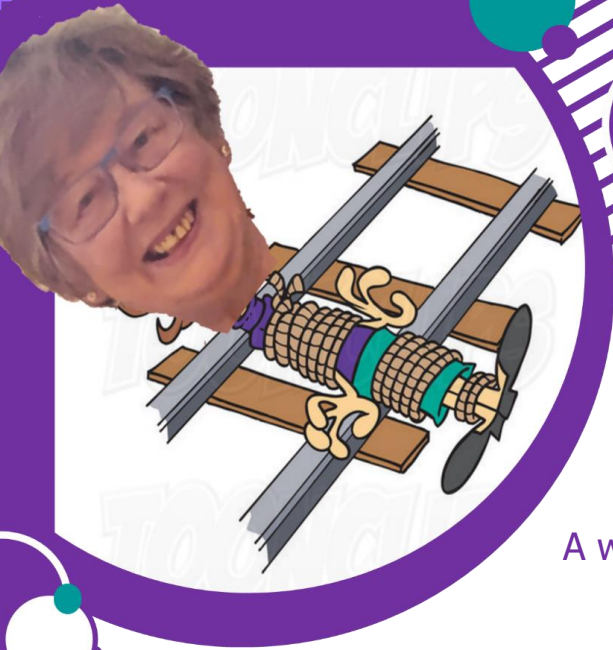




THE PERILS OF PAULINE

VOLUME 28 | ISSUE 05
1261 | 13 AUGUST 2024

A warm welcome to Ann Cole, Jeff Neale and Molly Sweeney.



PRESIDENT'S REPORT



Another week has passed in the life of our Club and as usual there was no time for the grass to grow under our feet.

This week we had our monthly market at the Campbelltown Memorial Oval. Even the weather was on our side with a nice sunny day, unusual for August.

I would like to thank all our members and volunteers who shouldered the responsibility to ensure the market was a success.

The proceeds of the market will go to Operation Flinders, an organisation our Club has supported for some time. The mission of **Operation Flinders** is to create opportunities for young people facing challenges and is especially designed for those from environments with family dysfunction, drug abuse, and physical abuse to improve self-confidence and self-esteem, the ability to work in teams, and to accept responsibility.

Your support at our last market will help transform the life of a person deemed at risk with pathways to wellbeing and life success. Thank you!

We were also thrilled to discover the Club had been awarded a **Rotary Citation** for 2023-2024 a prestigious recognition for Rotary clubs that achieve specific goals set by Rotary International. This can only be achieved by all club members pulling together to help make a better world. Thank you to you all and to IPP Lindsay for his guidance to achieve this award.

If you would like to make a difference, we would love to have you join us. Come along to a meeting and give us a try, we will even give you a cooked breakfast to start your day. For more information call 0415 453 101.

You'll be so glad you did.

Toodles!

Pauline



FOR THE DIARY

August Meetings
6th, 13th & 20th

First three Tuesdays
of the month

Next Club Meeting
1262

7am, 20 August 2024
Heccies

31 Fisher St, Magill
Club Contact:

Lindsay Davis 0415 453 101

"BE PREPARED"

**Next week we will hear
from the Youth Leadership
Team on Scouts SA**



GUEST SPEAKER –SUZETTE COAT



IPP Lindsay and Suzette Coat

Newly minted club member, but long-time honorary member, Suzette Coat PhD, presented (Behind the Badge) at our club breakfast meeting.

Suzette is a Senior Clinical Trial Coordinator (problems with pregnancy trials) and is employed by the University of Adelaide but works at either the Women's and Children's or Lyell McEwen Hospitals.

So endeth the lesson on Suzette's professional life, but she will address this on another day.

Her address started with a warning that the overheads may contain nudity, but after the Olympics what did it matter. Naturally any nudity started and ended with baby photos.

Suzette entertained us with stories from childhood, education, meeting spouse Ian, through to marriage and children. In between the Coats managed to fit in overseas work and travel, sightseeing in the Cotswolds, London, Europe and the Middle East.

Ian's work took them to Alice Springs, which may have whetted their appetite for outback adventure. The Coats like to get their feet wet, with sailing catamarans, kayaking, and runabouts and the occasional swim with the whale sharks. The Coats (with three children) first met the Davis's at Kindergym. Always involved with the community, Suzette served as organiser for many years on the Rostrevor College Spring Fair.

