Rotary Club of Kidman Park

CLUB NUMBER: 22406

ROTARY INTERNATIONAL PRESIDENT
Shekhar Mehta (Rashi)

DISTRICT GOVERNOR 9510
Jeff Neale (Jenny)

THE KIDMAN KRIER

SERVE TO CHANGE LIVES

Area Governor – Area 7:
ROSIE ERASMUS – GLENELG R/C

The official publication of the **ROTARY CLUB** of **KIDMAN PARK** INC. PO Box 83, Brooklyn Park SA 5032.
Dinner Meetings: 6.30 pm each Tuesday at West Beach Surf Life Saving Club, Seaview Road **(south end of West Beach Road). Partners and guests are welcome to join our meetings.**

VOLUME 37 ISSUE # 03

OUR GUEST SPEAKER FOR 03 Aug 2021

ALISON HARRIS

COMMITTEE MEETINGS

FROM OUR PRESIDENT
CLUB NEWS
- Guest Speakers
- Committee & Other Reports
- Club Activities
- Meetings and Rosters
- Winners and Grinners
- About Rotary

NOTICES
CHILL
ADMIN & MEMBERSHIP



President Alison Harris



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

Kidman Krier Editor: Rob Stocker
Email: holmwood2@me.com
Mobile: 0411 672 717

Apologies and Additional Guests:
Please advise **Frank Bunnik** by 12.00 noon Monday.
Email: marion-frank@bunnik.id.au
Mobile: 0411 517 292

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

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

MEETING # 1848

Tues 03 Aug 2021
6:00pm for 6:30pm Start

SPEAKER:Alison Harris

TOPIC: Committee Meetings

Meeting Duties

Tuesday 03 Aug 2021	6:00 pm for a 6:30 Start
FURNITURE	Chris Turner Clive Turner
ATTENDANCE	Frank Bunnik Ian Roberts
CHAIR	Bob Hudson
WELCOME	David Simpson
JOKER DRAW	Shirley Roberts

CLUB NEWS:

Rotary Kidman Park

WORDS FROM PRESIDENT ALISON

Hi Everyone,

Well, my first meeting as President, was not quite as I expected. Still, we had a lovely night for those that joined us. It was a bit fun to get updates from our members about what was happening at the Olympics during the meeting. I am embracing the multi-tasking!

A couple of announcements from me during the meeting: there are still 5 people that have not paid, so please get on and do this, as we have already paid the club's fee to Rotary. Rob Chambers has sent you an invoice.

The other big announcement is that we will be moving to Westwood Ho Golf Club for our meetings. I have heard from Westwood Ho and there may be a slight delay in our move due to some COVID/Lockdown impacts on leave arrangements, but I will update this for you soon.

The other great news is that the Container to Tanna has moved from the truck (which was on Facebook) to the ship! How fantastic! (for those nautical people, it is ship and not boat right? I wasn't sure)

I enjoyed hear Tom Hendrick sharing his passion for public speaking. If you missed it, you can access via our members facebook site:

I know that zoom is not for everyone, so good news, we get to return to WBSLC Club next week for our meeting! Please bring your mask. We'll also need to wear masks at the Bookmart or any other shifts we are doing at least over at least the next 7 days.

Next week is for Committee Meetings. Your Director will be in touch about the meeting, but please come to the meeting with ideas, because if we want to apply for a District Grant, we will need to do that very soon, so we want to try and have some ideas for this as soon as we can.

See you next week!

Cheers
President Alison

THE MOVE IS ON!!

As the expected rebuild of the West Beach Surf Life Saving Club becomes a reality, our new meeting venue will be:
from 24 August 2021

Westwood Ho Golf Club
Military Road West Beach

CLUB NEWS:

Rotary Kidman Park

Guest Speaker 27 July 2021



Tom Hendrick, a Public Speaker & Trainer

Tom was a tax lawyer with Adelaide's largest law firm, until he left to start Adelaide Speaking Training.

At the age of 15, Tom delivered a one-hour stand-up comedy show in front of his whole school. He won a series of auditions and competed at the Australian Public Service Great Debate, hosted by author and radio host Adam Spencer. Tom also has a growing number of speaking awards from various associations.

