



Lindsay Uninterrupted

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THIS SUNDAY!!

REGISTER NOW!



The Rotary Clubs of **Campbelltown, SA** and **Magill Sunrise** are hosting their **second Lift the Lid Walk** on Sunday October 8th 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 spring by walking with us! All proceeds go into mental health research through [Australian Rotary Health](#).



Sunday 8th
October 2023



Walk starts at
9:00am



Campbelltown
Memorial Oval



\$30 early-bird
tickets

Time Details:

On the day registrations will be accepted from 8.00am and an indemnity form will need to be signed. On the day registrations will receive a free cap and free sausage after the walk. There will be an official Ambassador's Welcome at 8:30am.

Location Details: [Info about the walk](#)

Choose between a 5km or 7km walk, starting from Campbelltown Memorial Oval, corner of Darley and Lower NE Road Paradise, linking to nearby River Torrens Linear Park, and returning to the starting point.

Fee Details: [Register now](#)

\$30 early-bird registrations will include a T-shirt. Kids under 15 walk FREE! (no free shirt). They will also receive a free sausage or vegetarian equivalent after the walk.

Come Join Us: and enjoy the RC Magill Sunrise Sunday Markets afterwards.

Contact: Betty Gebert Mobile: 0429 148 143 Email: bettygebart17@gmail.com





WELCOME & APOLOGIES

Welcome to Honorary Member Anne Cole.

Apologies were received from Bruce, Monica, John K, John F, our guest speaker Marilyn and from Greg, hope the back is feeling better.



PRESIDENT'S REPORT

Operation Flinders slogan is '*One Step at a Time*'. However, there is also an idiom '*Jump in with both feet*'. Our newest members have done both.

When **Erik and Monica** moved to Adelaide, they immediately sought opportunities to get involved in their new community. Both have enthusiastically helped out at the Magill Sunrise Market– and they did not hesitate to sign up for the Rotary Club of Magill Sunrise team in the Operation Flinders City-To-Summit walk.

Erik & Monica have seized every opportunity to connect and contribute to their new community. It's inspiring (and appreciated) to see young people "*jump in with both feet*".

However, there wasn't a lot of jumping on the City-To-Summit walk. By the end of 22kms uphill, "*one step at a time*" made sense – but we congratulate you both on your enthusiasm and involvement.

For us ordinary people – [come and join us this Sunday morning](#) at Campbelltown Memorial Oval for a much more leisurely paced walk. **The Lift The Lid Walk** for mental health aims to prove "*Walking is man's best medicine.*" (courtesy: Hippocrates).

NEXT CLUB MEETING 1231

7am, 10 October 2023, Heccies,
31 Fisher St, Magill
Club contact: Lindsay Davis
0415 453 101

GUEST SPEAKER:

DG CRAIG DOWLING



The 2023/2024 District Governor
of District 9510 will be visiting
our club.



LIFT THE LID
on mental illness

Cheers,

Lindsay



CREATE HOPE
in the WORLD





GUEST SPEAKER: MERILYN RUSSELL



Unfortunately due to the electricity outage in Marilyn's area after the storm we experienced, she was unable to access her car and therefore make our meeting.

Never fear, she has been rebooked as our guest speaker for the **17th October**.

Her topic is **INTERPLAST**, providing life-changing surgery and medical training in 17 countries across the Asia Pacific region. They truly **"Repair Bodies and Rebuild Lives"**



CITY TO SUMMIT WALK



Magill Sunrise Rotary team Erik and Monica took part in the **'City to Summit'** walk from the Adelaide CBD into the Adelaide Hills, on Friday 29th September. Despite it being a warm day, we are happy to report they made it.

Here is Erik's report: -

Prior to the start, there was an aboriginal ceremony to bless all the participants. Then we started to walk through the City and had two stops before heading to the hills. When we started the ascent, the weather was hot, so it was demanding to continue. The road to get to Mount Lofty was hard and the pace was slower but always cheerful. The final destination, Woodhouse Activity Centre, was difficult to achieve but the landscape to get there was very rewarding. A cold beer and a delicious paella gave us energy again and the guest speaker Katrina Webb inspired us.

It was an amazing day, we met new people and a couple talked to us most of the walk (free listening class). The Operation Flinders is a program that can change young people life based in the experience with nature and that is so beautiful. The landscapes of Adelaide are amazing, and we could "taste" how people in this city takes care of nature and people, which is so aligned with our values. Thank you, Magill Sunrise Rotary Club, for allowing us to represent you and live this extraordinary experience (special thanks for your donations).

The walk was a fund-raising event for **Operation Flinders** and all funds raised will go to transforming the lives of young people.

