

Magill Sunrise  
**Rotary**  
Club



## Lindsay's Lobs

### Welcome & Apologies

**Apologies:** Colin Hill and Bruce Dolman

**Guests:** – Ben Nightingale, real estate agent for L.J. Hooker and Aric Pierce, consultant for Price Waterhouse Cooper. We hope you both enjoyed your morning with us and will consider joining our merry band.

Welcome back to our honorary member Anne, who has returned to us after her Christmas holiday to the UK.

**VOLUME 26/ ISSUE 21**  
**1,206 07 FEB2023**

### Next Club Meeting

**7.00 am, 14 FEBRUARY 2023**



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



### Guest Speaker next week: **IRYNA ROIK**

Iryna has over 17 years of experience in business development in several industries: commercial real estate, family entertainment centres, telecommunications, and education. She has as a master's degree of Information Technology in Economics with speciality in Project Management. Currently Iryna is managing and nurturing relationships with clients as well as growing potential customer base at IRIS IT. You will bump into her in most of the networking events happening all over Adelaide. Also known as the IT lady. Outside the office Iryna is deeply involved in the development of local Ukrainian community and acts as Relationships Manager of SLAVA Ukrainian Cultural Centre.



### President's Report

Have you noticed **how many modes of transport are promoted by our local Rotary Clubs?**

In Campbelltown we have:

- Duck Races through the local reservoir last weekend;
- A Walk for mental health along the river this weekend;
- A collection of Classic Cars coming to the park next weekend.



Those sailing/walking/driving activities bring our community out to enjoy themselves and raise funds for great causes.

If you ever wanted **a demonstration of the diversity, fun and benefits of belonging to Rotary** – this is it!

And in extra good news, the weather forecast is brilliant for this Sunday's **Magill Sunrise Market** (leading into Valentine's Day). This will coincide with the "**Lift The Lid Walk for mental health**". It's not too late to Register for the walk (preferred) or come along at 8:00am to sign up on the day.

Our friends at Campbelltown Rotary Club are seeking some assistance with carpark marshalling at their "**Classics on the Park**" on the morning of Sunday 19<sup>th</sup> February at Thorndon Park. Let me know if you're available.

I hope you loved Duncan's presentation at our last meeting. Certainly made us think. Personally, I'm going to be haunted by that image of the train carriages. It was an amazing demonstration of the power of your words and thoughts.

Cheers,  
**Lindsay**



### **Guest Speaker: DUNCAN REDMAN**

'Succeeding in the Game of Life' was the theme of our guest speaker, Duncan Redman, at our breakfast meeting. Duncan and Club President Lindsay go way back to both studying for their accounting degrees. Lindsay dedicated his working life to red, green and black ink in Adelaide, while Duncan went on to tackle the world, working in London, Hong Kong, Sydney, just to mention a few.

Duncan is also a board member of **Propel SA**. Duncan made a career change and set up his motivational business, **Dare to Dream**, passing on what he had learned to those who were prepared to listen. Duncan gave us a cut down version of his formula for success.

Duncan spoke about **Choices**, which are often dictated by habit. Choice #1 is to be **Judgemental** and shift the blame from ourselves to others. This leads to fear and therefore **no change**. In the Game of Life, it's playing not to lose. We also have the choice of **Acknowledgement**, which leads to responsibility and on to love. It's playing to win. Although diametrically opposed these 2 choices coexist in each of us and compete for dominance. Our default is Judgemental mode. We are **wired to detect threats**; it takes 0.70 seconds to detect a potential threat. At this time we make choices between **Flight, Fight, Freeze** or **Appease**.

Duncan emphasised the importance of **Language**; what I say today will become my reality. Judgement mode leads to third party language while Acknowledgement mode leads to first party language. The risk of first party language (what I believe) is that not everyone will accept my beliefs. Duncan finished with the Wolves within story which he recently came across in Ash Barty's bio, and recommends.

There are two wolves within all of us, one good and altruistic, the other mean and self-centred. You will have to read Ash's book to find out more.

**Sub-Editor's note:** Carl Jung had something to say on this topic also, but he reckons the wolves story is better. Thanks Duncan for making us think.

