The Port Adelaide Rotary Club Bulletin October 31, 2019

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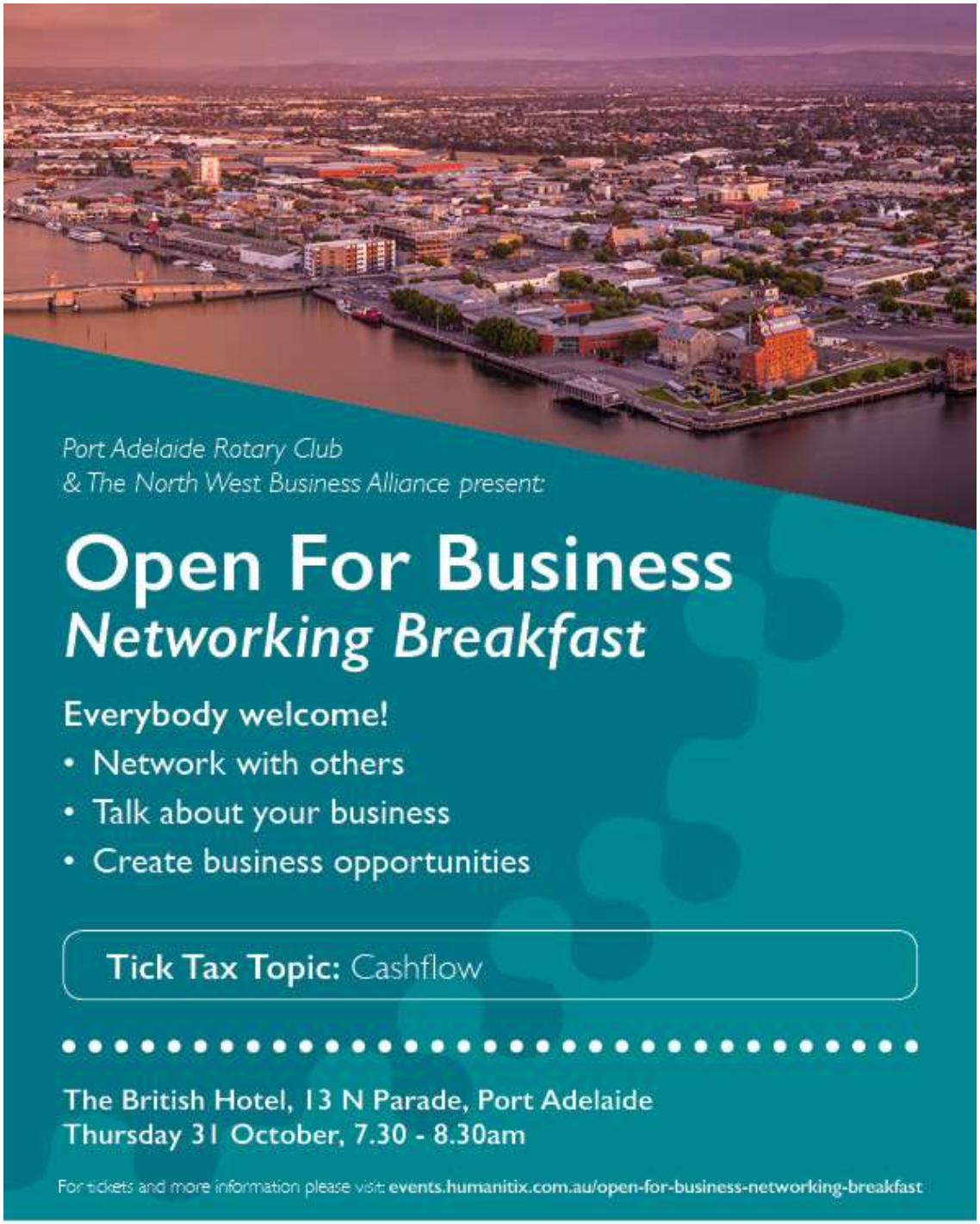


NWBA NORTH WEST BUSINESS ALLIANCE

Rotary Port Adelaide

Tick Tax TAX ACCOUNTANTS

Port Adelaide Enfield

Book Here

Mental Wealth for

Entrepreneurs & Start Ups

Tuesday 29 October

6-8 pm

221-3 Flinders St

Adelaide

Hear from your entrepreneurial peers on challenges and experiences in a down to earth discussion with a focus on mental wealth and health

About this Event

Did you know that almost 1 in 2 Australia adults will experience mental illness in their lifetime?

