



## KIRSTY'S KRONICLE

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### DOUBLE ISSUE: MEETINGS 991 & 990

#### MEETING 991

At our **Club Assembly last Tuesday**, we split into two groups to discuss future projects for the club.

One group spoke about:

- The 2017 **Reel Event**, including opportunities for sponsorship
- Our plans for a **networking function** for local business owners

The other group spoke about:

- Our plan to fund **1000 meals at the Hutt Street Centre** to celebrate our 1000th meeting next year.
- **Disbursement of funds** from our upcoming markets to the **Hutt Street Centre** and **Eastern Adelaide Domestic Violence Service**.

#### WEEKLY CHALLENGES

##### 991

**The weekly challenge this week** is to think of two local businesses that we can approach for sponsorship, or to attend our business networking function. I'll be following up on this one, so get in early!

##### 990

Our weekly challenge is to **read** (at least part of) **a good book**.

#### NEXT MEETING – TUESDAY 15 NOVEMBER

Welcomer	Bronwyn Hyder
Steward #1	Carol McKenzie
Steward #2	Bronwyn Hyder
Chair	Greg Schuetze
IT	Ian Coat

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## NEXT TUESDAY GUEST SPEAKER

Mark Thompson Jr



Mark, son of Club member, Mark Thompson, is an **Occupational Therapist** whose topic will be "**Frailty in Older Adults**". We all have family members who qualify under this heading. **Mark will also be providing intervention ideas to slow the process of aging.**

Ageing is a universal process, however, there can be great variation between individuals in terms of their health, level of function, quality of life and mortality. Frailty can be used to explain this variation between individuals, and is described as a state of decreased reserve in which individuals are more vulnerable to stressor events. Frailty is common in older adults, and there are a number of risk factors that are used to define frailty. It is important to note that frailty is reversible and preventable, primarily through lifestyle interventions. Frailty is a major public health issue in Australia and internationally that is yet to receive the attention that it warrants."

## MEETING 990

Two Tuesdays back our guest speaker was **Dr Simon Cameron**, author of the book "**Lonesome Pine: The Bloody Ridge,**" an account of one of the most famous assaults of the Gallipoli Campaign.



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We've all been indoctrinated on the Gallipoli landing in April 1915, but the actual landing pales into insignificance when compared to the subsequent '**Battle of Lone Pine.**' Simon gave us a brief but fascinating insight into some of the history of those four days of hand to hand combat in August 1915, including the objective of the attack, the Victoria Cross winners and their actions, and the outcomes.

He encouraged us to look past the heroic tales we often hear and remember the **horrific conditions** these men were put through. **Diving on Turkish grenades** and smothering them with a sand bag was an every-day event. Retaliating with homemade '**jam tin bombs**' was as almost as dangerous for the thrower as the intended recipient. I learnt more about Gallipoli in those 15 minutes than I knew from school, and it was great to hear both the overall situation and the individual stories of some of the men involved, so thank you, Simon.

Some of us purchased Simon's book, which is available at the **Australian War Memorial** online shop, at the following link: <https://www.awm.gov.au/shop/item/9781922132307/>

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## **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)

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**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
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**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*

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## 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.

