

THE ROTARY CLUB of CAMPBELLTOWN (SA) Inc.

Club NEWSLETTER Date Monday 24 May 2021 - Mtg 2540

Postal Address PO Box 438 Campbelltown SA 5074

Secretary: 0419 851753 (Susan Harris) rcc9520secretary@gmail.com

Club Email: campbelltown@rotaryclub.org.au Web: www.campbelltown.Rotaryclub.org.au

Shed contact numbers: Arrange Pickups: 8337 3377;

Bulletin Editor: Bruce Barnes - Phone 0407 724 699, email for Bulletin correspondence only: editor20rcc@gmail.com

Rotary International President: [Holger Knaack](#)

District Governor 9510: [David Jones](#)



Board of Directors:- 2020-2021

PRESIDENT Vince Belperio
VICE PRESIDENT Elizabeth Gagliardi
PRESIDENT ELECT Stephany Martin
IMM PAST PRESIDENT Benny Bosman
SECRETARY Susan Harris
TREASURER Jane Gascoigne
COMMUNITY SERVICE Elizabeth Gagliardi
FELLOWSHIP Frank Orlando
FUNDRAISING Jim Silvestri
INTERNATIONAL Netty Heinrich
MEMBERSHIP Margaret Northcote
YOUTH Nikki Rowe
VOCATIONAL SERVICE Jeff Blanco

Special Projects

Art Show Convenor: Michael McCabe
Shed Convenor: Benny Bosman
CROE: Mal Hansen
Mayoral Ball TBA
Car Show Jeff Blanco





Club Service Officers:- 2020-2021

Director Club Service: Stephany Martin 0439 572 495
Welfare Officer: Denise Dinham 8337 8096 or denise.dinham@gmail.com
Sergeant: Margaret Beare 0418 830 343
Email margaretbeare54@gmail.com
Attendance: Reg Bennett Wk 8336 7788 or Mb/txt 0407 970 290
Email: garget54@gmail.com
Attendance (Deputy): Bruce Davis : H 8336 4126 M 0437 130 469
Email: davis273@bigpond.com
Bulletin: Bruce Barnes 0407 724 699 / editor20rcc@gmail.com
Historian: Peter Rumbelow Auditor: Dean Crook
Risk Management: Michael Mc Cabe Social Media: TBA
Rotary Information: Benny Bosman Property: Bill Allan
Sound: Jeff Blanco / Vince Belperio Public Officer: Jeff Neale
Webmaster/Database: Ralph Holmes
Public Relations: Paul Trotta Program: Hiep Nguyen
Photographer: Enzo Piperone

Roster: David Munro 0418 845 644

Email : davidmunro@internode.on.net

DATE 2021	Mon 31 st May San Giorgio Centre, 11 Henry St., Payneham	Mon 7 June San Giorgio Centre, 11 Henry St., Payneham	Mon 14 th June No Meeting Public Holiday (Queen's Birthday)	Mon 21 June San Giorgio Centre, 11 Henry St., Payneham
Speaker	Gerry Butler			
Program	Community Nursery	Committee Meetings	Queen's Birthday	VOCATIONAL VISIT FINE FOODS
Chair	TBA			Geoff Blanco
Plaques & Fellowship	Denise Dinham	Fred Cetta		Cost \$25 for meal buffet
Cashier 1	Benny Bosman	Aaron Stobie		
Cashier 2	Tony Uren	Bill Allan		
Steward 1	Jim Silvestri	Brett Coombs		
Steward 2	Gus DeAngelis	Hans Graf		
Raffle	David Munro	Lou Dimech		
TIME	6:00 FOR 6:30PM	6:00 FOR 6:30PM	NO MEETING	6:00 FOR 6:30PM

If you are unable to perform your duties, please arrange a SUBSTITUTE and advise your replacement to David Munro. IF YOU ARE GOING TO BE DELAYED TO START YOUR DUTIES PLEASE ORGANISE A ROTARIAN TO DEPUTISE FOR YOU UNTIL YOU CAN GET THERE. For Zoom requests please contact Bruce Barnes.

-Meetings are held as per the Roster above. Partners are always welcome. Please note your known dates of your absence either in the black attendance book near the cashier on meeting night or otherwise contact/text asap the Attendance Officer (See Above) regards any queries, apologies, if a "non-eater" or if bringing a guest, partner so as to assist with catering etc. Please understand that it is vitally important that we provide the Venue with accurate numbers for meals so that the cost of meals can be kept to a minimum. If you fail to put in an apology the Board will unfortunately fine you the cost of the meal to recoup costs. **Eaters \$25 non eaters \$5**

Apologies to> Deadline<10am	# Attendance Officer Reg Bennett- 8336 7788 (wk) or 0407 970 290 preferably by text (Deputy Attendance Officer : Bruce Davis 8336 4126 ;0437 130 469 davis273@bigpond.com)
After 10am Deadline	After 10am on the day for unavoidable cancellations & to avoid Fine (=Meal cost) Please notify the venue San Giorgio 8336 6600 so they are aware & also the attendance officer above.



After Sergeant Margaret's invocation & loyal toast, President Vince welcomed members, partners, guests and visitors.

- It was a big week in Rotary.
- It was a great Art Show. A job well done by Michael McCabe.
- Last Saturday night, another great night, being the Philippine 75 Anniversary and Fundraising Dinner. It was so well attended and a good time had by all.
- next week there are committee meetings.



