

THE PERILS OF PAULINE

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Welcome to Valeria Ayana, Jeff Neale, Gill Greenway and Molly Sweeney

PRESIDENT'S REPORT



Over the past few weeks, it has indeed been a great time to be a Rotarian.

We attended the RC of Campbelltown Quiz night in aid of Domestic Violence fully expecting to emerge triumphant, but alas not to be. However, the main objective was to raise money for the East Adelaide Domestic Violence Service and going by the generosity of the people on the evening that was achieved.

Domestic Violence is high on the list of the Group 3 clubs to join together to provide support and to challenge attitudes to violence against women, domestic abuse and sexual violence by raising awareness of its impact and consequences. More about the initiatives to be taken and how we can be involved later.

We took part in the Indonesian Dinner at the Perfect Blend Café to raise money for Australian Rotary Health and the awareness of mental health. The raffle and silent auction bought in \$580.00 to be added to the "Lift the Lid" Walk tally.

Lindsay and I attended the Group 3 President's Meeting to work through ways of collaborating to make the Rotary brand more prominent and towards creating a bigger impact within our communities.

As you all know, we along with the RC of Campbelltown held the "Lift the Lid Walk" to raise money and awareness of mental health. Once all the donations, registrations and sponsor donations were tallied we were able to forward to Australian Rotary Health the amount of **\$18,156.00**. My thanks go to everyone involved in helping to make this a great event with an outstanding outcome.

It just goes to show **Rotarians are people of action.**

Pauline



FOR THE DIARY

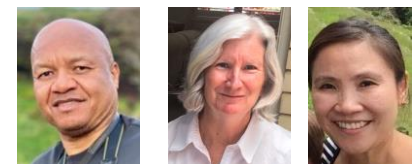
November Meetings

5th, 12th & 19th
First three Tuesdays
of the month
Next Club Meeting
1270

7am, 12 November 2024
Heccies
31 Fisher St, Magill
Club Contact:
Lindsay Davis 0415 453 101

GUEST SPEAKERS:

GODFREY SIBANDA
SUZETTE COAT
ALICE JOSAF



Come along and hear about our club's exciting International Project at the Lirhanzo Children's Village in Zimbabwe from the committee and learn about the **"Buy a Brick"** campaign.

GUEST SPEAKER – VALERIA AYANA



Valeria Ayana was our guest speaker for our first meeting for the month of November. Valeria, a qualified MD from Mexico is employed by Red Cross Australia. In Mexico, Red Cross also operate medical clinics and when she chose to work for Red Cross in Adelaide, she assumed that this service would also operate here.

No matter, the theme of Valeria address was 'Your Emergency Rediplan: Protect what Matters Most'. For most Australians, weather events will create a community emergency, such as flash flooding and fire, but what about transport or chemical spills, and energy outages. But do we have a plan? Valeria introduced us to Red Cross's Rediplan, which means, Preparing your mind for an emergency, Getting in the know, Getting Connected, Getting Organised and Get Packing. It's no use waiting for the emergency to occur and then work out a plan.

Valeria with Pres. Pauline

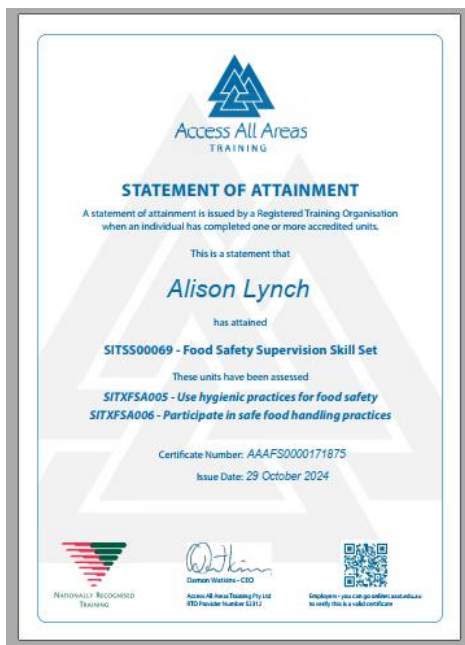
Some interesting stats from the Red Cross booklet are: One in three Australians will experience an emergency or the threat of an emergency in their lifetime, more than one in five families will experience an insurable event in their working lives, and sixty five percent will experience a traumatic event in their lifetime.

