



ROTARY CLUB OF BURNSIDE



Meeting 2416 Wednesday 13 September 2023

Website <www.rotaryclubofburnside.com>

Skype: **rcburnside** Email: <rcburnside@gmail.com>

Peacebuilding and Conflict Prevention Month

MEMBERS AWAY		
Name	From	To
Craig Ritchie	14 September	26 October
John Caddy Europe	15th Sept	27th Oct
Andrew Bradley	30 August	28 September
Peter Fowler	23 Sept	13 Oct
Craig Ritchie	03 Nov	28 Nov
Dave Harrison	19 Sept	06 October
David Johnston	25 Sept.	6 October

Editor:David Dewar PHF FACEL <dewar@internode.on.net> (M:0401 627 339
Letters, News, Photos, articles, brochures, flyers, etc are welcomed.



**CREATE HOPE
in the WORLD**

Wed 13 September 6-6:30pm
Kensington Hotel-Zimbabwe Project

Wed 20 September 5pm
Tour Kieser Norwood

Wed 27 September 6-6:30pm
Kensington Hotel-
Wonders of Cambodia/Club Assembly



Burnside Rotary Bulletin



Greetings to Members and Friends.

BOARD MEETING 6TH September:

- ◇ J. Caddy has applied for a grant to support a new projector, Microsoft 365
- ◇ J. Caddy has removed Rotary signage from old BBQ trailer. The new Trailer will be taken in to have Burnside Rotary Club signage applied.
- ◇ D. Dewar attended the recent RYPEN programme at Woodhouse, all went well.
- ◇ Public Image - Both Craig Ritchie and Chris Gascoine have attended a one-day workshop on Wordpress and more workshops to follow. This is all required to get the Burnside Rotary Club website up and running.
- ◇ Plans to start up a new Facebook page with the assistance of Graham Fussen so we can upload photos and stories.
- ◇ Meeting arranged on Monday 11th to discuss the printing of new 3-fold pamphlet and flyer with Graham Fussen so hopefully they will be available for upcoming Fundraising events.
- ◇ November and December - BBQ events coming up. Please check Roster when it is available.
- ◇ Nominations for Vocational Excellence Award to be available and need to be submitted by early November.If you know someone who provides excellent service, and you would like them acknowledged please fill out nomination form. Award is to be presented next January.
- ◇ Meeting with City of Burnside re Community event at the Glenunga Hub commencing January 2024 progressing well. Will provide more details as they come to hand.
- ◇ 9510 District Grants 2023-24 have been submitted by John Caddy. A grant required for Baptist Care to install Air Conditioning in their small and extremely hot kitchen. Also funding for Emergency Food Relief parcels for those in need. St. Peters Rotary Club is to contribute \$1500 if we are successful.
- ◇ Discussion on the amount members to pay for subscription-invoice will be sent out soon.
- ◇ Thank you to David Wilson for donating money for me to buy dog food for the homeless who use the facilities at Baptist Care. I am sure the recipients will be incredibly pleased.

UPCOMING EVENTS:

- ◇ Wednesday 13th Speaker: Sigrid Pfaffle RC Norwood. Topic Water and Sanitation project at two schools in Zimbabwe, Chair Brian Higgins.
- ◇ Vocational Tour September 20th at 5pm - To visit Kieser, Norwood level 1 166 The Parade with Ryan Minney. This is a new very innovative Rehab clinic. Dinner at Buongiorno's.
- ◇ PLEASE NOTE TIME - MEET AT KIESER AT 5PM and let Brian Higgins know you are coming. This is essential for booking the restaurant!!
- ◇ September 14th BUNNINGS. Craig is going away soon, and Brian Higgins will be doing the roster. Please help by letting Brian know if you are going away or unavailable for a BBQ if you are rostered. Thank you.

Great to see Bob Cooper at the Board meeting after an exceptionally long holiday. Welcome home Bob and Marilyn.