Secretary Susan Harris had some announcements: -

- She has received a letter from the RFDS thanking us again for pledging funds for our Sept 21 CROE trip.
- Received a letter from an artist who exhibited at the Art Show. She Thanked the Club and the volunteers who did such a great job of the Art Show and giving a platform for local artists to show & sell their work.
- The Unley Rotary Club is asking for nominations for the Police Officer of The Year Award. Download form from <http://www.unleyrotary.org.au> . Nominations Close Friday 16 July2021
- On Sunday 29 August 2021 there is a fundraising luncheon for ROMAC (Rotary Oceania Medical Aid for Children) 12:30pm to 4pm at the Adelaide Pavilion ,South Terrace , Adelaide. Susan is putting a table of 12 together . Cost is \$65 a head. Please see Susan
- It was volunteer week last week and Susan commented on the amount of volunteering hours associated with Rotary both in Club & District levels.
- There was a Board Meeting last week
Summary Board Meeting Monday 17 May 2021 held at San Giorgio Board Room

1. Outgoing Directors to give a USB or other data in another form of their year's Directorship activities
2. Website - ongoing discussion as Ralph away for 4 months and someone else needs to put things up on website
3. Combined Boards meeting 27 June at Pres Vince's home 12 for 12.30. Partners welcome.
4. Correspondence from John Russo re Shed
5. All Annual reports due in by end of August. Please look at last year's for format. No need for photos to be included.
6. Rotary Citations discussed
7. Community Connections discussed
8. Indian Dinner discussed
9. Nomination of new member approved for circulation
10. Fine Foods visit 21 June
11. Approval given by Board for Changeover Budget to be raised to \$1000.

- **PP Benny Bosman announced there is a monthly Shed Sale this Sat 29 May** and help is needed for setup on this Friday morning from 8:30am for an hour or so. Please help if you can as some of the regulars are away or committed elsewhere.
- **Jeff Blanco made some announcements**
 - Jeff received a Thank you letter from Professor Nicola Sasssanelli AO thanking the Club for donating \$1000 to the Andy Thomas Foundation.
 - The Fine Foods Vocational Visit will be on Friday 21 June -Cost \$25 a head for meal. Drinks can be purchased \$20 for Bottle of wine, beer \$5 etc. Jeff needs numbers attending in next 2 weeks. Can cater for maximum of 130 people, ideally 100 .
 - Thanks for those attending last Saturday's Philippino Fundraising Dinner.
Special Thanks for Frank taking all the stress and Maria for all the worry.
Also, thanks for all those who attended and those who couldn't attend but donated anyway.
- **PP Babu Kanagasabai spoke on his Indian Fundraising dinner, Sat 19 June at San Giorgio's.**
 - Cost will be \$25 ahead. Babu hopes to get 30 tables.
 - Collecting money next week. He has already received donations pledging \$8000.
 - He is chasing matching Grants and hoping to raise \$25000. He is working closely with his contact Rotary Club Madras South in India as well.
 - He has spoken to David Cockshell from Donations in Kind and there are 60 beds from Calvary Hospital available. Cost to freight is \$4000 and there is also Customs duty but this is all being sorted and a grant may be available.
 - Thank you for your support for this most worthy cause.
- **Membership Director Margaret Northcote** said she will soon be emailing members information about membership and the new mentoring program which starts tonight, thanks to Denise Dinham and John Russo.
- **Michael Mc Cabe spoke on the Art Show**
 - Michael gave a big sigh and said "it's finally over ."
 - There was great attendance, exceeding expectations, steady sales & popular demos.
We even ran out of raffle tickets and catalogues!
 - Last Sunday was organised chaos as artists & buyers collected their pieces and we packed up everything. Thanks to all who responded to my call for help on the day especially Maria Figg who turned up at 9am with her young son James in tow to help out, despite a late & busy night at last night's Philippine Fundraising Dinner.
 - A big thank you last Sunday to Eddie Gagliardi for his truck and all the helpers who loaded the frames and returned them to the shed. Thanks also to Margaret Northcote for posting to Facebook and Jeff Blanco for installing the security.
 - 71 items were sold and there were 800 attendees.
 - The breakdown is



Item	\$
Entry Fee for Artists	7250
Art Sales Commission	4085
Raffle	1000
Entry Fee / Catalogue	2765
Total Receipts	15100
	-2059
Nett	13041

- The People Choice's winner was No21, Valley Mourn, by Alan Behenna.
- The Raffle is drawn next Monday night.
- The Show was very successful.

- Unfortunately, one \$90 painting has been misplaced or mistakenly collected and we are presently trying to track it down. We may need to compensate the artist unless it is found. To avoid this happening again and any future embarrassment, we will need to tighten up the movement & tracking of paintings, together with the collection process.
- **Chair Susan Harris introduced Area Governor Brian Kretschmer** from St Peters RC who then spoke on Club Insurance and evaluating Risk. For advice on Insurance matters John Rix OAM is always there to help. Brian looked at Risk management and Insurance within his own St Peters Club especially in relation to risk management and affordability of insurance etc. He has created a template for recording incidents, reviewing those incidents, learning from them and action required to minimise & avoid them in the future.

Each club has an obligation to explain to the members the insurance cover available to members. This is best done at a normal Club Meeting as an Agenda Item. Insurance should be an Agenda Item at every Board Meeting.

RISK & AGE: If a +90 year old goes up a ladder there is a lot higher risk of serious accidental injury than if there was a 18 yo .

Presently

Age Range	Insurance Cover for Rotary members
17-79	\$250,000
80-89	\$50,000
90-95	NO COVER otherwise Hefty Premium applies

Note the above cover normally covers Medicare items but not Hospital.