- Over \$78,000 has been raised by this event.
- The Rotary Club of Magill Sunrise fundraising placed us in the Top-20 organisations.
- Thank you to our generous supporters!

The [fundraising page](#) is still open for donations.





QUIZ QUESTION

Why do we only turn the clocks forward or backward at 2am in the morning? Why don't we do it at midnight?

ANSWER: The idea is that most workers with early shifts will still be in bed and most bars and restaurants will already be closed.



ICE BREAKER



Daylight Saving - numerous studies have shown the extra hour of sleep we lose by turning the clocks forward can give an increased risk of heart attack/stroke, susceptibility to illness and seasonal depression. There are also increases in traffic crashes and workplace injuries.

What are your thoughts on daylight saving - is it good or bad?

RESPONSES:

We are lucky that it occurs on a long weekend as it can take a couple of days to get used to.

It's currently so light in the morning that we are already used to it.

It then drags out at the other end of daylight saving.

There is talk of daylight saving becoming permanent, which will work.

There is also a reduction in crime during this period, along with a reduction in power usage.



CALPERUM STATION BUSH BALL



its on again

The Calperum Station WOOLSHED BUSH BALL

FRIDAY 20 OCTOBER, 2023

A truly unique event promising an unforgettable experience.

A night of magic and surprises as you join the stars both on the stage and in the mesmerizing night sky. Live entertainment, music and dancing – MC for the night, SA celebrity Amanda Blair.

The tucker

Award winning Riverland themed 3 course menu from Salt & Pepper Catering

- Canapes paired with locally selected welcome drinks on arrival
- Main course – the best delectable offerings including award winning signature dishes – Pressed Lamb Shoulder, Murray Cod and more
- Dessert – a delicious surprise of 'Riverland in a glass'

The refreshments

Tastings of a selection of the finest Riverland wines, craft beer and gin (also available for purchase on the night) including:

- Small batch, limited edition Calperum Gin with native bush flavours of Quandong and Saltbush - lovingly crafted by Ruston's Distillery
- A special offering of the soon to be launched Mallee Estate '230 STRONG MEN' wine range
- Unique offerings from Wilkadene Brewery including their classics plus their latest release of AMBER ALES and newly released SALT BUSH BEER and VILLIS MEAT PINT

The experience

A 6.30 start, a steaming meal and then dance the night away with live music (including a special guest singer) until late

- Door prizes and a fabulous fundraising auction
- Self-contained camping and limited accommodation in the shearer's quarters (sleeping bag needed) plus an optional 'morning after' recovery breakfast
- Dress code is BUSH FORMAL - ball gowns (we suggest upcycling OP shop gems), moleskins, boots, glitter, smart casual, check shirts and chinos
- Transport to and from the BUSH BALL available from Renmark

VENUE: CALPERUM STATION WOOLSHED, Calperum Station, 1371 Wentworth Road, Renmark.
Limited Tickets \$150 each or take advantage of the 'Early Bird Special' of \$135 per ticket (if booked before Wednesday, September 20). Group tables available. For Ticket Sales, accommodation or other enquiries phone 08 85957359 or email admin@salt.org.au OR book through Eventbrite: www.eventbrite.com.au/calperum-station-fundraising-bush-ball-tickets

ALL PROCEEDS SUPPORT FLOOD RECOVERY PROJECTS AND THE RESTORATION OF CALPERUM STATION, PROVIDING CRITICAL HABITAT FOR THE MANY THREATENED AND ENDANGERED SPECIES THAT MAKE THIS SPECIAL PLACE THEIR HOME. YOUR SUPPORT IS TRULY APPRECIATED

PROUDLY PART OF THE RIVERLAND ROSE AND GARDEN FESTIVAL





QUIZ NIGHT

BOOKINGS ARE NOW OPEN - GET YOUR TEAM TOGETHER

COME TO OUR



MAGILL RSL
SATURDAY 18TH NOVEMBER 2023
7.00PM SHARP
\$15 PER HEAD - TABLES OF 8

FULL BAR SERVICE - BYO NIBBLES - STRICTLY NO BYO DRINKS
PRIZES FOR BEST 80s DRESS UP - HATS MAY BE WORN



SUPPORTING
MAGILL RSL
VETERAN WANCHES

BOOKINGS: magillrotary.org.au/quiz



IT IS GOING TO BE A BLAST FROM THE PAST!!



