hobbs

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

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

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

ROTARY CONNECTS THE WORLD