The good news is that after an emergency, 80% of those affected will fully recover without prolonged distress and without the event significantly impacting on their mental health. So, what happens to the other 20%? Valeria gave us some homework to complete important personal details in our workbooks, which can also be downloaded as an app (Emergency Rediplan). Sharing this data with close relatives is another consideration.

Handy Tip: if you are in a remote area and your mobile will not connect by dialling 000 for an emergency service, then dialling 112 will connect you to the nearest transmission working tower for any telco. It's difficult to keep calm in an emergency without having a plan.

Thank you, Valeria.

Mark Thompson



CONGRATULATIONS ALISON

Our congratulations go to Alison Lynch who has now completed and passed the SA Health Food Safety Supervision Certificate on behalf of the RCMS.

This means our market barbeque is now compliant in hygienic practices and handling food safely during the storage, preparation, display, service, and disposal of food.





PRESIDENT'S - "DID YOU KNOW?"

There are only **SEVEN** more Mondays until Christmas.

Scary, isn't it?



MELBOURNE CUP

In lieu of our Quiz Question and Ice Breaker we held a sweep for the Melbourne Cup.



MELBOURNE CUP WINNERS

1. Knight's Choice
2. Warp Speed
3. Okita Soushi



Carol Davis
Suzette Coat
Mari Thompson



Looks like it was Ladies Day at the Races.

Thanks to Mark for organising the sweep.



REMEMBER
to remember

11 November at 11am



Remembrance Day Service - Magill RSL— 11NOV24
8, Lorne Avenue, Magill

Please be in attendance by 1030am

ROTARY PACIFIC DISTRICT 9510 GROUP 3 UPDATE

The 13 Clubs, represented by their Presidents, President Elects and others met again on the 31st of October.

We are getting close to finalising the project(s) that will be a collaboration with all 13 Clubs to help expose and create an impact of Rotary, with the aim of maintaining and expanding Club membership. Popular agendas are mental health, environmental projects, domestic violence and multi-cultural outreach and support.

We are considering a major event on clean-up Australia Day, the 2nd of March 2025. The two patterns of projects are a one-off event at several sites around the group of 13 Clubs, plus an evolving ongoing project.

Once the collaborative project(s) are finalised, each Club will nominate a member to be on a working group to implement them. Club members will be given the opportunity to watch two PowerPoint presentations which outline the aims and process leading to formalising the final project(s). Sharing information amongst our Group of 13 as to what events and activities we all have the opportunity to engage with is an inspiring outcome of the regionalisation pilot project

Rather than re-doing this article it has been taken from the RC of Norwood's Newsletter.



ROTARY WORLD PEACE POLES

Everytime one turns on the television or opens a newspaper it seems the world is anything but at peace. The conflicts in the Ukraine, Middle East and Africa dominate the headlines. Sadly, global conflict and violence, including terrorism is on the rise.

Peace is a cornerstone of our Rotary mission. It creates environments where peace can happen. The **Peace Poles** symbolise our common wish for a world at peace, as they stand a silent vigil, reminding us to think and act in the spirit of peace.

The pole is a monument that displays the message "**May Peace Prevail On Earth**" in the language of the country where it is placed. It usually displays three to seven additional languages meaningful to the host site.

The message is referred to as an **affirmation of peace** and its placement furthers **Rotary's goal of building a culture of peace throughout the world.**

Peace Poles are intended to inspire unity among people of all cultures, ethnicities, and backgrounds.

Our Peace Pole is situated in Nightingale Park on the corner of St Bernard's Road and Woodforde Road, opposite the Uni SA Magill Campus.