If you thought that digging in the dirt just was limited to Suzette's gardening, then extend that interest to digging for animal fossils and squeezing thought narrow passages while caving (when she was younger).

Well done Suzette on a most entertaining address.



RCMS AWARDED A ROTARY CITATION FOR 2023-2024

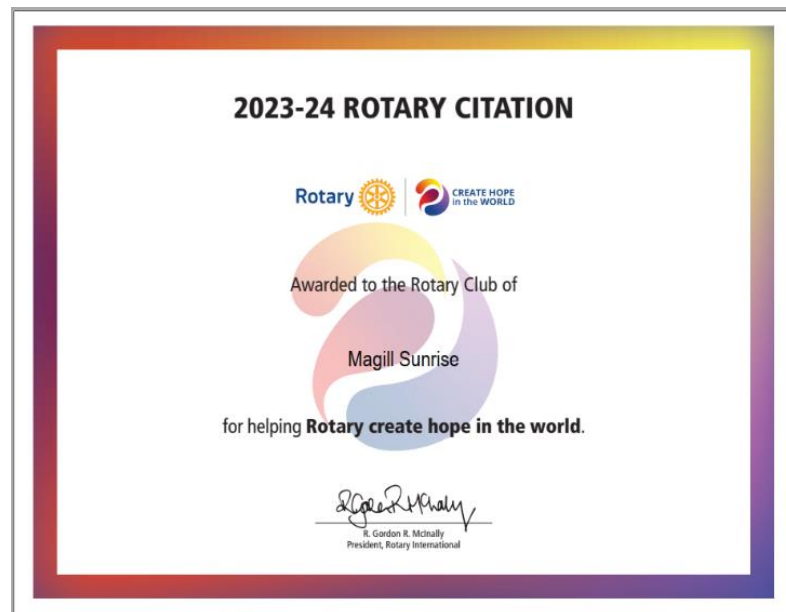


The Rotary Citation for the 2023-24 year is a prestigious recognition for Rotary clubs that achieve specific goals set by Rotary International.

To earn the citation, clubs need to set and accomplish more than half of the available goals set by Rotary. These goals are aligned with Rotary's priorities, such as increasing impact, expanding reach, enhancing participant engagement, and increasing adaptability.

Some key goals include:

- Eradicating polio and highlighting Rotary's role in this effort.
- Increasing contributions to The Rotary Foundation and building the Endowment Fund.
- Strengthening existing and developing new partnerships.
- Enhancing member engagement and reducing the number of new members leaving within their first year.
- Promoting diversity, equity, and inclusion within clubs.





QUIZ QUESTION

Recently we asked about some northern cities, so this time we look south.

Which of these major southern cities is furthest south: Hobart, Cape Town, Christchurch, Santiago (Chile), Buenos Aires (Argentina)?

ANSWER:

Christchurch, which is about 70km further south than the next one, Hobart. Surprisingly, all of the other three are actually further north than Adelaide. Only our guest speaker Suzette chose Christchurch with a few choosing Hobart and most choosing Santiago.



ICE BREAKER

Name an unusual food you have had, and would you eat it again?

Responses:

There were a variety of unusual foods. Suzette mentioned bracken fern, which is apparently commonly eaten in Canada and was reported as chewy, but good. Ann as a fairly recent migrant raised Vegemite and is not very keen. Mark told an amusing story about eating a jam sandwich in the pouring rain while on sentry duty in the Army and would definitely not recommend that. Molly has tried Witchetty Grubs and Lindsay has tried Fire Ants. Jeff tried Camel in the NT, but that taste came after having been on a Camel ride, so he was a bit put off by the whole experience. Badly prepared Tripe was also mentioned by Mark. But the winner mentioned by a few was: Durian - the very large, curious and stinky tropical fruit considered a delicacy in many Asian countries. If you can get it past your nose the taste remains for hours. Not a popular choice.



MEET THE RI PRESIDENT – STEPHANIE URCHICK



Stephanie A. Urchick, of the Rotary Club of McMurray, Pennsylvania, USA, is President of Rotary International for 2024-25.

With the world facing incredible challenges, including the COVID-19 pandemic, disasters driven by climate change, and conflict in many regions, Urchick says Rotary's leaders can offer a vision and a plan for overcoming these challenges.

"Because Rotary operates in more than 200 countries and regions, it is vital to recognise that the organisation has the potential to become more efficient and effective by understanding and reacting to how regional differences affect the way Rotarians work together to address providing service, promoting integrity, and advancing world understanding, goodwill, and peace," Urchick says.

