

Magill Sunrise  
**Rotary**  
Club



## Lindsay's Lobs

**VOLUME 26 / ISSUE 02**  
**1,187/ 12 JULY 2022**

### Welcome & Apologies

Apologies were received from Simon and Robyn.

A warm welcome to Karyn Kennedy, Anne Cole and a big welcome back home to our "Galloping Globetrotters", Peter and Rick.



### Next Meeting 7:00 am, 19 July 2022

Heccies, 31 Fisher Street, Magill  
Club contact: Lindsay Davis - 0415 453 101

### CLUB ASSEMBLY

This will be the first Club Assembly for the new Rotary year. Topics such as the Reel Event, the strategic plan, the market and any item you wish to raise will be discussed.



### President's Report

What a great start to the year.

**Last Sunday's market** was a brilliant turnout by stall-holders; shoppers; the Repair Café; and all of our club members – topped off by some sunny weather.

On the BBQ stall, the donuts were extremely popular (again) and we sold out of zucchini fritters (again). It's probably worth recording that there was an 'Uber donuts' home delivery to Julie Martin (in Covid isolation).

Thanks to all the helpers including Anne, Concordia, Siony, Stephanie, Tash and Suneth's sister (Jay) – and make sure you checkout Jay's **market videos**.



<https://www.facebook.com/magillsunrisemarket/videos/1011719239481503>



<https://www.facebook.com/magillsunrisemarket/videos/321051166s9164904>



We also had a full turnout for the **combined Board meeting** which allowed a handover from the old to new Board. At the meeting we thanked the retiring Board members (Mark & Graham) and welcomed the new Boardies (Pete and Suneth).

Below is a **list of Board and Club Officers** that were endorsed at the meeting. This includes the addition of an 'Almoner' (more details soon) – and I thank Robyn for agreeing to take on that role.

### **2022 – 2023 Board:**

- President – Lindsay Davis
- Immediate Past President – Simon Brewer
- President Elect – TBA
- Secretary – Colin Hill
- Treasurer – Ian Coat
- Director Club Administration – Simon Brewer
  - Includes Fellowship, Risk, Speakers, Venues, Bulletin, Social Media
- Director Community – Peter Macauley
  - Includes Community, Youth, Rotary Foundation, Magill Village
- Director Progression – Suneth Neranja
  - Includes Membership, Public Image
- Director Projects – Greg Schuetze
  - Includes Market, Environment, Nightingale Park, TRE

### **Other Club Positions:**

- Almoner – Robyn Holcroft
- Bulletin – Pauline Hill
- Cooks – Leonie and David Dew
- District 9510 Footy Tipping Coordinator – Lindsay Davis
- Meeting Note Taker – Mark Thompson
- On-To-Convention Coordinator – Pauline Hill
- Project Lead Environment – Ian & Suzette Coat
- Project Lead Magill Village – Simon Brewer
- Project Lead Market – Greg & Tash Schuetze
- Project Lead Nightingale Park – Graham Holcroft, Colin Hill
- Project Lead The Reel Event – TBA
- Photographer – Rick Caldwell
- Public Officer – Mark Thompson
- Risk Assessment – Colin Hill
- Sergeant – Pauline Hill



- Service Clubs Rep – Ian Coat
- Social Secretary – Robyn Holcroft
- Speaker Coordinator – Mark Thompson
- Web Site / Social Media – Simon Brewer, Greg Schuetze, Suneth Neranja

There were also a number of **activities and donations approved**, including:

- 100 meals to Café Outside the Square to support their work with disadvantaged and vulnerable people in our city.
- Support for the Rotary Club of Morialta's plans to expand and improve the "Community Workshop" at Athelstone.
- An offer to contribute \$10,000 with assistance to Campbelltown City Council's redevelopment of Nightingale Park.

On the social front, do yourself a flavour during the **Campbelltown Pizza Festival** and join our group going to Café Settebello. Given this area is the heartland of great pizza and fabulous wine – Wednesday 20<sup>th</sup> July could truly be a 'give-until-it-hurts' opportunity to support our community.