Susan thanked Brian and due to time constraints asked if any members had any questions, please let Susan know and she will get back to them.

Guest Speaker

Chair Susan Harris introduced Speaker Sam Camporeale, Regional Rotary Foundation Coordinator Rotary Club of Mitcham, South Australia

Sam joined the Rotary Club of Glen Osmond in 1998 after returning from living in Tasmania for 10 years. He served as President in 2004/5, as well as holding a variety of different Board positions during his time at that Club. When the Glen Osmond Club decided to return its Charter in 2009, Sam joined the Rotary Club of Mitcham, SA. He was President of Mitcham Club in 2013/14.

Sam was privileged to be District 9520 Governor in 2016-17 during which time he met and saw many proud Rotarians in action helping others in many diverse ways.

During his time in Rotary, Sam has also been Chair of District Community Service, has been a member of the District Information Systems Committee and Chair of that Committee for several years. He has also been a member of the District Membership Committee and has served on the District Foundation Committee.

For the past few years, Sam has been busy in his role as the Regional Rotary Foundation Coordinator working across 16 Districts in Australia, New Zealand and the Pacific Islands.

He joined Rotary because he has always been keen to be a part of helping and improving his local community, having also previously been in Apex for 8 years. Sam also was profoundly impacted by a meeting with a young Polio survivor and wanted to support Rotary's flagship international project to end Polio. He is still a member of Rotary because he believes that, in today's world, our local and international communities need the support of Rotarians more than ever.

Sam's professional career has been predominantly in the Information and Communications Technology industry. He is married to Lee and they have two sons, Adam, and Paul.

- **Sam Camporeale did a presentation & spoke passionately on the Rotary Foundation(RF) ,** What it is?, How it works ; Areas of focus ; the providing of Grants which total millions of dollars & how we as individual Rotarians and Clubs can contribute and benefit from these Grants for our projects.

STOP PRESS: The Rotary Foundation Trustees and Rotary International Board of Directors have added a new area of focus: supporting the environment.

More than \$18 million in Foundation global grant funding has been allocated to environment-related projects over the past five years. Creating a distinct area of focus to support the environment will give Rotary members even more ways to bring about positive change in the world and increase our impact.

Supporting the environment becomes Rotary's seventh area of focus, which are categories of service activities supported by global grants. It joins (1) peacebuilding and conflict prevention;(2) disease prevention and treatment; (3) water, sanitation, and hygiene; (4) maternal and child health; (5) basic education and literacy; and (6) community economic development.

Grant applications for projects will be accepted beginning on 1 July 2021. Gifts and commitments from Rotarians and others will be sought to provide global grant support for the new area of focus. More information about this new area of focus will be announced soon.

Sam asked WHERE does the RF get its funding? From you, Clubs, bequests and gifts,

Why support the RF? Sam gave some good reasons to support it – it is the leading most efficient Charity (vide [Charity Navigator](#)-see Below) and it is our own Charity working for the causes we care about for the benefit of Rotarians to make their donations work most effectively. The Rotary Foundation's mission is to advance world understanding, goodwill, and peace. Rotary Foundation grants promote peace, fight disease, provide clean water and sanitation, sustain mothers and children, improve education, and strengthen local economies and NOW recently added supporting the environment.

For Charity Representatives

Sign in or Register |  Giving Basket



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Charity Contact Info

The Rotary Foundation of Rotary International

One Rotary Center
1560 Sherman Avenue
Evanston, IL 60201
tel: (866) 976-8279
fax: (847) 328-8554
EIN: 36-3245072

Mail donations to:

14280 Collections Center Drive
Chicago, IL 60693

[Visit Web Site](#)

Board Leadership

Holger Knaack
President

CEO

International : International Peace, Security, and Affairs (Grantmaking/Grants Payable)

The Rotary Foundation of Rotary International

Enabling Rotarians to advance world understanding, goodwill, and peace

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	Score (out of 100)	Rating
Overall Score & Rating	99.40	★★★★★
Financial	99.16	★★★★
Accountability & Transparency	100.00	★★★★

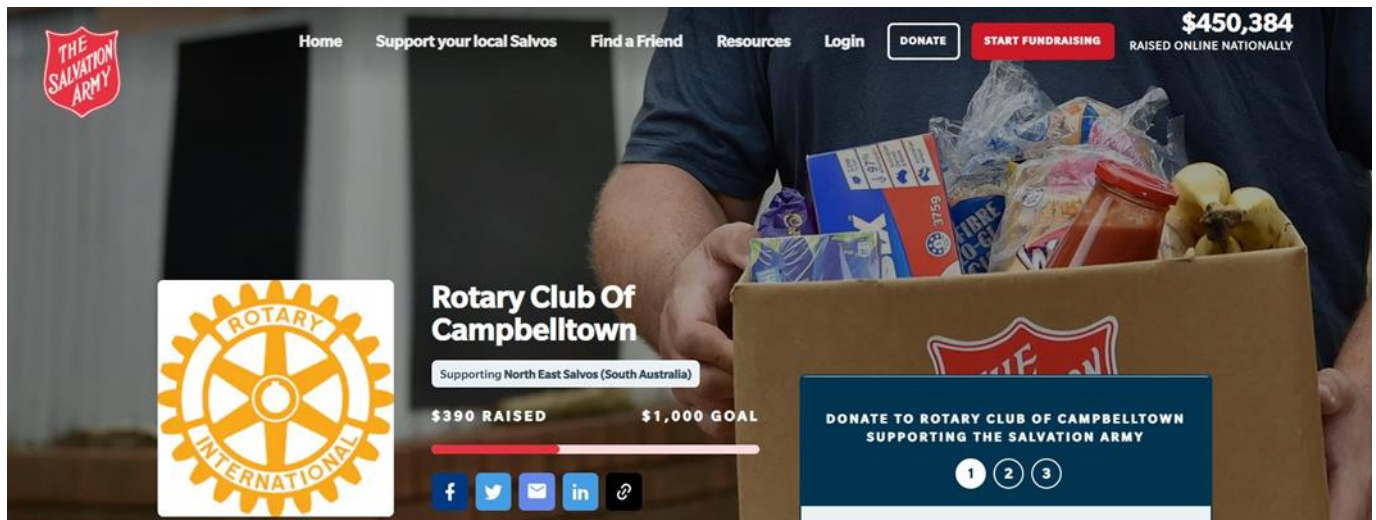
This rating was published 12/01/2020 and includes data from FY2019, the most recent 990 received at that

