

The Rotary Club of West Beach Bulletin

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



Club Number: 22406

Website: kidmanparkrotary.org



CoPresidents

Ed King

Email: kinged373@gmail.com

David Simpson

Email: dsimpso5@gmail.com

Club Secretary: Wayne Comley

Email: waynecomley@icloud.com

Rotary International President:

Olayinka Hakeem Babalola,

(2026/27)

District Governor 9510: Tim Mee

(Rotary Club of Morialta)

Rotary Community Leader - G4:

Rick Henke

(Rotary Club of Salisbury)

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Year 2026/27



CREATE LASTING IMPACT



Meeting No: 2089

**Tuesday 29th September
2026**

**Guest Speaker: Dr Rajeev
Kamineni**

**Topic: The Two Loves of
My Life**

Meeting Duties

**Furniture: Rob Stocker
David Taylor**

Attendance: John Christo

Welcome: Paul Denley

Chairperson: Ed King

**Guest Speaker Intro: Barbara
Wheatcroft**

Joker Draw: Rose Willington

Apologies & Guests: Please advise **John Christo**

Mobile 0417 800018

Email: jecmail01@gmail.com

by 12.00 Noon Monday.

WBRC Facebook Moderator: Type to enter text **Karen Feind**
www.facebook.com/KidmanParkRotaryClub

Bulletin Editor: Paul Denley

Email: denleyp@gmail.com



Henry Cowell for SA
Ambulance with Rotarian
Barbara Wheatcroft

St John Ambulance – First Aid, CPR and AED Presentation

Part 1

Henry began by sharing his personal connection with St John Ambulance. He first became involved as a youth member in Murray Bridge, later leaving when he went to university. After completing a PhD in geology and moving into research at Adelaide University, he returned to St John about ten years ago. He is now a team leader across several northern and western Adelaide areas, including Prospect, Woodville, Campbelltown and Elizabeth.

He explained that St John plays an important role at public events such as the Royal Adelaide Show and major community activities. Volunteers provide immediate first aid, assess and treat people where possible, and call on SA Ambulance Service when hospital treatment or more advanced medical assistance is required. St John also includes trained paramedics, nurses and doctors who volunteer their time. Another important program is community care, where volunteers regularly visit vulnerable or isolated people to provide companionship and check on their wellbeing.

The presentation then focused on CPR and automated external defibrillators (AEDs). The speaker emphasised that the first priority in any emergency is **danger** – ensuring that the rescuer, other people nearby and the patient are not placed at further risk.

The basic approach is to check the person's response, send for help, open the airway and determine whether they are breathing normally. If the person is unresponsive and not breathing normally, CPR should begin on a firm surface. Henry stressed the importance of maintaining effective chest compressions and allowing the chest to fully recoil between compressions. Rescue breaths can be performed where appropriate, but hands-only CPR is an option for people who are uncomfortable providing breaths.

A major focus was the importance of obtaining an AED as quickly as possible. AEDs analyse the heart's rhythm and will only deliver a shock when it is appropriate. He explained that early CPR and early defibrillation can make a significant difference to survival following cardiac arrest.

He demonstrated the correct placement of AED pads, the need to expose and dry the chest, and considerations such as excessive chest hair. He also emphasised following the AED's spoken instructions, as modern machines are designed to guide users through the process.

The presentation concluded with advice about calling Triple Zero (000). People should call when they are genuinely concerned about a serious medical problem, including unexplained chest pain, breathing difficulties, unconsciousness or severe deterioration. Emergency operators can provide instructions while help is on the way.

The evening concluded with practical demonstrations using CPR mannequins and AED trainers, giving members the opportunity to practise the techniques discussed.

Club News:



“West Beach Rotary appreciates greatly the support of our **Sponsors** and **Community Partners** whose logos appear below”



Part 2

CPR and AED Practical Demonstration

The practical session demonstrated how to use an automated external defibrillator (AED) and perform effective CPR. The speaker explained that modern public AED cabinets are generally designed to be easily accessible rather than locked, recognising that delays caused by poor mobile reception or difficulty obtaining access can be critical during a cardiac arrest.