She is partner and chief operating officer of Doctors at Work LLC, a consulting and training company and holds a doctorate in leadership studies from Indiana University of Pennsylvania. She is active on numerous community boards and committees and has been honoured by organisations including Zonta International and the Sons of the American Revolution.

A Rotary member since 1991, Stephanie Urchick has travelled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies several Slavic languages, has mentored new Rotarians in Ukraine, and coordinated a Rotary Foundation grant project in Poland.

She has served Rotary in many roles, including as a director, Foundation trustee, and chair of the RI Strategic Planning Committee and the Foundation's Centennial Celebration Committee. She currently serves on the Election Review Committee and the Operations Review Committee and is a Rotary Foundation Major Donor and a member of the Bequest Society.

Music has been a touchstone throughout Urchick's life. Her dad played the accordion and led a polka band, the "Harmonizers", for more than 35 years. "I learned to polka before I learned to walk," she says. Urchick was a singer with her father's band and when she's in town, she sings with the Eastern Orthodox church choir directed by another of her cousins. "You know how some families get together and play cards?" she asks. "My father was a musician. My grandmother, my aunts, they were all singers. So, when we got together, we sang."

Urchick grew up in western Pennsylvania, near the border of West Virginia, a countryside of forests and farms in the foothills of the Appalachian Mountains. Both her maternal and paternal grandparents moved here from Eastern Europe (Poland, Slovakia, and Ukraine), settling down to take advantage of the jobs in the region's coal mines and steel mills. When she arrived in the United States, her mother knew one sentence: "Give me some potatoes."

As a child she devoured Nancy Drew mystery novels and dreamed of being a spy. "I was in this little place in Pennsylvania, and I really had never gone anywhere," she says. "I wanted to see the world." When she went to college, she channelled that desire into a major in international relations, with its focuses on history, political science, and languages. She studied Russian, Polish, Serbian, and Italian, on top of the French she'd learned in high school.

Given Urchick's background in international relations, her interest in peace as another of her priorities as president likely comes as no surprise. She encourages living The Four-Way Test, investing in a positive club culture, and engaging with Rotary Peace Centres as ways members can help spread the message of Rotary's commitment to peace. "We're not going to get a Nobel Peace Prize for stopping a war," Urchick says, "but we can use what we have in Rotary to make the world a better place."

PRESIDENT'S "DID YOU KNOW?"

OLYMPIC GOLD MEDALS AREN'T GOLD




The so-called "gold" medals that lucky athletes receive for coming first in their events may look gold, but they are mostly silver.

According to rules set by the IOC, gold medals must be plated with at least 6g of pure gold. Solid gold medals have not been used since 1912 at the Stockholm Olympics.



Rotary
District 9510

says **NO** to
DOMESTIC VIOLENCE



Say **Yes** to Respectful Relationships
www.WalkForRespect.au

Walk for Respect in this peaceful parade

An educational walk offering our South Australian community a chance to connect and gain an insight into key signs of Domestic Violence & Coercive Control that surround us.

Saturday 14 September 2024

from 9am - Meet in Victoria Square

from 10am - the walk starts
1.2km along King William Street

10.30am - Arrive at the Elder Park Rotunda

from 10.30 to 11am - Inspirational presentations

11am to Noon - Mingle | Coffee | Food | Displays

Visit www.WalkForRespect.au to learn more and connect with survivors of Domestic Violence and local support groups.



Register to walk - FREE

On the day, choose the group you want to walk with when you arrive in Victoria Square

Peacefully Unite to Show Support

<http://e.MyBookingManager.com/2024-Rotary-Walk-For-Respect>



COERCIVE CONTROL 2

Limiting Your Access To Money



Rotary
www.StagCoerciveControl.au

COERCIVE CONTROL 6

Turning Your Kids Against You



Rotary
www.StagCoerciveControl.au

COERCIVE CONTROL 13

Controlling the Clothes You Wear



Rotary
www.StagCoerciveControl.au

2024 Walk for Respect



project partners



Saturday 14 September 2024

Join The Walk
All Welcome
Register Online

10am **START** location
muster from 9am

Rotary Districts of Australia |  **LIFT THE LID**
an essential illness

MOVIE FUNDRAISER

for

Australian Rotary Health mental health research

Take my Hand

As a vibrant young Australian woman, Laura forges a successful banking career in London and seemingly has the perfect marriage. Her world is turned upside down when she is diagnosed with multiple sclerosis and her husband starts to show his true colours. When a tragic accident leaves Laura a widowed mother with three sons, she returns home to Australia, and is reunited with Michael, a high school friend and a divorcee with one daughter, who has loved Laura since they were teenagers. In each other with their newly merged family in the small country town they grew up in - the couple's lifelong search for happiness, peace and mutual love is finally realised.