Adelaide Speaking Training provides personal and group speaking training using a method inspired by personal fitness trainers. If going to the gym can affordably transform your health, where are the gyms for changing how we communicate?

Tom's aspiration for Adelaide Speaking Training is to get people running towards the microphone, not away from it.



CLUB NEWS:

Rotary Kidman Park

Committee Meeting 03 August 2021

ALISON HARRIS

COMMITTEE MEETING



All photographs are courtesy of Bob Gloyn Photography

Fellowship Committee Report 2020/21

Due to restrictions for Covid-19 events normally considered for the Club were found to be unsuitable, generally because of limits on attendance numbers.

Fortunately restrictions were lifted sufficiently to allow us to hold our Christmas lunch at the West Lakes Golf Club.

We were able to assist in preparations for the President's barbeque at the Old Gum Tree, Glenelg North.
The popular Guess Who's Coming to Dinner was well attended in March.
The play "Crimes of the Heart" at the Arts Theatre in April had a modest attendance due partly to an inability to arrange a local meal in sufficient numbers and also a clash with the District Conference that weekend.

Thanks to all of the Committee members who contributed during the year.
Ron Harris
Chair

CLUB NEWS:

Rotary Kidman Park

ABOUT ROTARY



SERVE TO CHANGE LIVES





AUSTRALIAN ROTARY HEALTH

Recalling Positive Memories Reduces Severity of Depression

A new smartphone app that helps young people to recall positive memories has been found to reduce the severity of depression, according to a study funded by Australian Rotary Health (ARH). ARH Mental Health Research Grant recipient Dr David Hallford (pictured above) from Deakin University lead a trial of a mobile-friendly adjunct memory specificity training program (c-MeST), aimed at enhancing the treatment of depression.

Participants (aged 15-25) who were already receiving some sort of treatment for an episode of major depressive disorder (e.g. psychotherapy or medication) were recruited to the study, with some receiving the online program in addition to their treatment and some receiving treatment as usual.

Dr Hallford said participants who received c-MeST were better at recalling specific memories and reported a lower severity of depressive symptoms than those who did not have access to the program. “For the first time we can show that helping young people who are experiencing an episode of major depression to recall specific memories of positive events from their lives can help to reduce the severity of their depressive symptoms,” Dr Hallford said.

The study also found that more than half of adolescents and young adults in the study found the app easy to use, helpful, and would recommend it to other people who were depressed. “These findings provide more evidence that we can provide simple and easy to access interventions that help reduce the severity of depression in young people. These findings encourage us to think in terms of what additional support we can provide to young people with depression, even when they are already receiving treatments,” he said”

Dr Hallford noted that while the intervention helped to reduce the severity of depressive symptoms, it did not substantially reduce the number of people who would still be diagnosed with major depression by the end of the study. One journal article has been published from this study, with other planned peer-reviewed publications expected later this year.

(Adapted from Australian Rotary Health web site)

CLUB NEWS:

Rotary Kidman Park

BOOKMART ROSTER 28 June – 11 December 2021

Week 1	**Monday-28th June, 19th July, 9th Aug, 30th Aug, 20th Sept, 11th Oct, 1st Nov, 22nd Nov, 13th Dec.**	**Tues-29th June,20th July, 10th Aug, 31st Aug, 21st Sept 12th Oct, 2nd Nov, 23rd Nov, 14th Dec.**	**Thurs.- 1st July, 22nd July, 12th Aug, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec.**	**Saturday-3rd July, 24th July, 14th Aug, 4th Sept,25th Sept, 16th Oct, 6th Nov, 27th Nov,18th Dec.**
10-12.30pm	Chris Turner, Clive Turner, Dawn Frank,	Jenny Harris, Tom Bunnik, Roland Eime	Karen, Liz Foote Lyn Allpress	Jenny Filsell, Kel Burke, Colin O'Donnell
12.30-3pm	*Anne Nagy, Anne Simpson, Leah Roberts, Ros. Jones	Tom Bunnik, John Jackson, Annette Nation	Don & Lee McCulloch Christine Lovino	Ron Harris, Chris/Clive, John Wilson
Week 2	**Mon.-5th July,26th July, 16th Aug, 6th Sept, 27th Sept,18th Oct, 8th Nov, 29th Nov.**	**Tues.-6th July,27th July, 17th Aug, 7th Sept,28th Sep,t 19th Oct, 9th Nov, 30th Nov.**	**Thurs.-8th July, 29th July, 19th Aug, 9th Sept, 30th Sept,21st Oct, 11th Nov, 2nd Dec.**	**Saturday-10th July, 31st July, 21st Aug, 11th Sept, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec.**
10-12.30pm	Rob Hughes, Ron/Jenny, Dawn Frank	Clive Turner, Roland Eime	Robert Ryan, Kevin Mullins, Chris Weyland	Kevin Tiggemann, Mario Colin O'Donnell
12.30-3pm	*Anne Nagy, Anne Simpson, Ros. Jones	John Jackson, Annette Nation	Kevin & Shirley Roberts Christine Lovino	Megan Kerr, Janet Johnson John Wilson
Week 3	**Monday-12th July,2nd Aug,23rd Aug, 13th Sept, 4th Oct,25th Oct,15th Nov,6th Dec**	**Tues-13th July, 3rd Aug, 24th Aug, 14th Sept, 5th Oct,26th Oct,16th Nov, 7th Dec.**	**Thurs.- 15th July, 5th Aug,26th Aug, 16th Sept, 7th Oct,28th Oct,18th Nov,9th Dec.**	**Saturday-17th July, 7th Aug,28th Aug, 18th Sept, 9th Oct,30th Oct, 20th Nov,11th Dec.**
10-12.30pm	Paul Denley, Ann Branson, Dawn Frank,	Chris Hughes, Roland Eime	Ken Eyles, Bob Hudson	Janet Johnson, Jenny Harris Colin O'Donnell
12.30-3pm	*Anne Nagy, Anne Simpson, Ros. Jones,	Megan Kerr, Rose Willington Annette Nation	Rob & Joy Stocker, Christine Iovino	Peter Farquhar, Peter Johnson John Wilson

IMPORTANT BOOKMART NOTICE

The SA Covid restrictions are due to be lifted from 12:01 am Wednesday 28 July. Our Woodville Bookmart will be open from Thursday 29 July this week.

It is a government requirement that we wear masks. Masks and Sanitiser will be provided at the Woodville site - please ask all clients to also wear masks. Although we can't enforce this masks will provider protection for both ourselves and our clients.

Thank you everyone,
Jenny Harris

Reserves-** **Peter Brown, Karen Feind, Rob Chambers, Margaret Sargent, Grant Price

All community volunteers have said they are willing to help as a reserve if needed, depending on availability.

Remember we need to have one Rotary member each time on duty. The community volunteers are not opening or closing or handling money. The WLL volunteers will be doing all duties -same as our members.

CLUB NEWS:

Rotary Kidman Park

MEETINGS AND ROSTERS

Tuesday 03 Aug 2021	6:00 pm for a 6:30 Start
FURNITURE	Chris Turner Clive Turner
ATTENDANCE	Frank Bunnik Ian Roberts
CHAIR	Bob Hudson
WELCOME	David Simpson
JOKER DRAW	Shirley Roberts
SPEAKER	ALISON HARRIS
TOPIC	COMMITTEE MEETINGS

Tuesday 10 Aug 2021	6:00 pm for a 6:30 Start
FURNITURE	Garth Palmer Christine Hughes
ATTENDANCE	Frank Bunnik Liz Foote
CHAIR	GrantPrice
WELCOME	Mario McDonagh
JOKER DRAW	Bob Gloyn
SPEAKER	EMLY HARMAN Salisbury Rotaract Pres
TOPIC	StepTember

Tuesday 17 Aug 2021	6:00 pm for a 6:30 Start
FURNITURE	Brian MacDonald Peter Murton
ATTENDANCE	Frank Bunnik Tom Bunnink
CHAIR	TBA
WELCOME	Ken Eyles
JOKER DRAW	Robert Ryan
SPEAKER	LEILA PARDON Aust Red Cross LifeBlood
TOPIC	Blood Challenge