AEDs are designed to provide clear, spoken instructions. Once switched on, the user attaches the pads to the patient's bare, dry chest, following the diagrams provided. The AED analyses the heart rhythm and determines whether a shock is required. **The speaker stressed that nobody should touch the patient while the AED is analysing or delivering a shock.** Pads should remain attached even if the patient appears to recover, as the AED may need to reassess the rhythm.

The correct CPR technique was demonstrated using training mannequins. Compressions should be performed in the centre of the chest, with the rescuer positioned close to the patient, elbows locked and body weight transferred through the arms. **The recommended rate is approximately 100–120 compressions per minute**, allowing the chest to fully recoil after each compression. The speaker emphasised that effective compressions are more important than attempting complicated techniques.

For smaller children, one hand may be sufficient, depending on their size. Broken ribs can occur during effective CPR, but this should not discourage rescuers from continuing compressions when they are necessary.

The speaker also demonstrated alternative AED pad placement for smaller patients when the standard front-and-side position is unsuitable, explaining that front-and-back placement can be used when necessary.

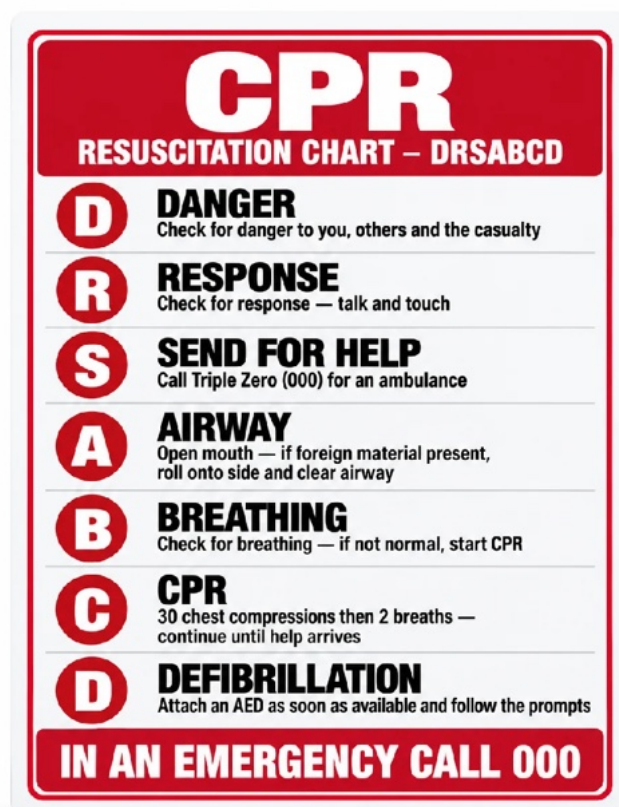
Training mannequins were used to demonstrate compression depth, rhythm and technique, with technology providing immediate feedback. **The key message was simple: start CPR, use an AED as soon as possible, follow its instructions, and continue compressions until help arrives or you are physically unable to continue.**

Steps for using an AED

In an emergency, start by following the **DRS ABCD** action plan. If defibrillation is required (as the person is unresponsive or not breathing normally), follow these simple steps:

1. As soon as an AED is available, turn it on and follow the instructions;
2. Remove all clothing from patient's chest; anything containing metal should be removed from the area, including underwire bras.
3. Correctly place defib pads on bare chest;
4. AED analyses heart rhythm;
5. Listen to AED instructions;
6. If the AED prompts to give shock, stay clear of the patient. **Shout stand clear**
7. After the AED delivers the shock, continue CPR with compressions until the person responds, or normal breathing returns, or the paramedics take over
8. Continue to listen to any instructions from the AED. Sometimes it may be necessary to shock the patient more than once.