on Sunday 8th September, 2024

The Regal Cinema
275 Kensington Rd
KENSINGTON PARK

at 2pm for bubbles/orange juice and snacks
for a 3pm movie

Tickets \$25 person

click on the link below or QR code to purchase your tickets
<https://www.trybooking.com/CTIQP>

Raffle tickets for sale

Enquiries to - Barbara Wheatcroft ph: 0413511243




OUR AUGUST MARKET

Thank you to all who came along to our August market at the Campbelltown Memorial Oval. We had a lot of great stalls and with our friends from the Repair Café once again provided a lot of choice for shoppers and we were able to support Operation Flinders. Remember our market is held on the second Sunday of every month, so we will see you on **Sunday 8th September**.



WELCOME TO OUR MARKET



OPERATION FLINDERS
ONE STEP AT A TIME



"SPRING INTO HEALTH" RAFFLE

**DON'T FORGET TO GET YOUR "SPRING INTO HEALTH" LIFT THE LID WALK
RAFFLE TICKET/S**



You could win one of the 10 wonderful, donated prizes.

Tickets \$5.00 each (800 tickets only)

Drawn Sunday 13th October after the Lift the Lid Walk

All proceeds to Australian Rotary Health

The Rotary Clubs of Magill Sunrise and Campbelltown Present
The 2024 'Spring Into Health' Lift The Lid Walk

\$5 **RAFFLE** **800 Tickets Only!**

For Mental Health Research through Australian Rotary Health

Drawn 1pm Sunday, 13th October 2024

Magill Sunrise Market, Campbelltown Memorial Oval, Paradise SA

TEN AMAZING PRIZES!

1st: Two Nights Accommodation for 6 people at Wilkadene Cottage on the Murray River.
Thanks to WOOLSHED BREWERY, Murtho SA. Value Up to \$500



2nd: Gift Box thanks to NATIONAL PHARMACIES, Tea Tree Plus, Modbury. Value \$250

3rd: Shimano Tackle Bag, Hard Top thanks to BCF Modbury. Value \$125

4th: Gift Box thanks to REPCO, Modbury. Value \$125

5th: Gift Vouchers thanks to BUNNINGS, Windsor Gardens. Value \$100

6th: Gift Basket thanks to TONY & MARK'S. Value \$100

7th: Gift Basket thanks to DRAKES Lightsview. Value \$100

8th: Restaurant Voucher thanks to DIMPLES at TTG Golf Club. Value \$100

9th: Glass Oil Set and Tray thanks to PERFECT BLEND CAFÉ, Payneham South. Value \$50

10th: Trendy Gourmet Gift Box thanks to CHARLESWORTH NUTS. Value \$50



**A BIG THANK YOU TO ALL WHO DONATED PRIZES FOR THE RAFFLE and
TO OUR WONDERFUL SPONSORS OF THE WALK.**

LIFT THE LID WALK FOR MENTAL HEALTH



LIFT THE LID on mental illness

The Rotary Clubs of Magill Sunrise and Campbelltown, SA are hosting a **Lift the Lid Walk in Campbelltown** on **Sunday 13th October 2024**

**Raise awareness of mental illness
and help fund mental health research**



Sunday, 13th
October 2024



Walk starts
at 9:00am



Campbelltown
Memorial Oval



\$30 early-bird
tickets

Times:

- 8.00am - on the day registrations open
- 8.30am - official welcome
- 9.00am - walk starts (at your own pace)

Register Now at

LiftTheLidWalk.com.au/campbelltown
QR code below

Registrations:

\$30 early-bird registrations receive a FREE T-shirt; Kids under15 FREE! (no shirt)
Walkers also receive a free sausage or vegetarian equivalent after the walk.

