



## GREG'S GRAPEVINE

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### ALYSSA HILL: DAILY MOVES

Bulletin Editor **Mark Thompson** subbed in for President Greg at our last meeting, when Mark had the pleasure of introducing our **Guest Speaker Allysa Hill**, who told us about a new program for aging Aussies, entitled '**Daily Moves**'. This program is part of '**Move it Aus – Better Aging**'

The objective of the program is to **improve older Australians overall health and wellbeing, particularly those less active** by:

- enhancing the understanding and benefits of regular physical activity;
- improving access to sport and physical activity opportunities;
- enabling regular engagement in sport and physical activity; and
- enhancing the capability and capacity of organisations and staff to deliver age-appropriate activities.

Alyssa runs the program from the City of Unley, and the City of Campbelltown is part of the *Eastern Region Alliance*. Since inception in September 2019, **180 have joined the program with around 60 coming from the City of Campbelltown**. The objective is to recruit around 800 participants.

Alyssa said that the 2 primary aims of the '**Daily Moves**' were:

- To transition older citizens from inactive to active
- To increase knowledge on fitness and wellness

### 'MOVE IT OR LOSE IT'

'**Daily Moves**' monitors **Strength, Fitness and Cardio**. Participants should aim at 30 minutes of movement per day with a view to moving independently. One good thing is that performing the **activities of daily living** (ironing, mowing the lawn, gardening etc.) also count as 'movement'.

#### Eligibility:

- Aged 65 and over (no medical referral required)
  - Live in the City of Campbelltown
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## Support

Participants can participate from **home** or at the **Aquatic & Recreation Centre (ARC)** and are provided with a personalised plans including telephone contacts and loan equipment.

## More Info

Judging from the number of questions **Alyssa's address was of great interest** for club members. For more info and joining the program click onto <https://www.unley.sa.gov.au/daily-moves>



**Alyssa and Acting President Mark (dressed in theme) in preparation for attending the ARC**

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## THE REEL EVENT

We have applied to Flinders Uni for a student to help coordinate The Reel Event

## MAKE A LIST OF POTENTIAL SPONSORS

Start making a list of potential sponsors. Don't approach them, but get back to Mark/Greg with your list and background info.

## PRESIDENT'S NOTICES

**Reel Event Promotion Starts Now** – If you have any ideas or know some businesses you could approach for sponsorship please see myself, Mark or Lindsay.

**RCMS Square Reader** – Is now available for use by the club for any Credit Card transactions. **Proviso: the Square Reader only works when President Greg is in attendance**

## 2020 DISTRICT CONFERENCE: MILDURA

DG Tim Klar also encouraged us to attend next year's and **last District Conference for 9520** before we amalgamate with our Rotary brothers and sisters north of Torrens. 9520's last District Conference will be held in **Mildura in March**. Click to the link for more details: <https://rotary9520.org/sitepage/district-9520-conference-2020>. **Book your accommodation now**

## GREG'S ON THIS DAY 21<sup>ST</sup> JANUARY:

**1815**– The first road is completed over **the Blue Mountains** in NSW.

**1863**– **Explorer John McDoull Stuart** receives a huge public welcome in Adelaide after his successful crossing of the Australian Continent, north/south

**1968**– The **Battle of Khe Sanh** – one of the most publicised and controversial battles of the Vietnam War.

**1978**– Bee Gees Album '**Saturday Night Fever**' goes #1 for 24 weeks..

## NEXT MEETING: TUESDAY FEBRUARY 4TH

**Next Meeting: Guest Speaker: TBA**

## GREG SCHUETZE

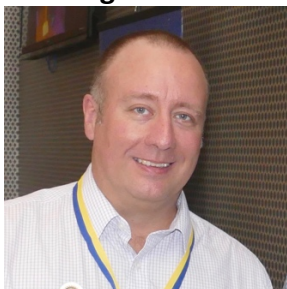
**President Rotary Club of Magill Sunrise**

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## **PRESIDENT**

**Greg Schuetze**



## **SECRETARY**

**Colin Hill**



## **MEETING TIME**

Tuesday 6.50 for 7.00am

**Every** Tuesdays of the Month (except after a Public Holiday)

## **VENUE**

Campbelltown Memorial Oval, Darley Road, Paradise

## **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](https://www.facebook.com/rotarymagill)

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**ROTARY DISTRICT  
9520**

**DISTRICT GOVERNOR'S NEWSLETTER  
SEE LINK BELOW**

<http://www.rotary9520.org/>



**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	Hectorville S & Com Club	Daly Oval, Fisher St Hectorville
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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 (1st and 3rd Wednesday then 2nd and 4th Wednesdays Bocelli Cafe Hutt St.)
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1.00pm	Norwood	Manto Café	Parade, Norwood 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 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	The Rezz Hotel	20 Hamilton Tce, Newton

**THURSDAYS & FRIDAYS**

No Meetings

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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 OPTIONAL INVOCATION

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