With plenty of other activities coming up, make sure you keep your eye on our **Diary Dates**.

*President Lindsay*

## OUR THANKS TO PDG JEFF NEALE AND JENNY



We would like to extend our thanks to Jeff and Jenny for their hard work given to our district over the past twelve months.

Covid did not make the year easy and many DG visits had to be done by zoom. If nothing else it did drag some of us old dinosaurs into the technological era. Just goes to show you can teach old dogs new tricks.

Thanks for leading us to "Serve to Change Lives" and we look forward to you joining us for breakfast soon. Many thanks.

## CHANGE TO BULLETIN

Many years ago, now lost in time, our Bulletins were headed with a Volume Number. No one can remember at what number it started, so it has been decided the volume number will now reflect the year since we were chartered to give it more relevance. Our Bulletins for 22-23 will be changed to Volume 26.

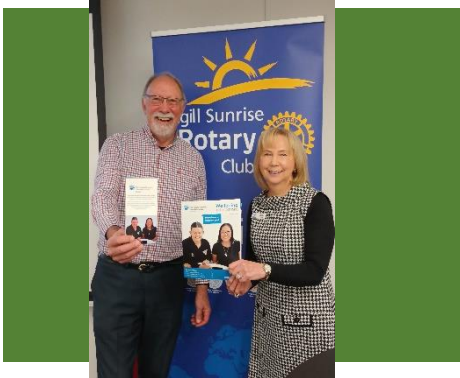


## SOCIAL EVENT

A social event has been organised for the club at Café Settebello, 84 Newton Road, for Wednesday 20<sup>th</sup> July at 6.30pm to coincide with the Campbelltown Pizza Festival. Please let Robyn know how many of you are attending.

## Guest Speaker:

## KARYN KENNEDY



Our Guest speaker over breakfast was **Karyn Kennedy, advocate for the Hospital Research Foundation - Stroke.**

Club member Mark Thompson had a link to Karyn when they both worked in the Life Insurance Industry; Karyn working as a self employed adviser and as an employee for corporate institutions. Karyn was aged 52 and self-employed as an insurance adviser when she suffered a life changing stroke.

Karyn had none of the risk factors for stroke; high blood pressure, smoking, high cholesterol, diabetes, obesity, excess alcohol and drugs and atrial fibrillation. So what could be the trigger? Her specialist suggested that the most likely culprit was linked to the heart and as it turned out, that was correct. Karyn had a congenital defect, a hole in the heart, which led to a blood clot that burst through her brain, creating damages in many areas of the brain, that controlled speech, movement, feeling and so on.

In the four years since the stroke Karyn has retrained her brain and moved from a wheel chair with an inability to tie her shoe laces to being able to drive and be an eloquent advocate for the Hospital Research Foundation - Stroke. Karyn suffers ongoing hypersensitivity to her left limbs as well as neuralgic pain, not to mention oesophageal issues. She is still unable to return to being a self employed adviser because of short term memory loss and other long term issues.

Fortunately, Karyn took our own advice and had in addition to income protection that will pay her until age 65, policies for lump sum payments for life threatening illnesses that included stroke and total and permanent disability (own occupation test, not any occupation).

Karyn left us with some interesting stats:

- if we can reduce just one of the risk factors outlined above we will significantly reduce the chance of having a stroke
- strokes kill more women than breast cancer and more men than prostate cancer
- 85% of strokes are ischaemic (blood clots rather than a haemorrhaged blood vessel in the brain)
- 1/2 million people now are Australian stroke survivors, but this is likely to increase to 1M by 2050
- 30% of stroke victims are under 65 and this figure is also increasing due to a sedentary life style, drugs and alcohol
- most stroke victims will suffer depression

Karyn reminded us of F.A.S.T. Watch out for the obvious symptoms of stroke, such as changes to the face, arms, speech and remember time. Recovery from stroke is time critical. There is a small window for giving a stroke victim drugs that will dissolve a blood clot and if given soon enough there may be no long term disabilities (Karyn prefers the term ability - working with your abilities)

Karen thanked her husband Chris and children who made her recovery so much easier.