On Tuesday **10th December at 6.30PM** we will be having a dedication ceremony. Please join us on this evening to inspire peace on earth.

JINGLE & MINGLE

Please join us for a day of merriment at our Christmas/End of Year Party!

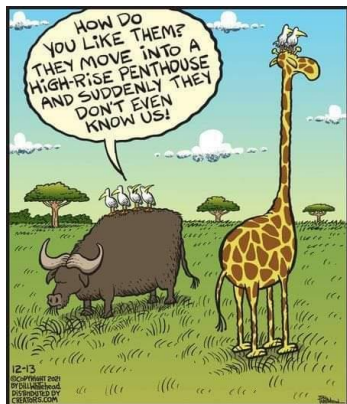
saturday 30 NOVEMBER
1 - 4PM

**Lutheran Homes Community Centre,
22 Avenue Road, Glynde
Kindly RSVP Alice 0413 681 535
By November 20th**

Please bring your families along for a fun-filled afternoon of delicious food, games, activities & door prizes!
BYO drinks



This year all funds raised will go to AFADU to help cover the costs of the children in care's food



The kids keep laughing about my memory. They won't be laughing at Christmas when there's no eggs under the tree!

ROTARY CLUB OF CAMPBELLTOWN QUIZ NIGHT FOR DOMESTIC VIOLENCE



A great night had by all for a worthy cause.

INDONESIAN DINNER 26 OCTOBER

An Indonesian Dinner was held at the Perfect Blend Café to raise money for Australian Rotary Health to go towards research on mental health.

Great food, great company and with the raffle and silent auction we added \$580.00 to the amount we raised at the "Lift the Lid" Walk. Thanks go to John, Made and Bet. Loved the hat, John.



Together the [Rotary Club of Campbelltown](#) and the [Rotary Club of Magill Sunrise](#) donated **\$18,156.00** to Australian Rotary Health. An outstanding effort by all.

ROTARY YOUTH DRIVER AWARENESS

On the 1st November Mark Thompson brushed off his old copper's cap to impart his knowledge with the participants of RYDA at Thomas More College. Thanks Mark.



RYDA is more than a program, it's partnership which supports teachers on the journey as they provide their students with the tools and understanding they need to see themselves as active, responsible road citizens. Taking largely, a student inquiry learning approach, RYDA becomes part of the school culture from the first to last day of a young person's high school life. Beyond that, RYDA provides students with the tools, habits and motivation to take action and stay safe on our roads as both drivers and passengers throughout their lives.

Long term change will only be realised where educational materials support each-other and key messages are repeated over time. RYDA, a program professionally developed by leading learning organisation, Road Safety Education Limited (RSE), is designed to complement the high school curriculum.

RYDA features a highly engaging and memorable one-day workshop which front-loads students' understanding of road safety. The workshop sessions are designed to be held in small classroom sized groups (approximately 25 students) and are led by a team of trained facilitators including Police, driving instructors and other community sector specialists.

RYDA is delivered to over 660 high schools throughout Australia and New Zealand, with an average of 40,000 students participating in the RYDA Program every year.

**“ I LEARNT THINGS THAT
I'LL REMEMBER FOR
THE REST
OF MY LIFE! ”**



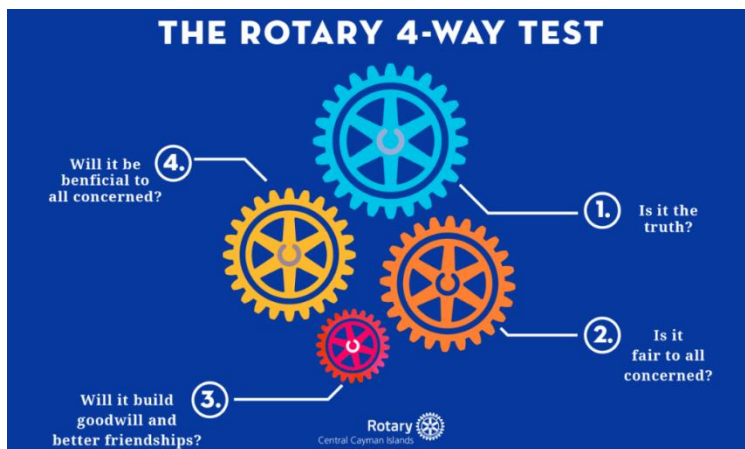
MARKET ROSTER NOVEMBER 10TH

SET UP SATURDAY 09NOV AT 2.00PM (MEMBERS ONLY)