An interesting fact is that Australia and New Zealand receive more money back from the RF, through grants, than we contribute. Japan, Taiwan and South Korea are the heavy donors.

The RF's finances have been stretched by Covid, disasters and in Australia drought and bushfires. Please seriously consider the Rotary Foundation and if every member individually became a centurion by donating a \$100 a year or approx. \$2 a week it would be supporting the RF and the great causes it supports through the activities of each individual clubs. The members Districts & Clubs would also benefit by returning Grants to finance projects that make a difference and improve lives.

At the conclusion of Sam's presentation, President Vince presented a cheque from the Club for \$7000 for the Rotary Foundation.

CLUB NOTICE BOARD



A North East Salvos Digital Fundraising page has been set up so that Rotarians can donate directly to that link, an email will be sent to each member and will also be in the next Bulletin.

This year North East Salvos are planning to use the money raised to fund local initiatives.

- Every Friday night they have a community meal and short service (which includes activities for Kids).
- They also give out between 40-60 meals each week; they are cooked by volunteers.
- Music program at Paradise Primary School.

Money raised will bring Hope where it is needed in our Community & The City of Campbelltown.

Here is the link for the RCC page where people can donate.

<https://digitaldoorknock.salvationarmy.org.au/rotary-club-of-campbelltown>

The Rotary Club of Campbelltown is currently working with the Rotary Club of Madras South to provide assistance to the victims and their families.

A Fund-Raising dinner will be held on Saturday 19th June 2021 at the San Georgio Club 6pm for 6:30pm.

Tickets are \$50 per head for a Buffet Dinner.



Already the Mayor of Campbelltown and honorary member Jill Whittaker, has offered Council's support by donating \$500.

Babu presently has bookings and donations totaling some \$4000.

This is a great chance to show our support for the Indian Community and provide funds for providing assistance to victims and their families.

We are also looking for donations for raffle prizes.

For details contact

Jim Silvestri
Babu Kanagasabai

0417 80221
0418 851 655

Hello again to all our community supporters,

The Campbelltown Repair Café is gaining more and more support as each month goes by.

We have been able to support members of our community have their items repair for FREE, reduce landfill, and learn how to do repairs themselves.

Please feel free to distribute the attached flyer to your own community by adding it to your newsletters, pinning it up to noticeboards, or emailing on to clients, staff, and families.

We are there to help every 2nd Sunday of the month from 10am – 2pm.

You can find us at the Campbelltown Memorial Oval

Vas Dolman

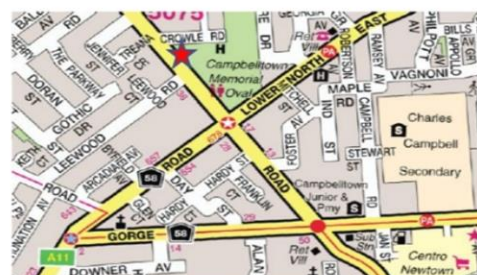
REPAIR CAFE Campbelltown

A place to bring your broken items and sit with skilled volunteers as they repair them.

Every 2nd Sunday of the month
10am – 2pm

Note: Last registration of items 1.30pm

Campbelltown Memorial Oval,
Corner Lower North East Rd & Darley Rd, Paradise



Potential Repairs Available:

- Textiles/Clothing/Darning
- Wooden
- Knife sharpening
- Mechanical/Bicycles
- Jewellery
- Software repairs
- Locks/Safes
- Soft toys/dolls/teddy bears
- Electrical

Please ensure that your items are clean

Monetary donations appreciated - to keep the Repair Café operating

For session info updates, more information or to get involved:

Email: rccampbelltownsa@gmail.com

f: Repair Café Campbelltown-SA

@: rccampbelltownsa



This is a community run initiative auspiced by Sustainable Communities & proudly supported by Campbelltown Council's Community Grants Program.



Environment Area of Focus Launch

Friday June 4th: 6:00pm - 7:15pm AEST

Interviews, Project Videos and Speed Networking from around the Australia, New Zealand and Pacific Islands region



Prof. Lesley Hughes

Lesley is Professor and Pro Vice-Chancellor at Macquarie University. Her research has mainly focused on climate change and its impact.



Ian & Juliet Riseley

Ian was Rotary Intl. Past President 2017/18. Juliet is a PDG of D9810



Dr. Roger Blakeley

In 2015 Roger was the chief architect of the Auckland City Plan Blueprint. He is currently a councillor at Greater Wellington Regional Council.

