

Magill Sunrise
Rotary
Club



Lindsay's Lobs

Welcome & Apologies

VOLUME 26/ ISSUE 10
1,195/ 04OCT 2022

Apologies were received from Graham, Robyn, Pauline, Peter, Rick and Suneth.

Guests: – Welcome to our club **PDG Jeff Neale** and **Bruce Dolman**.

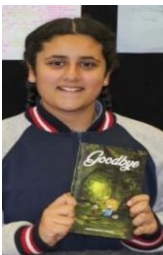
Next Club Meeting

7:00 am, 11 OCTOBER 2022



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

Guest Speaker: NOMIKI REBECCA THOMAS
Author of a fictional children's book called "Goodbye"



Join **Nomiki Rebecca Thomas** for her talk about her book **"Goodbye"**. Nomiki, 13, chose to write a book as a part of her personal project in Year 7 at St Andrew's School. "Goodbye" has been published and is available at Dillons Bookshop – all proceeds will be donated to the Indigenous Literacy Foundation. Come along and hear Nomiki as she talks about what it means to her to be able to publish her first book.

President's Report



October happens to be Mental Health Awareness Month.

Coincidentally, our October Market supports that theme since our principal beneficiary is **Australian Rotary Health** (ARH)

Australian Rotary Health is the leader in non-government funding of mental health research within Australia. That funding goes towards research grants, fellowships and PhD scholarships focussed on finding preventative and curative solutions for mental illness in young Australians.

Australian Rotary Health also provides funding into a broad range of general health areas and scholarships for rural medical/nursing students and Indigenous health students.

If you're able to support Australian Rotary Health, [donate here](#) – or see us at the Market on Sunday.



Cheers,
Lindsay

What has Australian Rotary Health got to do with Sudden Infant Death Syndrome (SIDS or Cot Death)?

It was at the University of Tasmania that Professor Terry Dwyer built his research team. He and his wife moved from Sydney to Hobart after early research had made him aware that the incidence of SIDS was twice as common in Tasmania as the other Australian states, but for reasons that were not understood. Terry and his team undertook ground breaking research.

10,000 babies were recruited to the Rotary-funded study. Professor Dwyer said, 'Sleeping position was not our principal hypothesis. We were looking at heart rate, temperature variation ... but you couldn't ignore the position in which babies died.' When they compared everything about the circumstances of those who died with those who did not, sleeping position rang out loud and clear.

Terry Dwyer's research brought outstanding results, so much so that very quickly the number of infant deaths fell by 80% worldwide. **His cot death research remains one of the most successful research outcomes in the world. ARH's first funding exercise, made possible by Rotary Club support throughout Australia, led to the saving of millions of lives.**

A lot is owed to the Rotarians who established and drove the Research Fund in its formative years. These early directors created and built a corpus which, despite global financial challenges, has grown considerably and now **annual interest covers the costs of running the organisation which means that 100% of club donations are spent on our ARH programs.**

Since 2000, Australian Rotary Health has tackled a far greater challenge facing our society, that being to **improve mental health**. When looking at the numbers of Australians currently diagnosed with a mental illness, the statistics are overwhelming, particularly in our young people. Research shows us that half of mental illness begins by the age of 14 and if there is one piece of advice to give to parents, it is, 'Don't fight in front of the kids.'

Mental illness is non-discriminatory and not one of us is immune. For an adult now not to be affected personally, either through their own situation or through exposure to family members and friends who are suffering, would be a rare stroke of fortune.

ARH is now one of the largest non-government funders of mental illness research in Australia. It has also effectively engaged Rotary clubs at a local level to increase community awareness of mental illness and to reduce stigma. ARH has a great team of research advisors, all honorary.

ARH continues to develop a wonderful and supportive relationship with young researchers striving to find answers. **Rotary's "Lift the Lid on Mental Illness" campaign** has been widely embraced by Rotarians over the past three years and will increase our ability to fund even greater numbers of researchers.

Here are six examples of ARH mental health funding which have made a positive impact:

- Mental Health First Aid (MHFA) ... first created by health education nurse Betty Kitchener AM and Professor Tony Jorm. Now adopted in over 25 countries with over a million people trained.
- Suicide Prevention ... Professor Jane Pirkis has shown that more balanced media reporting of suicide can reduce 'copycat' behaviours
- Cool Kids Program... created by Professor Ron Rapee, within six months of program starting, three out of four anxious young people are completely free of their anxiety disorder. Now used in around 25 countries.
- Teen Mental Health First Aid (tMHFA) ... Dr Laura Hart and Dr Claire Kelly have developed a safe and effective program for students to support their peers facing mental health problems, with a trusted adult involved. This now has world-wide support, including Lady Gaga's Born This Way Foundation.
- Food & Mood ... Professor Felice Jacka was the first to demonstrate the link of diet to mental disorders and bipolar. Now recognised as a world leader in the field of Nutritional Psychiatry research.
- Brain Training ... Dr Louise Mewton has shown that brain games/training strengthens areas of the brain associated with mental illness. Especially effective for young people experiencing cognitive difficulties.