Tuesday 24 Aug 2021	6:00 pm for a 6:30 Start
FURNITURE	Ken Eyles Peter Farquhar
ATTENDANCE	Frank Bunnik Helen Kite
CHAIR	David Simpson
WELCOME	Rob Hughes
JOKER DRAW	Grant Price
SPEAKER	TBA
TOPIC	TBA

A REMINDER: When you are the person responsible for introducing the Guest Speaker, please contact them well before the meeting to "touch base". Remind them of the date, starting time and venue of our meeting. Ask them for a bio and photo to appear in the Kidman Krier. In addition should they require a computer (or bring their own), cables, a roving or lapel microphone, etc for their presentation, make sure that you determine their exact requirements and advise the member scheduled for Furniture. On the night, welcome them at the door upon their arrival, buy them a drink and introduce them to the president and other members at the pre-dinner gathering. During their presentation, take notes that capture the essence of their talk and send that to the Editor for that week's edition of the Kidman Krier.

MEALS ON WHEELS

WHERE: Rear 292 Findon Road Findon

WHEN: Wednesdays – please be there by 10:50 am

CONTACT: MIKE STONE
0429 952 541

04 Aug	Peter Farquhar
11 Aug	Peter Murton
18 Aug	Colin Duley
25 Aug	Ron Harris
01 Sep	David Simpson

Please Note: If you would like to put your name down for any rosters contact CLUB SECRETARY, Wayne Comley.
If you are unable to fulfil your rostered role, please arrange a swap with another member before advising Wayne Comley and the Kidman Krier Editor Rob Stocker.

NOTICES:

Rotary Kidman Park

27 JULY 2021

MY WORK-MY LIFE PRESENTATIONS

Maybe a bit unsure about what to do when you give one of these presentations?

The objective is to share with other club members some background information (e.g. Personal, Business, Sporting, Hobbies, etc.) of your life experiences. It also helps you to assimilate into the Rotary Club of Kidman Park.

Whilst primarily given by new members, members with many years of membership also make presentations, so that newer members are aware of the background of longer serving members.

You could include in your presentation:

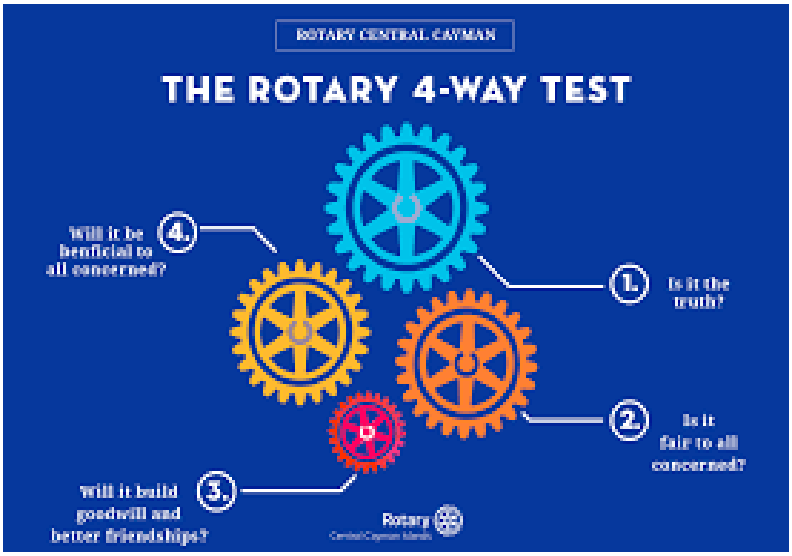
Date/Place of Birth
Marital Status
Number of children
Schools attended – e.g. Primary School, Secondary school, and Uni etc.
Qualifications
First job
Current or Last job
Most interesting career experience
Sporting interests/achievements – past and present
Hobbies and other interests
Community service interests/achievements
Reason for joining Rotary and/or the Rotary Club of Kidman Park.