It's vital to remember that an AED does not replace **CPR**, it is used in addition to CPR. Don't delay CPR while waiting for someone to get an AED.



C — CPR

is now recommended
at 110 chest
compressions per
minute.

INVITATION to “FRIENDS OF ROTARY” Event

**Tuesday 20th October Westward Ho G.C., Military Road, West Beach.
6.00 for 6.15pm Concludes 8.15, \$27 meal (alternate drop), buy your own drinks.**

Special Guest Speaker: Ken KG Cunningham OA



Sporting career

Media career

Ken had a first-class cricket career 1960/61 to 73/74 seasons with SA Cricket Team in the Sheffield Shield. A left-hand batsman he was part of the sides that won the Shield in 1963/64 and 1968/69 and went on to play 97 first-class matches in a solid career, averaging 37 with the bat. He was the SA team captain in 7 matches from 1971 to 1973. He toured New Zealand in 1966/67 with the Australian team captained by Les Favell.

He was a highly rated football umpire, officiating in four SANFL grand finals three interstate games during his 130 games in seven years (1961–1967) at the top level.

Following his sport career, he became a TV and radio sports presenter. During the 1980s, KG hosted a 30-minute football wrap-up show on Channel 9 Adelaide called **KG's Footy Show**. The show was run on Saturdays during the football season and ran in the 5:30–6pm time slot. KG and guests who included players usually from the day's winning teams in the SANFL, would give their comments and show highlights of the games. KG was also the weekend sports presenter for Channel 9 news in Adelaide for over 20 years until he joined Channel 7 in 2005. For his long TV service to football, the SANFL inducted him into their Hall of Fame in 2012.

He also co-hosted the FIVEaa Sports Show from the mid-1980s until 2008, firstly with former South Australian cricket captain David Hookes and later with former SANFL player and Adelaide Crows (AFL) coach Graham Cornes. The radio show, **KG and Cornesy**, was among Adelaide's most popular drive time shows.

In the 1990 Australian Day Honours Ken was made a Member of the Order of Australia (AM) for "service to the media, particularly as a sporting broadcaster".

He is frequently very opinionated and pro-South Australian and passionate of any South Australian sporting Team, Player, Coach and anyone associated with Sport

Don't miss this opportunity to meet some new people, have a chat, share stories, and hear from Special Guest Speaker, The Passionate, Ken KG Cunningham.

Our support speaker will be Alan Young, West Beach Coastal Newsletter, updating us on quality of dredged sand, Bird Flu and Algal Bloom.

**Secure your seat, email; - to Warren Hobbs (Engagement Chair) or Try Booking: -
Please Respond by 15th Oct, \$27 Payment <https://www.trybooking.com/DIARP>**

Time to get excited about our next FoR Event on Tuesday 20th October.

Our Friend Denny Hodgson who is a paid-up FoR together with his wife Elizabeth, has arranged for his pal Ken Cunningham to be an "On the Couch" Speaker next month. Denny also happens to be a member of Adelaide Rotary Club but also likes what we do at WBR.

The attached Flyer has been prepared by our Kevin Tiggemann. (Thanks Kevin....he does that each month plus various other FoR roles.)

KG Cunningham is a legend in Cricket, Footy Umpiring(when one Umpire did it all) and a popular media Commentator for over 40 years.

And he is western suburbs and South Australian to the core.

Also be aware that our Support Speaker is Alan Young who is passionate about the health of our beaches and marine life.

Alan will have 10 min to share his thoughts on current key beach issues eg dredging of sand from where for replenishment(and what quality sand!!). and updates on Algal Bloom and what he has observed about Bird Flu. Each of these are key issues for our Beaches and hence for all of our local Clubs who attend our FoR events. See you there. It will be a bumper crowd!!

Cheers

Warren Hobbs

For the WBR Engagement Committee

Vale Paul Valente

Past President of the Rotary Club of Kidman Park



It is with sadness that I share the news of the unexpected passing of Paul Valente, aged 71, who passed away in his home on Tuesday, 8 September.