Margie Maloney OAM
President Burnside Rotary Club (M:0412 383 827)

2024 DISTRICT CONFERENCE LOXTON



Dear Presidents, Secretaries and all Rotarians

As you would be aware the 2024 Rotary District Conference is being held in Loxton from 15th -17th March next year. This is shaping up to be a great event, with a variety of amazing Speakers, and great Riverland hospitality. The location is a great tourist destination on the magnificent Murray River and provides a wonderful opportunity to enjoy and explore the beautiful Riverland sights, great hospitality of the wine and food industries as well as other local goods & activities. It also provides an opportunity for Rotarians and partners from 90 Clubs across District 9510, to enjoy fellowship, sharing of ideas, and showcase their various Rotary Projects & activities that make a difference in the lives of others.

Registration - I encourage Members to Register early by checking out the Conference website (<https://2024loxtan.au/>) There are various incentives each month if you Register within that month. These incentives will be shown on the website. (Our first winner had their registration fees refunded).

Accommodation - It is also important to book your accommodation early – as there are other major events taking place in the Riverland at the same time – so demand on accommodation is at a premium. Details of a huge range of available accommodation options can be found on the Conference website

The Rotary Showcase - is a valuable opportunity for Clubs to promote the work that you do, by participating in the Showcase and displaying a project or achievement that your Club is involved in. There is no cost to participate, however Registration is required. This is a simple process of completing the application form which can be found in the Conference website. Opportunities such as this can open doors, and encourage clubs to acknowledge the work they do and share ideas or create connections. We still have 30 places available.

Soapbox - is a six - minute opportunity to speak about a key project or event that clubs are involved with. There are a few places left, so please book early. The simple application form is on the Conference website.

Club Banners - As part of the Conference activities, I am inviting each Club to bring along a "free standing" Banner (or two) that represents your Club, or its special activities. These Banners will be used as part of the display alongside the stage for the duration of the Conference. These will need to be onsite at the Precinct Venue, by 4.00pm on Friday 15th March. Please could any club that participates in this, contact me beforehand to confirm.

Regards

Jenny

Jenny Mills

Chair: 2024 District 9510 Conference

Mobile: 0438 850 536

Email: jandrmills@bigpond.com

RIVERLAND
GOOD TIMES FLOW

Inspire Hope
Celebrate
100
YEARS

0438 850 536 ●
loxtan@rotaryclub.org.au ●
PO Box 135, Loxton, 5333 SA ●

CLUB CALENDAR

(Updated 28/08/2023) v1

September 2023

Wed 13 Sept	Kenzie 6 for 6:30pm	Speaker: Sigrid Pfaffle, RC Norwood Topic Water & Sanitation project at two Schools in Zimbabwe Chair: Int Dir Brian Higgins
Thu 14 Sept	Bunnings	07:30 Shed, D Harrison 08:00 – 12:30 B Wood, R Perry 12:00 M Maloney, K Cross, P Fowler
Wed 20 Sept	Vocational visit Note new time of 5pm	Visit to Kieser Norwood, Level 1, 166 The Parade followed by dinner at Caffe Buongiorno - Norwood Bookings with Brian Higgins by 18 th September
Sat 23 Sept	Fullarton Markets	Shed 06:30 B Cooper, J Rockliff Site 07:30: B Higgins, D Wilson, TBA
Wed 27 Sept	Kenzie 6 for 6:30pm	Speaker David Dewar – Cambodia travels. Chair: Brian Higgins

October 2023

Wed 04 Oct	Board Meeting	Board Meeting, Glengunga Hub
Wed 11 Oct	Kenzie 6 for 6:30pm	District Governor's Visit Chair: President Margie Maloney
Thu 12 Oct	Bunnings	Shed: B Cooper 08.00 – 12.30: J Sheehan, B Higgins 12.00: M Hannah, D Harrison, B Wall
Wed 18 Oct	Vocational visit	Belvidere Winery Langhorn Creek, plus tasting. Hosted by May Li. Lunch at nearby Bridge Hotel Bookings with B Higgins
Wed 25 Oct	Kenzie 6 for 6:30pm	Club Assembly
Sat 28 Oct	Fullarton Markets	Shed 06.30 J Rockliff, P Fowler Site 07.30: D Dewar, A Bradley, C Gascoine, Z Pelham

