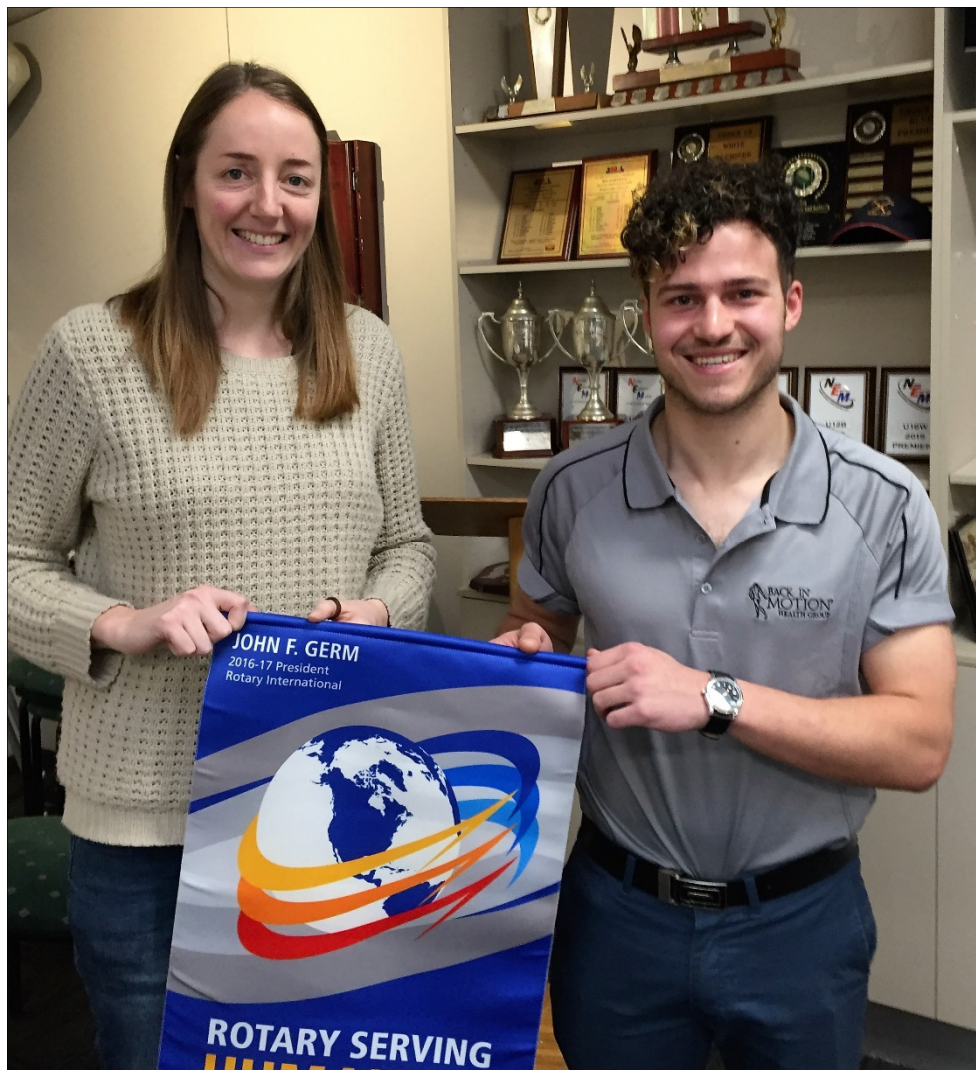




## KIRSTY'S KRONICLE

---

Our speaker this week was **Anthony Guiducci**, a Physiotherapist at **Back in Motion**, Campbelltown. Anthony takes a special interest in the management of sports injuries and headaches/migraines, but visited the club to talk specifically about **back pain** and how it can be prevented and reoccurring.



---

---

Anthony pointed out that **85% of back pain returns within 12 months**, and it isn't enough to focus on just treating the pain, which is generally a symptom of an underlying issue. Back pain should be treated with **heat** (rather than ice) to **reduce muscle spasm**, and it's important to keep up gentle movement, as resting in bed will exacerbate the injury.

Once the pain has gone, it's important to ask why it was there in the first place, whether it was from poor posture, sitting or bending, a bad chair at work or another cause. Anthony suggests an **individual program** to improve strength and stability in key areas, for either 4-8 weeks supervised, or 8-12 weeks on your own at home. This will **lead to far less recurring injuries**.

### Board Meeting Summary

The Club's Strategic Plan has now been approved by the Board and a copy will be emailed to all members for reference.

We discussed plans to address homelessness in our local community, with specific support in the next few months for the Hutt Street Centre and Eastern Adelaide Domestic Violence Service through our upcoming markets and 1000<sup>th</sup> meeting.

We are also working on plans for the 2017 Reel Event, including putting together a sponsorship proposal.

### Upcoming Events

- Combined **G7 Dinner** – 10<sup>th</sup> October. See flyers & book through **Trybooking**: <http://www.trybooking.com/NDEN>
- The **RYLA Graduation Dinner** is on September 29<sup>th</sup>, 6:30pm at the Marche Club. We are sponsoring two students to attend. \$40ph, book at **Trybooking** by the 26<sup>th</sup>: <https://www.trybooking.com/Embed.aspx?eid=228816>
- **Rotary Hat Day** will be taking place on October 7<sup>th</sup>. On the 5<sup>th</sup> (Wed) in Rundle Mall, Rotary will be collecting money for mental health through Australian Rotary Health. If you would like to help collect, anytime between 8:30am and 4:30pm, contact PDG Roy Armstrong – 0407 610 904 or [armstrong669@optusnet.com.au](mailto:armstrong669@optusnet.com.au)

### NEXT MEETING – TUESDAY 27 SEPTEMBER

George Mappas – The Battery Company

### Roster Meeting

Welcomer	Bronwyn Hyder
Steward #1	Carol McKenzie (Permanent)
Steward #2	Bronwyn Hyder (Permanent)
Chair	Ian Carman
IT	Ian Coat (Permanent)

---

---

## **PRESIDENT**

**Kirsty Stark**



## **SECRETARY**

**Ian Coat**



## **MEETING TIME**

Tuesday 6.50 for 7.00am

## **VENUE**

Hectorville Sporting Club, Fisher Street, Magill

## **EMAIL**

[magill@rotaryclub.org.au](mailto:magill@rotaryclub.org.au)

## **WEBSITE**

[www.magill.rotary.org.au/](http://www.magill.rotary.org.au/)



[www.facebook.com/rotarymagill](http://www.facebook.com/rotarymagill)

---



**ROTARY DISTRICT  
9520**

**DISTRICT GOVERNOR'S NEWSLETTER**  
[www.rotarynews.info/district9520](http://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](http://www.rphadelaide.org.au)**

### **LOCAL MEETINGS FOR MAKEUPS**

#### **MONDAYS**

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

#### **TUESDAYS**

6.15pm	St Peter's	Kensi 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
1.00pm	Norwood	Manto Café	Parade, Norwood
6.30pm	Norwood	Kensi Hotel	23 Regent St, Kensington
6.30pm	Burnside	The Maylands Hotel	67 Phillis St, Maylands
6.30pm	Morialta	The Rezz Hotel	20 Hamilton Tce, Newton

#### **THURSDAYS & FRIDAYS**

No Meetings

*Norwood Rotary*

*2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at Manto Café*

*1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesdays at Kensi Hotel*

---

---

## 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.