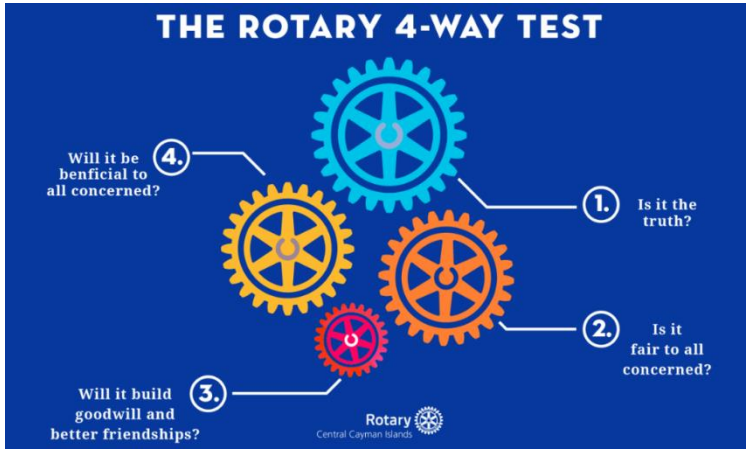
Walk Details:

A 5km circuit from Campbelltown Memorial Oval (Darley & Lower NE Road, Paradise);
along the nearby River Torrens Linear Park and returning to the starting point.
Support a great cause - and stay on to enjoy the Magill Sunrise Markets afterwards



Contact: Bet Gebert
Ph: 0429 148 143
E: bettygebert17@gmail.com
Sponsorship opportunities available

Rotary
Districts of Australia





BIRTHDAYS

I GUESS IT IS MY TURN



RYPEN

Rotary District 9510  Rotary Youth Program of Enrichment

ROTARY YOUTH PROGRAM OF ENRICHMENT (2024)

For young people, aged 14-17

RYPEN is a three-day residential program of enrichment for young people aged 14 to 17.

The program aims to provide opportunities for young people to develop important life-skills, and to assist them to progress their communication and leadership skills through a range of formal and informal activities.

Activities

Participants take part in a range of activities including:

- Ice-breakers
- Discussion forums
- Comedy skits
- Workshops
- Small group work
- Career expos

Personal Development

Experienced young facilitators will support and encourage participants in the program to develop their:

- Public speaking skills
- Teamwork
- Beliefs and values
- Self-care and resilience
- Problem-solving Skills
- Communication skills
- Goal setting

RYPEN'S focus is on assisting young people to become active and valuable members of society, and to develop their abilities as potential leaders.

Participants can seize the opportunity to develop leadership, communication and problem-solving skills, practice new behaviours, forge life-long friendships and challenge their personal belief systems and values.

Who is Eligible?

RYPEN is open to all young people aged 14 to 17 years who have an ambition to improve their interpersonal and leadership skills.

Details in Brief

- **When / Where:** RYPEN is held at [Nunyarra Conference Centre](#) between Fri 1 Nov and Sun 3 Nov 2024.
- **How to register:** Any young person aged 14-17 can register their interest at www.rypen9510.org
- **Applications are due:** Monday 14 October 2024.
- **RYPEN costs:** Around \$425, but most young people will attend at no cost, fully sponsored by Rotary. Rotary Clubs may request a \$50 holding deposit which is fully refundable when the young person attends RYPEN.
- **School involvement:** Encourage young people to apply. Once a young person registers, Rotary finds a local Rotary Club to sponsor the applicant.
- **Rotary involvement:** Based on each applicant's registration details, their local Rotary Club will contact the student directly. The club may interview the applicant and ask to interview the applicant.
- **Child Protection:** RYPEN facilitators are aged between 19 and 24, have attended Rotary leadership training, have their Working With Children Check (WWCC) and have been vetted for suitability by Rotary.
- **For more information,** email Kevin at: kevinoneil.rypen9510@gmail.com



FOR MORE INFORMATION AND TO APPLY


RYPEN9510.ORG




Rotary
 Club of Campbelltown

The Rotary Club of Campbelltown
 Invites you to the
ANNUAL QUIZ NIGHT
 RAISING FUNDS FOR

EAST ADELAIDE DOMESTIC VIOLENCE SERVICES



WOMEN'S SAFETY SERVICES SA

When: **Friday 18th October 2024 6.30pm for 7.00pm start**
 Where: San Giorgio Function Centre
 11 Henry Street Payneham
 Cost: \$25.00 per person or \$200 for a table of 10
 BYO food and drinks (no bar facilities available)



MC: Andrea Nicolas
 State Political Reporter and Presenter
 Seven Network

RSVP: 7th October 2024
 Please use TryBooking via
<https://www.trybooking.com/CTGKX>
 or use this QR code:



We would like to thank the Hon John Gardner MP and his office for their support




Join Us
 District 9510
 The Rotary Foundation Recognition Dinner

Trustee Mark Maloney

NOVEMBER
WEDNESDAY 6 AT 06:00PM
 2024

The Ballroom.
 OBSERVATORY 23
 23 Hackney Road. Hackney

\$100 pp RSVP. 28/10/24
 Attire: formal/Lounge Suit







ROTARY YOUTH LEADERSHIP AWARDS will be held on 21st – 27th September 2024.

