

THE PERILS OF PAULINE

VOLUME 28 | ISSUE 09
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Welcome to Jonathon Robran, Anne Cole and Molly Sweeney

PRESIDENT'S REPORT



LIFT THE LID
on mental illness

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. (WHO)

In Australia, more than two in five people experience a mental health issue in their lifetime. Anxiety, mood disorders (such as depression), and substance use disorders are the most common mental illnesses experienced by Australian adults and the Australian Bureau of Statistics (ABS) shows nearly 40 per cent of young Australians aged 16 to 24 — more than 1 million people — have experienced a mental health disorder.

Rotary has a remarkable record when it comes to health initiatives. Now the global pandemic has brought attention to another aspect of health that is often overlooked: mental health. In many places, depression, anxiety, and suicide are seen as things to be ashamed of and kept quiet. But Rotary members are recognizing the gaps in understanding and resources and are stepping up to help.

On Sunday 13th October the Rotary Clubs of Campbelltown and Magill Sunrise will be holding the **"Lift the Lid Walk"** departing from the Campbelltown Memorial Oval to raise money for Australian Rotary Health to conduct research into mental health illnesses. The walk is designed to raise public awareness and to break down the stigma which continues to plague our society.

Join us. Register now and help save lives. (Details in the Bulletin)

LiftTheLidWalk.com.au/campbelltown

Pauline



FOR THE DIARY

October Meetings

1st, 8th & 15th
First three Tuesdays
of the month

Next Club Meeting 1266

7am, 01 October 2024
Heccies
31 Fisher St, Magill
Club Contact:
Lindsay Davis 0415 453 101

October is Mental Health Month across Australia meaning there are a number of initiatives focused on raising awareness and promoting better mental health.

Come and hear what is happening in our Club and local community.



GUEST SPEAKER: JONATHON ROBRAN



This week's guest speaker was Jonathon Robran, Business Development Manager of Operation Flinders.

Our club has had a long-term association with Operation Flinders, but Jonathon quickly brought our newer members up to speed on its goals and objectives.

Jonathon told us that the critical element for Operation Flinders was its isolation. For many of the kids that attend, their first form of defence is to run away; to run from home or school etc. but in the northern Flinders there is nowhere to run. It can take two or three days for them to adjust and settle in to the new routine. Currently 73 attendees have just completed or are completing the eight days course. The average number in a team is eight, but this can vary depending on specific needs.

President Pauline presenting cheque

The children are also exposed to Aboriginal culture and Jonathon related the colourful story of the Eagle, the Magpie and the Crow and how the two small birds acquired their markings: he ended with the moral of the story; respect your elders.

After the initial camp, graduates are encouraged to participate in the Next Step, which has a variety of programs ranging from the three levels of the Duke of Edinburgh Awards (nine of the gold level were recently presented by the Governor). Then there's barista training, a weekend of bushcraft and abseiling, environmental programs, Kangaroo Island environment, and peer group mentoring.

The most recent and eventful program for Operation Flinders was trekking the Kokoda Track. This adventure indirectly led to the Department of Child Protection becoming involved in Operation Flinders.

Jonathon finished with the poignant story of how the death of Charlie Stevens (Police Commissioner's son) led to cumulative donations of \$100,000 to Operation Flinders, which was then matched by the State Government. This money is destined for the construction of a Super Flying Fox near the abseiling cliffs.

Jonathon is seen receiving the club's donation of \$1,850.00 to Operation Flinders, most of which was raised at one of our Magill Markets at Campbelltown Memorial Oval, second Sunday of each month.

Mark Thompson





PRESIDENT'S - "DID YOU KNOW?"