Register Today for this free Zoom Forum: <https://events.humanitix.com/environment-aof>

More info on the programme: www.esraganzpi.org/environment-aof

As you know, Rotary International has now adopted 'Protecting the Environment' as a new Area of Focus. You are cordially invited to the Australia/New Zealand zoom Launch of this new Area on the 4th June – the day before World Environment Day – at 6pm AEST UTC+10. The launch will feature PRIP Ian Riseley and Juliet Riseley, Dr Roger Blakeley from Wellington NZ and Prof Lesley Hughes from Macquarie University, Sydney.

We would also ask you to distribute the details of this launch with this registration:

<https://www.esraganzpi.org/environment-aof/> to all the Clubs in your District.

During the launch, there will be a showcase of Environmental projects already underway in New Zealand and around Australia (in most States) so some of your Districts will be featured.

We are always looking for more projects to showcase in the future, so if you know of such a project already happening in your District wanting recognition, please ask the organisers to contact us at ESRAG or contact me.

We would appreciate your help in promoting this important event.

Kind Regards,

Malcolm Chiverton.
ESRAG/ANZPI
Governor 2017-2018
District 9810

THINK TAX TIME – THINK THE ROTARY FOUNDATION (even if you are retired and no longer pay tax)

Dear Rotarians, many of you are already passionate supporters of and donors to the Rotary Foundation – Rotary's own charity and for very important reasons. Not only is the Foundation consistently in the top 10 charities according to Charity Navigator, but also this is the charity that funds our District and Global Grants used to perform our work here and across the world.

We also continue the mission to eradicate Polio from the world and with just 2 cases so far this year we have hope that we are reaching the end goal. Whilst this may sound really close, remember that we still need to deliver 450 million doses of Polio vaccine per year to continue that journey.

As we reach the end of the Rotary Year many Rotary and community members will see their achievements acknowledged with a “Paul Harris Fellow” (PHF) Award which recognises your club or its members’ donation of US\$1000 to the Foundation.

Some of you may think that you are unable to commit to \$100 a year to become a Centurion, or US\$1000 to become a member of the Paul Harris Society, but perhaps you haven’t thought in terms of say a \$10 monthly direct debit (less than the cost of a cup of coffee per week) to also become a Centurion or \$120 per month to become a PHS member.

One-off donations, large or small are always welcome at any time, we simply encourage you to consider your own Rotary Foundation, when choosing where to put your charity dollar.

For others you may be searching for a way to make a more significant donation now or in the future, perhaps from your future estate and I would be happy to direct you to the right person from our RISPPPO office to help you organise this.

For our ongoing Centurion donors and Paul Harris Society members, we thank you for your continued support and this is of course a reminder for those who have not yet made this year’s contribution that the end of year is fast approaching. To track your donations:

Go to **rotary.org**

Click on **Member Center** and log in

Click on the **V** at the right of your name in top right hand corner

Go to your **My Donations** which opens up the **Donor Self Service** page

Then on the right Click **Donor History Report**

It will slowly open up to “**View your contribution history**”

In “**Individual Reports**”, click on “**Donor History Report**”

This will then show last year’s and current year’s donation in US DOLLARS and of course your total

On the right are your Recognition Points in US Dollars, every person’s will vary even if they pay the same amount each year, depending on the exchange rate at the time they donated.

To donate visit **rotary9510.org** and download a form from the Rotary Foundation dropdown or alternatively use the link below:

Rotary Foundation - <https://my.rotary.org/en/donate>

Lee Camporeale

Email: leecam@internode.on.net

Tel: 0419854850



District 9510 Foundation Committee – Giving

Pre-Booking of Club accommodation for Jeff’s 2022 District Conference in the Barossa.

○ Jeff explained that it is important for members & the Club to ensure that pre-bookings for next years conference are done in the next few days. This will be handled by Margaret Beare.

● Margaret Beare then spoke in more detail on the urgency of booking accommodation

For next years’ conference. The Conference is in Tanunda. You have to Book your own accommodation .

It is all done online . But before you do, please let Margaret know where you wish to book and she will give you a special code that entitles you to a special discount arranged for the conference.

Accommodation in Tanunda available at a special rate available from Margaret are :

- [Barossa Wiental](#) - \$205 a night
- [Novatel Barossa Resort Motel](#)- 10% discount
- [Barossa Motor Lodge Motel](#)- \$140 a night
- [Discovery Park](#) (Caravan, camping park) – Many options

- Margaret is currently negotiating with the first 3 above to have breakfast included in the deal or at a reduced rate.

- It would be preferable that if you are on the Conference Committee or are associated with the management of the Conference that you stay at the Wiental as it will be easier for all.

- Note there is also a range of accommodation nearby to Tanunda & other towns . You are welcome to book there, but no special rate has been negotiated as per Tanunda township.

Time Running Out



Book Now :

• **Department of Human Services, SA Government Screening checks - working with Children** Given our Club's desire to get involved with Earlyact and Interact at our local schools, it would be worthwhile for Rotarians to consider applying for a Working with Children screening clearance. As a volunteer, you can apply online for the clearance at the following address and it is free to do so. <https://screening.sa.gov.au/applications>

- **Please visit and explore the new Club Runner website here** <https://portal.clubrunner.ca/4099> Once you logon you can check that your personal information is correct and you can easily update it. The site is a great resource & promotion tool for all Club & Rotary Information. *If you are not sure of your login name or password, please contact Ralph Holmes.*
Thanks again to Margaret Northcote, the club's webmaster on our old website, who is transferring all relevant & historical club records to the new Clubrunner site.