Paul was a loving father, a respected retired business owner, and a long-standing Rotarian who faithfully served through the Rotary Clubs of Kidman Park, Salisbury and Modbury Golden Grove. Throughout his years of service, Paul exemplified the Rotary motto of Service Above Self, generously giving his time, friendship and support to others.

Paul will be remembered as a friendly and genuine gentleman whose warmth, kindness and willingness to help made a lasting impression on all who knew him. His dedication to community service and his commitment to Rotary values were evident in everything he did.

Rest in peace, Paul. Your service, friendship and legacy will not be forgotten.

Regards,

Teresa Evans

Ph 0403 306 225

Rotary Club of Modbury Golden Grove

Paul's funeral is Wednesday 30th October, 11.00am Florey Chapel Centennial Park.

Club News:



Bunnings BBQ

For your diaries:

18th October

28th October



SEPTEMBER IS

BASIC EDUCATION AND LITERACY MONTH

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."

John Dewey



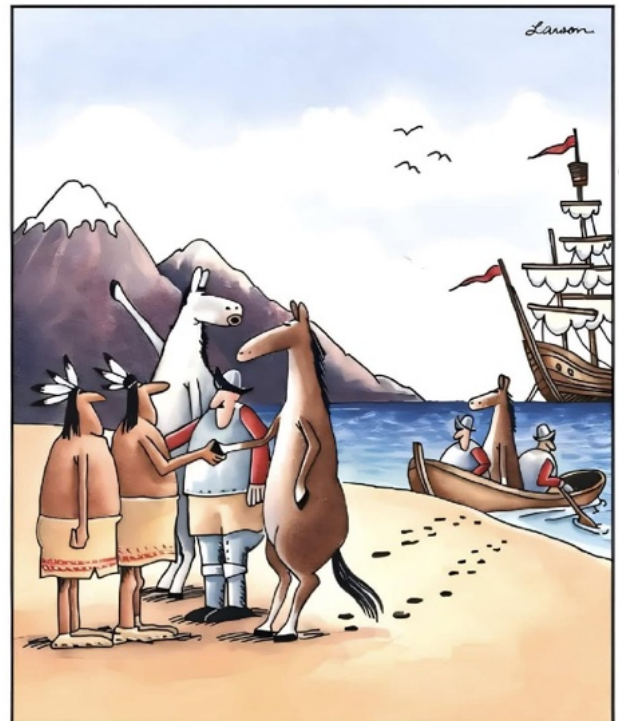


The Joker Draw



David Taylor won the draw,
but did not draw the Joker

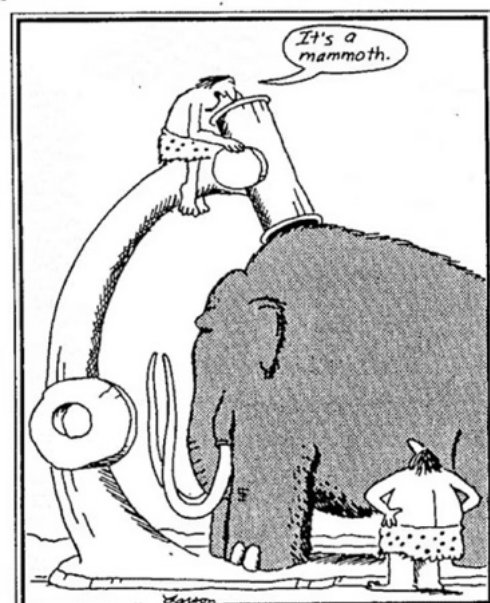
The JACKPOT
is \$1,362



Circa 1500 A.D.: Horses are introduced to America.



"Well, I dunno . . . Okay, sounds good to me."



