



TIME TRAVEL WITH THOMMO

CENTRAL PALLIATIVE CARE SERVICE: LIZ WRIGHT

WELCOME AND APOLOGIES:

John, Chris and Greg were apologies for our morning breakfast meeting. Hey, it's tough getting up in the dark as we approach the end of Daylight Saving. It's good to have a bit of late daylight, however, if you attend evening Fringe Shows. At least Greg could see the sunrise in Sydney.

HOW DID BARTELS ROAD GET ITS NAME?

Simon's Ice Breaker: *'How did Bartels Road get its name?'* Hey, we've all travelled along Bartels Road, via Pirie Street, or towards the Parade, Norwood, but what's its history? Well, Adolf Bartels did not win a Brownlow playing for Geelong; he was a **German lad of humble origins** who came to South Australia in 1845 and with his two and froing and multiple wives, kids and occupations, **ended up becoming Lord Mayor of Adelaide**. Hey, he wouldn't look out of place walking the main street of Tanunda today.



SIMON'S ICE BREAKER

If you hosted a start-up TV chat show who would be your first guest?

Well, this challenge didn't even get Graham out of Grazing Mode. **President Mark** would have liked Moe, Larry and Curly as his first guests so long as there was no eye gouging. **Ian's** selection of physicist Prof **Brian Cox** was an **excellent choice**, as he would be also **my choice as a dinner guest**, particularly if he brought along his hot missus.



MAGILL MARKET THIS COMING SUNDAY

If you can help up with set up on Saturday arvo. Robyn should have contacted for Saturday and your allocated time on Sunday. See you then.

AUTRALIAN ROTARY HEALTH: RIDE/WALK

ARH is fund raising again via it **Virtual or Reality Ride and Walk** to celebrate **20 years research into Mental Illness**. As he has had previous experience on marathon fund raising activities, I'm nominating **Chris Gascoine** as the person to ride from **Renmark to Westminster College**. ARH (Mental Health) has already received 100% of the profit from one of our markets this year, so it's had a good run from us, but if Chris refuses to participate, maybe we can dip into the coffers again for this worthy cause. For more details click on <https://australianrotaryhealth.org.au/event/rotary-district-9510-virtual-or-reality-ride-walk/>

LIZ WRIGHT: CENTRAL ADELAIDE PALLIATIVE CARE SERVICE

This was Liz's first presentation to lay people instead of other health professionals, so in some ways we were guinea pigs; if our eyes glazed over, Liz knew to edit that part of her presentation, but happily this never occurred. Liz explained the role of **primary care teams, specialist palliative care teams** and other health professionals who work in consultation. Hey if Rotary is bad for acronyms then how about **NAPS, CAPS and SAPS** that cater for palliative care in the metro area, with Statewide paediatric care. In addition, SA Health caters for country centres.

Some of the Liz's words that stuck with me were:

*Palliative Care affirms life while recognising that dying is an inevitable part of life. This means that palliative care is provide during the time that the person is living with a life-limiting illness, **but is not directed at bringing forward or delaying death.***

*When we **Hold Space** for other people, we open our hearts, offer unconditional support, and let go of judgement and control.*

***Denial or Disavowal** is a common experience for the dying, but palliative care givers don't force confrontation, especially if it's not blocking them from important end of life work (administrative or conversations with family).*

Thanks Liz, for your impressive presentation.



PRESIDENT'S THOUGHT FOR THE DAY

Bread is a lot like the Sun:

It rises in the Yeast and Sets in the Waist

PRESIDENT'S AND OTHER NOTICES

RYPEN 23 -26 April. <https://rotary9510.org/event/rypen> for 14 to 17 year olds. Do you know anyone who could attend.

For Whom? A residential leadership seminar for aspiring leaders aged 14 to 17 years

When? Fri 23-Mon 26 April 2021 (ANZAC Day Long Weekend)

Where? at Woodhouse Activity Centre, Piccadilly, South Australia

RYLA 22 – 28 APRIL

Who is Eligible?

RYLA is open to young people aged 18 to 25 years with an ambition to improve their leadership skills.

PASS ON THIS MESSAGE *'So, if you see yourself making and shaping your community in the future, we want you!'*

Further information is available at www.ryla9510.org

When? Course 1 -Thurs 22-Wed 28 April 2021

Where? Nunyara Conference Centre Belair

Other? The Graduation Dinner is the last evening of the course

Please encourage your family and friends to apply- Please contact Maria Figg 0421 986 508

NEXT MEETING: 16TH MAR, CABELLTOWN MEMORIAL OVAL

GUEST SPEAKER: TBA

MARK THOMPSON: President Rotary Club of Magill Sunrise

PRESIDENT
Mark Thompson

SECRETARY
Colin Hill



MEETING TIME

Tuesdays 6.45 AM for 7.00am
The First Three Tuesdays of the Month

VENUE DURING REFURBISHMENT OF HECTORVILLE COMM CLUB

Campbelltown Memorial Oval, Darley Road, Paradise, **but not for long**

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WEBSITE

www.magill.rotary.org.au/



www.facebook.com/rotarymagill



ROTARY DISTRICT
9510

HOME PAGE

<https://www.google.com/search?client=safari&rls=en&q=district+9510+David+Jones&ie=UTF-8&oe=UTF-8>



THE VOICE OF ROTARY

<https://www.facebook.com/voiceofrotary.org.au/>

MEETINGS FOR MAKEUPS: CHECK WITH THEM B4 ATTENDING

MONDAYS

6.30pm Campbelltown San Giorgio Club Henry St, Payneham

TUESDAYS

6.15pm St Peter's 'Peripatetic' Check before Attending
6.30pm Kent Town Lord Melbourne Hotel 63 Melbourne Street, Nth Adelaide

WEDNESDAYS

7.15am Eastwood Royal Coach 24 Dequetteville Tce, Kent Town (1st and 3rd Wednesday then 2nd and 4th Wednesdays Bocelli Cafe Hutt St.)

1.00pm Norwood Manto Café Parade, Norwood 2nd and 4th Wednesdays at Manto Café 1st, 3rd and 5th Wednesdays at Kensi Hotel 22 Regent St

6.30pm Norwood Kensi Hotel 23 Regent St, Kensington
6.30pm Burnside The Maylands Hotel 67 Phillis St, Maylands
6.30pm Morialta Tower Hotel Cnr St Bernards & Magill Rds, Magill

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 OPTIONAL INVOCATION

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



Rotary International Theme 2020 - 21