*Mark T*



## PRESIDENT'S THOUGHT FOR THE DAY

**In Life and Rotary and Tennis -  
winners serve well**



### Ice Breaker



I was reading a piece by Rex Jory who says Boxing sends the wrong message to young people and should be quietly dispatched to the rubbish bin of history? What do you think. Should the sport be banished? Do you think it sends the wrong message?

The overall consensus was to get rid of it. Even those who enjoyed watching the sport in the past thought it was not appropriate in this day and age.

Some thought there was too much money tied up in Boxing and to see it dispatched to the rubbish bin.



Now that we are more aware of head injuries and the consequences of repeated hits to the head, it is perhaps time to phase out this sport.

### LINDSAY HAS BEEN REPAIRED????



Well not quite. The Presidential deer stalker hat was a bit small and the sewing ladies at the Repair Café tried to make it bigger to fit the Presidential head.

It was not an easy task but they did make some headway. *(Sorry couldn't resist that).*

### Quiz Question



What is the name of the street we turn into from Darley Road to enter the Campbelltown Memorial Oval every month?

**Answer: Crowle Street.** It was named after the family who resided on the land where the Influencers Church now stands



**HAPPY BIRTHDAY COLIN.**

**Enjoy your day in the sun.**



## Upcoming Events

14-17 July  
21-23 July  
**RC OF BLACKWOOD ART SHOW**  
Blackwood High School. 10.00am-4.00pm  
Admission: \$5.00.

Wednesday 20 July  
**SOCIAL FUNCTION -CAMPBELLTOWN PIZZA FESTIVAL**  
Café Settebello – 84 Newton Road – 6.30pm

Saturday 13 August  
**MARKET SET UP**  
Campbelltown Memorial Oval 2.00pm

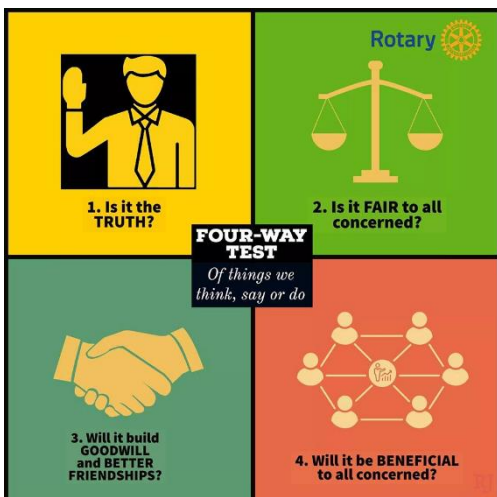
Sunday 14 August  
**RCMS MONTHLY MARKET**  
Campbelltown Memorial Oval 8.30am -2.00pm

Monday 22 August  
**COMBINED MEETING WITH RC CAMPBELLTOWN**  
Regionalisation Project. San Giorgio Club.  
Henry Street. Payneham. 6.15pm for 6.30pm

Tuesday 30 August  
**COMBINED SERVICES CLUB DINNER**  
Campbelltown Function Centre  
Time and guest speaker to be confirmed

October 28-30  
**ZONE 8 CONFERENCE CANBERRA**  
National Convention Centre Canberra  
Early Bird registration available until 31 July.

**JACKPOT**  
Next week  
**\$60.00**



**CAN YOU HELP?**

**WANTED!!!**

The Rotary Club of Magill Sunrise is looking for an old **single furrow horse drawn plough** to replace the one which was stolen from our display in Nightingale Park.

**Please call Lindsay on 0415 453 101 if you can assist.**



## MEET THE NEW RI PRESIDENT - JENNIFER E. JONES



On the 1<sup>st</sup> July 2022 Rotary history was made when Jennifer Jones became the first woman Rotary International President. When I first joined Rotary soon after women were admitted into Rotary this would have been seen by many as an impossibility.

Things have indeed changed since those early days. The majority of clubs now welcome women, even though there are still a few which have held on tight to the men only rule.