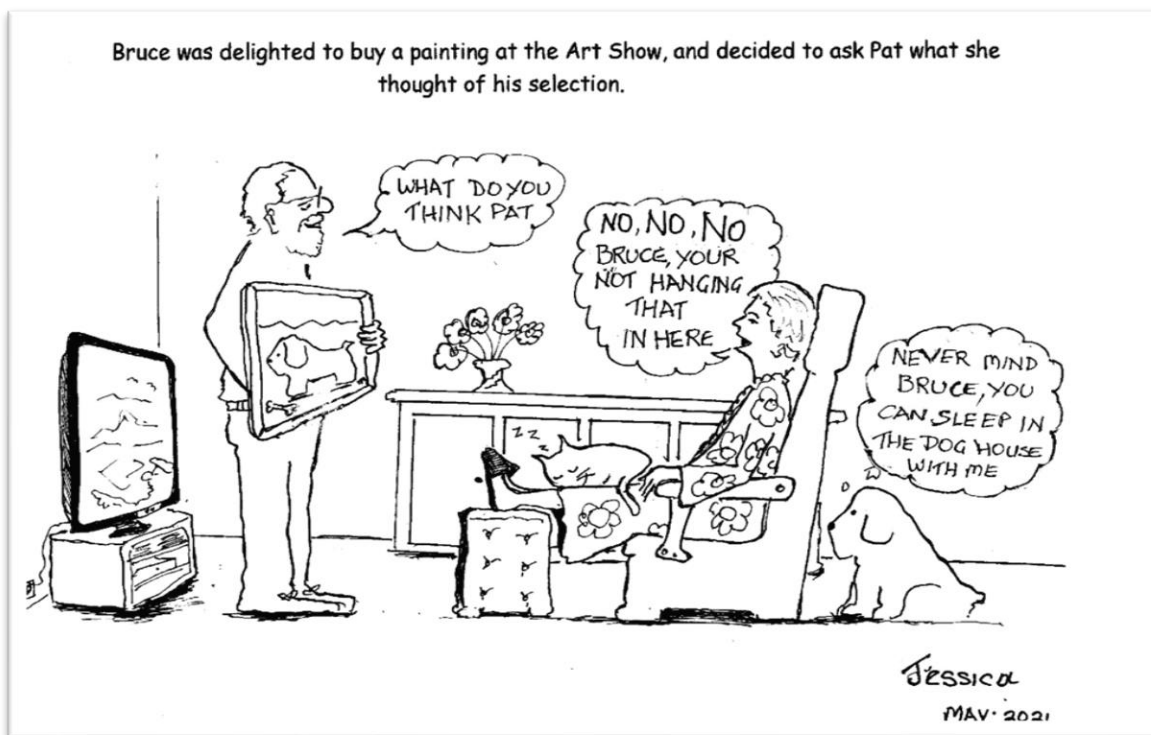
- **Club History-** for copies of any club photos/info etc, please provide the secretary with a USB greater than 12GB together with a Gold Pot donation and she will happily copy them for you.



- **Club Wine for sale-** Please contact Brett Coombs 0421 323 699 to order.
- **Vocational Committee** always seeking nominations for Pride of Workmanship and Business excellence Awards. Please contact Jeff Blanco for any ideas/suggestions/nominations



Gd'day Possums—this is your page & remember **“If it is to be- it is up to me.”** Val & Mal's motto



- From Val. -
Some statistics 1 male every 25 mins in Australia is diagnosed with Prostate Cancer.
1 male in 4 suffer with anxiety after diagnosis
1 male in 5 suffer from depression as a result of the diagnosis and treatment.

Of those 70% have a high risk of suicide within the first 12 months and have a lower life satisfaction.

Also, I was rather surprised to hear that **November** is no longer a supporter of Prostate Cancer (they now focus on other Male related cancers as well meaning that PCFA are no longer benefiting from the month-long event).



Dry July is now the major fund raiser for Prostate Cancer, plus another fund raiser has been established - The 45 Sit-Up Challenge (see the attached promo). 45 being the number diagnosed daily Aus. wide.

Just maybe, someone might like to donate to the cause, or they, or a younger family member, may take up the 45 sit up challenge.

After all the Male club members outnumber the ladies plus when a man has a problem we all feel it!!! :) Cheers Val.

SIT-UP 45 CHALLENGE

TOP 10 TIPS for Men's Health

- TALK TO your GP**
Find a good GP, and don't be a stranger.
- MAINTAIN GOOD sleep habits**
A solid night of shuteyes will keep the spring in your step.
- ENJOY DAILY physical activity**
Don't sit still - stay active and stay smiling.
- EAT YOUR fruit & veggies**
Fruit and veggies are your friends.
- CONFIDE IN your mates**
We all need somebody to lean on.
- ALL, OR MOST THINGS, in moderation**
Enjoy today, but not so much you regret it tomorrow.
- DON'T smoke**
We're not even going to lecture you. If you smoke, quit.
- START something new**
You're never too old to learn something new.
- KNOW YOUR family history**
Life is a genetic lottery, be in it to win it.
- LAUGH often**
Let laughter be your companion.

Prostate Cancer Foundation of Australia

Go to SitUp45.org.au to get involved
Connect with us via pcfa.org.au or 1800 22 00 99

HOW TO DO A SIT-UP

Lie on a soft surface with your back to the ground, and your knees bent. If you don't have an exercise mat, a rug, carpet, or grass can be a great way to make your sit-ups more comfortable.

Get into position.
Depending what works for you, you can cross your arms over your chest, hold your arms parallel to your sides, or touch your fingertips to your ears.