RYLA is the Rotary Youth Leadership Awards. It is a 7-day residential seminar for 19 – 26-year-old sponsored by the Rotary Clubs within Rotary International District 9510.

RYLA is often felt as a life changing experience, it has the capacity to instil, motivate and develop future leaders in one of the most intensive leadership experiences available in South Australia.

RYLA empowers young individuals through exposure to a range of qualified professional speakers, small and large group activities, touching on topics such as:

- leadership and personality styles
- working in teams
- self-belief
- conflict management
- goal setting
- public speaking

Applications close on 15th August 2024



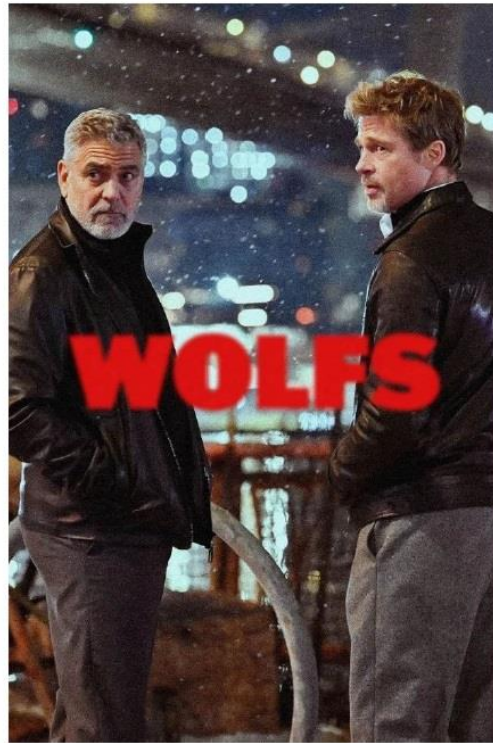
The members of the
Inner Wheel Club of North East Sunset
invite you to join us for our
movie fundraiser

WOLFS

Sunday 29th September 2024

Arrive from 1.30pm

for a 2.00pm start



at The Regal Theatre
275 Kensington Road, Kensington Park

\$15.00 per ticket

Tickets are available from North East Sunset club members
or

E-Mail: iiw.au.northeast.sunset@gmail.com

Raffle tickets will also be available on the day

Global superstars George Clooney and Brad Pitt team up for the action comedy *Wolfs*.
Clooney plays a professional fixer hired to cover up a high profile crime.

One fixer is hired, but two answer the call.

A second fixer (Pitt) shows up and the two "lone wolves" are forced to work together,
finding their night spiralling out of control in ways that neither one of them expected.

Script written by Jon Watts.