We have seen women take on the roles of District Governors and Club Presidents. This year in our district we have around twenty women presidents and to have a woman RI

President some thirty five years after the Rotary International constitutional change was made at the 1989 Council on Legislation, with a vote to eliminate the "male only" provision for all of Rotary, can only be applauded.

Jennifer is the founder and president of Media Street Productions, an award-winning 27-year-old media company in Windsor, Ontario. She is a member of the Rotary Club of Windsor-Roseland.

Jennifer's talents have strengthened Rotary's reach and impact as she has served in roles including vice president, director, Rotary Foundation trustee, and co-chair of the End Polio Now: Make History Today fundraising campaign.

Jennifer is a leader in cultivating experiential fundraising opportunities, such as a day of golfing with Rotary polio ambassador Jack Nicklaus in Jupiter, Florida, USA, that raised over \$5.25 million for polio eradication. She also led the innovative #RotaryResponds virtual event in May 2020, raising money for COVID-19 relief projects and showcased how Rotary members were responding to the pandemic around the world.

Working alongside political figures, celebrities, and global leaders, Jennifer has raised awareness and hundreds of millions of dollars to eradicate disease, support peace, and provide clean water and sanitation. An expert storyteller, she inspires hope and promise and motivates people to take action.

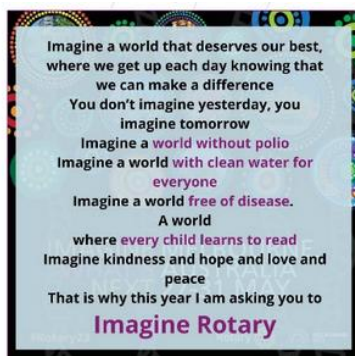
Jennifer has received the Service Above Self Award and The Rotary Foundation Citation for Meritorious Service. She holds a Doctor of Laws (LL.D.) and has been recognized with the YMCA Peace Medal and the Queen's Diamond Jubilee Medal, and was the first Canadian to receive the Wayne State University's Community Peacemaker Award.

Jennifer is married to Rotary member Nick Krayacich, a family physician.

They share a love for travel, cycling, golf, and relaxing at their family cottage, in addition to adventures such as climbing to the summit of Kilimanjaro in Tanzania.

Jennifer and Nick support The Rotary Foundation as members of the Arch Klumph Society, Paul Harris Society, and Bequest Society.

The 2022-23 presidential theme is "Imagine Rotary" and Jennifer wants members to imagine the possibilities in the change they can make to transform the world. She has urged us to dream big and turn those dreams into reality.





**IMAGINE  
ROTARY**

**President**  
Lindsay Davis



**Secretary**  
Colin Hill



*In the spirit of reconciliation,  
the Rotary Club of Magill  
Sunrise acknowledges the  
Traditional Owners of the land  
where we serve the community,  
the Kurna people of Tandanya,  
and we pay our respects to  
their Elders past and present.*



[www.magillrotary.org.au](http://www.magillrotary.org.au)



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



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

## Meetings for Makeups

Please check with the club before attending

### Monday

Campbelltown: 0407 724 699

6.30pm - San Giorgio Club, Henry St, Payneham

### Tuesday

St Peters: 0428 246 352

6.15pm - Kensi Hotel, 23 Regent St, Kensington

Kent Town: 0433 387 082

6.30pm - Lord Melbourne Hotel, 63 Melbourne St, North Adelaide

### Wednesdays

Eastwood: 0416 367 289

7.15am - 1<sup>st</sup> & 3<sup>rd</sup> Wednesday

Adelaide Royal Coach, 24 Dequetteville Tce, Kent Town

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

Bocelli Café, Hutt St, Adelaide

Norwood: 0412 305 660

6.30pm - 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesdays

Kensi Hotel, 23 Regent St, Kensington

Burnside: 0401 627 339

6.30pm - 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

Kensi Hotel, 23 Regent St, Kensington

Morialta: 0497 159 737

6.30pm - Tower Hotel, Cnr St Bernards & Magill Rds, Magill