Every $1 invested in strengthening mental health and wellbeing in the workplace has an average return of $2.30, and when you run your own business, are an entrepreneur or startup, you know how important it is to take care of yourself and your team.

Investing in strengthening our mental wellbeing makes good sense and at this event co-hosted by SA Mental Health Commissioner Chris Burns CSC, you'll hear from your peers on challenges and experiences in a down to earth discussion.

#GiveFirst and taking care of each other in the entrepreneurial ecosystem is not only something we say but do, so please join in this event with a focus on

mental wealth, reducing the stigma and practical ways to manage your wellbeing.

The Port Adelaide Rotary Club is raising $100,000 to assist with the rehabilitation of people in the community with mental health issues and to support organisations and individuals from considering suicide and we will be auctioning off some fantastic prizes on the night.

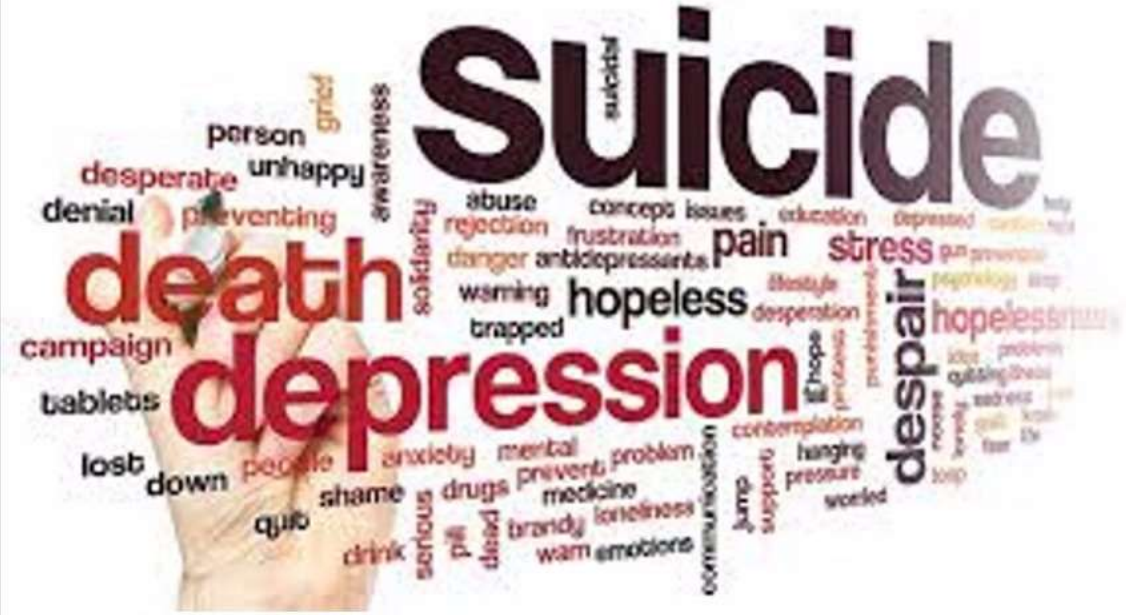
You'll experience a relaxed environment with drinks (Thug Life Brewing beer, wine, soft drinks) and nibbles from Wanna Graze.

Video footage, photos and social media posts will be shared on the night and Entrepreneurship Facilitators are funded by the Australian Government with the initiative managed by the Department of Employment, Skills, Family and Small Business.

Book Here

Port Adelaide Rotary Club

Mental Health & Well Being
&
Suicide Prevention Strategy



Help Us
Raise $100,000 For Our Community

gofundme™

Support our Fundraiser

Peter Kittle / Port Adelaide Rotary Club

Annual Golf Day

This event will be another fantastic and fun day where we will share with you details of how we are helping the community fight mental health and youth suicide.

