

# THE PERILS OF PAULINE

**VOLUME 28 | ISSUE 12**  
**1268 | 15 OCT 2024**

Welcome to Alison and Kathy, Chris De La Rue and Tash Schuetze

## PRESIDENT'S REPORT



What a weekend we have just had. Sunday was a **BIG** day with the very successful "Lift the Lid Walk" and the monthly RCMS Market. Once again, a big thank you to the sponsors, raffle donors, the Rotary Club of Campbelltown, the volunteers, the walkers who supported the event and to all our club members. No doubt you all slept very soundly Sunday night.

I am going to borrow the following which was sent to me by our Honorary Member Lynne Mack after attending a Rotary meeting in Toronto, Canada.

This year's theme is **The Magic of Rotary**. Rotarians create that magic with every project completed, every dollar donated, and every hour of volunteering.

- M**     **Motivation**
- A**     **Action**
- G**     **Generosity**
- I**     **Imagine**
- C**     **Connect**

Last weekend we spread some magic towards Mental Health but now the RCMS is embarking on its first International project for many years.

We hope to sprinkle some of that **MAGIC** towards the Lirhanzo Children's Village and community in Zimbabwe. Our aim is to build teacher accommodation to grow the school and foster the education of the children.

The "**Buy a Brick**" campaign will be launched at our December market. We have 4,000 (imaginary) bricks for sale at \$5.00 a brick. The target is \$20,000 and we hope you will buy some bricks, and we invite any club in Group 3 to partner with us.

**"Education is the movement from darkness to Light"** so if you would like to spread the **MAGIC** and help children out of poverty and into rewarding careers, please buy a "brick" or three.

**Pauline**



## FOR THE DIARY

### November Meetings

5th, 12th & 19th  
First three Tuesdays  
of the month

**Next Club Meeting**  
**1269**

**7am, 05 November 2024**

Heccies

31 Fisher St, Magill

Club Contact:

Lindsay Davis 0415 453 101

### GUEST SPEAKER:

### VALERIA ANAYA



Valeria will conduct an EmergencyRedi workshop which supports communities to complete a REDiPlan – an all-hazards tool developed by the Red Cross that supports communities to consider what they need to put in place to be prepared for disasters in their local context.

## GUEST SPEAKERS – KATHY & ALISON



*Alison & Kathy with Pres. Pauline*

Our guest speakers this week were Kathy and Alison from East Adelaide Domestic Violence Service.

Kathy, Program Manager, spoke first. She told us that 95% of domestic violence victims are women and children and their organisation exclusively assists this group, as the cost of duplication to help men would be prohibitive.

In addition to donations from the community they have government assistance (30% Federal and 70% State). They have a Domestic Violence Helpline that operates 24/7. Calls are assessed by experts who can immediately provide shelter at motels. East Adelaide is one of five centres in the metro area. They are always full and sometimes woman and children can spend up two months in a motel waiting for a vacancy in a centre.

Prevention is better than cure, and deteriorating behaviour can be a flag for SAPOL's Domestic Violence Disclosure Scheme for a background check which is then passed on to the inquirer. Accommodation in a centre is between five to six months. There are another 33 houses in the community which can then house a woman and family for one or two years. There is a chronic shortage of accommodation which Alison later said was the worst she has seen in her 40 years and then top that off with the skyrocketing cost of living.

Some of the DV programs are: Early Access, Connection, Safer at Home, Safe and Well Kids, Multi Agency (e.g. a dedicated SAPOL member on site at the Marion main office). Kathy told us that DV is everyone's business and is not exclusive to lower socio-economic areas. Twenty five percent of victims come from diverse ethnic backgrounds while 40% are from the Aboriginal community. Much of the funding goes to Starter Packs, which go with the women once they leave the centre.

Alison continued the address with some troubling statistics. One woman in Australia is killed by DV every four days. Women are more likely to be assaulted during pregnancy or when trying to separate. In a woman's reproductive years, DV will be the most likely cause of her injury. Most assaults are not reported. The annual cost of DV is \$26 Billion.

Most DV is invisible, linked to male power and control. It's a slow wearing down of the spirit, which often creates mental health issues. 'Why not just leave?' Reasons for staying can be love, fear, belief he will change, lost confidence, support of the children, financial loss.

Alison talked about Coercive control, a form of domestic abuse, involving the ongoing or repeated pattern of controlling another person's behaviour. This type of abuse isn't always physical; it commonly consists of emotional or mental tactics to isolate, manipulate, threaten and control a person.

These actions can be subtle and hard to identify, but they cause just as much harm as any other form of domestic violence.

In addition to the staff, East Adelaide DVS has 30 volunteers along with support from service clubs like ours.