Lift yourself to your thighs.
Slow, smooth and steady is key to engaging your core. Your lower back should lift off the floor with your torso close to your thighs.

Listen to your body! If you feel any strain, slow down and check-in.

Lower yourself back to starting position.
Nice and slow, you should feel your stomach engaging to support your back on the way down.

If you're crunching with a friend, you can interlock your legs to help keep your feet flat on the ground.

Crunching solo? You can move your feet under a chair or bench to keep them from rising up.

Get your reps in!
Once you've found your form, sets of 10-15 over the course of the day is a great way to space out your 45 sit-ups.

Safety tips

- Take care not to strain your neck.
- Keep your feet firmly on the floor.
- If you experience any pain, get in touch with your GP.

Up for a challenge?
Add a twist, bringing opposite elbows to knees, or holding a weight crossed on your chest.

SIT-UP 45 CHALLENGE

• An interesting govt site here for tracing Italian History in Australia and historical articles.

<https://trove.nla.gov.au/blog/2021/05/28/trove-italiano>

Fines session by Sgt Margaret Beare - for fines (dirt) please call/text Margaret on 41 0418 830 343 or email margaretbeare54@gmail.com .Fines for birthdays and anniversaries. Babu's birthday is on May 29 and Sue is still working fulltime. Margaret N turning 80 on 27 May. David F and something regarding Lost Property? Philippine night and Bruce's dancing to Nutbush city limits; Gus & wife Barbara for their picture in Monday 24 May's Advertiser Boomer section p39 where they won Telethon's Home Lottery in 1986. The article is copied below courtesy of the Advertiser.



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Charity begins at home - with a Telethon prize: Pacific Real Estate managing director Charlie Zollo presents winners Gus and Barbara DeAngelis the keys to the house in Houston Court, Wynn Vale they won in the 1986 Fairmont Pacific Jubilee Telethon Home lottery. Picture: Ken Sellick.

Welfare officer's Report-by Denise Dinham ph. 8337 8096 or denise.dinham@gmail.com

- Des Collinson is now home. Doctors discovered that the source of his cellulitis in his face, has resulted from undiagnosed shingles on his upper chest. He is now being treated accordingly.
- Peter Allen suffered a bad angina attack last week & has recovered.

For all those who are unwell, under treatment or convalescing and are mentioned in this column your



Rotary family are sincerely thinking of you and your loved ones as your welfare and health are of concern to us all. May you get better soon.

Birthdays, Anniversaries Absences

Birthdays-Members: N/A

Birthdays-Partners: N/A

Induction Anniversaries: N/A

Leave of Absence Register: Brad Silby 29 July 2021 to 30 June 2022; 1; Liz Gardner till 30 June 2021; Damian Leach till 20 June 2021; Margaret Beare: 26 June-15 July; Gail Casey: 1 June-15 August ;Bruce Davis: 3 May-26 July.

Diary Dates & Notices



- **Every Tuesday at the Shed:** A great social event for all members and partners and the backbone of our fundraising. Note Shed sales are generally the last Saturday of the month except as shown in red italics: - TBA
- **12-16 June 2021 R I Convention Taipie-** [Link Here](#)
- **Saturday 19 June -Fundraising Dinner in Aid of India and it's Covid Crisis- 6pm for 6:30pm -**
Cost \$50. Raffle prizes sought. All funds raised going to Babu's contact Club, the Rotary Club of Madras South to provide assistance to the victims and their families. Please support this Charity night. Contact Jim Silvestri 0417 802 021, or Babu Kanagasabai 0418 851.


Monday June 21st Vocational Night -Partner's Night -visiting [Fine Foods](#) at Newton. Dinner \$25



- **In July we will be holding another Rotary Youth Driver Awareness Course** for Charles Campbell College for this year's Year 10 Students. It will be a combined event with Morialta RC over 3 days. Please support Nikki and the Youth team with this event. TBA



- **Club Changeover Saturday 3 July** at 6pm for 6.30pm at Highlander Hotel . \$45 each.
RSVP via Ticket Purchase at <https://www.trybooking.com/BRQAU>
- **District Changeover-Sunday 4 July 12:00pm for 12:30pm** Sfera's 191 Reservoir Rd Modbury, \$40 each . 2 Course meal. Please RSVP by 20th June. Trybooking Link [Here](#)
- **Friday 16th July -Nominations close for Police Officer of the year-** Application form [here](#)
- **Sunday 29 August - fundraising luncheon for ROMAC** (Rotary Oceania Medical Aid for Children) 12:30pm to 4pm at the Adelaide Pavilion ,South Terrace , Adelaide.
Susan is putting a table of 12 together . Cost is \$65 a head. Please see Susan .
- **3rd Sept- 12th Sept – CROE trip** (Campbelltown Rotary Outback Experience) **-See Possum's page**

- **Sat 18 Sept-Fri 24 Sept 2021 RYLA-** RC of Campbelltown is the Host Club for this one
- **Sat Nov 20- Porchetta-** see Frank Augello for details 
- **Friday April 1-Sunday 3 April 2022-Barrossa Rotary District Conference at Tanunda-** Margaret Beare for accom. inquiries 0418 830 343. Please secure your accom & book NOW.

Meeting Stats(Gold Pot –goes to [Herd of Hope](#))**Attendance:**
76%**Gold Pot:**
\$32.55**Sergeant:**
\$63.10**Raffle:**
\$50.00**Thought for the week**

You can't construct a great building on a weak foundation.