These are just half a dozen of the many research projects which were initially funded by ARH.

Australian Rotary Health is a great Rotary story and one that I trust has an equally wonderful future.

Contributed by Gregory Ross, District 9820

OUR NEW CLUB SHIRTS HAVE ARRIVED



They're here!

And I can't fully explain it, but suddenly I feel smarter, stronger, more caring and possibly just a little more good-looking!

Lindsay

RCMS RECEIVES ROTARY PRESIDENTIAL CITATION FOR 2021-2022



PDG Jeff Neale presented PP Simon Brewer (2021-2022) with the Rotary Presidential Citation for his year at this morning's meeting.

The **Rotary Citation** awards recognise the hard work clubs do throughout the year. Taking action toward achieving the citation goals helps clubs engage their members, stay relevant in their communities, and run more efficiently. A welcoming and engaging club also reflects the values of Rotary. When clubs achieve citation goals, they contribute to the overall health and culture of Rotary for generations to come.



The inaugural **Calperum Station Bush Ball** will be held on **Friday the 28th of October 2022** in the Calperum Station Wool Shed.

Muster the mob and head out to the station for a fun night of dancing, amazing food, a spectacular sunset and entertainment including an auction raising funds to support the ongoing environment and educational activities at Calperum Station.

Tickets are \$110.00 per head which includes a three-course dinner and there is return transport from Renmark at \$15.00 per head.

Head to the Calperum Station Facebook page for all the details.



If you haven't paid your club subs, they are now **overdue**.



FIRST AID TRAINING COURSE



Magill Sunrise Rotary's first responders: Simon Brewer, Peter Macaulay, Rick Caldwell, Lindsay Davis, Ian Coat and Greg Schuetze



On Sunday 25 September a day long First Aid Course was conducted by the St John's Ambulance at the Hectorville Sporting Club for club members and other interested parties.



Guest Speaker: JOSEPH MWISENEZA

Joseph Mwiseneza, our guest speaker at this morning's meeting deserved a medal for his effort in driving from Seaford through stormy conditions plus day 3 of the start of Daylight Saving.

Joseph is one of the founder partners of **"Uptgether Healthcare"** a NDIS registered Disability Support Service provider. Based in Adelaide's south they service all of South Australia. Joseph's training is nursing and engineering, while the other partners have experience in Disability, Education, Business Management and Aged Care. Joseph is part way through his MBA.

Joseph was born in Rwanda and had to flee to the Congo as a child at age 8 with his siblings because his own tribe, the Tutsi were under lethal threat from the Hutu. Parentless, he eventually returned to a Rwandan refugee camp, where from 1996 to 2010 he completed his primary and secondary education. Having completed secondary school his work prospects in Rwanda were bleak but after an interview with the UNHCR his application for migration to Australia was successful. The good news is that Joseph's parents survived.

Having studied nursing he was unsuccessful in his application for work in that field because he failed his English examination. He then embraced disability studies, motivated by his childhood experiences and a desire to help people.

Joseph, the father of five, came up with the business name 'Uptogether Healthcare' because of his philosophy of 'if we all stick together then anything is possible'.

Uptogether Healthcare supports local artist and works on a 10% commission on sales, but returns that to selected charities.

We wish Joseph all the best for his growing venture in Health Care.

Mark T



RESULTS OF THE ZONE 8 REGIONALISATION PILOT BALLOT

Dear Rotary members,

Thank you to all clubs who cast their vote in the Zone 8 Regionalisation pilot ballot.

We were delighted with the result with more than 89% of clubs across the zone expressing a YES vote. This lets us know that there is strong support for a pilot which will enable us to trial, explore, design and evaluate a new regional approach to supporting and governing Rotary and Rotaract clubs in Australia, New Zealand and Pacific Island region.

We are pleased to advise that 20 out of 21 Districts achieved the required threshold of two thirds majority of clubs voting Yes. The club vote was also endorsed by all 21 District Governors in their role as Rotary International Officers.

Whilst one district had more than 50% of clubs vote yes, it did not meet the two thirds threshold.

At this point in time, we will advise the Rotary International Board of the outcome as well as seek guidance on the path forward. Thank you for your patience and we will be in touch once we have a clear course of action.