*Mark Thompson*

**THERE IS A BATTLE OF TWO WOLVES INSIDE US ALL**



**ONE IS EVIL. IT IS ANGER, JEALOUSY, GREED, RESENTMENT,  
LIES, INFERIORITY AND EGO.**

**THE OTHER IS GOOD. IT IS JOY, PEACE, LOVE, HOPE,  
HUMILITY, KINDNESS, EMPATHY AND TRUTH.**

**THE WOLF THAT WINS? THE ONE YOU FEED.**

**~ CHEROKEE PROVERB**

**PRESIDENT'S THOUGHT FOR THE DAY**

**"Dare to do what you dare to dream"**

*John Tortorella*



**ICE BREAKER:**

Once again Australia Day has come and gone with the usual protests about changing the date. As Australia Day has only been on the 26<sup>th</sup> January since 1946, is it time we actually did change the date to one, more inclusive to all? Ideally it would be the date Australia becomes a republic, but until that occurs, perhaps the 27<sup>th</sup> May, when Aboriginals were included in the census as Australian citizens would be more appropriate. **Would you like to see the date changed?**

**Responses:**

It seems most were not particularly concerned if the government changed the date. The main criteria being that the new date be in summer, so the Australia Day barbies can still continue.

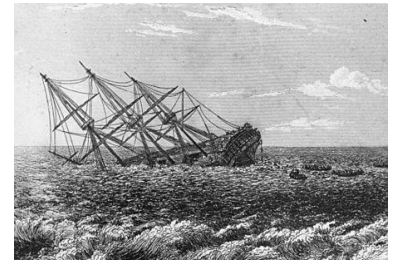
A few thought the date should be changed, me included. Personally, I think it should be in the middle of the year, but the idea of having lamb on a barbie in midwinter went over like a lead balloon.



**QUIZ QUESTION:**

In 1791 where did the HMS Pandora run aground and sink?

Answer: **Great Barrier Reef**



**HMS Pandora** was the Royal Navy ship sent to hunt down the Bounty mutineers in 1791. After months of searching the south pacific and finding only 14 of the mutineers, Captain Edwards turned for home via passage through the Torres Strait. The 24-gun frigate ran aground at the edge of the reef, eventually sinking in 30 metres of water. One mutineer and 35 crew lost their lives, and the survivors made a phenomenal journey in long boats to Indonesia (then Java). Discovered on the 15<sup>th</sup> November 1977, the HMS Pandora is one of the best preserved shipwrecks in Australia.



"Don't forget it's my mother's birthday tomorrow."



**JACKPOT  
NEXT  
MEETING  
\$15.00**



# CAMPBELLTOWN, S.A.



**Sunday, 12<sup>th</sup>  
February 2023**



**Walk starts at  
9:00am**



**Campbelltown  
Memorial Oval**



**\$30 early-bird  
tickets**

The Rotary Clubs of **Campbelltown, SA** and **Magill Sunrise** are hosting their inaugural [Lift the Lid Walk](#) in 2023! These walks are a great way to spread awareness of the 1 in 5 Australians who are suffering from a mental illness. Help us [Lift the Lid on Mental Illness](#) this summer by walking with us!

All proceeds go into mental health research through [Australian Rotary Health](#).

#### Time Details:

On the day registrations will be accepted from 8:00 am. The inaugural Ambassador's Welcome address will be at 8:30 am before the 9:00 am walk start.

#### Location Details:

The walk is 5km, starting from Campbelltown Memorial Oval, Corner of Darley and Lower North East Roads, Paradise, linking to the nearby River Torrens Linear Park, and returning to Campbelltown Memorial Oval.

#### Fee Details:

\$30 early-bird registrations will include a t-shirt. Kids under 15 walk FREE! (no free shirt)

## Get your business involved

2023 will see up to 26 locations across Australia walking for mental health research. It is the perfect time to get your company or business involved!

Support your local community, break down the barriers and stigma associated with mental health and help raise funds for mental health research. Today's research is tomorrow's treatment and cures.

Primary Contact: **BETTY GEBERT** [bettygebert17@gmail.com](mailto:bettygebert17@gmail.com)





Rotary  
Club of Campbelltown

PRESENTS

# CLASSICS on the Park



ALL PROCEEDS  
TO BENEFIT CFS  
Address  
Museum  
Museum & Art Gallery  
1000  
1000



**Sunday 19<sup>th</sup> February 2023**

Thorndon Park Reserve, Hamilton Tce, Paradise  
(Food and drinks available for sale)

**10am - 2pm**



PROUDLY SUPPORTED BY:



For more info: [classicsonthepark@gmail.com](mailto:classicsonthepark@gmail.com)

Sam 0415 695 888 or Jeff 0418 807 040

@classicsonthepark



This festival is brought to you by the **Rotary Club of Morialta** in association with the **City of Campbelltown**.

