



KIRSTY'S KRONICLE

Our guest this week was **Mark Thompson, son of club member Mark Thompson**. Mark created a funny and interesting presentation that informed us all on 'Frailty' and the effects of ageing, particularly around strength and mental cognition.



Mark is a **Consultant Occupational Therapist** and co-director of **Inspire Therapy** (www.inspiretherapy.com.au under construction), so he was able to show us some statistics from the research work he had done in the northern and western suburbs of **Adelaide**, highlighting that many of the elderly in these communities are **Frail**: physically shrink, have less social opportunities, and show a decline in memory.

However, it's **not all bad!** The best thing you can do to slow down the effects of ageing - both physical and mental - is to take up 150 minutes of moderate exercise each week. Mark also said that having a **little extra weight** heading into old age isn't a bad thing (so long as you're not **obese**)! I guess it's *move it or lose it*.

Many of our club members tested their grip strength on Mark's tester, and were pleased to find that they were in the average or above average ranges. Not unexpectedly, the grip of retired **plumber Graham Holcroft** was way above average.

This week's challenge is to let at least two people know about next week's **ICE Forum**.

Mark Thompson (the Elder) at **Donations in Kind**



Continuing with the Mark Thompson theme, club member Mark attended at Donations in Kind (D.I.K.) last Saturday for a working bee.

Mark was amongst 80 or so Rotarians and Friends of Rotary working under the guidance of **David Cockshell** (Gawler Light Rotary). A shipping container was being loaded, destined for Tonga. It only takes a team of 10 to load a shipping container, but it can take a team of 100 to maintain/store and pack items for shipping. D.I.K. is a great place to meet Rotarians from both SA Districts. A BBQ lunch was provided for the workers.



David Cockshell also announced that D.I.K. has been awarded the 'contract' to **remove medical equipment from the old RAH**. The estimate is that this equipment will fill 25 containers at a **cost of \$650,000**. Let the fund raising begin. David also wanted to spread the message that *'D.I.K. is no longer full of bird sh*t and rubbish'*.

Click onto the link below for more info on D.I.K. and the RAH.

<http://www.rotary9500.org/stories/donations-in-kind-royal-adelaide-hospital-project/>

NEXT MEETING – TUESDAY 22 NOVEMBER

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

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

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

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

2nd and 4th Wednesdays at Manto Café

1st, 3rd and 5th 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.

