The Rotary Club of Kidman Park Bulletin

Meetings: 6.30 pm each Tuesday at Westward Ho Golf Club, Military Road, West Beach

Rotary Kidman Park

Club Number: 22406

Website: kidmanparkrotary.org

Co-Presidents: **Karen Feind**
Email: kmlxena@gmail.com
Ron Harris
Email: ronharris1205@hotmail.com

Club Secretary: **Wayne Comley**
Email: waynecomley@icloud.com

Rotary International President:
Stephanie A. Urchick

District Governor 9510:
Marie-Louise Lees
(Rotary Club of Gawler Light)

Rotary Community Leader - G4:
Mario Mc Donagh
(Kidman Park Rotary Club)

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- Board members 2024-2025



THE MAGIC OF ROTARY
Rotary

Meeting No: 2009

4th February

Guest Speaker

Austin Redden

Community Revegetation in Tanzania

Meeting Duties

Furniture: Stuart Ghent
Grant Price
Attendance: Frank Bunnik
Welcome: Liz Foote
Chairperson: Ron Harris
Guest Speaker intro:
Steve Redden
Joker Draw:
Peter Farquhar

Apologies & Guests: Please advise Frank Bunnik
Mobile 0411 517 292
Email: marion-frank@bunnik.id.au
by 12.00 Noon Monday.

KPRC Facebook Moderator: **Karen Feind**
www.facebook.com/KidmanParkRotaryClub

Bulletin Editor

Paul Denley - Email: denleyp@gmail.com

Club News:

Rotary Kidman Park

Co-Presidenet Ron

We had a very successful meeting at SASRS on Tues 28th. Thanks to Warren for organising the venue and to Barbara for the Subway. We had a good turnout of Rotarians and partners plus several interested Bookmart volunteers.
Dr Nick Pourgiezis, an Orthopaedic Surgeon, was able to clarify the arrangements going forward for Western Hospital. A group of 9 doctors has invested 51% and Medibank Private is contributing 49%. Nick is one of the Directors of the joint venture. His motivation is that it would be a severe loss to the western area and the city as a whole if this hospital was unable to continue. There is some rationalisation of services - no ICU, no cardiac, no maternity - but good prospects for a new oncology provider. Most other existing services will continue. The building is owned by Australian Unity and proposals for further development will be considered.

Ron



Guest speaker Dr Nick Pourgiezis presenting to our rotarians and guests.

Club News:

Rotary Kidman Park

Western Adelaide Hospital

On 1 November 2024, a joint venture between Medibank's Amplar Health business and a doctor-led group announced the acquisition of Western Hospital. Under the new ownership, the hospital will remain a private facility while continuing to support some public patients to reduce pressure on local public hospitals. Medibank and Amplar Health will have no involvement in clinical care decisions, which will remain between patients and their treating clinicians.

Dr Nick Pourgiezis

Dr Nick Pourgiezis uses the most advanced Minimally Invasive Robotics Assisted techniques to perform joint replacement surgery of the knee and hip using high performing implants and an accelerated rehabilitation program to assist in returning patients to their chosen activities with comfort in the shortest possible time.
He is involved in the design and development of advanced technologies such as Robotic Assistance, Augmented and Virtual Reality Navigation Techniques to continue the evolution of Orthopaedic Surgery and teach other surgeons how to best achieve optimal results for their patients.
Subsequently he expanded and refined surgical techniques during 18 months of post fellowship training working with experts in Sydney, Belgium and the United Kingdom in addition to visitations to centres of excellence in other parts of Europe and the United States.
He is past President of the South Australian and National Orthopaedic Registrars Associations and is an active member of the **Royal Australasian College of Surgeons** and the **Australian Orthopaedic Association**.
Nick has established a private practice at **Western Hospital**, Henley Beach with additional consulting at MyPhysio at Portrush Road, Payneham, Benson Radiology at Melbourne Street, North Adelaide and Harbour Medical at North Haven. He also consults regionally at Benson Radiology, Nuriootpa in the Barossa as well as Maitland and Yorketown in the Yorke Penninsula.
After hours and Saturday consulting times are also offerred for the convenience of his patients.
As well as his private practice Nick is involved in Orthopaedic research and Teaching in his role as a Senior Orthopaedic Specialist at the **Queen Elizabeth Hospital.** and Clinical Lecturer at the University of Adelaide.
He has a special interest in Knee, Hip and Shoulder Sports Injuries and Reconstruction and Minimally Invasive Robotic Assisted Joint Replacement Surgery.

