



MINA'S MESSAGE

What better way to spend your Tuesday morning than laughing out loud for no apparent reason and stretching out on Daly Oval? We welcomed, **David Cronin**, from **Laughter Yoga** to this week's meeting to help Magill Sunrisers discover the benefits of laughter. Not only is laughter a great **stress buster** but also it **tones up every bodily system**. Dr Kataria, the founder of laughter clubs international, believes: **'If we can learn to laugh, unconditionally, our happiness too will be unconditional'**.



During our five-minute session of laughter yoga, outside in the beautiful morning sunshine, we were taught several different types of laugh from Woody Woodpecker to the Kookaburra. Combining these laughs with simple movements encourages **deep diaphragmatic breathing**, which **fully oxygenates the bloodstream and major organs**. In the world we live in today, revolved around sitting in front of a computer, we can use as little as 2% of our lung capacity!! Doing a simple fifteen minutes of solid belly laughter a day can reverse the effects of sitting. I think I can safely say everyone left the meeting on Tuesday with a smile on their face!

If you are interested in finding out more about laughter yoga you can visit www.laughteryoga.org or www.laughterwellness.com.au. Here in Adelaide, and across the world there are laughter yoga classes happening. David runs a couple of **free classes** in **Eastwood** and **Hazelwood Park**. If you are interested in talking to David some more you can call him on 0415 676 709 or email davidcronin3@bigpond.com.

If anyone is planning on attending RC **Campbelltown's White Ribbon Address** next Monday night, please let me know so I can let Damian know numbers.



It was great to be back at the club after being in Sydney last week for a course. Thanks to **Greg** for standing in. Also thanks to Leonie's son, **Dave**, who came along and helped cook this week. We wish Gary a speedy recovery. **Editor's Note:** Gary told the Editor on Wednesday that he 'never felt better'.

A big thank you also goes to **Julie** and **Ian** Carman for their dedication and enthusiasm for the **Campbelltown Shed BBQ** over the last few years. This Saturday will be the last one. Thank you to everyone who has supported this event over the years, especially **Graham** and **Robyn** Holcroft; it has been a big part of the club's fundraising history.

Thanks to **Greg**, **Licaria** and **Karen Short** who helped out at the **Mile End Bunnings BBQ** last Friday. **Norwood Rotary Club** were very appreciative and will be giving our club \$350 for our effort.

Key Points from the last Board Meeting

- Communicate more from the Board to Members, especially now there is a smaller Board.
- The fine session is back; pass on the dirt to Sgt Mark.
- Filling the vacant positions for 2015/16 is becoming a priority as we start putting together a strategic plan for the next 3 years.
- Details for the Christmas in Nightingale Park were finalised.
- We have enough funds to cover the costs of new name badges, for those who would like one. I will be emailing members about this during the week.
- An event for local businesses is being planned for early in the new year - headed up by Greg and Mark.
- AGM in the diary for Tuesday 8th December - please put any nominations in.

THOUGHT FOR THE DAY

'If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted and musicians denoted? How about deranged cowboys, debarked tree surgeons, and depressed dry cleaners?'
~ Anon

Editor's Question: If they make Fish Oil from fish and Eucalyptus Oil from eucalypts then what's the main ingredient for Baby Oil?

CHRISTMAS CELEBRATION ON DEC 14TH AT NIGHTINGALE PARK



Dear Magill Sunrise Rotarians,

Please join us for the **Club's Christmas Celebration** on December 14 at Nightingale Park. Details are on the attached flyer. Friends and family are more than welcome, but we need to finalise catering soon, so please RSVP to me by December 1st. You can either pay Carol at a meeting or transfer money to the club bank account. Looking forward to seeing you there! Thanks **Kirsty Stark**

Annual General Meeting 8th December: Nominations for Office Bearers

The Board has agreed to hold the **Annual General Meeting** during our meeting from 7am on **Tuesday 8th December**. Email **Mina** or **Ian Coat** with your nominations next year's positions of **President, Treasurer, Secretary, Community Director and Progression Director**.

ROSTER FOR MEETING 948 – 1ST NOVEMBER 2015

Chairperson:	Pauline
Steward 1:	Wayne
Steward 2	Kirsty
Tech Setup:	Ian Coat
Greeter	Colin

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

- Saturday 28th November is **Norwood Christmas Pageant**.
- 28th- 29th November = weekend down at **Sellick's Beach** with Sue and Paul Hector. Please let Licaria know if you are attending if you haven't already done so.
- Wednesday 2nd December, movie night fundraiser for Headspace. For all the details head to: www.headspaceedinburghnorth.eventbrite.com.au.
- Sunday 6th December is the **Lord Mayor's Christmas Concert** at Adelaide Town Hall. Ian did distribute a flyer.
- 14th December 6pm for 6.30pm start, **Christmas in Nightingale Park**. Partners and family welcome. Details to follow.
- Sunday 3rd January, 2-4pm. **New Year Drinks** and nibbles at Mina's.... details to be confirmed.
- 6th February, 6.30pm for 7.30pm start @ Goodwood Institute theatre, 166 Goodwood Rd = **Isaac Lomman Hypnotist**, organised by RC Kent Town, raising money for Shelter Box. Tickets are \$30 before Christmas and \$35 after. <http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=166620>
- 19th February is the **50th Birthday** celebrations for RC Campbelltown. More details to follow.
- 5th March, RC Campbelltown are hosting an event to mark **International Women's Day**. More details to follow.
- 16th April till 22nd May = Renmark to City 4 CF. The club is supporting friend of Rotary, **Susan Gascoine** who is walking in aid of her 8 year old grand daughter who has CF. Susan's goal is to raise \$10,000. She would appreciate any support - big or small: renmarktocity4cf@internode.on.net
- **District Conference** - 28th April till 1st May. RENMARK - let Mark Thompson know if you are interested in attending. Mark does have a DVD showcasing last year's conference if you are interested to find out what a conference is all about.

ROTARY CLUB OF KENT TOWN

COMEDY HYPNOSIS!

RAISING

FUNDS



"Very few of Isaac's tricks don't leave the audience with their jaw at the floor, while simultaneously laughing in hysterics."
Andy Ruzgar - SAA



"A great laugh with a group of friends, but wear your sneakers as it's race to get up on stage!"
Amanda Bennett - Rip It Up



SEE THE SHOW OR BE THE SHOW!
Saturday Feb 6, 2016 | Doors 6:30PM - Show: 7:30PM
The Goodwood Institute Theatre

GET TICKETS!

www.TryBooking.com/JMMM
\$35 Adults/\$30 Early Bird



ISAAC LOMMAN
HYPNOTIST

shelter
BOX

HAVE A NIGHT OUT AT HECCIES!!



SPECIALS

dine in or takeaway

avail Thurs, Fri & Sat 5.30pm to 8.30pm

Red Beef Curry



w rice and pappadum

\$13.90 - members \$12.90

Penne Bolognese



tossed in a traditional tomato & meat sauce

\$11.90 - members \$10.90

Beer Battered Fish n Chips



w home made dipping sauce, chips and side salad

\$13.90 - members \$12.90

Italian Risotto

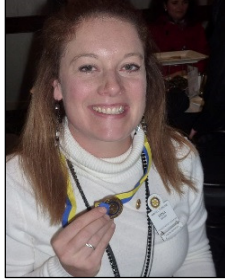


w bacon, mushroom, parmesan in a creamy sauce

\$13.90 - members \$12.90

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