Early microscope

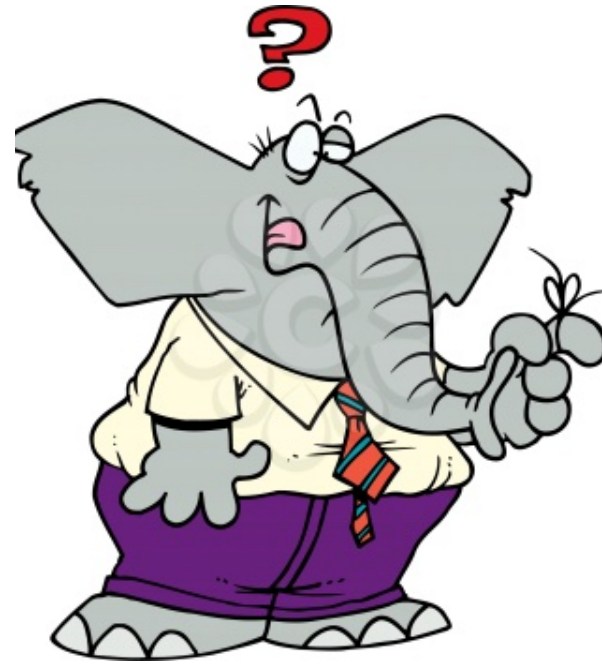
Club News:



Fellowship Events

SAVE THE DATES

Put them in your Diary



Member's Birthdays:

Partner's Birthdays:

Wedding Anniversaries:
Rob & Joy Stocker 5th October

Membership Anniversaries

Rotary



THE FOUR-WAY TEST

of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

Upcoming Events & Guest Speaker

29th September

Speaker: Dr Rajeev Kamineni

Topic: The Two Loves of My Life

6th October

Speaker: Olympian Chris McHugh

Topic: Recent visit to Glasgow Commonwealth Games

13th October

Committees

20th October

FoR Event

Speaker: Ken “KG” Cunningham

Topic: SA Sport and Radio

27th October

Speaker: District Governor Tim Lee

3rd November

No Meeting - Melbourne Cup

10th November

AGM

Meals On Wheels Roster:

Meals on Wheels Contact

Naomi Barrett

Mobile:

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

30th September - Stuart Ghent

7th October - David Simpson

14th October - Peter Brown

21st October - Peter Murton

28th October - Tom Bunnik

4th November - Karen Feind

11th November - Frank Bunnik

18th November - Ed King

25th November - Rob Chambers

Friday Roster

2nd October - Richard Daley

9th October - Ann Branson

16th October - Ron Harris

23rd October - Jenny Harris

30th October - Rose Willington

6th November - Paul Denley

13th November - Brian Tucker

20th November - Chris Hughes

27th November - Robert Ryan

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

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.
- Paul Denley is co-ordinating the Meals on Wheels Roster
- 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 Roster

29th September	6th October	13th October	20th October
Furniture Rob Stocker David Taylor	Furniture Paul Denley Wayne Comley	Furniture Ron Harris Stuart Ghent	Furniture Rob Hughes Peter Johnson
Attendance John Christo	Attendance John Christo	Attendance John Christo	Attendance John Christo
Welcome Brian Tucker	Welcome Ann Branson	Welcome Karen Feind	Welcome Engagement Com
Chairperson Ed King	Chairperson David Simpson	Chairperson Ed King	Chairperson David Simpson
Guest Speaker Intro Barbara Wheatcroft	Guest Speaker Intro David Taylor	Guest Speaker Intro Committees	Guest Speaker Intro Tarn McIntosh
Joker Draw Rose Willington	Joker Draw Kel Burke	Joker Draw Peter Farquhar	Joker Draw N/A

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.

