



Rotary Club of Gawler Light



District 9500 | Chartered 10 July 1996

Bulletin Edition #1170: 17 September 2019

President: Bron Anderson | Secretary: David Cockshell | District Governor: Jane Owens | RI President: Mark Maloney

Important Dates

22 Sept19	Swap Meet
8 Oct19	Gawler Dark History Crime Walking Tour
27 Oct19	Sustainable Living Festival
5 Nov19	Melbourne cup fun night
29 Nov19	Christmas Display Erection & lighting
10 Dec19	Last official club meeting for year.
14 Dec19	Christmas Party
23 & 24 Dec19	Woollies BBQs

President: Bron Anderson

- Welcome to all members and guests including the guest speaker Mark Workman

Exchange student: Gesa

- Formal next week
- Watched the Mary Poppins musical
- Helped a friend with foster care baby

Rotary Information: Roger Freeman

- Gave an overview of Rotary Foundation
- The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an initial contribution of US\$26.50 to more than US\$1 billion. It has one of the largest and most prestigious international fellowship programs in the world.

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.

Email: president@gawlerlightrotary.org

Website : www.gawlerlightrotary.org

Facebook: www.facebook.com/gawlerlightrotary

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

Community Service: Matthew Sanders

- Swap Meet on 22Sep19
- Please wear Rotary emblem on shirt or hat to get in gate

Vocational: Carol Valentine

- Gawler dark tour—make sure you tell Greg you will be on the tour or at meeting
- 10Oct19: Lyn talking about Russian tour
- 22Oct19: Steve McLachlan's beard trimming

Members' Corner:

- Joan mentioned that Phil Hall is in a home in Peachy Road and lonely – would welcome visitors to chat about Rotary
- Joan going to international conference in Hawaii
- Peter H thanked the members who helped with his shed; he is making a donation to the Club
- Bron: Beyond Bank gave donations to community groups

Sergeant: Rhonda Carr

- Roger F and David P seen out for walk - Bev and Ann were walking well ahead
- Bron didn't organise President standin
- Ian pretending to push in
- Anyone who has been OS in last 4 weeks
- Peter misrepresenting himself to new neighbor who said "He's a lovely bloke"

President's reminders:

- Board meeting 26 September 7.30pm

Guest Speaker: Mark Workman -

From the Himalayas to Yoga. A unique story.

- Yoga teacher trainer and therapist
- Lived in Western Sydney
- Mother died when young and therefore raised by Grandmother
- Learned about Buddhism when in high school. Read books and became curious.
- In car accident and survived.
- In Port Macquarie tried Anglican church and studied for degree in theology. Learnt to read ancient documents. Became priest
- Left due to sexual abuse problem in the church
- Studied yoga
- Small computer business in Stirling.
- Studied with Yoga top expert in Himalayans
- Went back and forth between India to Nepal
- Studied Yoga Sutra. Stilling the whirlpool of the mind to experience own self
- Due to background experience it was suggested that he translate into Yoga documents into English
- Problem caste system which couldn't reconcile so left
- Went to China
- Came back to live in Cobarr. Worked as computer systems engineer
- Heart attack and leg amputations.
- Had to deal with dependency and noted other amputees having difficulty coping
- Designed course on tolerating the discomfort of change
- What happens when we have distorted view of world in mind? Illusion
- Not disabled but living with disability
- Giving possession of own life ie developing independence
- Yoga has one purpose – to pacify mind
- Being frightened of future is disabling.
- Symmetry of body important and yoga can help adjust to reality and real situation
- Working out how to compensate for reality
- Real yoga is practical
- Video showing Krishnamacharaya aged 96 with broken hip moving with great precision and awareness.
- Being able to live as well as possible and developing better self awareness is most important



MEETING ROSTER

	17-Sep-19	24-Sep-19	01-Oct-19	08-Oct-19
Meeting Type	Partners Welcome	Partners Welcome	Partners Welcome	Partners Welcome
Chairperson	Matthew Sanders	Martin Monument	Greg Morris	Daniel Niutta
Cashier	Richard Tucker	Ian Curtis	Rob Eley	Roger Freeman
Rotary Information	Roger Freeman	Joan Tingey	David Giles	Peter Harper
Thought for the Week	Daniel Niutta	Rob Eley	Roger Freeman	David Giles
Vote of Thanks	Dave Cockshell	Greg Morris	Daniel Niutta	David Perry
Fellowship	Rob Eley	Grant Buik	Susan Clift	David Cockshell
Setup & Packup	David Weatherley	Dick Milner	Martin Monument	Greg Morris
Guest Speaker	Mark Workman	TBA	Lynne Podolak	
From the Himalayas to Yoga. A unique				
Subject	story.		Russian Travels	Dark History Tour

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 duties roster.

It is appreciated if notifications are done via email rather than verbal.



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