



Magill Sunrise  
**Rotary**  
Club



## Lindsay's Lobs

### Welcome & Apologies

Apologies were received from Robyn and John.

**VOLUME 26/ ISSUE 09**

**1,194/ 20 September 2022**

### Next Club Meeting

**7:00 am, 04 OCTOBER 2022**

Heccies, 31 Fisher Street, Magill

Club contact: Lindsay Davis - 0415 453 101



**Guest Speaker: Joseph MWISENEZA**  
**Uptogether Healthcare**



Joseph is the founding member of [Uptogether Healthcare](#)

He has a Masters in Biomedical Engineering, Honours in Mechanical Engineering, and is about to complete a Masters in Business Administration

He has a Diploma in Nursing, and qualifications and experience in Youth and Disability care.

### President's Report



It was pleasing to confirm the Club is supporting applicants on the following programs:

#### **RYPEN (Rotary Program of EN-richment)**

We have sponsored [Alice Haycock](#) (from Loretto College) and [Harrison Reynolds](#) (from Norwood International High) into the 2022 program from 30 Sept – 2 Oct 2022. RYPEN is for 14-17 year olds and provides an opportunity to develop self-awareness and valuable leadership skills.



Thank you to Peter & Rick for organising a chat with the applicants and one or both of their parents. Peter reported "to say that we were impressed is an understatement" and "they have restored my faith in the younger generation".

#### **Santos Science Experience**

We will also sponsor [Akaldeep Kaur](#) and [Gurmannat Bhangoo](#) (from Mary MacKillop College) to attend the University of Adelaide program in December 2022. It provides an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

Thank you to Josie Spizzo, the College's Science Leader of Learning for nominating and arranging the student's registration. Josie continues to find ways of inspiring and informing students about science opportunities and STEM careers.

We received a vote of thanks from our friends at the **Campbelltown Repair Café** – and an offer to channel some of their funds back into the community. In part, they wrote:

*"... as the Repair Café has steadily grown in popularity, so have the donations patrons have made."  
"We have always been very grateful for the support and help we have received from the Magill Sunrise Rotary Club leadership, and the members. Therefore, we have decided to support your club's fundraising efforts each month. We like the idea of multiple groups benefitting from monies raised".*

It's great to know that we have been able to support this fantastic initiative and it has been strongly embraced by the local community. Both the Magill Sunrise Market and Campbelltown Repair Café also help find new customers for each other.

Cheers,  
Lindsay



## First Aid Training Course

Magill Sunrise Rotary have booked a session for the flagship **St John Ambulance** 'Provide First Aid' course.

Do you or your friends want skills "to confidently manage emergency situations and/or provide a first aid response to a casualty"?

If so, we still have a few vacancies on the course. Details are below.

Date: Sunday 25th September 2022  
Time: 9:00am to (approx.) 4:00pm  
Venue: Hectorville Sports Club, 31 Fisher Street, Magill  
Other: Tea, coffee and lunch provided  
Cost: \$90.00 per participant

Please contact President Lindsay to register on 0439 882 955.





## Guest Speaker: **PROF. GUY LUDBROOK**

Professor Guy Ludbrook - Participants in Clinical Trials (PARC)

Guy Ludbrook is an anaesthetist in charge of a University of Adelaide research group, conducting specialised research into multiple disciplines. The purpose of the Unit is not only to undertake contract clinical research for the pharmaceutical and biotech industries, but also to provide a safe and suitable environment for the conduct of academic clinical studies. That God Guy didn't stick to the script above that I lifted from their website but spoke to us in layman's language about research into pharmaceuticals that prevent or delay the need for surgery, things like:

- a new topical gel for the treatment for osteoarthritis of the knee
- pain relief treatment for people undergoing total knee replacement surgery
- a new treatment for postherpetic neuralgia (wandering shingles pain)
- a new treatment for peripheral neuropathic pain (sciatica/lumbar pain)
- vaccine trials with patches replacing needles
- psychedelic drugs

Guy said that it takes \$1Bn to bring a new drug to market, so the research of PARC is a small step in bringing new drugs to the world.

Guy reminded us that 25% of us are dependent on the health system, but as we age over the next 30 years that 55% will be dependent. So how do we provide the health services that we need now and more so in the future with a shrinking taxpayer group of workers compared to those that are retired? Well, Guy pointed out that we become more efficient and reduce hospital stays. This led to his other project that he runs, Advanced Recovery Room Care (ARRC). One example is the use of dissolvable sutures impregnated with slow-release pain relief where the patient can walk out of the hospital after a knee replacement. These types of ideas can free up hospital beds and save money.

A research paper on the findings of ARRC is being published in the prestigious Lancet, the key point being for every million dollars spent by ARRC it produces a cost saving of between \$3.5M to \$5M. In an ideal world Prof Ludbrook could have his own hospital where he can put his ideas into practice to validate his findings. Hey listen up politicians!

PARC is always looking for volunteers to participate. Apart from helping PARC the volunteers receive free treatment. For more info link to [researchclinic@adelaide.edu.au](mailto:researchclinic@adelaide.edu.au) and [Health.RARCResearch@sa.gov.au](mailto:Health.RARCResearch@sa.gov.au) **Right now they are looking for previously Covid vaccinated volunteers to trial a booster with a needle free device.**

*Mark Thompson*



*Prof Guy Ludbrook with President Lindsay*

**JACKPOT**  
Next week  
**\$10.000**



## Upcoming Events

Sunday 25 September

### ST JOHN'S FIRST AID TRAINING

Hectorville Sporting Club. Time: 9.00am

Wednesday 28 September

### BOARD MEETING

Indian Club SA, 613 Magill Road, Magill  
6pm for 6.30pm

Friday 30 September

### SUBS DUE

Sunday 09 October

### RCMS MONTHLY MARKET

Campbelltown Memorial Oval – 8.30am until 2.00pm

October 28-30

### ZONE 8 CONFERENCE CANBERRA

National Convention Centre Canberra



"I'm home...What a terrible day...I took your ladyshaver to work instead of my taser!"



**HAPPY BIRTHDAY GRAHAM**

Best wishes from us all. 26SEP.



## PRESIDENT'S THOUGHT FOR THE DAY

*"The most important thing we learn at school is the fact that the most important things can't be learned at school"*



### Ice Breaker:

No doubt most of you watch part, if not all, of the Queen's funeral. Bearing in mind Britain has had the Duke of Edinburgh's funeral and the Platinum Jubilee, do you think it was somewhat over the top when the British economy is on a downhill slide and a large proportion of the population is finding it difficult to make ends meet?

### Responses:

In my own opinion I think it could have been pared back a bit considering the cost of living crisis in the UK and the fact there is a Coronation looming on the horizon. I will acknowledge that the Coronation will probably pull in a lot of pounds from tourism.

Money well spent was Peter's assessment.

Mark thought the whole day was impressive. *I don't think anyone could argue with that.*

The British Government has come out and said it was money well spent.

*I just hope they spent some of that money on porta loos because I reckon there were hundreds in that procession that were just busting to visit one.*



### Quiz Question:

**What breaks but doesn't fall and what falls but doesn't break.**

**Answer: Day Break/Night Fall**



## HAPPY 50<sup>th</sup> WEDDING ANNIVERSARY

Congratulations to **Mark and Mari** on your Golden Wedding Anniversary.

Mark said this morning that they were happily married. He was happy and Mari was married.

Enjoy your special celebration on the 26<sup>th</sup> September.



**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