If you require further information, please contact your District Governor.

We would like to thank all Rotary and Rotaract volunteers who have supported this project. We would also like to thank the Rotary International staff at our Sydney office and elsewhere for their ongoing support.

Sincerely,

Ingrid Waugh

Co-Chair Regionalisation Group Zone 8



RCMS MONTHLY MARKET SUNDAY 09 OCTOBER 2022

Preliminary Market setup for members Saturday 08 October at 2.00pm

Please let Greg know if you are unable to make your shift.

First Shift Including Set Up 0700-1100

Robyn	Stall Allocation	
Colin	Safety Check List	
Graham	Cook	Sausages and Onions
Lindsay	Cook	Bacon & Egg S/W -Zucchini Fritters
Peter	Cook	Donuts
Rick	Assisting with donuts	
Suneth	Serve (If required)	
Robyn	Serve	
Meryl	Serve 9.00am -11am	
Ian	Orders	
Greg	Float (If required)	
John and Concordia	Welcome/Rotary Table	

Second Shift including Pack Up 1100-1500

Mark	Cook	Sausages and Onion
Lindsay	Cook	Bacon & Egg S/W - Zucchini Fritters
Suneth	Cook	Donuts
Mari	Assisting with donuts	
Suzette	Orders	
Chiara	Serve	
Melissa	Serve	
Graham & Robyn	Welcome/Rotary Table	
Ian	Float (If required)	
Ian	Collect Stallholders' Money	

Beverages and Nibbles: October – Graham and Robyn
(1 x carton beer, 2 x bubbles & nibbles)

Cleaning aprons and towels: October – Colin

Upcoming Events

Saturday 08 October

MARKET SET UP at 2PM

Campbelltown Memorial Oval

Saturday 08 October

A DAY IN THE GUMS

Brookside Cellars, The Gums Reserve - 10am

Sunday 09 October

RCMS MONTHLY MARKET

Campbelltown Memorial Oval 8.30am -2.00pm

Thursday 20 October

BOARD MEETING

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

Sunday 23 October

CLASSICS ON THE PARK CAR SHOW

Thorndon Park Reserve 10.00am – 2.00pm

Wednesday 26 October

NEIGHBOURHOOD BBQ

Nightingale Reserve, Magill. 5.30pm – 7.00pm

Friday 28 October

CALPERUM STATION BUSH BALL

Calperum Station Wool Shed

Saturday 29 October

OPENING OF THE CAMPBELLTOWN WRITERS' WEEK

Campbelltown Library – 10.00am

October 28-30

ZONE 8 CONFERENCE CANBERRA

National Convention Centre Canberra



JACKPOT
Next week

\$10.00

Ice Breaker:



This week we have heard that the state government is going to demolish the Thebarton Barracks to make way for a new hospital. This has caused some controversy, but bearing in mind Edmund Wright House and Martindale Hall, to name just two heritage buildings, have been in limbo for years, just how far down the pecking order would a collection of out dated, not fit for purpose buildings come? Should we just accept that we can't hang on to every old building and look to the future and build a hospital which would serve the community and have room to expand should the need arise?

Responses:

There was general agreement that it was worth preserving the Thebarton Barracks history – but not the buildings themselves.

There was some concern about the size of the footprint, but interesting to learn that 'going up' height-wise was restricted due to proximity to the Adelaide airport light path.

PRESIDENT'S THOUGHT FOR THE DAY

***"Someone cracked my password. Now I need to rename my puppy."* – Unknown**

(Prompted by the Optus data breach)



Quiz Question:

What type of flowers produce vanilla pods and from which country did they originate?

Answer: Orchids and from Mexico (*Apparently Simon nailed this, so I will need to find harder questions*)

Vanilla is a spice derived from orchids of the genus *Vanilla*, primarily obtained from pods of the Mexican species, flat-leaved vanilla. Pollination is required to make the plants produce the fruit from which the vanilla spice is obtained.





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 Kaurna people of Tandanya,
and we pay our respects to
their Elders, past and present.*


www.magillrotary.org.au


www.facebook.com/rotarymagill


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: 0493 281 503

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 - 1st & 3rd Wednesday

Adelaide Royal Coach, 24 Dequetteville Tce, Kent Town

2nd & 4th Wednesdays

Bocelli Café, Hutt St, Adelaide

Norwood: 0412 305 660

6.30pm - 1st, 3rd & 5th Wednesdays

Kensi Hotel, 23 Regent St, Kensington

Burnside: 0401 627 339

6.30pm - 2nd & 4th Wednesdays

Kensi Hotel, 23 Regent St, Kensington

Morialta: 0497 159 737

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

