

## Notes

### PAUL HARRIS FELLOWS

Jack Clayton 1980	Syd Harvie 1996	Rowley Fenwick 2005
Hugo Ehrke 1983	Ron Heading 1998	Keith Wilson 2008
Bert Holds 1983	John Holds 2000	Perry Eden 2008
Jim Milne 1985	Brian Moodie 2002	Rob Walton 2008
Jack Walker 1986	Vin Higgins 2002	Tim Clements 2009
Bill Cruickshank 1990	John Lewis 2002	Alistair Stevenson 2010
Murray Norton PDG 1990	Keith Sichler 2003	Clinton Garrett 2011
Glen Eden PDG 1992	Peter Reid 2004	Soto Stuppos 2012

### FOUR WAY TEST

of the things we think, say or do.

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

### INVOCATION

For good food, good  
fellowship, and every  
opportunity of service, we  
give you thanks O Lord.  
Amen

### ATTENDANCE AND APOLOGIES

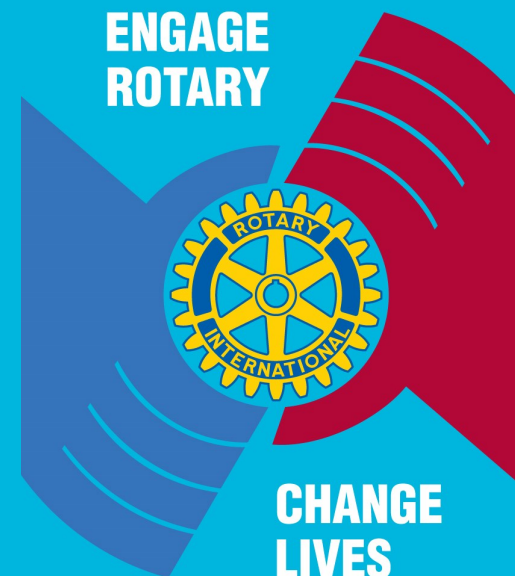
If you are unable to attend a club meeting or function, your apology can be made to Sergeant Michele Hart by calling 0418 834 931 prior to 12 noon on the day of the meeting. Your make up of attendance is important to our Club and may be submitted 14 days before, after, or on the same day as the Club meeting.

# ROTARY CLUB OF WHYALLA

**District 9500**

**Chartered 1955**

**ENGAGE  
ROTARY**



**CHANGE  
LIVES**

### Our Meetings

Tuesdays, 6 pm for 6:30 pm  
EYRE HOTEL, Playford Avenue,  
WHYALLA 5600

Postal Address  
PO Box 269,  
WHYALLA 5600

Email (Secretary)  
[soto.stuppos@hoodsweeney.com.au](mailto:soto.stuppos@hoodsweeney.com.au)  
Website: [www.whyalla.rotaryaust.org](http://www.whyalla.rotaryaust.org)

### CLUB PRESIDENT

John Cagney

### CLUB SECRETARY

Soto Stuppos

### DISTRICT GOVERNOR

Barbara Wheatcroft

### WORLD PRESIDENT

Ron Burton

# Bo 2013 - 14

## **PRESIDENT - John Cagney**

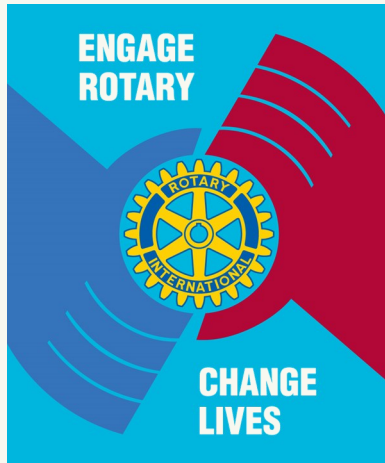
Immediate. Past President - Jane Owens

Secretary - Soto Stuppos

Treasurer - Tim Clements

Club Admin & President Elect - Paul Freimanis.

Service Projects - Bob Norman



## **The Rotary Club of Whyalla**

A leading diverse group of like-minded individuals, with a can-do attitude who aspire to give back to their local community and the world..