	1st Shift 7am - 11am	2nd Shift 11am - 3pm
Welcome/Raffle Table	Pauline	
Safety Check List	Colin	
Stall Allocation	Alison	
Social Media/Club Promotion		Simon
Assisting with Donuts	Licaria	Colin
Cook Donuts	Suneth (to 10.30am)	Lindsay
Orders	Melissa	Suzette
Cook Sausages & Onions	Graham	Mark
Cook B & E Sandwiches/Fritters	Simon	Greg
Server 1	Meryl (8 - 11am)	Alison
Server 2	Siony (9 - 11am)	Mari
Server 3		Gill
Float (Help where required)	Robyn / Alison	Alison
Collect Stallholders Money		Ian
	Shift includes setup	Shift includes pickup

Drinks & Nibbles : Lindsay

Washing Towels & Aprons : Colin



UPCOMING EVENTS

- Thursday 07 November **INTERNATIONAL COMMITTEE MEETING – 7.00PM**
14B, Wembley Avenue, Hectorville
- Friday 08 November **MORIALTA SECONDARY COLLEGE SPORTS DAY**
Those helping on the BBQ please be at the college at 10.30am
- Friday 08 November **MAGILL RSL SCHNITZEL NIGHT – 5.45PM**
8, Lorne Avenue, Magill. Bookings essential.
- Saturday 09 November **MARKET SET-UP -2.00PM (Members Only)**
Campbelltown Memorial Oval
- Sunday 10 November **RCMS MONTHLY MARKET 0830 – 2.00PM**
Campbelltown Memorial Oval
- Monday 11 November **REMEMBRANCE DAY 10.30AM**
Magill RSL, 8 Lorne Ave, Magill
Followed by light morning tea.
- Tuesday 12 November **CLUB MEETING – 7.00AM**
Heccies Sporting Club, Fisher St, Magill
Guest Speakers: International Committee
- Wednesday 13 November **MARKET COMMITTEE MEETING - 6.30PM**
5, Piccadilly Crescent, Campbelltown.
- Tuesday 19 November **CLUB MEETING – 7.00AM**
Heccies Sporting Club, Fisher St, Magill
- Thursday 21 November **BOARD MEETING**
Venue to be advised.
- Saturday 30 November **'JINGLE & MINGLE' IN AID OF AFADU - 1.00PM**
Lutheran Homes Community Centre
22, Avenue Rd, Glynde.
RSVP: Alice 0413 681 535 by 20NOV



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 - 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 are when the **GONG** is rung.

CONTACT US

Magill Sunrise Rotary Club

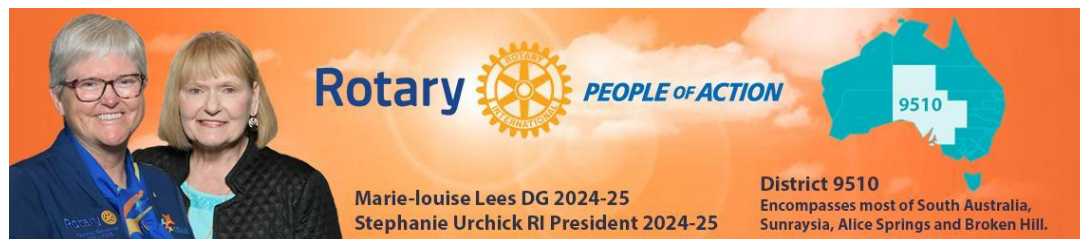
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Voice of Rotary

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.