Club News:

Rotary Kidman Park

Nick uses the latest surgical techniques and instrumentation and his patients can be confident that joint replacements used in his practice have excellent results on the National Joint Replacement Registry.
He uses Robotic and Patient Specific Techniques routinely in his practice and teaches other respected Orthopaedic colleagues in the use of Robotic Technology in Joint Replacement Surgery. He believes that this surgery helps patients to have a shorter hospital stay and return to their chosen lifestyle sooner. It also likely improves alignment of the implants which may translate to a longer lasting knee replacement.



He continues to explore new techniques in Orthopaedic Surgery and is involved in developing Navigation and Augmented Reality Technology that may potentially further benefit his patients.

Club News:

Rotary Kidman Park





Club News:

Rotary Kidman Park

Bunnings BBQ

Hi BBQ Team Volunteers

Thanks to you all for your efforts with the Bunnings BBQ today (Sat 25th Jan).
We did have to call on our two reserves, so those reserve roles were extremely necessary and helpful.

It was good weather at 29C max at the Airport, and Bunnings customer levels were strong.
Our 1st Shift of Customers were less than usual, but the next 2 Shifts were quite busy.
All of our Volunteers get the BBQ job done and with an accompanying smile and enthusiasm, and seem to enjoy the role.

Total Sales	$1723(Card $1078 and cash $645 after deducting $ 60 Float)
Expenses	516
Net Profit	$1207

Net Profit per volunteer hour is still around $35

Our David Taylor took a key role in covering Drinks, Ice, equipment, cash handling and there at drop off and clean up and wash up....and was on 3rd Shift as well..
David will be covering an increased role with our Airport Bunnings BBQ and his role is and will be instrumental to its success.
David has had a lot of past BBQ organising experience so we welcome his ongoing input.
There is a lot of behind the scenes BBQ work that is not
seen on the day itself. Thanks David!!
And special thanks to each of you in making this BBQ successful....you are all major contributors to the $1200 net profit raised for our KPR projects.

If we continue to have one Bunnings BBQ per month we will be doing well. That is never certain as there are many charities and community groups that are lining up
to get a bigger share of the Bunnings BBQ action. Organiser Eve at Bunnings currently looks out for our KPR interests, which enables us to have a consistent income to date....but nothing is guaranteed.
If we are ongoing allocated one day per month, the Net Profit from Bunnings BBQ's over 12 months would be around $15000. We will need to consider that hot weather conditions hence our Heat Policy will reduce that as it did for Boxing Day.

Our next allocated day is Saturday 15th Feb and a Round Robin will need to be circulated shortly for that date. Please put the date in your calendar.

Cheers and thanks
Warren

Club News:

Rotary Kidman Park



AUSTRALIAN ROTARY HEALTH

INDIGENOUS HEALTH SCHOLARSHIP

The Board of Directors
of
Australian Rotary Health
present a

CERTIFICATE OF APPRECIATION

to

Rotary Club of Kidman Park

In recognition of the participation in the

Australian Rotary Health
Indigenous Health Scholarship Program 2024

Cheryl Deguara
Program Co-Ordinator

Rotary Districts of Australia

WE FUND HEALTH RESEARCH

This certificate was received in appreciation of our sponsorship of Hannah Hughes via Australian Rotary Health Indigenous Health Scholarship program.

Hannah has successfully completed Medicine 1A and 1B, and is enrolled in Medicine 2A and 2B.

We wish her much success in her future studies.

Club News:

Rotary Kidman Park

SAVE THE DATE

Thursday 13th March
Mystery bus tour
Pickup at Westward Ho Golf Club 9.00 am. Please park cars as far away as possible from the Golf entrance. Ie on the North side of the car park near the road.
Return approx 4.30pm.
Cost $80- per person including Bus trip, two entrance fees and two-course lunch. Please credit the club's account or alternatively pay by card at a Tuesday meeting.
It is a great trip going to two venues that are very interesting and are largely unknown.

Thanks
David
David Simpson

0403384250

Sunday October 12th
Coach Day Trip
“Secrets I have found”
Details to be advised.
Chris Branson

Rotary Club of Murray Bridge
2 person Ambrose Golf Competition
Thursday 3rd April - Shotgun start 8:45am
Cost $55pp - includes golf and a BBQ lunch.