We will also provide you with some networking opportunities for you to meet and do business with a range of like minded professionals, business owners and corporate executives.

Each year our event is supported by a range of industries, and company executives and we hope to see you join us for the event. We have created an event this year that will encourage you to bring along some of your clients in order to build upon the day and the network.

Peter Kittle Port Adelaide Rotary Clubs 7th Annual Golf Day

When: Friday 22 November

Where: West Lakes Golf Club

BBQ & Drink -12pm

Time: 1pm-4pm

RSVP 10th of November

Cost: $110

Game: Ambrose

Your registration includes:

- Pre-game BBQ and drink

- Mental Health Briefing
- Corporate Briefing
- 9 holes of golf
- Post-game Auction & Prizes
- Business networking

Hopefully you can join us and build a four player team in the traditional user friendly Ambrose format. If you can't form your own team, that's fine we can create some teams on the day.

About our sponsors:

Major Sponsor Peter Kittle Holden will provide you the opportunity to win a car if you are lucky enough to hit a hole in one! *Peter Kittle Holden Port Adelaide* commenced operating in *Port Adelaide* in 1922 and has continually served the greater community of *Adelaide* and beyond with great New *Holden* and used car deals with efficient and cost effective servicing, repairs and spare parts.

Adelaide Business Hub provides small businesses across metropolitan Adelaide with low-cost advice, support, mentoring and digital advisory services to help them build and develop sustainable businesses. They use local business advisers who understand the challenges small to medium businesses face in the area.

Adelaide Business Hub priorities for 2019-21 will help small businesses:

- *Set up* and grow in Port Adelaide
- *Scale up* and be profitable, create jobs
- *Skill up* and supply to major infrastructure and defence projects.

Our Todd St Incubator is a unique place to locate your business with 50 flexible spaces, excellent serviced amenities, networks and lots of support to empower you to do great things.

Maxima - *Maxima* is a leading community based not for profit Disability Employment Services (DES) provider, with over 60 easy to access locations around Australia.

Mercantile CPA – Commercial Debt Recovery experts services medium and large businesses increase cashflow and reduce bad debts.

Every year we have had a great time and lots of fun for the traditional golfer or the office staff wanting to get outside of the office for a Friday afternoon.

We hope you can make it!