My Work/My Life presentations are sometimes made by two members on the same night in lieu of a guest speaker and at other times only one member will present.

Duration of presentation:

You should try to keep the presentation to approximately ten minutes, to allow say five minutes for a few questions.

Warren Hobbs



NOTICES:

GENRAL INFORMATION

DHS SCREENING

FACT: It is a legal requirement that all people who are likely to be working in aged, children/youth, disability and/or vulnerable sectors MUST have completed the DHS Screening. Records of member's successful completion are kept by each respective Club. Certification is simply mitigation against any risk that may arise out of a Rotarian's interaction with any vulnerable people.

It is now essential 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 sectors described.

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
- General Employment
- Vulnerable Persons
- Working with children
- Category is Volunteer

Keep going.

Good luck if you manage to get it; the certificates lasts from between 3 and 5 years.

Janet Johnson CPO

KPRC BANK DETAILS

The use of Direct Debit transfer of funds is now commonplace and it is very easy to use this facility to pay for the activities of the club. To assist the Treasurer, it is important that you include (in the reference section of the online transfer document of your own bank) your name and the club activity for which you are paying (e.g. John Smith Club Subs). Club bank details are:

Business Name : Kidman Park Rotary Club Inc.

Admin Account
BSB : 633 000
Account : 152 107 249

Project Account
BSB : 633 000
Account : 152 107 355

FROM YOUR EDITOR

TO ALL MEMBERS: Can you remember the actual dd/mm/yyyy that you joined Rotary AND KPRC if they are different? Please send that info to me.

Please make sure that any contributions reach me before the deadline
at 7:30am of each Thursday
following the Tuesday meeting for publication in the Kidman Krier.

holmwood2@me.com

Send in those articles, photos, stories, jokes, etc.



#

CLUB NEWS:

Rotary Kidman Park

WINNERS AND GRINNERS

Birthdays & Anniversaries

Member's Birthday	Ken Eyles 02 Aug David Simpson 15 Aug Peter Brown 29 Aug
Partner's Birthday	Sue Chambers 02 Aug Sheena King 09 Aug Sue Nowak 09 Aug Phillip Willington 17 Aug Sandra Stuart 20 Aug Sandy Gaunt 28 Aug Annelies Bunnik 29 Aug Annabel Price 30 Aug
Wedding Anniversary	Chirs & Pat Weyland 23 Aug Chris & Ann Branson 28 Aug
Club Anniversary	Kel Burke 18 Aug (36 yrs) Rob Chambers 18 Aug (36 yrs) Wayne Comley 14 Aug (20 yrs) Ken Eyles 18 Aug (36 yrs) Bob Hudson 23 Aug (36 yrs) Ed King 22 Aug (26 yrs) Norm Lewis (Club Founder) Brian MacDonald 28 Aug (20 yrs) Kevin Mullins 18 Aug (36 yrs) Grant Price 18 Aug (36 yrs) David Simpson 18 Aug (36yrs)