Sunday 14 Dec 2025
Christmas function
Glenelg golf club

Club News:

Rotary Kidman Park

Rotary

Club of Kidman Park

Networking Dinner Tuesday March 18, 6.00 for 6.30pm Start.
Westward Ho Golf Club Military Road West Beach

Speaker: Neil McFarlane



Topic: Climate Change Explained

Dr Neil McFarlane is the Director of Special Projects **Climate** in the Department for Environment and Water (DEW) based in Adelaide, South Australia. His knowledge and expertise in **climate** change, renewable energy and disaster risk management culminates into the core work of climate mitigation and adaptation for the Government of South Australia.

Previously he worked for the Green **Climate** Fund in the Republic of Korea as the Deputy Director and Adaptation Coordinator. He spent several years in the United Nations Office for Disaster Reduction in Geneva where he coordinated the international agreement on the *2015-2030 Sendai Framework for Disaster Risk Reduction*. He also spent one year in 2023-24 as the Senior Advisor on **Climate Change** to the Prime Minister of Fiji.

Dr McFarlane is an experienced executive overseeing policy and projects related to **climate**, emissions reduction and disaster risk management at local, national and international level. He holds a PhD in Development Economics from Deakin University.

This is an evening you should not miss!

**** Book early to avoid disappointment Only $27.00 - Includes Dinner ****

Payment on Arrival EFTPOS Or- EFT to RCKP BSB: 633.000 Acct # 152107249

Please RSVP by Friday March 14. Contact who Invited you OR : -

Email: businessaspire@live.com or Ph: 0438 500 244 Kevin Tiggemann

District News:

Rotary Kidman Park

Rotary | Women in Rotary SA Chapter

Celebrating International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The 2025 theme is ***Accelerate Action.***

Wednesday 5th March 2025
7.00am – 9.00am, Top Room at the Arkaba Hotel

Miriam Silva AM



Miriam is an experienced board director and CEO and has more than 25 years' experience managing large and geographically diverse teams across multiple industries including pharmaceuticals, banking and agribusiness.
Miriam sits on a number of boards and committees including Chair InTouch Multicultural Centre Against Family Violence, Chair Contemporary Arts Precinct Trustee for the William Buckland Foundation, Director of AMES, and the Art Gallery of South Australia.
Miriam is Patron for the International Women's Day Committee (SA) and is the Multicultural Patron for The SA Police Training Academy.
In 2022, Miriam was appointed as a Member of the Order of Australia (AM). In 2012 Miriam was named as one of Australia's inaugural 100 Women of Influence in the Westpac and AFR Awards. Miriam is a member of the SA Women's Honour Roll (2011) and the recipient of the 2012 Governor's Multicultural Award for the Private Sector

Tickets are $45.00 per person (Plus booking fee) with maximum table groups of 10.

Bookings now open - https://www.trybooking.com/CXIIY

Or use the QR code

Please bring your business cards for a door prize. There will be raffle tickets available for purchase at $5 per ticket.

The 2025 breakfast will be supporting ***inTouch Multicultural Centre Against Family Violence***. InTouch works across the family violence continuum, providing culturally-informed case management, perpetrator programs, a fully accredited community legal centre and specialised migration assistance, crisis recovery, learning and development programs and enhanced capacity-building projects across the sector and community.

MAJOR SPONSOR

Health Partners



BJ Designs

CORRYTON BURGE 6TH GEN.



District News:

Rotary Kidman Park

Rotary Club of Somerton Park



FRIDAY 28th FEBRUARY 2025

7.00pm – 10.30pm – Cost $20 pp

CLUB HOLDFAST

583 Anzac Hwy, GLENELG NTH

Get your friends and family together for a table of 8 and join the competition for a great evening of mental stimulation and humour. Additional events include a table wine number competition, heads and tails, guess the jelly bean number jar and a huge raffle. So please bring some cash including gold coins. Credit card facilities will be available.

All proceeds from this event will go to support the Australian Rotary Health Scholarship Program which is assisting an indigenous student studying medicine at Flinders University.



COST $20 PER PERSON

https://www.trybooking.com/events/landing/1339192

Please bring nibbles for the evening and the bar will be open for drinks.

Tables are made up of 8 seats, so make up a table if you can, but please book individually if required or contact

FRANK WHITE 0414 239 423

THANKYOU FOR YOUR SUPPORT OF THIS EVENT.