Thanks Kathy and Alison.

*Mark Thompson*



## PRESIDENT'S - "DID YOU KNOW?"

A single bolt of lightning has enough energy to toast 100,000 slices of bread.



Just imagine the size of the toaster



## QUIZ QUESTION

The Aurora has been in the news quite a bit lately. Who named the Aurora and/or how was the name derived?



**Answer:** Galileo named the Aurora Borealis in 1619. He chose the Roman goddess of the dawn Aurora and the Greek God of the north wind Boreas to create the name. Of course, at the time only the northern hemisphere was known, and the Aurora Australis (meaning Southern in Latin) came later.

### Fun facts about Auroras:

- Cave paintings in France dating back 30,000 years depict Auroras.
- They happen continuously, but once every 11 years the sun has a special phase that makes them much more intense. We are in one of those phases.
- We are lucky we have an atmosphere to protect us because the solar particles that cause them are travelling around 2000km/second and probably would not do you much good if they hit you.
- The magnetic field of the Earth draws the solar particles towards the poles, thus concentrating them there.
- The northern and southern Auroras are identical, but may happen at slightly different times due to the tilt of the Earth
- Green and red colours are derived from the solar particles hitting Oxygen and blue and violet from hitting Nitrogen
- The northern Aurora is often pictured in green simply because some places are further north and green is the lower part of the Aurora; if you see other colours, you are further away and seeing more Aurora overall.
- Most planets have Auroras, but planets with high magnetic fields are more prolific. Jupiter has a magnetic field 20,000 times stronger than Earth and thus has far brighter and stronger Auroras
- Mars and Venus also have Auroras even though they have a low magnetic field, which is a bit of a mystery.
- Norwegian Scientist Kristian Birkeland theorised what caused Auroras in the early 20th Century, but his theory wasn't proven correct until well after he died in 1917.
- A royal astronomer under Babylon's King Nebuchadnezzar inscribed a report on the Aurora into a tablet dated to 567 BC.
- A Chinese report dated to 193 BC also mentions the Aurora.
- The Vikings celebrated Auroras because they believed it was a sign that Odin had sent the Valkyries to take the fallen souls to Valhalla. The glow was a reflection from the Valkyries armour.
- Other Nordic legends were that the glow was the breath of fallen soldiers.
- Swedish fishermen believed that the Aurora was a sign that huge schools of herring were swimming nearby.
- Icelandic people believed that Auroras relieved the pain of childbirth, but the mother had to avert her gaze otherwise the child would be born cross-eyed!



# WORLD POLIO DAY – 24 OCTOBER 2024

Rotary  together  
Club of Norwood with Club of Eastwood 

## Invite you to a Movie Evening

Academy Award® Winner  
**KATE WINSLET**  
is



The Surrealist Icon Turned  
Wartime Heroine behind the Lens

**Thursday, 24 October 2024 (Australian release)**


6:30pm – snacks, drinks and raffle

7:30pm – movie commences

**Regal Theatre, 275 Kensington Road, Kensington Park**

Tickets: \$30 – pre-purchased; \$35 – at the door

Buy tickets via trybooking <https://www.trybooking.com/CVDVX>

Or scan QR-code: 

*All funds raised are for the Rotary  
Foundation's **End Polio Now** project*



**HAPPY BIRTHDAY GREG, ANNE, ROBYN & MARTIN**  
**ENJOY YOUR SPECIAL DAY**





## INDONESIAN DINNER

Saturday 26<sup>th</sup> October 2024

**Perfect Blend Café at 6.00pm**  
52, Devitt Avenue, Payneham South  
BYO drinks

**Raffle, best hat prize, door prize & silent auction for  
Australian Rotary Health**

**Musical entertainment**



**Don't forget to wear your best/funniest/craziest hat**

**To make a booking please see Bet or call 0429 148 143 or book direct with  
the café by sending a message on 0448 563 118.**

October 26th 6PM TO 9PM BOOK AT STORE OR SMS 0448563118



## INDONESIAN DINNER MENU



Wear the craziest hat to win a prize. Entertainment and silent auction. Proceeds to  
Rotary Mental Health Research

### STARTER

**SPRING ROLLS (VEG)**  
(3) Served with sweet chilli sauce  
and pickled cucumber and carrots  
**\$11**

**CHICKEN BAO**  
(2) served with hoisin sauce and  
pickles  
**\$12**

### MAIN

**AYAM BETUTU (GF Option)**  
Twice cooked chicken Maryland in  
Balinese spices, served with steamed  
rice, mixed veggies, peanuts, corn  
fritters and soup (sambal opt)  
**\$27**