Brisbane hosts the world championships of cockroach racing. It started in 1982 and is held on Australia Day



SAVE THE DATE
SAVE THE DATE
SAVE THE DATE



CALPERUM STATION
WOOLSHED
BUSH BALL '24

FRIDAY 11 OCTOBER, 2024

A truly unique event promising an unforgettable outback experience

A delicious bush dinner with damper, live entertainment, music and dancing in the Calperum Station Woolshed
Calperum Station, 1371 Wentworth Road, Renmark

Commencing at 6pm with pre dinner drinks, music and dancing 'till late
Limited Tickets \$125 or take advantage of the 'Early Bird Special' of \$95 per ticket (before Sept 6th).
Group tables of 10 available - \$95 p/p
Special Accommodation Offer - 15% discount on all accommodation and camping

For Ticket Sales, accommodation or other enquiries phone 08 85957359 or email admin@alt.org.au

ALL PROCEEDS SUPPORT THE RESTORATION OF CALPERUM STATION, PROVIDING CRITICAL HABITAT FOR THE MANY THREATENED AND ENDANGERED SPECIES THAT MAKE CALPERUM THEIR HOME.





It's Magpie season again, so today's ice breaker and quiz are around the good old Maggie!



QUIZ QUESTION

What is the collective noun for a group of Australian Magpies?



Answer: A Tiding.

A couple of very close guesses, but no one got that this morning.

Twenty fun facts about Australian Magpies:

1. One of Australia's most widely spread birds occurring everywhere except the tip of Cape York and a small section of WA desert, and they extend into southern New Guinea
2. Originally thought to be three species, but now classified as one species with 16 sub-species
3. They were introduced to NZ in the 1860s to help control agricultural pests where they have flourished, but attempted releases in the Solomon Islands, Fiji and Sri Lanka were not successful
4. The scientific name *Gymnorhina tibicen* literally translates as "bare nosed flute player"
5. They are completely unrelated to the European Magpie
6. Their closest relatives are the Currawong and the Butcherbird
7. They are not related to the Murray Magpie – also known as the Mudlark or Pee Wee
8. They are also known as the Piping Shrike, Maggie or Flute Bird
9. Their distinctive morning call is to advise other Magpies of their territory
10. They live for 25-30 years and are monogamous
11. Aboriginals in various places knew them as Tarrawonnang, Wibung, Marriyang, Booroogong, Garoogong, Kuruk, Kiri & Galalu amongst others
12. Magpies can mimic 35 other birds, plus some human sounds such as sirens and coughing
13. Baby Magpies come out of the nest after 3-4 weeks, but are cared for by the parents for up to two years
14. Magpies recognize around 100 human faces and like Santa can remember who's naughty or nice
15. A very small percentage (less than 10 percent) of Magpies will swoop people they consider a threat to their young and 99% of them are males
16. When swooping they try to strike the victim with their chest, not their beak, but usually snap their beak loudly and can sometimes peck
17. Fast moving people like cyclists or runners are much more likely to be swooped because they consider them more of a threat
18. Magpies are protected, but SA is the only state where a Magpie that swoops a human can be destroyed
19. If Magpies are relocated, they can quickly find their way back at distances less than 25km
20. The Piping Shrike was declared SA's official emblem in 1901 and it first appeared on the State flag in 1904



ICE BREAKER



Magpies are an iconic Australian bird that we have all experienced on a regular basis. Tell us about an experience you've had with Magpies – good or bad.

Responses:

Bet started off telling us about a Magpie that used to be on their farm at Merbein for years. Every day it would go around and say hi to all the workers and it was very friendly. She was sure it knew everyone.

Mark remembered a time when he was nine, riding his bike when suddenly, he was struck by something that threw him forwards over the handlebars. He couldn't work it out until his mum found the telltale peck marks on his head later.

Lindsay recalled several sporting teams that have the Magpie as its emblem and suggested he may not like them based on that.

Our guest speaker told us about a dreaming story from the Adnyamathanha people told to Operation Flinders attendees by local elders that teaches younger people respect. It explains how the Magpie was once a white bird, but it along with the Crow were cheeky to the Eagle, who was an elder. As punishment he tricked them into entering a cave, which he then set on fire. The Magpie escaped but was partially burnt so turned black & white, whereas the Crow was trapped and fully burnt, so turned black.