Kind Regards

Wade Bekesi

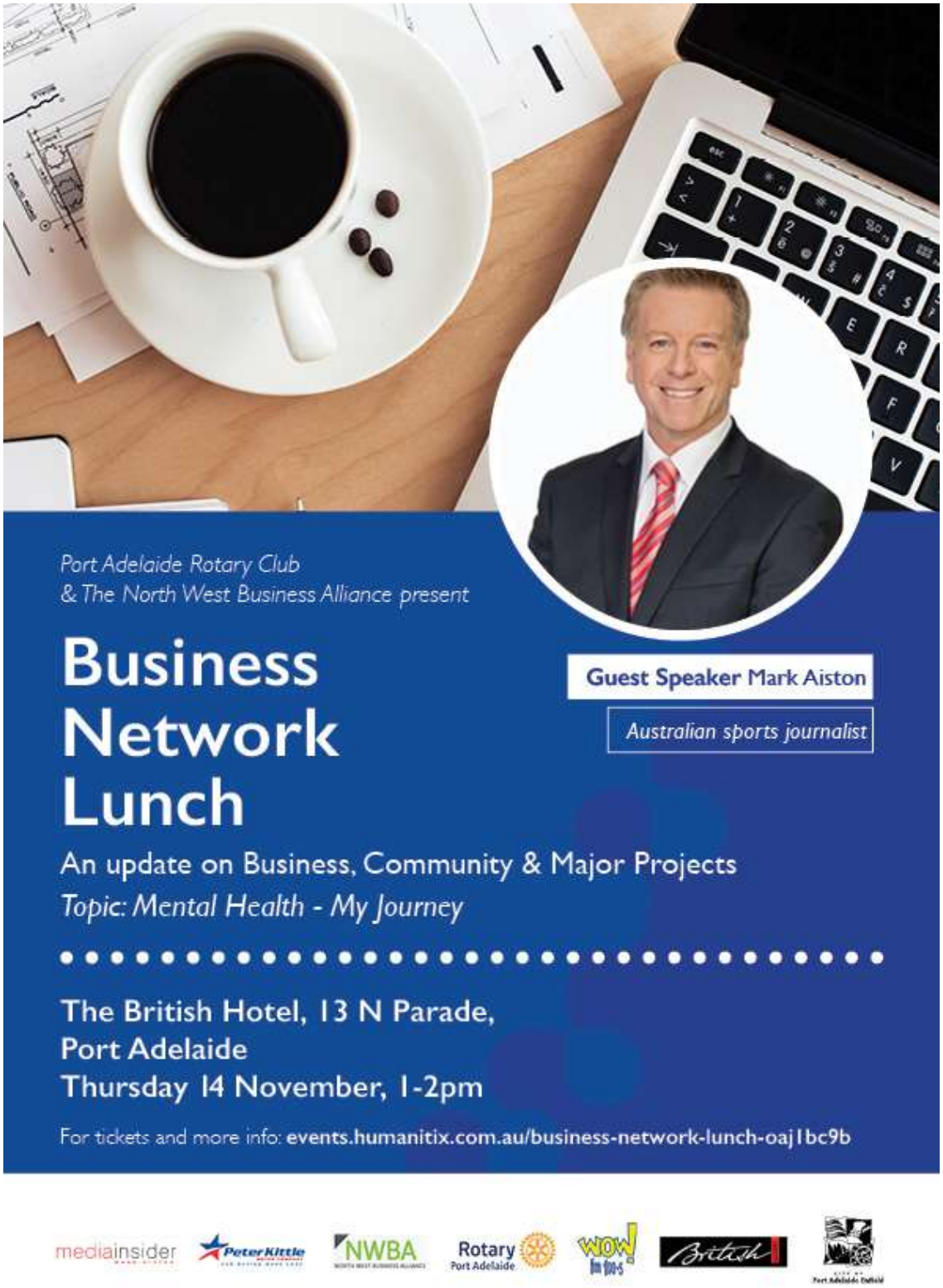
0414 254 328

wade@mercantilecpa.com.au

President of the Port Adelaide Rotary Club

https://rotaryportadelaide.org.au/

Book Here


Port Adelaide Rotary Club
& The North West Business Alliance present
Business Network Lunch
Guest Speaker Mark Aiston
Australian sports journalist
An update on Business, Community & Major Projects
Topic: Mental Health - My Journey
The British Hotel, 13 N Parade,
Port Adelaide
Thursday 14 November, 1-2pm
For tickets and more info: events.humanitix.com.au/business-network-lunch-oaj1bc9b
mediainsider
PeterKittle
NWBA
Rotary
Port Adelaide
WOW
British

Book Here

Distinctive Training Services Presents:

Improving Self Awareness of Mental Health Workshop

Discover practical strategies to build resilience and clarity in your life,

to be better equipped to navigate the demands of today!

Click Here for Next Scheduled Workshop

Mental health has gained a lot of talk lately, and for good reason, it is an important

topic that, to some degree, affects us all. It’s important to have the right

understanding and strategies to remain in control and not allow life’s demands and

pressures get on top of us.

Have you ever felt overwhelmed by things that demand your attention, both at

home and in the workplace? Stressful situations, family demands, personal goals

and values you want to uphold, expectations placed on you, or simply the bills

piling up?

Stressors come in all forms, from many aspects of our life and affect us to varying

degrees. Not all stress is bad, it’s how we are equipped to identify and handle the

stress and pressure that makes all the difference.

Aim for optimum wellbeing so you can thrive.

To gain a healthy state of mind and overall wellbeing, we need effective tools and

strategies to break through the ever present “noise” of demands, because when

you’re caught up in-the-thick-of-it, it’s not always straight forward how to navigate

your way out.

That’s where we’re here to help with a self-directed workshop

2

Improving Your Self Awareness & Mental Health Workshop

Distinctive Training Services offers a 3 hour interactive and self-reflective

workshop. It is geared to help you take a moment to reflect on and understand

what stressor are impacting your life, things you may not be aware of right now.