**NASI GORENG (GF&V Option)**  
Fried rice, cooked with authentic  
Balinese spices and vegetables,  
served with chicken satay, peanut  
sauce, a sunny side up egg, cucumber,  
crackers and pickles  
**\$25**

**NASI RENDANG**  
Slow cooked Indonesian beef  
in sauce, served with steamed rice  
mixed veggies, peanuts, corn fritters and soup  
**\$27**

### DESSERT

Selection of cakes and desserts  
available in our display cabinet

DRINKS AVAILABLE FOR PURCHASE





**"LIFT THE LID WALK" for AUSTRALIAN ROTARY HEALTH RESEARCH ON MENTAL HEALTH  
SUNDAY, 13<sup>th</sup> OCTOBER**



xero  
bookkeeper  
adelaide

**A big thank you to our wonderful sponsors**

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 Lightsvue. 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 | Australian Rotary Health | Rotary Campbelltown SA

**WINNERS OF THE "SPRING INTO HEALTH" RAFFLE - CONGRATULATIONS**

- |                               |            |   |
|-------------------------------|------------|---|
| <b>1<sup>st</sup> Prize:</b>  | Tkt No:235 | 2 Nights at Wilkadene Cottage, Woolshed Brewery |
| <b>2<sup>nd</sup> Prize:</b>  | Tkt No:014 | Gift Box from National Pharmacies Tea Tree Plus |
| <b>3<sup>rd</sup> Prize:</b>  | Tkt No:502 | Shimano Tackle Box BCF Modbury                  |
| <b>4<sup>th</sup> Prize:</b>  | Tkt No:682 | Gift Box Repco Modbury                          |
| <b>5<sup>th</sup> Prize:</b>  | Tkt No:640 | Gift voucher Bunnings Windsor Gardens           |
| <b>6<sup>th</sup> Prize:</b>  | Tkt No:372 | Gift Basket Tony and Mark's                     |
| <b>7<sup>th</sup> Prize:</b>  | Tkt No:004 | Gift Basket Drakes Lightsvue                    |
| <b>8<sup>th</sup> Prize:</b>  | Tkt No:458 | Voucher for Dimples TTG Golf Club Restaurant    |
| <b>9<sup>th</sup> Prize:</b>  | Tkt No:694 | Glass oil set & Tray Perfect Blend Café         |
| <b>10<sup>th</sup> Prize:</b> | Tkt No:377 | Gift Box of Charlesworth Nuts                   |

- CARLA LAGOZZINO  
SANDRA BRUNO  
ROSALIE LACKIE  
TRENNA KRETSCHMER  
MARIANNE RICCIO  
TINA ELISEO  
EDDIE CAMPLIN  
LYNNE MACK  
L GROVES  
LAURA ELISEO**

**Thank you to all who donated the prizes and to Mayor Jill Whittaker OAM for drawing the raffle.**



# BINGO

**OCTOBER 19th @ 4pm**  
**Fullarton Park Community Centre**  
**411 Fullarton Rd, Fullarton**

Supporting UKRAINE NEW DAWN to provide assistance to improve the lives of Ukrainians impacted by the conflict, including those who are not receiving support from other aid organisations.

**\$15**  
**includes 10**  
**games**

(additional games available for purchase)

<https://www.trybooking.com/CUXXD>

**BYO nibbles and drinks**



License No H712

## Celebrate Diwali : A Cultural Extravaganza

Join us for a vibrant celebration of Diwali, bringing cultures together.

Enjoy a dazzling melange of local artists, music, dance, and food, engage in fun activities, and experience the spirit of unity and harmony



*Rotary Club of Morialta - Multicultural Event - Diwali | Humanistic*

When: Saturday, 02 Nov 2024  
 Time: 5.30-09.00 PM  
 At: Campbelltown Function Centre, Rostrevor



Proudly supported by Campbelltown Council's Community Grants Program



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 18<sup>th</sup> 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: **7<sup>th</sup> October 2024**

Please use TryBooking via  
<https://www.trybooking.com/CTG6X>  
 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

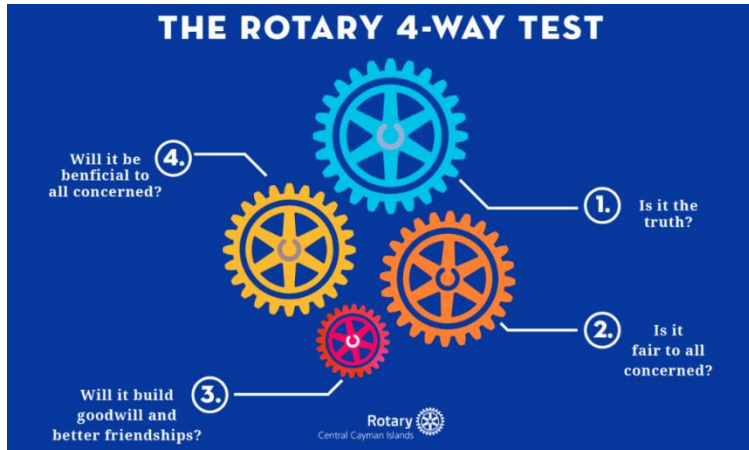
\$100 pp RSVP. 28/10/24  
 Attire: formal/Lounge Suit



