



MINA'S MESSAGE

Tuesday morning we were glad to see the return of club stalwart **John Kennedy**, back after a few weeks away recovering from a fall, whilst helping an elderly lady in the community. [According to a version the **Editor** heard, the old lady fell on John and took him with her in the fall]. We also welcomed back another family face, **Jackie Marano** from **Norwood Morialta High School**.



A big **HAPPY BIRTHDAY** to **Pauline** today, we hope you're getting spoilt this week and feeling 100% soon.

Just a reminder to everyone **there is no breakfast meeting next Tuesday**, in lieu of the Combined Services Dinner at Campbelltown Function Centre. If you haven't paid your \$35 to the club account, please do so ASAP. Proceedings kick off at 6.30pm on Tuesday 25th August.

The **new bylaws** have been circulating for a while now and we have 80% consensus (no opposing votes) so we can safely say they can be passed. Over the next week there will be more details sent to all club members about how the board is structured and how the committees will work. If there is a new, or old project or committee that you are itching to get your hands into and have not let me know, this is the perfect opportunity for you to speak out.



In other news, Minnie is still missing, with her captive hinting she may be leaving Australia soon. Please keep your eyes open for any sightings and let the club know.

The **Rotary Club of Glenelg** organised a fantastic **cold plunge** on Sunday was freezing cold!!! A really well organised event, raising awareness about people less fortunate in the local community.

Guest Speaker: Jean Cannon

At Tuesday's meeting we had **Jean Cameron** explaining a bit about **Richard's Trauma Process**. Jean is a member of the **Rotary Club of Eastwood** and is a clinical hypnotherapist, with her major skills as a trauma specialist. When someone is over whelmed by stress or trauma, the part of your brain which files your memories becomes overwhelmed so that the memory is NEVER stored - it is always current. The trauma has stayed in your body and your logical mind can't fix it. The body remains in a fight or flight mode all the time, storing this stress in each individual cell. Each cell in our body has an intelligence, with stress receptors on the surface. In order to reset the body, each cell needs to be told to de-stress.



Jean uses a simple three step process of hypnotherapy to release stressed and traumatised people from a highly stressed state and return them to calm - often for the rest of their life. In three sessions she believes you can regain calm, power and control your life.

During the hypnosis the person is guided to a film set where they are able to see the traumatic event in a third person view point. The person is then asked to extract themselves from the situation, thus freeing themselves from the shackles of the past. She has had success helping people with domestic violence, child abuse, emergency workers, teachers, prolonged business stress (bankruptcy, accountants, lawyers), childhood problems and post-traumatic stress disorder.

Jean is available for consults if you contact her on 8365.9513 or visit the website: <http://quitquickadelaide.com/severe-stress-and-trauma>. If Q&A after Jean's address is an indicator of interest then Jean address to those attending was quite a success; Post Traumatic Stress being the hot topic. The text below is an extract from her flyer, which is a separate attachment.

Jean Cannon combines training in medical science and neurophysiology with teaching experience, business management consultancy and clinical hypnotherapy. She has many awards for her work including being a Finalist in the Telstra Businesswomen's Awards. Change is inevitable and Jean uses hypnosis to help her clients when the changes are too fast, uncomfortable or out of your control. She achieves over 97% success rate when she helps smokers to quit smoking and has similar success rates for other types of therapy.

PRESIDENT'S NOTICES

- **Parkrun:** are looking for volunteers to help out with a new Parkrun sight being set up at Geoff Heath Golf Shop in Campbelltown each Saturday from 8am. The 5km track will follow along the river and will be officiated by John Lawrie the parkrun Australia Territory Director for SA. The volunteers would be helping with marshalling, time keeping and photography. Please contact John Lawrie directly on 0421 915 387 or email john.lawrie@parkrun.com
- Thanks to **Ian Carman** who helped out RC Morialta at their RYDA event last week. It was a great success and the children of Norwood Morialta High School were really appreciative.
- **RYLA applications** are still open - we are in need of more numbers, please urge any 18 – 25 year olds you know to attend this life changing experience.
- Please double check you are **paying into the correct club bank account** (BSB: 105 141, account number: 0430 991 40) as the other bank account will be being closed shortly.

