

# THE ROTARY CLUB OF ELIZABETH INC

District 9500 - Charter granted 23 Nov 1966  
PO Box 233, Elizabeth SA 5112



Rotary International President: Mark Daniel Maloney  
District Governor 9500: Jane Owens  
AG Group 4: Colin Willington  
President Elizabeth Rotary: Eryn Halls

## BULLETIN

MEETING 2617 – MONDAY 26 AUGUST 2019

### Report from meeting held on Monday 5 August 2019 at the Playford Civic Centre

President Eryn in her opening of the meeting welcomed members – Anthony James, Gay Smallwood-Smith, Shirley Halls, Elizabeth Adamson, David Adamson and Delwyn Watts and guests Katrina Stroet, Puskar Poudyal and Marie.

Apologies: Sharka Byrne

Chairperson David called for spots.

- ✚ Elizabeth has been asked to attend the assembly at Elizabeth South Primary School on Wednesday morning. Pastoral Care Worker, Natalie Bubner will be the guest speaker at our meeting on 26 August.

Gulima Wahidi, rang Elizabeth on Tuesday morning about the Club supporting her to a conference in Hobart. She said to thank the Club for its support.

I have received the information about DCSI clearances which I will forward to members.

The Rotary Club of Modbury/Golden Grove is hosting the Group 4 Intercity dinner on 10 September. This will most likely be the night of the DG's visit.

- ✚ Delwyn attended the Civic Events Committee meeting. This was mainly announcements although Del made a suggestion for a change that was accepted.
- ✚ P Eryn informed members that we had an inquiry from the Elizabeth Playford Lions Club asking if we have any details regarding our involvement in the Carols this year.

After dinner Chairperson Gay introduced our speaker for tonight, Katrina Stroet. Katrina was sponsored by the club to attend RYLA (Rotary Youth Leadership Awards).

*RYLA was not only a week away, it was a week of learning and creating new skills within me. When I first arrived at RYLA I thought to myself, what am I getting myself into. I then joined in the bonding activities which included a Human Knot and a Throwing Ball Game (where you had to trust the person throwing the ball to you as well as name the person even though you didn't know them). I straight away thought to myself, "Maybe this isn't so bad after all".*

*Towards the end of the night we had a guest speaker by the name of Damien Walker who spoke about being an authentic person. I found this really interesting as everyone was starting to connect with each other as we moved into our coloured teams. This lead into a Trust Walk with our Team Leaders and the Coordinators where we were blindfolded and walked around the campsite in rain, stones and mud. This became extremely*

*overwhelming and difficult as nobody knew where or what we were doing but it was all about trusting our team leaders and having faith that we wouldn't fall or trip over.*

*Day two began after we had no idea we were being woken up at 7am with very loud music and knocks to our door, everyone was thinking, "What is going on?" As we were all waking up we slowly figured out that we were going to an exercise class by a team leader and that this would be a daily activity. The team leader asked who would like to coordinate what we were doing for this particular activity. I volunteered not knowing what I was up for. It was an exercise class about different exercise techniques, e.g. Zumba, Star Jumps, Push Ups etc. This began with choosing a word and then spelling out the alphabet with all different exercises on different letters. That was fun.*

*As we had breakfast and finished our exercise we then began the day's activities which were learning what our MGTs are which mine are ENFP. This I found really interesting as I believe it is great knowing what each others were as we found out who that person might've been personality wise. Later in the day we heard from Karagh Loring who spoke about "Being Yourself" and how to grow and develop without feeling intimidated by people after RYLA. This is really important for self-awareness and also leadership.*

*On Day three we woke up to exactly the same music and loud bangs on the door as yesterday and began the day with a nice exercise. We had pancakes for breakfast and then listening our first guest speaker for the day who I believe was the most interesting speaker I had heard who spoke about teamwork. Teamwork is an important strategy for everyday life because everywhere we go we are always working in as team. You may not think so as we are individuals at times but we are all managed by a particular workplace or organisation.*