# A PICTORIAL LOOK AT THE "LIFT THE LID WALK"







## LIGHTSVIEW RETIREMENT VILLAGE CELEBRATE WORLD MENTAL HAT DAY



**On Wednesday 16<sup>th</sup> October residents of the Lightsvue Retirement Village had a walk to raise money for Australian Rotary Health for research into Mental Health. Thanks to Bet for organising this event.**



## UPCOMING EVENTS

- Friday 18 October **RC of CAMPBELLTOWN QUIZ NIGHT – 6.30PM**  
San Giorgio Centre, Payneham \$25.00pp
- Saturday 19 October **BINGO - RC of KENT TOWN – 4.00PM**  
Fullarton Park Community Centre, 411 Fullarton Road, Fullarton  
To support Rotary projects in Ukraine.
- Thursday 24 October **RC'S of EASTWOOD & NORWOOD MOVIE NIGHT - 6.30PM**  
Movie: "Lee" - \$30.00pp pre-payment - \$35.00pp at the door  
<http://www.trybooking.com/CVDVX>  
Regal Cinema, 275, Kensington Rd, Kensington Park  
Proceeds to **END POLIO NOW**
- Saturday 26 October **COMMUNITY INDONESIAN DINNER – 6.00PM**  
Perfect Blend Café, 52 Devitt Avenue, Payneham South  
See Bet or call 0429 148 143
- Saturday 2 November **CELEBRATE DIWALI – 5.30PM UNTIL 9.00PM**  
Campbelltown Function Centre, 172, Montacute Road, Rostrevor.  
Bookings essential
- Tuesday 5 November **CLUB MEETING - 7AM**  
Heccies Sports Club, 31, Fisher Street. Magill
- Tuesday 5 November **MAGILL RSL VETERANS LUNCH – 12NOON**  
8 Lorne Avenue, Magill. Bookings essential.
- Wednesday 6 November **ROTARY FOUNDATION RECOGNITION DINNER – 6PM**  
Observatory 23, 23 Hackney Rd, Hackney \$100.00pp
- Friday 08 November **MAGILL RSL SCHNITZEL NIGHT – 5.45PM**  
8 Lorne Avenue, Magill. Bookings essential.



**ARE YOU THE MISSING PIECE?**

## GROUP 3 CLUBS

### Monday

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

### Tuesday

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

### Wednesdays

**Eastwood:** 0416 367 289 - 7.00am – 1<sup>st</sup> & 3<sup>rd</sup> Wed: Royal Coach, 24 Dequetteville Tce, Kent Town  
**Norwood:** 0412 305 660 - 6.30pm - 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wed: Kensi Hotel, 23 Regent St, Kensington  
**Hyde Park:** 0417 855 182 - 6.15pm - 2<sup>nd</sup> & 4<sup>th</sup> Wed: The Goody Hotel, Goodwood  
**Burnside:** 0401 627 339 - 6:30pm - 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> 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 are when the **GONG** is rung.

## CONTACT US

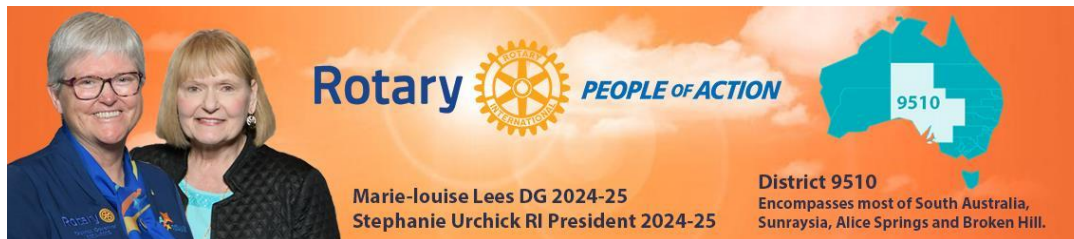
### Magill Sunrise Rotary Club

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

### Voice of Rotary

[facebook.com/voiceofrotary](https://facebook.com/voiceofrotary)

ROTARY DISTRICT 9510  
[rotary9510.org](http://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.*