The Joker Draw

No draw this week

Tickets Sold $00.00

xx won $00.00 and drew the xx of xx

$00.00 goes to KPRC

$00.00 goes to The Jackpot which stands at an estimated

$857.00

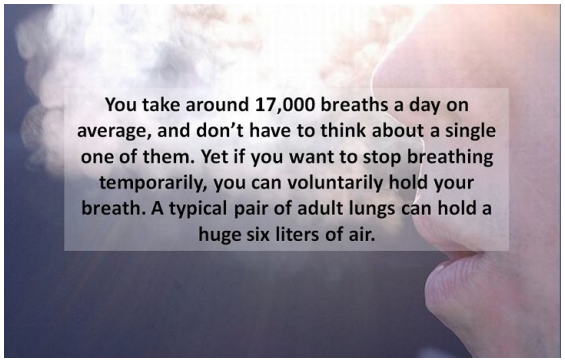
CHILL





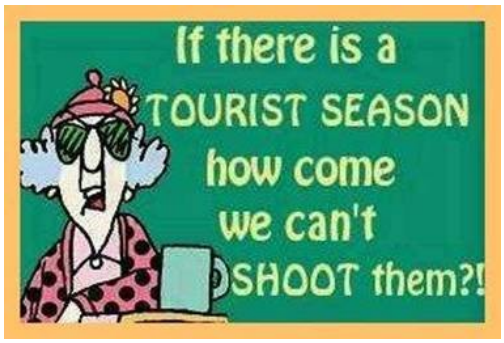
Rotary
Kidman Park

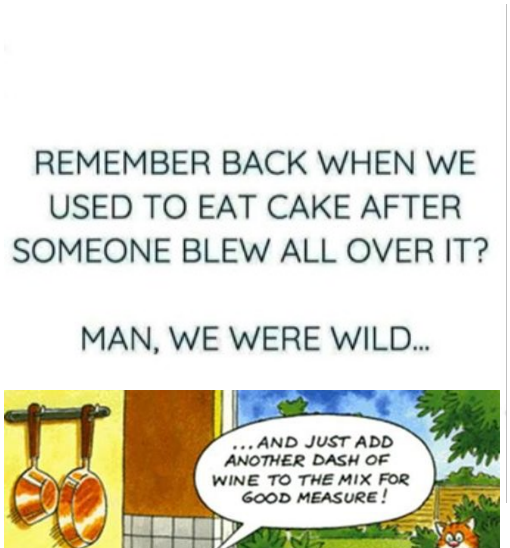
DID YOU KNOW?







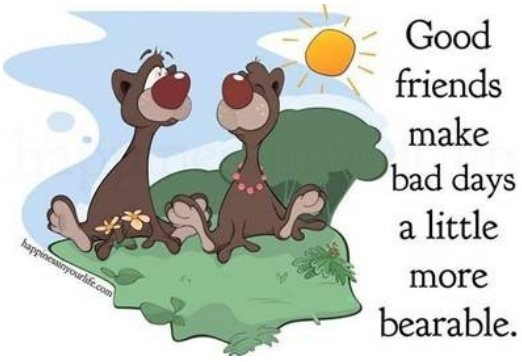














Administration and Membership

The Rotary Club of Kidman Park INC.

Rotary Kidman Park

Committees 2021/2022



Directors 2021/2022

President:
Alison Harris

President Elect:
BobGloyn

Past President:
Chris Branson

Treasurer:
Rob Chambers

Secretary:
Wayne Comley

Club Administration:
Karen Feind

Community Service
Clive Turner

Vocational & Youth Service:
Chris Hughes

International:
Tom Bunnik

Fellowship:
Rose Willington

Membership:
Bob Gloyn

Norm Lewis
Club Founder

Club Administration
Chair – Karen Feind

Alison Harris President
Rob Chambers Treasurer
Wayne Comley Secretary
Warren Hobbs
Ed King
Peter Murton Public Officer
Rob Stocker Website & Kidman Krier Editor

International Service
Chair - Tom Bunnik

Frank Bunnik
Stuart Ghent
Jenny Filsell
Peter Johnson
Helen Kite
Tina Murray
Garth Palmer
Ian Roberts
Brian Tucker

Community Service
Chair - Clive Turner

Ann Branson
Ken Eyles
Jenny Harris - BookMart
Peter Farquhar
Liz Foote
Brian MacDonald
Robert Ryan
Chris Turner
Chris Weyland

Membership
Chair – Bob Gloyn

Paul Denley
Mario McDonagh
Kevin Mullins
Phil Ransome
David Simpson
Kevin Tiggemann
Shiralee Wood

Vocational & Youth Service
Chair - Chris Hughes

John Christo
Jenny Clarke
Colin Duley
Elizabeth Gates
Bob Hudson
Rob Hughes
Len Nowak

Fellowship
Chair – Rose Willington

Chris Branson Past President
Peter Brown
Kel Burke
Ron Harris
John Jackson
Janet Johnson
Grant Price
Kevin Roberts
Shirley Roberts

KPRC Past Presidents

1984/1985 David Simpson
Charter President
1985/1986 Dr Bob Hudson
1986/1987 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
2019/2020 Kevin Tiggemann
2020/2021 Chris Branson

SERVE TO CHANGE LIVES