THOUGHT OF THE DAY

'I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.'

~ Audrey Hepburn

ROSTER FOR MEETING – 1ST SEPTEMBER 2015

Chairperson	Sue Hector
Steward 1	John Kennedy
Steward 2	Wayne Abbott

If you are a steward, can you please try to ensure tables are cleared and wiped down after the meeting. If you have to leave early, please ask someone to do this for you. Thanks

DATES FOR THE DIARY

- **Tuesday 25 August - Annual Service Clubs Combined Dinner**
6pm for 6.30pm start at the Campbelltown Function Centre, \$35 a head.
Please transfer money to club account by 10th August and notify Carol you are attending. There will be no meeting this week.
- **Tuesday 1 September - Guided Tour of Adelaide Oval**
Guided tour of Adelaide Oval - 5.30pm 1st September, with Rotary Club of Kent Town. Contact secretaryrckt@gmail.com if you wish to attend.
- **Sunday 20 September - City to Bay**
.....let's get a team together!!!
- **Tuesday 6 October – HAT DAY!!!**
At this meeting we will be digging out our most outrageous hats and donning them in honour of Australian Rotary Health, one of the largest not-for-profit funders of mental health research in Australia.
<http://hatday.com.au/>
- **Saturday 10 October - Illuminate #2**
- **Wednesday 14 October – Joint Group 7 Meeting**
It's a 2 course dinner with D'Arcy Lunn as Guest Speaker.
- **Saturday 31 October – Halloween**
Let's get spooky together at Campbelltown Function Centre!!
- **Monday 14 December - Evening - Joint Christmas Dinner**
- **28 April – 1 May - District Conference at Renmark**

PRESIDENT

Mina Ward



SECRETARY

Ian Coat



MEETING TIME

Tuesday 6.50 for 7.00am

VENUE

Hectorville Sporting Club, Fisher Street, Magill

EMAIL

magill@rotaryclub.org.au

WEBSITE

www.magill.rotary.org.au/



www.facebook.com/rotarymagill



**ROTARY DISTRICT
9520**

DISTRICT GOVERNOR'S NEWSLETTER

www.rotarynews.info/district9520



THE VOICE OF ROTARY

**Broadcast On
1197M RPH Adelaide
Tuesday 7.30 – 8.00
or online at
www.rphadelaide.org.au**

LOCAL MEETINGS FOR MAKEUPS

MONDAYS

6.30pm	Campbelltown	Athelstone Football Club	150 George St, Paradise
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TUESDAYS

1.00pm	Norwood	Norwood Town Hall	George St, Norwood
6.15pm	St Peter's	Kensington Hotel	23 Regent St, Kensington
6.30pm	Kent Town	The Kent Town Hotel	76 Rundle Street, Kent Town

WEDNESDAYS

7.15am	Eastwood	Royal Coach	24 Dequetteville Tce, Kent Town
6.30pm	Burnside	The Feathers Hotel	Glynburn Rd, Burnside
6.30pm	Morialta	The Rezz Hotel	20 Hamilton Tce, Newton

THURSDAYS & FRIDAYS

No Meetings

THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of a worthy enterprise and in particular to encourage and foster:

The development of acquaintance as an opportunity for service.

High ethical standards in business and professions: the recognition of the worthiness of all useful occupations: and the dignifying by every Rotarian of their occupation as an opportunity to serve society.

The application of the ideal service by every Rotarian to their personal, business and community life.

The advancement of international understanding, goodwill and peace through a world fellowship of business and professional people united in the ideal of service.

THE FOUR WAY TEST

The Four Way Test of the things we think, say or do:

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

THE INVOCATION

For good food, good fellowship and the opportunity to serve through Rotary we give thanks.



Be a gift to the world