Proceeds go to National Breast Cancer Foundation



**National
Breast Cancer
Foundation**



UPCOMING EVENTS

- Tuesday 20 August **CLUB MEETING 1262– 7AM**
Heccies, 31 Fisher St, Magill
- Saturday 24 August **RC of LIGHTSVIEW QUIZ NIGHT**
St Pius X Primary School, 8 Windsor Grove, Windsor Gardens.
BYO nibbles and drinks. **Tables of 8 @ \$20.00 per person.**
Part proceeds to the Zoo's Conservation Programs.
- Tuesday 03 September **CLUB MEETING 1263– 7AM**
Heccies, 31 Fisher St, Magill
- Tuesday 3 September **VETERAN'S LUNCH – 12NOON**
Magill RSL, 8 Lorne Avenue, Magill.
- Sunday 8 September **RCMS MONTHLY MARKET – 9AM-2PM**
Campbelltown Memorial Oval
- Sunday 8 September **MOVIE FUND RAISER FOR ARH – 2.00PM**
Movie: "Take my Hand" - \$25.00pp
Regal Cinema, 275, Kensington Rd, Kensington Park
- Tuesday 10 September **CLUB MEETING 1263– 7AM**
Heccies, 31 Fisher St, Magill
- Friday 13 September **MAGILL RSL SCHNITZEL NIGHT – 6.00PM**
8 Lorne Avenue, Magill.
- Saturday 14 September **WALK FOR RESPECT – 9.00AM**
Victoria Square
- Tuesday 17 September **CLUB MEETING 1263– 7AM**
Heccies, 31 Fisher St, Magill
- Sunday 29 September **INNER WHEEL MOVIE FUND RAISER - 1.30PM FOR 2.00PM**
Movie: "Wolfs" - \$15.00pp
Regal Cinema, 275, Kensington Rd, Kensington Park
Proceeds to National Breast Cancer Foundation
- Sunday 13 October **LIFT THE LID WALK FOR AUSTRALIAN ROTARY HEALTH**
Campbelltown Memorial Oval
- Friday 18 October **RC of CAMPBELLTOWN QUIZ NIGHT – 6.30PM**
San Giorgio Centre, Payneham \$25.00pp
- Wednesday 6 November **ROTARY FOUNDATION RECOGNITION DINNER – 6PM**
Observatory 23, 23 Hackney Rd, Hackney \$100.00pp



GROUP 3 CLUBS

Monday

Campbelltown: 0407 724 699 - 6.30pm San Giorgio Club, Henry St, Payneham
Coromandel Valley: 0431 012 142 – 6.30pm - 1st & 3rd Mon: St John's Anglican Parish Hall

Tuesday

Magill Sunrise: 0415 453 101 - 7.00am - 1st, 2nd & 3rd Tue: Hectorville Sporting Club, Magill
St Peters: 0493 281 503 - 6.15pm Kensi Hotel, 23 Regent St, Kensington
Blackwood: 0477 788 660 - 6.30pm - 1st & 3rd Tue: Blackwood RSL
Edwardstown: 0437 760 420 - 6.15pm - 1st & 3rd Tue: The Maid of Auckland Hotel
Unley: 0431 618 359 - 6.00pm – Living Choice, Fullarton

Wednesdays

Eastwood: 0416 367 289 - 7.00am – 1st & 3rd Wed: Royal Coach, 24 Dequetteville Tce, Kent Town
Norwood: 0412 305 660 - 6.30pm - 1st, 3rd & 5th Wed: Kensi Hotel, 23 Regent St, Kensington
Hyde Park: 0417 855 182 - 6.15pm - 2nd & 4th Wed: The Goody Hotel, Goodwood
Burnside: 0401 627 339 - 6:30pm - 2nd, 4th & 5th Wed: Kensi Hotel, 23 Regent St, Kensington
Mitcham: 0437 112 907 – 6.45pm The Edinburgh Hotel, Mitcham
Morialta: 0497 159 737 - 6.30pm Tower Hotel, Magill Rd Magill

Times stated is when the **GONG** is rung.

CONTACT US

Magill Sunrise Rotary Club

P: 0415 453 101 (Lindsay Davis) | W: magillrotary.org.au
 E: magill@rotaryclub.org.au | FB: facebook.com/rotarymagill
 Editor: hpauline087@gmail.com (Pauline Hill)

Voice of Rotary

facebook.com/voiceofrotary

ROTARY DISTRICT 9510

rotary9510.org

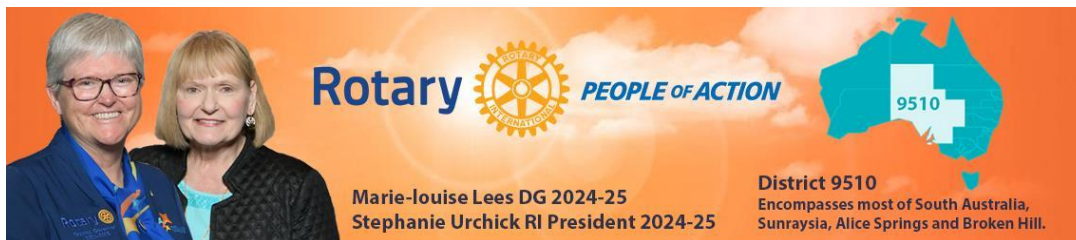
PRESIDENT

Pauline Hill



SECRETARY

Simon Brewer



In the spirit of reconciliation, the Rotary Club of Magill Sunrise acknowledges the Traditional Owners of the land where we serve the community, the Kaurna people of Tandanya, and we pay our respects to their Elders past and present.