We’ll walk you through the process of looking at stress factors, helping you identify

what is important to you, and provide you with interactive tools and a strategy for

diffusing the negative impact of these stressors.

What you will learn in the 3 hour workshop:

⎫ Take a look at the 8 sectors of life that collectively make up wellness

⎫ Understand the 3 conditions that define the presence of a mental illness

⎫ Discover the 5 key life stressors that impact overall wellbeing

⎫ Recognise your personal responses to stress and adversity

⎫ Discover your character strengths and how to use them to your advantage

⎫ Learn healthy strategies for dealing with stress, pressure and adversity

⎫ Find out the one trait that can take you from surviving to a state of thriving

⎫ Uncover the 4 options you have to positively deal with stress, and how to apply them to your circumstances.

⎫ Develop a plan to proactively reduce or overcome negative mental health challenges

⎫ Become aware of what circumstances and triggers affect your mental health, and put measures in place to diffuse their power from adversely affect your wellbeing.

Our aim is to empower you with the knowledge to identify circumstances and triggers that negatively affect you, and to provide you with strategies to help diffuse these stressors so they don’t adversely affect your wellbeing both now and

in the long term.

3

Who’s this workshop for?

The workshop will benefit everyone. We all have demands that bring pressure on

our life and bring about stress that can impact our behaviour, performance, physical health and attitude.

No one is immune to a state of mental unrest, it’s a normal part of living, but it’s how often we encounter this unrest and how we cope with these encounters that

makes a difference.

When gone unrecognised or unchecked a stressful situation can escalate into a mental health crisis and ultimately has the potential to develop negative mental, physical and behavioural outcomes.

Awareness of these triggers and their impact is key.

Be empowered with the knowledge and strategies to optimise your mental wellbeing both now and into the future.

We will arm you with knowledge, tools and strategies, that when applied to your daily work and home life, will allow to you to optimise your mental wellbeing and help you to thrive.

Register Here

STAH GROUP PTY LTD

Supporting Mental Health & Wellbeing

STAH Group pledge $100 from every **STAH Program** to the Port Adelaide Rotary Project: **Youth Suicide Prevention.**

Support Testing Awareness Help

Rotary Port Adelaide — SERVING THE COMMUNITY SINCE 1946

NWBA NORTH WEST BUSINESS ALLIANCE

Support Local Business

Tick Tax
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Catherine Maguire
CHARTERED ACCOUNTANT
MANAGING DIRECTOR
Greg Walkington
LAKES & PORTSIDE
REAL ESTATE
SCREENING ON SITE
mercantilecpa
Kevin Tiggemann
Head Office
WISE Employment
empowerment through employment
Action Learning
Bob Cather
Director
www.actionlearning.edu.au
South Australia
Tasmania
HKW CIVIL AND STRUCTURAL SERVICES

Facebook

Port Adelaide Rotary Club

Use the link below to go to the Port Adelaide Rotary Club Facebook page.

Check it Out

Website

Port Adelaide Rotary Club

Use the link below to go to the Port Adelaide Rotary Club Website

Click Here

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MEETING SCHEDULE

THIS THURS (31st OCT)

Open For Business Breakfast Networking Meeting
British Hotel 7.30 - 8.30am

THURSDAY 7th NOV

CLUB MEETINGS: BRITISH HOTEL

13 North Parade, Port Adelaide

- Open Board meeting 12.30 for 1pm in week 1 of each month
- Business Network meeting 12.30 for 1pm in week 2 of each month
- Social meeting 5.30 for 6pm in week 3 of each month
- Open For Business (Networking) breakfast 7.30 to

Open Board Meeting
British Hotel 1pm

THURSDAY14th NOV

Business Network Luncheon
British Hotel 1pm
Speaker: Mark Aiston
Subject: Mental Health, My Journey

FRIDAY 22nd NOV

Peter Kittle/Port Adelaide Rotary
GOLF DAY
West Lakes Golf Club 12pm to 4pm
RSVP Nov 10
(This event replaces the usual Thursday evening social meal)