Finally, it was mentioned that there is a great Facebook page "Peggy & Molly" where a Staffy dog and a Magpie are the best of friends and do all sorts of stuff together. Who knew?!



HAPPY BIRTHDAY SIZA, GRAHAM, MERYL & ANNE
ENJOY YOUR DAY



WALK FOR RESPECT

Several members of our club joined with Rotarians and other organisations on the 2nd Walk For Respect on Saturday 14th September to highlight awareness of Family and Domestic Violence and reinforce Rotary's commitment to seeing it end. Another amazing event with a huge turnout. The parade was a Peaceful, Non-Confrontational walk of solidarity and support for one another to raise awareness of Coercive Control and Physical Violence issues in our society, as they affect Women, Men, Children and even Pets!



Simon, Lindsay, Nina, Ian and Suzette at the walk.



HAPPY WEDDING ANNIVERSARY TO MARK & MARI
ENJOY YOUR DAY



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

Magill Sunrise
Rotary
Club



Rotary
Campbelltown SA



HURRY!!! WE ARE NEARLY SOLD OUT.

**TIME IS RUNNING OUT 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".

Tickets are available at the Perfect Blend Café, 52 Devitt Avenue, Payneham South

All proceeds to Australian Rotary Health



WE NEED WALKERS!!!!



The 2024 "LIFT THE LID WALK" is getting close.

Departing from the Campbelltown Memorial Oval on Sunday 13th October to raise both awareness of mental illnesses and money for Australian Rotary Health to help fund mental health research.

So, register now and be a part of this worthwhile event at lifthelidwalk.com.au/Campbelltown



Join us in Campbelltown...

LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH

SUNDAY 13TH OCT 2024
CAMPBELLTOWN MEMORIAL OVAL

STARTS 9AM
BUY TICKETS NOW



A community walk to raise awareness of mental illness & raise funds for mental health research"

WWW.LIFTTHELIDWALK.COM.AU/CAMPBELLTOWN

Magill Sunrise Rotary Club, Rotary Districts of Australia, Rotary Campbelltown SA

PROUD 2024 GOLD SPONSORS

Paradise Medical Centre, Oakden Medical Centre

PROUD SILVER AND BRONZE SPONSORS

Efm Health Clubs, SE Agnes Chiropractic, Lynch Meyer 70 Years Lawyers, tashly accounts payroll • bus, TOM HECTOR HANDB, PARADISE MAZDA, vero bookkeeper adelaide

Registration:

\$30.00 early bird registration and receive a **FREE** t-shirt. Kids under 15 FREE (No shirt).

Walkers also receive a free sausage or vegetarian equivalent after the walk.

LiftTheLidWalk.com.au/campbelltown

The Walk:

A 5-kilometre circuit from Campbelltown Memorial Oval (Cnr Darley & Lower North East Rds) along the nearby River Torrens Linear Park and returning to the starting point.

After the walk stay and enjoy the Rotary Club of Magill Market

LIFT THE LID WALK FOR MENTAL HEALTH



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: betgygebert17@gmail.com
Sponsorship opportunities available



Rotary
Districts of Australia



OUR WONDERFUL WALK SPONSORS

GOLD

PARADISE Medical Centre OAKDEN Medical Centre

SILVER

EFM Health Club Magill

BRONZE

St Agnes Chiropractic

Tashly Consulting

Paradise Mazda

Lynch Meyer Lawyers

Tom Hector – Harris Real Estate

Many thanks.



Dear Rotary Club

We are pleased to let you know about two events which may be of interest to your members at Government House: **Lunch on the Lawns** and **Garden Tours**.

On the first Friday of the month from September 2024 to May 2025, from 12-2pm, Government House will throw open its gates for the public to come into the grounds, spread a picnic rug and enjoy their lunch while listening to a local band or orchestra.

We also have free garden tours from 10.45am – 11.45am, run by guides from the Botanic Gardens of Adelaide. Visitors can see up close our significant trees, sculptures, vegetable gardens and more.

We would love to see your members, either individually or as a group, come along to these events.