The Dance & Music Festival showcases the best of Adelaide's dance and music troupes.

From the 4th to the 12th of February 2023, Thorndon Park will come alive with a programme of dance and music, celebrating a broad range of styles from a diversity of cultures."

The Rotary Club of Campbelltown has been asked to help by promoting the festival and its website; to invite any Club or Group to contact Festival organisers via the website to stage an event in the festival; to invite individuals to check out what is on offer each day of the festival and to attend.

The website is constantly being updated as details arrive from Promoters.

If you or your family or friends have any questions about the Festival, please contact Rotary Club of Morialta, Rotarian Bruno Giorgio by email [brunogiorgio@internode.on.net](mailto:brunogiorgio@internode.on.net) or mobile 0409 267 284.

## VALE

It was with great sadness that we learnt of the passing of Bob Pomeroy PP, PHF last week. Bob, was a member of the Rotary Club of Morialta, a committed Rotarian and a staunch supporter of the Community Workshop. He was a friend to many of us in our club, and has been our guest speaker.

Our sincere sympathy and thoughts goes to his wife Anne, Amanda and Rachel and the extended family. RIP Bob.



## RCMS MONTHLY MARKET SUNDAY 12 FEBRUARY 2023

Preliminary Market setup for members **Saturday 11 February 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	
Graham	Safety Check List	
Graham	Cook	Sausages and Onions
Simon	Cook	Bacon & Egg S/W -Zucchini Fritters
Greg	Cook	Donuts
Suneth	Assisting with donuts	
Robyn	Serve	
Bruce	Serve 10.00am – 11am (If required)	
Meryl	Serve 9.00am -11am	
Ian	Orders	
Suneth	Social Media Promotion 8.00am-9.00am	
Bruce	Car Park Marshal 7.00am-9.00am	
Lindsay	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
John F	Assisting with donuts	
Suzette	Orders	
Nina	Serve	
Melissa	Serve	
Graham & Pauline	Welcome/Rotary Table	
Greg/Robyn	Float (If required)	
Ian	Collect Stallholders' Money	

**Beverages and Nibbles: February – Simon** (1 x carton beer, 2 x bubbles & nibbles)

**Cleaning aprons and towels: February – Lindsay**



## Upcoming Events

4<sup>th</sup> – 12<sup>th</sup> February

**DANCE AND MUSIC FESTIVAL**  
Thorndon Park Reserve



Sunday 12 February

**RCMS MONTHLY MARKET & "Lift the Lid Walk"**  
Campbelltown Memorial Oval 9.00am - 2.00pm

Sunday 19 February

**CLASSICS ON THE PARK CAR SHOW**  
Thorndon Park Reserve 10.00am – 2.00pm

Thursday 23 February

**BOARD MEETING- 6.30PM**  
Café Va Bene  
636, Lower NE Road, Campbelltown

Friday 3 March

**MOONLIGHT MARKET**  
Thorndon Park Reserve 5.30pm – 9.30pm

Friday 10 March

**ROTARY FOUNDATION & SOCIAL PHILANTHROPY**  
Adelaide Oval 5.30pm – 7.30PM

Saturday 11 March

**"PROTECTING THE ENVIROMENT"** Forum  
Charles Campbell College. 2.00pm – 5.00pm

Wednesday 22 March

**BBQ & OFFICIAL OPENING OF WORKSHOP EXTENSION**  
3, Maryvale Rd, Athelstone - 6PM-8PM - Rotary Club of Morialta

Sunday 23 April

**MULTIPLE BIRTH FESTIVAL**  
Orphanage Park, Goodwood. Rotary Club of Unley.

27<sup>th</sup>-31<sup>st</sup> May

**ROTARY INTERNATIONAL CONFERENCE**  
Melbourne

## February Market Beneficiary



Proceeds from our February market will be directed to the **LIFT THE LID WALK** which will start and finish at the market. The walk is an opportunity to get people together and raise awareness of the serious mental health issues we face in all areas of our communities, schools, home and workplaces. Now more than ever, we need to break down the stigma that continues to plague our society so that people are more comfortable to discuss and seek help for mental health issues. As the sole beneficiary of the walk series, **100% of funds** raised from LIFT THE LID WALKS go directly to funding vital research.





**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](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: 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 – 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

