



BE THE INSPIRATION

Rotary



Club of Gawler Light

District 9500 | Chartered 10 July 1996

Bulletin Edition #1125: 16 October 2018

President: Stephen Arthur | **Secretary:** David Cockshell | **District Governor:** David Egan | **RI President:** Barry Rassin

Important Dates

Friday 26 October	Stones Childcare Centre
Saturday 3 November	Village Fair
Saturday 10 November	Christmas Display Working Bee
Saturday 17 November	Woollies BBQ
Ongoing	Rotary Shed Working Bees (see Richard Tucker)

Chair: Steve McLachlan

President: Stephen Arthur

- Welcome to members and guests
- Working bee went well
- Attended opening of Sally Centre
- Regency TAFE meeting
- 27Oct18 quiz night with other Rotary Clubs
- Village Fair 3Nov18
- 4Nov18 movie see email
- 6Nov18 meeting with Rotary Club of Gawler

Exchange student: Amalie

- Trip to Tasmania to visit Danish friend
- Drive along west coast, stayed in Strahan
- Moved to McLachlan's home and went painting
- Playground with Steve's grandchildren
- Port Pirie magnetic mountain
- Danish tax 38%

Club Administration: Richard Tucker

- Sat 10Nov18 working bee 8:30am Xmas display
- Martin Winkworth winner in design a display item

Secretary: Dave Cockshell

- AGM 20Nov18 – nominations still needed

*The **Rotary Club of Gawler Light** aims to provide enjoyment and foster fellowship between Rotarians and others through projects to improve our local and international community.*

PO Box 1577, Gawler SA 5118

Meetings: Most Tuesdays 6.15pm for 6.30pm meal, (Optional)
7.15pm for 7.30pm meeting

Venue: Gawler Arms; 102 Murray St, Gawler SA 5118.

Facebook: www.facebook.com/gawlerlightrotary

Instagram: [@gawlerlightrotary](https://www.instagram.com/gawlerlightrotary)



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Community Service: Darryl Matthews

- Gawler Show Parking – our share of proceeds - \$1,500.
- Next event Woollies BBQ Sat 20Oct18
- Upcoming events – Fri 26Oct18– Stepping Stones Childcare Centre BBQ, Sat 27Oct18– Combined Service Clubs – Quiz Night.
- Village Fair – Sat 3Nov18 - need a volunteer to organise – “Knock Em Down” – contact Steve McLachlan
- Village Fair – need a volunteer to co-ordinate set up (6am) and dismantling of marquees (12.30pm) etc – liaise Gawler Rotary Club - Colin Bazeley/Jacqui Atyeo

Members' Corner:

- Steve A congrats to Redden family
- Steve A son won scholarship
- Steve Redden having back surgery

Sergeant: Rhonda Carr

- Roger came here for no meeting last week
- Bron gets messages but doesn't read them
- Anyone who hasn't touched toes this week
- Sandy short joke
- Daryl talking in sleep
- Richard changing times back and forth

President's Reminders: Stephen Arthur

- Australian Rotary Health

Guest Speaker: Julie Haynes—Gawler Fitness Centre

- Bought Fitness studio business
- Being fit has many benefits
- Need to pay attention to amount of weekly exercise
- Vigorous activity should be at least 75 minutes per week
- 168 hours in a week
- Just over 55.5 percent participate in sufficient activity
- Pay attention to how you feel
- 60+% Australian overweight
- Risk factors - Diabetes, cardio vascular disease, some cancers
- Aspects to consider
- Muscular strength – resistance
- Stand for 15 minutes or more every hour
- Sleep 7-9 hours every night
- Healthy heart rate 50 – 100 beats per minute
- Flexibility and relaxing muscles
- Consequences of not exercising listed
- Some medical insurance gives rebate up to \$250
- Catering for aged and physical conditions including rehab
- www.gawlerpersonalfitnessstudio.com.au 0403 311 619

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MEETING ROSTER

	23-Oct-18	30-Oct-18	06-Nov-18	13-Nov-18
Meeting Type	Partners Welcome	Partners Welcome	Partners Welcome	Partners Welcome
Chairperson	Rob Eley	Bron Anderson	Steve McLachlan	Richard Tucker
Cashier	David Perry	David Weatherley	Greg Morris	Peter Harper
Rotary Information	Joan Tingey	Matthew Sanders	Joan Tingey	Carol Valentine
Thought for the Week	David Cockshell	Marilyn Curtis	Ian Curtis	Rob Eley
Vote of Thanks	Steve Redden	Carol Valentine	Martin Winkworth	David Cockshell
Fellowship	Marilyn Curtis	Ian Curtis	Roger Freeman	David Giles
Setup & Packup	Greg Morris	Dick Milner	Martin Monument	Darryl Matthews
Guest Speaker	Bron Anderson	Marie-Louise Lees (AG)	Melbourne Cup	TBA
Subject	Club Website and Social Media Presence	Australian Rotary Health Fund	Joint Meeting with Rotary Club of Gawler	

ATTENDANCE

All apologies contact **Greg Morris** (gregory.morris.gm1@gmail.com)

Non-attendance must be notified by **10am Monday**.

If you do not intend to eat a meal, a notification is also required.

If you are intending on being away for a lengthy period of time, please notify Bulletin Editor so you are removed from the roster duties. It is appreciated if notifications are done via email rather than verbal.

