



President: Steve McLachlan

- Welcomed the members, the guest speaker, Ethan White, and our exchange student Laurens van Eeten
- Noted the passing of Queen Elizabeth which has dominated the media the last week
- ML got the Club recognition
- Refugee workshop tonight
- There is an invitation to the RYLA graduation on 29 Sep22— \$45 and will be held in Paradise
- 11Oct22— the Heysen Trail Walkers BBQ at M-l's place - we have managed to get 9 beds
- 24Oct22 is World Polio Day
- We are hoping to get Laurens to the World Convention next year
- There is a Board meeting on Wednesday 15Sep22

International Exchange Student: Laurens van Eeten

- On Wednesday we went to a Rotaract meeting but there was no meeting that week
- Then we had a meeting with David Jones to talk about some official stuff
- At school I had a drama class, which wasn't very successful
- On Friday I was a bit sick so I stayed home and yesterday I got my hair cut – going for a mullet
- Next week I will not be here as I am going camping and hiking at Deep Creek and then Mt Remarkable
- On Saturday I am invited to a birthday party
- On Sunday I will be helping at the Swap Meet
- At 10am I am meeting with an outbound student leaving Australia this year

Important Dates

18Sept22	Gawler Car Club Swap Meet
25Sept22	Community Picnic Clonlea Park
11Oct22	ARHF Walkers
22Oct22	Bunnings BBQ
5Nov22	Village Fair
2-3Dec22	Christmas Display (TBC)
2022	Quiz Night
27-31 May 23	Rotary International Convention Melbourne

Guest Speaker: Ethan White: The importance of getting off the Couch

- Thank you for having me; I was unable to come to the original invitation because Covid got me
- I have always lived in Gawler
- I umpire in the local football league every Saturday, I love the camaraderie and I love being involved
- I live with my family - my sister loves to give me a hard time
- I love travelling the most; I learned lots of new things when my parents took us camping
- I was lucky my parents took us away for 3 months and I developed a passion for travel
- I also love filming
- I got the idea for a TV show, all about getting young people off the Couch to go and explore the country
- Channel 44 is a Community channel and has shown some of my filming which has encouraged people to get in the car to go and explore
- I am studying filming at university
- When I was age 2 years we did a big trip to Germany
- At age 7 we went to Taiwan; it was an eye opening experience
- I met Cosi through school and he gave me a days work which is where Off The Couch got started
- We can easily get so caught up with digital distractions these days
- I would like to encourage young people like myself to get out and explore
- When in year 12, I did a survey at school on phone use - most students were using their phones 8 hours a day but a couple were spending up to 14 hours a day
- The amount of information we have now compared to previous generations can also exacerbate so many other problems, including mental health issues
- We have 24 hours a day, 8 hrs on a phone, 6 hrs at school, 7 hrs in bed, 1 hour watching TV which means two thirds of our day is spent being anti-social
- This is having a negative impact on young ones, especially mental health issues
- So get out there, explore, go and see local events for example the Gawler show which gives you the opportunity to talk to people and be social
- Unfortunately, that drive and passion isn't always there for many young people
- I would like to change this. I am running to be a Councillor for the Town of Gawler
- I was fortunate to be named Young Citizen of Gawler
- I want to give back to the community in a strong way

Community Service: Jenny Leadbeater

- BBQ in October coming up at Bunnings
- Be aware on Sunday morning, sometimes people want breakfast at 5.30am
- Ian Curtis has arranged many dozens of eggs which need to be picked up
- Please wear Rotary gear to get through the gate; bring your apron

Epic Cycle: Duncan Power

- Made it to Darwin after 34 cycling days
- Lost 5.5 kgs
- Thank you all; I received many encouraging messages which really helped a lot
- As it went along I gained confidence
- I got off the road when I saw road trains
- Taking magnesium helped to avoid cramp
- I am suffering withdrawal symptoms which apparently this is quite common
- Briefly, our 3 young women we sponsored in Cambodia all passed their recent exams

Shelter Bags: Richard Tucker

- We have 15 shelter bags in our possession awaiting distribution to needy people

Rotary Information: Roger Freeman

- 25 years ago the Club had to cancel an art auction because of the funeral of Diana, Princess of Wales, which attracted an audience of 2.5 billion people

On Line Meetings: Bron Anderson

Members' Corner:

- Matthew Sanders; Son Cameron is now a pilot and is working at Arkaroola
- Today he had his first solo flight
- He took Matthew for a flight
- Can't believe he gets paid to fly

- If anyone wants to attend a meeting via online, please register via the website at: <https://www.gawlerlightrotary.org/event>

Treasurer: Peter Harper

- Members are reminded the Club's annual subscription should be paid as soon as practical

MEETING ROSTER

	20-Sep-22	27-Sep-22	4-Oct-22	11-Oct-22
Meeting Number	1317	1318	1319	1320
Meeting Type	Partners Welcome	Partners Welcome	Partners Welcome	Partners Welcome
Chairperson	Roger Freeman	Jenny Leadbeater	Marie-louise Lees	
Rotary Information	Jenny Leadbeater	Marie-louise Lees	Darryl Matthews	
Thought for the Week	Marie-louise Lees	Darryl Matthews	Dick Milner	
Vote of Thanks	Darryl Matthews	Dick Milner	Martin Monument	
Fellowship	Dick Milner	Martin Monument	Duncan Power	
Cashier	David Weatherley	Greg Morris	David Weatherley	
Guest Speaker		Ryen Archer	Kim Wright	
Subject	Club Committees	Archer Empower	In the Navy	ARH Heysen Walkers Event

ATTENDANCE

All apologies: contact **Susan Clift-Bowden (0438 067 894 or cliftsusan@gmail.com)**

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

Given the current situation please advise your intention to eat a meal.

If you are intending on being away for a lengthy period of time, please also notify the Bulletin Editor

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

Facebook: www.facebook.com/gawlerlightrotary

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