### **Other Rotary Club Meetings**

<b>WHYALLA NORRIE</b>	<b>Monday 7.00 pm, Hotel Spencer</b>
<b>PORT LINCOLN</b>	<b>Tuesday 6:30 pm, Ravendale Sports Complex</b>
<b>PORT AUGUSTA</b>	<b>Wednesday 6:30 pm, Hotel Flinders</b>
<b>PORT PIRIE</b>	<b>Thursday 6:15 pm, Golf Club</b>
<b>ROTARY DISTRICT</b>	<b>1st &amp; 3rd Mondays, call sandy 040 036 619</b>

# CLUB OFFICERS

## **SERGEANT**

Michele Hart

## **CLUB HISTORY**

Keith Sichler

## **PROGRAM**

Jane Owens

## **ROTARY INFORMATION**

Glen Eden

## **MENTOR**

Glen Eden

## **Van**

Brian Moodie

Soto Stuppos

## **ATTENDANCE**

Jack Odgers

## **PUBLIC RELATIONS**

Keith Sichler

## **BULLETIN**

Perry Eden

## **WEBMASTER**

Jari Peltonen

## **PUBLIC OFFICER**

Keith Sichler

## **CLUB TRAINER**

Tim Clements

## **MEMBERSHIP**

John Cagney (Pharmacy)	Tim Clements (Access Equip. Hire)
John Davis (Disability Services)	David Dunn (Corporate Services)
Glen Eden (Insurance)	Perry Eden (Metallurgy)
Paul Freimanis (Occ. Health & Safety)	Michele Hart (Banking Retail)
John Holds (Pharmacy)	Brian Moodie (Electrical)
Bob Norman (Engineering)	
Jack Odgers (Bicycle Retail)	Jane Owens (Disability Services)
Jari Peltonen (Metallurgy)	Keith Sichler (Banking Retail)
Soto Stuppos (Accountancy)	Kerre Willsher (Nursing Education)
Jim Pollock (Honorary)	Vin Higgins (Honorary))

## COMING UP

	Next week	Following week
	7th Jan	14th Jan
Chairman	Michelle	Bob
GUEST SPEAKER		
TOPIC	tba	tba
Vote of Thanks	Brian	Jari
Stewards		

## ROTARY INFORMATION

**Mental Health Ball 22nd Feb 2014**

**District Conference in Victor Harbour  
28-30 March 2014**

**Group 8 Caravan & Camping Muster in Gawler ranges  
Date to be advised**

**Rotary International World Convention  
June 2014 in Sydney Australia**

## TONIGHTS PROGRAM

**Meeting No. 2971**

	17th Dec 2013
<b>Chair</b>	John Holds
<b>Guest Speaker</b>	-
<b>TOPIC</b>	Fun night
<b>Vote of thanks</b>	-
<b>Stewards</b>	Perry & Glen

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### Last meeting 10-Dec 2013

<b>Chair</b>	President John
<b>Attendance</b>	88%
<b>Apologies</b>	Bob, Brian, Jane, Perry
<b>Guests</b>	Dr Martin Jones, Colin Barrett, Sue Clements, Paulette Green, Vicki Davenport

### Last Week's Chair's Thought for the Week

*Love what is there, not what is missing.*

## LAST WEEK

### President John's Opening Remarks:

Welcome to our guest speaker Dr Martin, visiting Rotarian Colin, former Rotarian of this club Vicki and friend Paulette.

### Members Highlights:

All members kept a lid on it this week.

### Anniversaries:

Nil

Raffle - raised \$71 and won by Paul, a popular winner.

### Sergeant Michelle's fine for the week:

Glen, for spending 2 days in Adelaide watching the test cricket in the new stadium and not taking President John.

### Reports:

Street Xmas fair raised \$1360.



GUEST SPEAKER - Doctor Martin Jones, Associate Professor of Mental Health at UniSA Whyalla Campus.

Dr Jones spoke of the pleasure he and his family felt having recently moved from the UK to take up the 5 year posting in Whyalla. He emphasised the connection between the 4 most prevalent illnesses which are suffered by mental health patients being depression, cardiovascular disease, smoking and psychological response to a life threatening condition. Depression with heart disease was a greater risk than smoking 20 gaspers a day, with alcohol ramping up the risk.

Kerre gave the vote of thanks and a big squeeze

President John's closing remarks

I watched with interest the ceremony fairwelling Nelson Mandella.

Our last meeting for the year will be next week the 17th Dec with a quiz night.

No meeting on 24th Dec or 31st Dec..

Next meeting 7th Jan 2014