November 2023

Sat 4 th Nov	Christmas Pageant BBQ	
Thu 9 th Nov	Bunnings	Shed: J Caddy 08.00 -12.30: M Maloney, J Sheehan 12.00: D Johnston, P Fowler, K Cross
Fri 24 th Nov	Eagers Golf Day BBQ at The Grange Golf Club	
Sat 25 th Nov	Fullerton Market	Shed 06.30: J Rockliff, B Cooper Site 07.30: B Higgins, K Lowman, D Wilson
Wed 29 Nov	Kenzie 6 for 6:30pm	AGM
Thu 30 Nov	Outside Burnside Ballroom	Carer & Community Support Christmas Celebration BBQ, serving 5:15 – 5:45pm

December 2023

Sun 03 Dec	Burnside Ballroom	Senior Citizens Lunch.
Wed 06 Dec	Board Meeting	Board Meeting Glengunga Hub



THE UNIVERSITY
of ADELAIDE

**make
history.**

INVITATION: ANNUAL FLOREY PUBLIC LECTURE

It's my pleasure to invite you to join us at this **FREE EVENT**.

**Changing the conversation from 'chronic disease' to
'chronic health'**

Presenter: Professor Luigi Fontana, [M.D.](#), [PhD](#), [FRACP](#)

Where: AHMS building, North Terrace, ground floor, lecture theatre G030

When: Tuesday 19 September 2023

Time: 5.30 - 6.30 pm (light refreshments to follow)

REGISTER USING THE URL OR QR CODE BELOW:

<https://FloreyPublicLecture2023.eventbrite.com>



Hear from Professor Luigi Fontana, one of the leading world experts in the field of healthy longevity, as he details the metabolic and molecular mechanisms underlying the positive effects of nutrition and exercise on delaying the accumulation of cellular and organ damage and preventing age-related chronic diseases. The time has come for a change in the conversation about chronic disease to a refreshed and repurposed model of health care, which emphasizes the power of prevention using the best evidence we have to change potential to actual outcomes.



Professor Luigi Fontana, [M.D.](#), [PhD](#), [FRACP](#) is an internationally recognized physician scientist who studies healthy longevity, with a focus on calorie restriction, endurance exercise and metabolism. He is currently the Leonard P Ullmann Chair in Translational Metabolic Health at the Charles Perkins Centre, where he directs the Healthy Longevity Research and Clinical Program. He is also a Professor of Medicine and Nutrition in the Faculty of Medicine and Health at the University of Sydney and a Clinical Academic in the Department of Endocrinology at the Royal Prince Alfred Hospital in Sydney, Australia. Prof. Fontana is an adjunct professor of medicine at Washington University of School of Medicine.

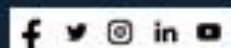
We look forward to seeing you there.

Regards

Professor Andrew Zannettino
Executive Dean, Faculty of Health and Medical Sciences

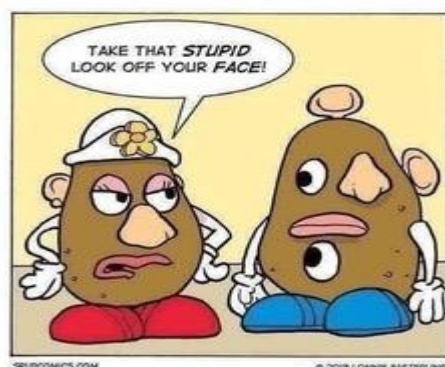
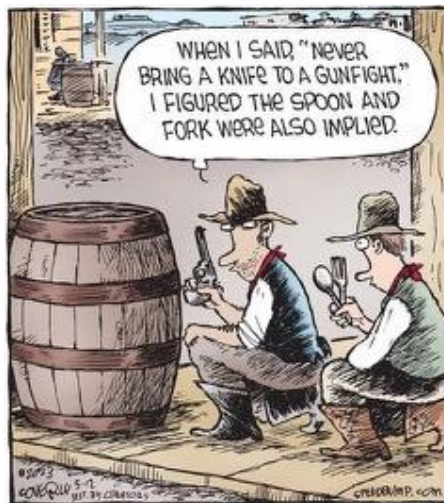
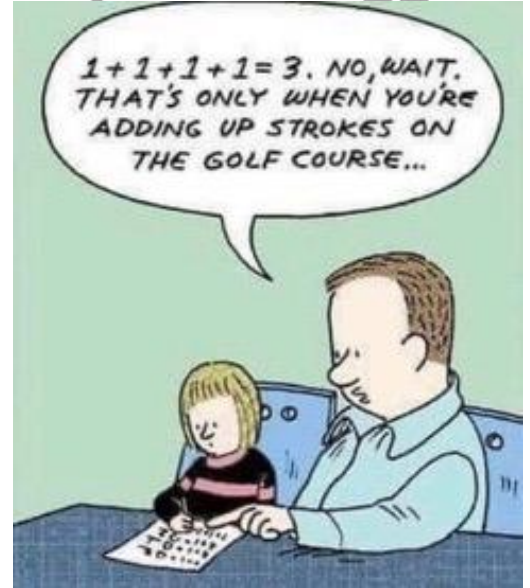