You must have a solid foundation if you're going to have a strong superstructure. [Gordon B Hinkley](#)WIKIPEDIA
The Free Encyclopedia

Editor's Corner Any errors, omissions, missing links, or if not receiving emailed newsletter please let me know. If anyone has any contributions to make to the newsletter, please catch up on meeting night or email me with your content. Electronic format is preferred whenever possible please, as it saves a lot of retyping. [Rotary E clubs Link](#)

Rotary
Districts
of OceaniaROMAC
Rotary Oceania
Medical Aid
for Children**FUNDRAISING LUNCHEON**
SUNDAY, 29TH AUGUST 2021

12:30PM TO 4PM

AT THE ADELAIDE PAVILION SOUTH TERRACE, ADELAIDE

The last twelve months have really impacted on all our lives and ROMAC is no exception. Fundraising has been limited, yet as borders are lifted, we have many children from Pacific countries desperately needing ROMAC's support for life-saving and life-changing surgery here in Australia that they cannot get in their own countries. This special fundraising luncheon will help make that happen so please come along. The luncheon features:

- a welcome dance from a Pacific Island cultural group;
- exuberant and well known compere, Tony Pilkington;
- a delicious two-course meal;
- an inspirational presentation from Rosie Lotawa, who came to Adelaide as ROMAC's 5th patient in 1991 and is now our ROMAC Ambassador;
- a 75 minute recital from the outstanding 14 piece band "Brilliant Brass".



ROSIE LOTAWA

The all-inclusive cost is \$65 and the Hall will be set up in tables of 12.

Rotarians and Rotary Clubs can help support ROMAC and the children we help by:

- Organising and booking a table of fellow Rotarians and/or friends;
- Sourcing items for the silent auction we will be holding during the luncheon.

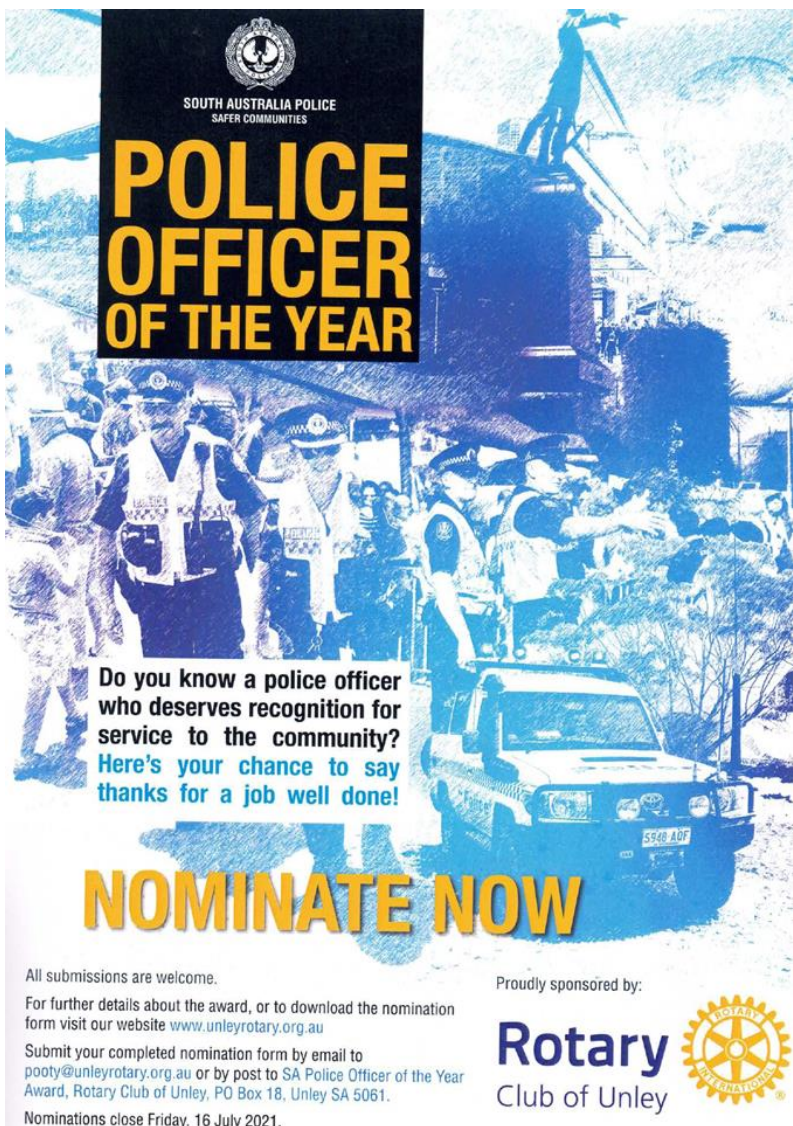
For further details, to make bookings and to tell us of your special auction items, please contact:

D'Arcy Walsh 0418 844 170
Reg Hutchinson 0416 215 795 or
Bronwyn & Brendan Kenny 0417 832 562



BRILLIANT BRASS

Rotary



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

POLICE OFFICER OF THE YEAR

Do you know a police officer who deserves recognition for service to the community?
Here's your chance to say thanks for a job well done!

NOMINATE NOW

All submissions are welcome.
For further details about the award, or to download the nomination form visit our website www.unleyrotary.org.au
Submit your completed nomination form by email to poaty@unleyrotary.org.au or by post to SA Police Officer of the Year Award, Rotary Club of Unley, PO Box 18, Unley SA 5061.
Nominations close Friday, 16 July 2021.

Proudly sponsored by:

Rotary
Club of Unley