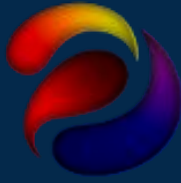


CREATE HOPE IN THE WORLD



Rotary
Club of Gawler Light



Chartered 10 July 1996 District 9510.

President: Darryl Matthews | Secretary: David Cockshell | District Governor: Craig Dowling | RI President: Gordon McInally



Rotary Club of Gawler Light dynamically demonstrates its community commitment during the Christmas Pageant





**Good shepherds and crowd marshals
Bringing Tidings of Comfort and Joy**



**With true love & brotherhood, each other
now embrace, this holy time of Christmas**





God
Rest Ye
Merry
Gentle
Folk



Tony Piccolo MP: "The contribution and commitment to the Gawler Community by RC of Gawler Light is truly remarkable and greatly appreciated. Not only did you participate in the parade, but you provided street marshals, the BBQ and the Riverbank Light Display!"





**DEC 19 Final Club Meeting for '23
Fellowship BBQ**

**Celebration of 2023 @ 6:30pm
Dick Millner's, 287 Barossa Valley Hwy Concordia**



**Meat provided by the club.
BYO salad or dessert to share**

**Members, Friends of Rotary, Partners and Guests welcome
RSVP Darryl 0417 830 935**

DEC 21 Puddle Jumper Christmas Show BBQ

DEC 23 Bunnings BBQ

JAN 6 Disassemble Riverbank Display

**JAN 9 Fellowship BBQ Meeting
Host and Venue Required
Contact President Darryl if interested**

Email: president@gawlerlightrotary.org
secretary@gawlerlightrotary.org

Facebook: www.facebook.com/gawlerlightrotary

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

Mail: Box 1577, Gawler SA 5118

Meetings: Tuesdays 6.15pm for 6.30pm optional meal, 7.15pm for 7.30pm meeting

Venue: Gawler Arms; 102 Murray St ,Gawler SA

Upcoming Meetings

Vocational Visit December 12

Bloomin Inclusive, Starplex Centre, Evanston Park

Bloomin' Inclusive Coffee & Chat 7pm

Presentation 7:30pm

Optional Meal

6—7pm @ Vintage Chef Starplex Centre



Confirm attendance for meal and/or presentation:

RSVP Grant Buik (txt 04 34 24 1957)

December 19—Meeting 1376

Social BBQ & Final Meeting for 2023 @ Dick Milner's

RSVP: Darryl 0417 830 935

Tue JAN 9 — Meeting 1377

Fellowship BBQ

Friends of Rotary and Members ...

Venue and/or Host ??



Contact President Darryl if interested

(0417 830 935)

2024—In Vocational Service ...

What's being planned for Rotary Club of Gawler Light

Possible Vocational Visits

- **Barossa Bush Gardens**
- **Maccy Biochar**
- **Gawler's New Hospital Emergency Wing**
- **Backpacks4Kids**
- **Australian Space Discovery Centre**
- **Ligaya Garden**
- **Barossa Goldfields**
- **Other ideas—please share your thoughts**

Some Possible Guest Speakers

- **Taya White (Interactor sponsored for One & All)**
- **Robert Laidlaw—Sporting Memories**
- **Adrian Larson—Happy Black Sheep Roaming Coffee Van**
- **Lynton Carle—Barossa Goldfields**
- **Lauren Budden—Helping Paw**
- **New Club inductees**
- **Noah Green (Interactor and Budding Scientist)**
- **Malcom Haines (Ligaya garden)**
- **Vera Bradbury (co-president View Club)**
- **Other ideas—please share your thoughts**



Behind the Wheel with a driving mentor (& Bulletin editor)

Christmas anticipation by L plate drivers can reflect joy & excitement.

However, there are some who have reflected on split and fragile family relationships and others for whom Christmas is a lonely, dark time, full of pain from hurt or grief through loss or restricted choices.

Friends, share the love this Christmas anyway that you can, in the street, at community events, with neighbours or on the road.

God bless you & may you have a peaceful Christmas, Grant Buik

Guests

Michelle Cockshell, Anita Goodwin, Bernie Goodwin, Yvonne Thomas & Kimberley - UCare, Joy Cameron – Salvation Army, Tony Piccolo MP & Katherine Krollig and Joanne Thorpe, (RC Elizabeth – Guest speaker)

President Darryl Opening Remarks

Meeting 1374 opened at 7:30pm by President Darryl and welcomed visitors

Taron

Exchange Student Taron returned home on Sunday accompanied by his parents. This was mutually agreed by all parties to be in the best interest of all.

Ian Nys

Ian Nys, a member of RC Gawler sadly passed away Wednesday night. Ian is a friend of Jenny & Paul. We have passed on our condolences.

Lynne Podalak

Presentation

Lynne has been in Rotary for 20 years – including Community Service director, Secretary, Child Protection Officer, Bulletin editor and meeting scribe.

Darryl presented a certificate of appreciation to Lynne for her amazing service.

Lynne is continuing on her connection with the club as a friend of Rotary.

Lynne said she has a wonderful involvement in Rotary, especially the members of RC Gawler Light – an amazing group of people who do amazing things. Lynne would highly recommend our club to other people. Thanks to everyone for being part of this period of Lynne's life. She plans to keep busy – more travelling!

Email: president@gawlerlightrotary.org
secretary@gawlerlightrotary.org

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

Mail: Box 1577, Gawler SA 5118

Meetings: Tuesdays 6.15pm for 6.30pm optional meal, 7.15pm for 7.30pm meeting

Venue: Gawler Arms, 102 Murray St, Gawler SA

Induction of Bernie and Anita Goodwin as RC Gawler Light Members

President Darryl proudly acknowledged Bernie & Anita as people of good standing by formally welcoming them as new members & as ambassadors for Rotary.