Australian Rotary Health

www.australianrotaryhealth.org.au

District News:

Rotary Kidman Park

RESILIENCE FIRST AID™ STARTER TRAINING

Rotary District 9510

Rotary Club of Elizabeth

Discover Connected Resilience with RFAST's transformative **3-hour workshop**, designed to equip you with essential tools and strategies for fostering mental well-being in yourself and others.

WHY ATTEND RESILIENCE FIRST AID STARTER TRAINING (**RFAST**)?

Delve into the evolving world of **mental health prevention** and learn how to create a supportive environment through **psychosocial hazard awareness**.

Join us to unlock your potential in promoting resilience and embark on a journey of personal growth and empowerment for the betterment of your community, workplace, and personal life.

Included in RFAST:

- **RFAST Participant Workbook** – Summary of the workshop content, space for notes, plus your own Active Strength analysis and personal Resilience Action Plan
- **Completion Certificate** – Useful for evidence of ongoing professional development marking 2 hours of attended training





Training Outcomes:

By participating in RFAST's workshop, you will:

- Develop an appreciation for mental health prevention strategies
- Understand the significance of supporting resilience in others
- Enhance your ability to recognise when someone needs resilience support
- Identify your strengths and create a resilience action plan

Curriculum Overview:

The RFAST workshop covers the following topics:

- The evolution of mental health towards prevention, emerging trends in therapies, and new approaches
- The importance of psychosocial hazard awareness and your role in promoting a healthy environment
- The concept of Connected Resilience and strategies for cultivating it
- The six resilience domains, including their highs, lows, and risk factor awareness
- Identifying your unique strengths and creating a tailored resilience action plan

RFAST Summary:

3-hour workshop Purpose:

- Preventative approach to mental health
- Develop a culture of resilience
- Psychosocial hazard awareness training
- Understand resilience & create an action plan

Open to anyone

Formats:

- Live - trainer led

Fees: **$20 Booking Fee**

All Inclusive

RFAST

Trainer(s): **David Moran & Graham Lucas**

Location: Munno Para West Uniting Church, 232 Curtis Road, Munno Para West SA 5115

Date & Times: 10th February, 2025 6:30 pm to 9:30 pm

TO BOOK - Email - admin@mentalhealthpartners.com.au or call 0402 749 850

Club News:

Rotary Kidman Park

As promised, I have attached the 3 flyers for our Rotary sessions on Mental Health First Aid.

1] 10th Feb Monday @ Playford Uniting Church, Curtis Rd Munro Para West
2] 24th March Monday @ Elizabeth Vale Soccer Club, Mofflin Rd Elizabeth Vale
3] 14th April Monday @ Angle Vale Sports Community Club, Fradd Rd Angle Vale

Cost $20pp
Time 6.30-9.30pm [3hrs duration]

We have spread them across Playford to allow easier access.
Please send them to anyone who you think might be interested.

Our Club appreciates your support.

Please contact me for further information required.

Regards
Shirley Halls
Director
Rotary Club of Elizabeth,
M 0419866872

Henley Beach Rotary Club presents:

An evening with a renowned King's Counsel – Mr Stephen Pallaras

📅 **Date: Wednesday 9th April 2025 (PLEASE NOTE DATE CHANGE)**
🕕 **Time:** 5:45 pm for a 6:00pm start
📍 **Venue:** The Bartley Hotel, West Lakes Shore

Meals and drinks available at the bar.

Everyone welcome. Don't miss this opportunity to gain insights and learn from an esteemed legal expert.

Please RSVP by Wed 2nd April 2025

📞 **Phone:** 0407 604 512

📧 **Email:** carterjm@senet.com.au

Mandy Carter
Co-President
Henley Beach Rotary Club

Club News

REMINDERS

Rotary Kidman Park

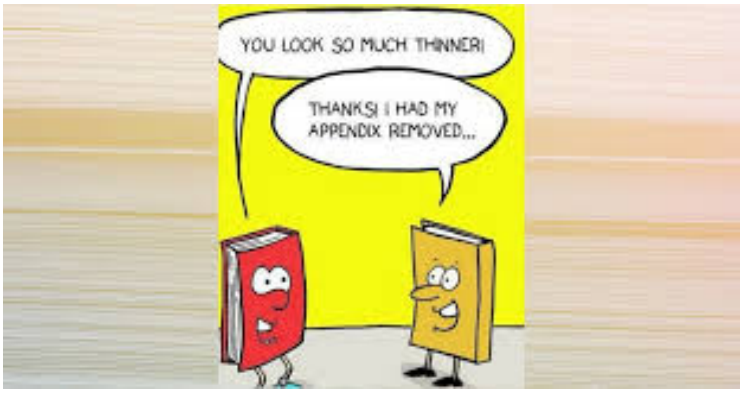
Upcoming Bunnings BBQ Dates

Saturday 15th February









Club News:

Rotary Kidman Park

Upcoming Events & Guest Speakers

Tuesday 4th February

Austin Redden

Community Revegetation in Tanzania

Tuesday 11th February

Committees

Tuesday 18th February

Matt Cowdrey OAM MP

My accidental journey from Paralympics

"A point to note from this week's bulletin which you may or may not know is that Matt Cowdrey OAM MP is our Club Patron",
from Colin Anderson, General Manager, Westward Ho Golf Club

Tuesday 18th March

Dr Neil McFarlane

Director of Special Projects Climate

Dept. for Evironment and Water, SA

Meals On Wheels Roster:

Rotary Kidman Park

Meals on Wheels Contact

Grace Giles

Mobile: 0407 603 637

Charles Sturt Meals on Wheels is situated at the rear of

Festival Function Centre,
292 Findon Rd, Findon

Please be there by 10.50 AM

Wednesday Roster	**Friday Roster**
5th Feb Ed King	7th Paul Denley
12th Feb David Simpson	14th Feb Rose Willington
19th Feb Tom Bunnik	21st Feb Frank Bunnik
26th February Karen Feind	28th Bob Hudson

Hi Meals on Wheelers

Just a reminder for all, to ask if you could place the magnet signs on your car when delivering for MoW. The signs promote Rotary and in particular, our good work.

Notes:

- If for some reason you are unable to fulfill your roster please arrange to swap with another Member. Please do not contact the Bulletin Editor. It is not the Bulletin Editor's job to find a replacement.
- Dale Kentish is co-ordinating the Meals on Wheels Roster (replacing Bob Hudson)
- If you have a breakdown or accident the MOW volunteer will call a taxi and will continue on the remainder of the round and return to the kitchen afterwards. You are left to deal with your vehicle issues as you see fit.

Meeting Duty Rosters:

Rotary Kidman Park

Feb 4th	Feb 11th	Feb 18th	Feb 25th
Furniture Stuart Ghent Grant Price	Furniture Rose Willington Peter Johnson	Furniture Mario McDonagh Steve Redden	Furniture Ian Roberts Rob Stocker
Attendance Frank Bunnik	Attendance Frank Bunnik	Attendance Frank Bunnik	Attendance Frank Bunnik
Welcome Liz Foote	Welcome Jenny Harris	Welcome Dale Kentish	Welcome Brian Tucker
Chairperson Ron Harris	Chairperson Karen Feind	Chairperson Ron Harris	Chairperson Karen Feind
Guest Speaker Intro Steve Redden	Guest Speaker Intro Committees	Guest Speaker Intro Warren Hobbs	Guest Speaker Intro
Joker Draw Peter Farquhar	Joker Draw Janet Johnson	Joker Draw Peter Murton	Joker Draw Chris Weyland

If for some reason you are unable to fulfill your roster please arrange to swap with another Member.
Please do not contact the Bulletin Editor - other than to advise you have swapped with someone.
It is not the Bulletin Editor's job to find a replacement.



The Joker Draw

No Draw last week - no mini winner.
The JACKPOT is now approx. $1131.00

Member's Birthdays:
Warren Hobbs 9th Feb

Partner's Birthdays:
Pat Weyland 4th Feb

Wedding Anniversaries:
Robert & Vicki Ryan 3rd Feb

Membership Anniversaries
Peter Brown 1st Feb

BookMart Roster:

Rotary Kidman Park

DAY	DATE	TIME	MEMBERS	VOLUNTEERS
Saturday	1st Feb	10:00 - 12:30	Janet Johnson, Jenny Harris	Darlene Green, Michelle N, Lorraine Paroissien
		12:30 - 03:00	Kevin Tiggemann, David Taylor	Naomi Wallis
Monday	3rd Feb	10:00 - 12:30	Steve Redden	Chris Turner, Dawn Frank, Jeannie Reynolds
		12:30 - 03:00		Anne Nagy, Leah Roberts, Ros Jones
Tuesday	4th Feb	10:00 - 12:30	Rob Hughes	Leonie Brunckhorst, Roland Eime
		12:30 - 03:00	John Jackson	Alison Duggan, Naomi Wallis
Thursday	6th Feb	10:00 - 12:30	Jenny Harris	Lyn Allpress, Barbara Kendrick, Ruth Shakes
		12:30 - 03:00		Don & Lee McCulloch, Christine Iovino
Saturday	8th Feb	10:00 - 12:30	Karen Feind, Kel Burke	Darlene Green, Michelle N
		12:30 - 03:00	Rose Willington, Dale Kentish	Joan Billing,Naomi Wallis
Monday	10th Feb	10:00 - 12:30	Grant Price	Dawn Frank, Jeanie Reynolds
		12:30 - 03:00		Anne Nagy, Ros Jones
Tuesday	11th Feb	10:00 - 12:30		Don & Lee McCulloch, Roland Eime
		12:30 - 03:00	John Jackson, Steve Redden	Naomi Wallis
Thursday	13th Feb	10:00 - 12:30	Robert Ryan, Kevin Mullins, Chris Weyland	-
		12:30 - 03:00	Paul Denley	Christine Iovino, Barbara Kendrick
Saturday	15th Feb	10:00 - 12:30	Liz Foote, Megan Kerr	Darlene Green, Michelle N
		12:30 - 03:00	Janet Johnson	Ben Pulkkinen, Joan Billing, Naomi Wallis
Monday	17th Feb	10:00 - 12:30	Shirley Roberts, Ann Branson	Dawn Frank, Jeanie Reynolds
		12:30 - 03:00		Anne Nagy, Ros Jones
Tuesday	18th Feb	10:00 - 12:30	Chris Hughes, Paul Denley	Roland Eime
		12:30 - 03:00	Rose Willington	Chris Frensch, Naomi Wallis
Thursday	20th Feb	10:00 - 12:30	Bob Hudson, Jenny Filsell	Barbara Kendrick
		12:30 - 03:00	Warren Hobbs	Christine Iovino, Megan Kerr

Members Committee Allocation:

Rotary Kidman Park

Members Committee allocation 2024 - 2025

Name		Committee		Name		Committee
Wayne	**Comley**	**Administration**		Jenny	**Harris**	**Bookmart**
Robert	**Ryan**	**Administration**		Rose	**Willington**	**Bookmart**
Rob	**Chambers**	**Administration**		Liz	**Foote**	**Bookmart**
Karen	**Feind**	**Administration**		Janet	**Johnson**	**Bookmart**
Ron	**Harris**	**Administration**				
Peter	**Murton**	**Administration**		Chris	**Hughes**	**Fellowship**
Lauren	**Paradise**	**Admin** (Facebook)		Kel	**Burke**	**Fellowship**
				Peter	**Brown**	**Fellowship**
Warren	**Hobbs**	**Community**		Peter	**Farquhar**	**Fellowship**
Anne	**Branson**	**Community**		Ian	**Roberts**	**Fellowship**
Chris	**Branson**	**Community**		Shirley	**Roberts**	**Fellowship**
Dale	**Kentish**	**Community**		Kevin	**Roberts**	**Fellowship**
Stuart	**Ghent**	**Community**		David	**Simpson**	**Fellowship**
Kevin	**Mullins**	**Community**				
Barbara	**Wheatcroft**	**Community**		Kevin	**Tiggemann**	**Membership**
Chris	**Weyland**	**Community**		Jennifer	**Filsell**	**Membership**
Shiralee	**Wood**	**Community**		Mario	**McDonagh**	**Membership**
				David	**Taylor**	**Membership**
				Phil	**Ransome**	**Membership**
Rob	**Hughes**	**International**				
Frank	**Bunnik**	**International**		Steve	**Redden**	**Vocational/Youth**
Tom	**Bunnik**	**International**		John	**Christo**	**Vocational/Youth**
Paul	**Denley**	**International**		Bob	**Hudson**	**Vocational/Youth**
Ed	**King**	**International**		Grant	**Price**	**Vocational/Youth**
Peter	**Johnson**	**International**		Rob	**Stocker**	**Vocational/Youth**
Helen	**Kite**	**International**				
Brian	**Tucker**	**International**				