BookMart Roster:

DAY	DATE	TIME	MEMBERS	VOLUNTEERS
Monday	28th Sept.	10:00 - 12:30	Shirley Roberts, Ann Branson	Dawn Frank, Jeanie Reynolds
		12:30 - 03:00		Anne Nagy, Anne Fowler, Chris Frensch
Tuesday	29th Sept	10:00 - 12:30	Chris Hughes, Paul Denley	Barbara Kendrick, Shane Roberts
		12:30 - 03:00	Rose Willington, Barbara Wheatcroft	Vicki Hardstaff
Thursday	1st October	10:00 - 12:30	Bob Hudson, David Simpson &/or Peter Brown	Christine Iovino, Ros Jones, Sheryl Ciavarello starting 1/10/26
		12:30 - 03:00	Warren Hobbs	
Saturday	3rd October	10:00 - 12:30	Janet Johnson, Jenny Harris	Darlene Green, Michelle N, Lorraine Paroissien, Lily Reynolds
		12:30 - 03:00	Kevin Tiggemann, Ron Harris	John Wilson
Monday	5th October	10:00 - 12:30	Steve Redden	Chris Turner, Dawn Frank, Jeanie Reynolds
		12:30 - 03:00		Ann Nagy, Leah Roberts, Chris Frensch
Tuesday	6th October	10:00 - 12:30	Rob Hughes	Renuka Kumar, Shane Roberts
		12:30 - 03:00	John Jackson	Clive Turner, Alison Duggan
Thursday	8th October	10:00 - 12:30	Jenny Harris	Ruth Shakes, Barbara Kendrick
		12:30 - 03:00		Don & Lee McCulloch, Ros Jones, Sheryl Ciavarello starting 8/10/26
Saturday	10th October	10:00 - 12:30	Karen Feind, Kel Burke	Darlene Green
		12:30 - 03:00	Rose Willington	Lorraine Paroissien, John Wilson
Monday	12th October	10:00 - 12:30	Grant Price	Dawn Frank, Jeannie Reynolds
		12:30 - 03:00		Anne Nagy, Chris Frensch, Alison Harris
Tuesday	13th October	10:00 - 12:30		Don & Lee McCulloch, Clive Turner, Shane Roberts, Lorraine Panazzolo
		12:30 - 03:00	Steve Redden, Rob Stocker	
Thursday	15th October	10:00 - 12:30	Robert Ryan, Kevin Mullins, Chris Weyland	Christine Iovino, Barbara Kendrick
		12:30 - 03:00	Paul Denley	
Saturday	17th October	10:00 - 12:30	Liz Foote, Megan Kerr	Darlene Green, Lily Reynolds
		12:30 - 03:00	Janet Johnson	Jenny Clarke, John Wilson

Members Committee Allocation:

Members Committee allocation 2026 - 2027

Name			Committee		
Wayne	Comley	Admin Chair	Barbara	Wheatcroft	Director Fellowship
David	Simpson	Administration	Chris	Branson	Fellowship
Ed	King	Administration	Kel	Burke	Fellowship
Peter	Murton	Administration	Rob	Chambers	Fellowship
John	Christo	Administration	Peter	Farquhar	Fellowship
			Carolyn	Palmer	Fellowship
Rob	Hughes	Dir. Community	Warren	Hobbs	Dir. Engagement
Peter	Brown	Community	Ron	Harris	Engagement
Chris	Hughes	Community	Kevin	Tiggemann	Engagement
Kevin	Mullins	Community	Robert	Ryan	Engagement
Karuna	Veerapen	Community	Tarn	McIntosh	Engagement
David	Taylor	Community			
David	Wilson	Community			
			Steve	Redden	Director Vocational
Tom	Bunnik	Dir. International	Bob	Hudson	Vocational/Youth
Frank	Bunnik	International	Grant	Price	Vocational/Youth
Paul	Denley	International	Rob	Stocker	Vocational/Youth
Stuart	Ghent	International	Ann	Branson	Vocational/Youth
Peter	Johnson	International			
Ian	Roberts	International			
Brian	Tucker	International			
Karen	Feind	Dir. Bookmark			
Liz	Foote	Bookmart			
Jenny	Harris	Bookmart			
Rose	Willington	Bookmart			