*I thoroughly enjoyed this because Thomas made our individual teams do an activity that we all thought was impossible, well we were wrong. We are at RYLA and we knew everything we did was going to be successful. For this activity we had only two fingers each on each hand to lift a person off of a chair into the air. This was extremely difficult as for the first person as nobody knew what we were doing and how to do it as we hadn't created a team strategy. As we went on we worked much better as a team and it became easier and we lifted every single person off of the chair. The strategies we thought of were Vulnerability and Trust as if we didn't have these I think nobody would've sat down on that chair. We then had lunch.*

*Just before dinner we had another guest speaker who spoke about Conflict Management and how to deal with the three different types of conflict. This helped with a few conflicts that happened during the week. Team Work Day also included the team leader's activities which the awardees participated in. These included Flip the Carp, Going through a Rope Spider Web without touching it and much more.*

*I couldn't believe we were already on Day 4. My heart was already full. I created and had so many great friendships already, created dance parties, suggested outdoor games to play at night and I think the team leaders loved me. Day 4 was all about exploring our personal values, adversity, and building resilience. This was an important day as we all have different values and we should all respect that. I believe we succeeded in doing this.*

*Later in the night the team leaders decided to tell us about a public speaking opportunity we all had to do and we had to organise it within 2 hours of the time we were allocated. Surprisingly we got it all organised for the dinner we attended at the RYLA celebration evening. Thank goodness Day 5 was a public speaking workshop.*

*Day 6 started with a Goalsetting Workshop that I couldn't attend due to being sick. I had a well needed sleep in and participated in the rest of the day's activities which resulted in learning about the RYLA tank and what to expect going back into the big world outside of RYLA.*

*Day 7 was about reflection which was focused on connection, gratitude and self-reflection which we most enjoyed about RYLA and how we could improve if we didn't like it.*

*I honestly loved RYLA and can't thank this Rotary club enough for sponsoring me enough, I thought I'd dislike being there but I thoroughly enjoyed every single minute of it.*

President Eryn closed the meeting.

DUTIES	26 AUGUST 2617	2 SEPTEMBER 2618	9 SEPTEMBER 2619	16 SEPTEMBER
Dinner*	Yes (Meal)	No	Yes (Soup and Sandwiches)	No
Chairperson	Elizabeth Adamson	Committees and Board Meeting	Delwyn Watts	No Meeting
Cashier	Anthony James	Lions Den 6:30pm	Anthony James	
Visitors' Host	Gay Smallwood-Smith	For 7pm start	David Adamson	
Regalia	Anthony James	Bring a plate to share	Anthony James	
Speaker	<b>Natalie Bubner – Pastoral Care and Story Dogs Programme</b>			

**N.B. If you are unable to attend please arrange a replacement for your duties. Thank you.**

\* Dinner indicates whether we are having dinner at the Grenville Hub (Playford Civic Centre)

DIARY DATES:				
2019	DATE	EVENT	VENUE	TIME
WEDNESDAY	28 AUGUST	Northern Business Breakfast	Playford Bowling Club	7am to 8:30am
TUESDAY	10 SEPTEMBER	Group 4 Intercity Meeting	The Grove, Golden Grove Tavern	6:30pm for 6:45pm
MONDAY	18 NOVEMBER	Guest Speaker: Cathy Booth – Umoja Orphanage	Playford Civic Centre	6:15pm for 6:45pm



## Who is celebrating in August?

**BIRTHDAYS:** - Dean Trickett 7<sup>th</sup> Pandiyan Thevar 7<sup>th</sup> Delwyn Watts 19<sup>th</sup>

**WEDDING ANNIVERSARY:** Elizabeth and David Adamson 7<sup>th</sup>

**INDUCTION ANNIVERSARIES:** None

**CONTACT DETAILS:- RC of Elizabeth**

**PO Box 233 Elizabeth SA 5112**

<http://www.elizabeth.rotaryaust.org/>

<http://www.facebook.com/RotaryClubofElizabeth?ref=hl>

Meet at the Grenville Community Hub, Playford Boulevard, Elizabeth  
2<sup>nd</sup> and 4<sup>th</sup> Monday of the Month 6:15 p.m. for 6:45 p.m. start

**If not attending please send apology to Eryn Halls – Club President**

**Mobile – 0408 848 961 or Email – [elizabethrotary9500@gmail.com](mailto:elizabethrotary9500@gmail.com)**

**to assist with catering for meal numbers**