Details:

Events: Lunch on the Lawns and Garden Tours at Government House

Dates: September 6 2024, October 4 2024, November 1 2024, December 6 2024, January 3 2025, February 7 2025, March 7 2025, April 4 2025, May 2 2025.

Time: 10.45am-11.45am for garden tours; 12-2pm for Lunch on the Lawns.

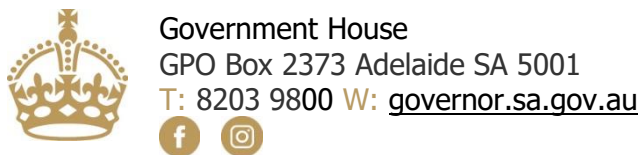
Bookings: No bookings are required for Lunch on the Lawns. For garden tours, bookings can be made at <https://www.governor.sa.gov.au/vice-regal/government-house-garden-tours>.

Further info: www.governor.sa.gov.au. Flyers are also attached.

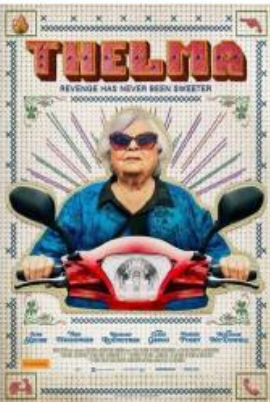
Queries: governors.office@sa.gov.au or 8203 9800.

We look forward to welcoming you to Government House.

Kind regards



The members of the Inner Wheel Club of North East Sunset invite you to join us for our **MODIFIED Movie Fundraiser**. Due to circumstances beyond our control, the cinema movie release for "Wolfs" has been cancelled by Apple. We would like to instead offer you the action-comedy movie "Thelma" as our movie fundraiser, which stars June Squibb and Richard Roundtree.



THELMA
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 by emailing: iiv.au.northeastsunset@gmail.com


All movie tickets sold will still be perfectly valid for this alternative movie. If you wish for a refund, please contact the person you bought your tickets from. We apologise for any inconvenience caused.

\$15.00 Movie Tickets (cash only) can be purchased on the day.

Synopsis
Thelma Post isn't your average 93 year old grandmother. She's tenacious, determined and on a mission. After being conned by a scammer pretending to be her grandson, Thelma teams up with a friend (Richard Roundtree and his motorised scooter) on a wild adventure to take back what's hers.

\$5.00 Raffle Tickets (cash only) will also be available on the day.


Proceeds go to National Breast Cancer Foundation



HAPPY 40th BIRTHDAY!

to the

Rotary Club of Morialta




From the kids

Rotary Club of Magill Sunrise

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/CTCkx> 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

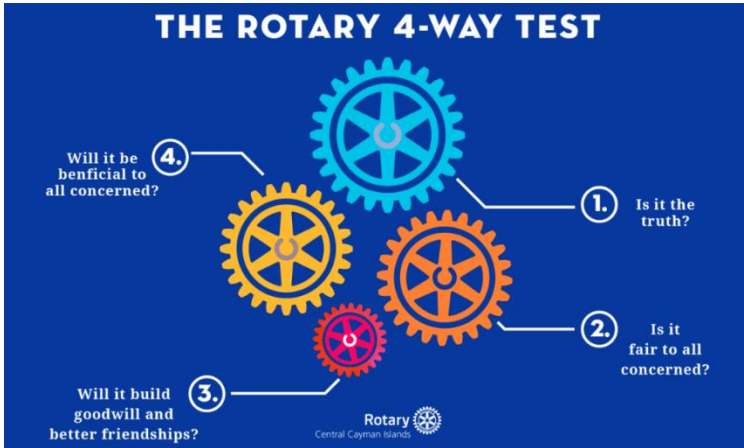
NOVEMBER
WEDNESDAY 6 AT 06:00PM
2024

The Ballroom.
OBSERVATORY 23
23 Hackney Road, Hackney

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







Congratulations Suzette for taking out the Jackpot



ARE YOU THE MISSING PIECE




MAGILL RSL

Come along to watch the game!
Snack foods available

AFL TOYOTA GRAND FINAL 2024

Sweeps
Raffle for Crows
Indigenous Round
Guernsey drawn!