make history.



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Humour from our OZ correspondent, Brian Higgins



WELCOME TO THE ROTARY CLUB OF BURNSIDE
Can We Help You With a Project or Idea?



Our Rotary Club of BURNSIDE is located in the eastern foothills of Adelaide, South Australia. Pictured is the River Torrens looking towards the Festival Centre & City of Adelaide.

Object of Rotary :

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster:

First : The development of acquaintance as an opportunity for service

Second : High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying of each Rotarian's occupation as an opportunity to serve society

Third : The application of the ideal of service in each Rotarian's personal, business, & community life .

Fourth : The advancement of international understanding, goodwill, and peace through a world fellowship of business & professional persons united in the ideal of service.

The Invocation :

**For good food, good fellowship
and the opportunity to serve the
community through Rotary ...
we give thanks.**

**The Four Way Test -
(of the things we think, say or do)**

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Local Meetings for Makeups

Mondays

6:30pm. **Campbelltown RC** - San Giorgio La Molinara Centre Inc, 11 Henry Street, Payneham (Garth 0499 164 552)

Tuesdays

7:00am. **Magill Sunrise RC** - Hectorville Sporting Club - Fisher St (Lindsay 0415 453 101)

6:15pm. **St. Peters RC** - Kensington Hotel - 23 Regent St, Kensington. (Pam 0407 184 680)

6:15pm. **Kent Town RC** - The Lord Melbourne Hotel, Melbourne St . (Ellen 0414 964 523)

6:30pm. **Unley RC** - Damien on Fisher Restaurant, 123 Fisher St, Fullarton. (Sheila 8390 1028)

Wednesdays

7:15am. **Eastwood RC** - Royal Coach Inn 24 Dequetteville Terrace, Kent Town. (Mark 0400 560 251)

6:30pm **Burnside RC** - Kensington Hotel, 23 Regent Street, Kensington. (John 0417 804 901)

6:15pm. **Hyde Park RC** - HydePark Tavern - Park St/King Wm. Rd., Hyde Park (Ian 0409 699 043)

6:30pm. **Mitcham RC** - Edinburgh Hotel - High St., Mitcham. (Andrew 0418 788 401)

6:30pm. **Norwood RC** - (Odd weeks) Kensington Hotel - 23 Regent St, Kensington. (Euan 0401 124 387)

6:30pm. **Morialta RC** - REZZ Hotel 20 Hamilton Tce Newton (Robert 0408 836 490)

Thursdays & Fridays - No Meetings - For more SA Clubs: <www.sarotary.org.au>

ROTARY CLUB OF BURNSIDE
Rotary Emergency Medical Information Booklets

Fresh stocks of Emergency Medical Information Books (EMIB) are now available

Contact : [Dr. Marshal Hanna \(0419 817 971\)](mailto:Dr.MarshallHanna@internode.on.net)

RAWCS CENTRAL REGION Rotary Districts 9510

<<http://www.rawcs.com.au/documents/newsletters/Central%20RegionAug%202013.pdf>>

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