THURSDAY 28th NOV

Open for Business Breakfast Networking Meeting
British Hotel 1pm

IMPORTANT DATES

Port Twilight Parade BBQ
Saturday November 16

8.30am last Thursday of each month

- For information contact Steve on 0407248127

CLUB OFFICE BEARERS

President	Wade Bekesi
Past President	Steve Smart
Secretary	Godfrey Evans
Treasurer	Wayne Gould
Directors	
Business Lunches	Steve Smart
Fund Raising	Rod Newell
International & Community	Brian Windle Bob Buchanan
New Generations/ Vocational	Greg Walkington

MEALS ON WHEELS ROSTER

On the day you are rostered for duty please confirm by phoning the kitchen on 84475171 before 9.15am. Report to the kitchen in Langham Place by 10.45 a.m. on the Wednesday.
If unable to attend, please arrange a substitute yourself and notify the kitchen. For emergency help contact Godfrey on 0424286490

30th Oct	Rod Newell

Sports Event/Golf Day

Friday, November 22

Christmas Social Evening

Thursday December 19

Pig on the Spit

6th Nov	Geoff Parker
13th Nov	Godfrey Evans
20th Nov	Wayne Gould
27th Nov	Steve Smart
4th Dec	Greg Walkington
11th Dec	Rod Newell
18th Dec	Brian Windle

LEAVE OF ABSENCE

Wayne Gould: Oct 14 to Nov 1

SUN'S OUT BUNS OUT!

It's Beach and Burger time in Adelaide!

BRIOCHE

Our ever popular, delectably buttery and delicious gourmet hamburger bun, available as a 10cm (packs of 30) and a 12.5cm bun (packs of 60), also available as Hotdog buns (packs of 12)

BEETROOT new

Our stand out pink bun, soft and light, great for an all Aussie burger loaded up with classics like egg and fresh beetroot. It's also a perfect Valentine's Day promotion in the making. Vegan friendly, available as a 10cm (packs of 30)

SPINACH new

A soft, light bun, made using real spinach, a great "healthy" looking burger, perfect for a breakfast bun with eggs and bacon and a side of smoked salmon, it will also make a great Vegetarian themed bun loaded up with a grilled field mushroom, tomato and fresh lettuce. Vegan friendly, available as a 10cm (packs of 30)

SEPIA new

A potential social media star – this could be a spectacular point of difference on your menu. Made using squid ink, it gives a light nutty flavour to the soft, delectable black bun. Great as a regular hamburger, it would also work perfectly for a seafood burger. Vegan friendly, available as a 10cm (packs of 30) and a 12.5cm bun (packs of 60)

MILK BUNS new

A soft, light bun with creamy colouring, a light alternative to our popular brioche bun available as a 10cm (packs of 30)

POTATO

A soft, light, melt in your mouth bun, great as a breakfast bun with bacon and egg, as a vegetarian bun with a grilled field mushroom, or just as an alternative to the regular brioche bun that is Vegan friendly, available as a 10cm (packs of 30)

The Skala Difference: All natural colour from the ingredients (no additional colour added), Preservative Free, Made fresh overnight and delivered within hours to your door.

SKALA BAKERY

Skala Bakery **(08) 8240 2001**

ORDERS@SKALABAKERY.COM.AU

Advertise in our Newsletter

Annual Cost

Rotary & NWBA members

* Full column-$150
* Half column-$100

Non-members.

* Full column-$250
* Half column-$200

Friends of the Rotary Club of Port Adelaide

Our Friends:

- Have no obligations of attendance or subscription
- Have supported the Rotary club in some way
- This may include financial support, in-kind support or volunteering support

You can:

- Attend any Rotary meeting
- Participate in our service activities
- Join us at our social events
- Help us to strengthen our relationship with the community

We will:

- Send you a weekly copy of our Bulletin
- Occasionally ask you if you can support or help us with our service activities

If you would like to become a Friend of Rotary and help us you can contact:

Past President Steve Smart on 0407248127 or ssmart@senet.com.au

ROTARY CLUB OF PORT ADELAIDE

P.O.Box 82 Port Adelaide, South Australia 5015

Chartered 3rd July 1946

R.I. President: Ian Riseley

District Governor:Jane Owens