Saturday, September 28 from 12.30pm

COMMUNITY HAT DAY DINNER FOR ARH
Saturday 19th October 2024
Perfect Blend Café at 6.00pm
52, Devitt Avenue, Payneham South

Please let Pauline know if you wish to attend



UPCOMING EVENTS

- Saturday 28 September **AFL GRAND FINAL – MAGILL RSL – 12.30PM**
8 Lorne Avenue, Magill.
- Sunday 29 September **INNER WHEEL MOVIE FUND RAISER - 1.30PM FOR 2.00PM**
Movie: "Thelma" - \$15.00pp
Regal Cinema, 275, Kensington Rd, Kensington Park
Proceeds to National Breast Cancer Foundation
- Tuesday 01 October **CLUB MEETING 1266– 7AM**
Heccies, 31 Fisher St, Magill
- Tuesday 01 October **MAGILL RSL VETERANS LUNCH – 12NOON**
8 Lorne Avenue, Magill.
- Thursday 3 October **INTERNATIONAL COMMITTEE MEETING – 7.00PM**
Suzette Coat's, 7 Pepper St, Magill (street alongside Post Office opp Indian Club)
- Tuesday 08 October **CLUB MEETING 1267– 7AM**
Heccies, 31 Fisher St, Magill
Guest Speaker: Alice Josaf - "Behind the Badge"
IPDG Craig Dowling and Group 3 Coordinator Di Clements will be in attendance.
- Thursday 10 October **BOARD MEETING 6pm for 6.30pm**
Indian Club SA, 613, Magill Road, Magill.
- Friday 11 October **CALPERUM "WOOL SHED BALL" - 6.00PM**
1372, Wentworth Road, Renmark. See Flyer this Bulletin
- Friday 11 October **MAGILL RSL SCHNITZEL NIGHT – 5.45PM**
8 Lorne Avenue, Magill.
- Sunday 13 October **LIFT THE LID WALK FOR AUSTRALIAN ROTARY HEALTH**
Campbelltown Memorial Oval – 8.00am
Walkers register NOW!! LiftTheLidWalk.com.au/campbelltown
- Sunday 13 October **ROTARY CLUB of MAGILL SUNRISE MARKET & REPAIR CAFE – 9AM**
Campbelltown Memorial Oval
- Tuesday 15 October **CLUB MEETING 1268– 7AM**
Heccies, 31 Fisher St, Magill
- Friday 18 October **RC of CAMPBELLTOWN QUIZ NIGHT – 6.30PM**
San Giorgio Centre, Payneham \$25.00pp
- Saturday 19 October **COMMUNITY HAT DINNER FOR ARH – 6.00PM**
Perfect Blend Café, 52 Devitt Avenue, Payneham South
- 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

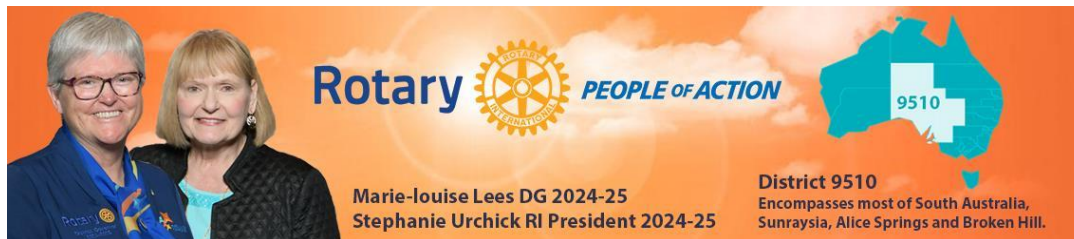
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 Editor: hpauline087@gmail.com (Pauline Hill)

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 Kurna people of Tandanya, and we pay our respects to their Elders past and present.