Sharing Goodwill @ Christmas

Yvonne Thomas on behalf of UCare accepted \$500 donation from the club.

Yvonne told the club that times are very tough on the community at the moment and UCare alleviate this, especially at Christmas in the form of food and gifts. Yvonne said the donation this year was used for buying toys for children to be included in the 300 hampers they are distributing in our area.



Joy Cameron accepted a \$500 donation on behalf of the Salvation Army. Christmas can be a wonderful time, but when a tragedy or crisis hits it can be terribly hard. Children, people struggling alone and families battling to keep food on the table are the hardest hit. The gifts offered to Joy by club members will also nurture wellbeing for those in need at Christmas.



Joy acknowledged our club's heart-felt support for the homeless of Gawler through the Shelterbag project. There are around 20 people who use the service.

The salvation is also preparing Christmas lunch for 700 people as well as providing toys. There are around 50 people attending lunch at the Riverside centre.

Rotary Information – Tony Piccolo

Tony acknowledged the contribution and commitment to the Gawler Community by RC of Gawler Light as truly remarkable and greatly appreciated. Tony gave a glowing endorsement by praising the club members for participating in multiple areas of service: with floats in the parade; as crowd marshals; at the BBQ; and through continuing the Riverbank Light Display!.

.Guest Speaker: Joanne Thorpe

Understanding mental illness and its Stigmatization

Society hides mental illness & stigmatizes those who suffer from it. Mental illness can impact anyone at any time. Common mental illnesses – Depression, Anxiety, ADHD, Schizophrenia, personality disorders, Major Depressive disorders (MDD).

Joanne works as a clinical nurse in SA's busiest mental health facility (the Lyell McEwin Hospital) and is so passionate about mental health that she even gave up a shift to devote the time & energy to be our guest speaker! Most admissions are people suffering from Schizophrenia especially due to drug usage. Their brains are effectively scrambled and this damage cannot be undone.

Prevention/treatment – acceptance, education, lifestyle changes, medication, support & therapy counselling, exercise.

The stigma – this is a big issue. People speak often about their physical health, but are less willing to speak up about mental health issues.

How we can destigmatize: be an ambassador, spread awareness, challenge stereotypes, check in with other people, listen without trying to solve the problem, create a safe space to talk, collaborate with other organisations to talk about it, Be conscious of the language you use (eg you're crazy, you're mad) - show compassion, empathy and grace.

What not to say – it's all in your head, it could have been worse, deal with it, get over it, you are not the only one, it's karma or you've got to pull yourself together.

To support people – thank them for opening up, no judgement, ask if there is anything you can do to help?, I'm here if you need me. I can't imagine what you are going through. How are you – go beyond "I'm fine", show that you genuinely care.

7 ways to practice self care – stay connected, have fun, eat well, sleep, take care of your physical health, don't do too much – slow down or reschedule, give yourself grace and credit for your accomplishments, surround yourself with people who inspire and celebrate you.

Q&A

Grant – any key motivation which has helped you to continue this journey

Joanne came to Aust as a refugee. She came with her 8 y.o. son and knew no one. She was bullied at work and strove to become a better person. Along the way she felt overwhelmed, but she saw so many people who have mental health issues that were not accepted by others. She decided to focus on working in mental health. Joanne feels privileged to share messages about mental health, hoping there will be greater acceptance.

Joanne attended the recent Rotary Convention and was invited to visit Nigeria to talk about this topic. They were going to sponsor the trip and they couldn't afford, so Joanne used her own money to do the trip. In Nigeria people are very religious and will not acknowledge mental illness, despite it being a big issue in the country. She was able to reach out to so many people. She also travelled to Ghana and did the same presentation. Truly service above self!

Greg Morris gave the vote of thanks to



Joanne for her informative presentation and said that he thought as a club we tick many of the boxes to facilitate good mental health.

So, for good mental health – be a Rotarian!!!

Jenny Rotary Information:

An example of a Rotary project from around the world where a small gift of odd-shaped, blemished and imperfect vegetables has morphed into a significant project by RC Hamberg, New York. From May-Dec Rotary members and friends will deliver vegetables to 3000 families.

Reports: Grant Buik

Vocational Visit

Next Tuesday we are invited to visit Starplex where we will discover more about growing our advocacy to support community awareness for Just Lads which is part of Gawler's new one-stop hub for disability support, **Bloomin' Inclusive**. Note the loft isn't available. Dinner beforehand (6-7pm) at Vintage Chef in Starplex; followed by 7:00 informal chat & a 7:30 presentation upstairs.

Please text Grant Buik (0434241957) before Mon. if you will be attending.



Reports: Peter Harper

For those with outstanding dues – please pay them as soon as possible.



Reports Steve McLachlan

Note of Appreciation to Tony and Katherine for the Christmas parade.

At the initial meeting in January there was a distinct lack of Christmas spirit in the town. Tony and Katherine put in a huge amount of work to organise the Christmas Parade Event. The outcome was a big community success.

Sergeant Bron

Congratulations Rob Eley for winning the coin toss.

Sergeant Bron conducted a “fine” session.

Member's Corner

Dave Cockshell – Jenny kept pinching Dave's knife. There was only one knife in the BBQ pack. Dave provided a new knife set – from Minda via RARE!

Closing Remarks

Darryl thanked everyone attending and reminded everyone of the vocational visit next week and the following week's social highlight around the BBQ at Dick's.



**THANKS DICK
ONCE AGAIN**