PRESIDENT'S THOUGHT FOR THE DAY

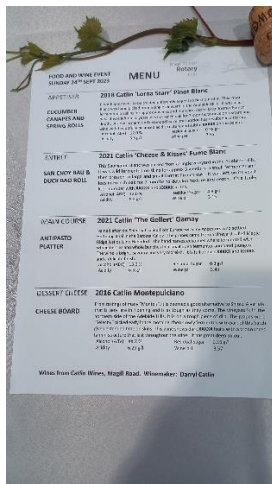
**Oldtimers, weekends, and airplane landings are alike.
 If you can walk away from them, they're successful."**
 ~Casey Stengel



WINE AND FOOD PARING RCMS SOCIAL FUNCTION

What a **special day** we had with our club social event on Sunday 24th September. Head Chef Robyn along with her able helpers (a.k.a. her family) prepared a wonderful collation of dishes for us that were matched superbly with a selection of **Catlin Wine Co.** wines - an amazing local Magill business. President Lindsay mapped out some sneaky questions for us to make us think about the flavours of each wine and the background of the foods we were enjoying.

We got in a little early and helped Graham celebrate his 80th birthday. Thanks to Robyn and her helpers Graham, Meryl, Melissa & Chiara, plus President Lindsay, for putting on an absolutely awesome afternoon.



NEXT SOCIAL EVENT SUNDAY 29th OCTOBER – OKAMI JAPANESE RESTAURANT
 (See Upcoming Events)





MARKET ROSTER SUNDAY 08 OCTOBER

	1st Shift 6.30am - 11am	2nd Shift 11am - 3pm
Welcome/Rotary Table		Pauline
Safety Check List	Colin	
Stall Allocation	Robyn	
Social Media/Club Promotion	Greg	Simon
Assisting with Donuts	Greg	Simon
Cook Donuts	Suneth	Bruce (until 2pm)
Orders	Ian	Lindsay
Cook Sausages & Onions	Graham	Mark
Cook B & E Sandwiches/Fritters	Simon	Greg
Server 1	Meryl (8am-11am)	Melisa
Server 2	Helen	Suzette
Server 3 (If required)	Robyn	Ian
Float (Help where required)	Lindsay & Bruce	Graham & Robyn
Collect Stallholders Money		Ian
	Shift includes setup	Shift includes pickup

Beverages and Nibbles: **Greg**

Cleaning aprons and towels: **Ian**

SET UP 2PM SATURDAY 09 OCT – members only.
Please note earlier start on Sunday 10 OCTOBER – 6.30am





Rotary

says **NO** to
DOMESTIC
VIOLENCE



www.StopCoerciveControl.au

Walk with **RESPECT** in this **peaceful** parade
Saturday 25 November 2023

from 9am - Meet in Victoria Square

from 10am - the walk starts
1.2km along King William Street

10.30am - Arrive at Pioneer Womens Memorial Garden

10.30 to 11am - Inspirational presentations

11am to Noon - Mix | Mingle | Coffee | Food | Connect

One key focus will be to raise awareness of **Coercive Control**.
An educational walk to offer the wider community an insight into key signs of
Coercive Control against **Women • Men • Children!**

Visit our event website www.StopCoerciveControl.au to learn more
or to connect with one of the many groups in South Australia who
intimately work to support survivors of Domestic Violence.



Register Today!

Register to walk - FREE

Choose the organisation / group / agency
you want to walk with on the day!

Yes, registering to Walk is FREE

but your Voluntary Donation will be welcomed!

[http://e.MyBookingManager.com/
Say-No-To-Domestic-Violence-Parade](http://e.MyBookingManager.com/Say-No-To-Domestic-Violence-Parade)





ROTARY SAYS NO TO DOMESTIC VIOLENCE ACTION AND AWARENESS WALK

Rotary has been active in South Australia for a Century.

We are part of a worldwide respected group of volunteers passionate about issues in our community.

Partnering with our friends at Zonta, we bring together this parade to offer your organisation an opportunity to walk in solidarity with others working in this space, to peacefully raise awareness of Domestic Violence and Coercive Control issues that surround us.

This will be a non-confrontational, educational walk.

Rotary's aim is to encourage dozens of separate organisations; government agencies; programmes; support services etc to walk in unison to raise awareness of Domestic Violence in our community, with a particular focus on Coercive Control.



SUBS ARE NOW **OVERDUE!**



RARE

ROTARY AUSTRALIA REPURPOSING EQUIPMENT
FORMERLY DONATIONS IN KIND (DIK)

RAWCS CENTRAL OPEN DAY RARE WORKING BEE

SUNDAY 19th November 2023

Follow the signs from Taranaki Road Edinburgh Parks

Start at 9:30am until Lunch starts at 12 noon.

BBQ lunch cooked by our District Governor Craig Dowling

RSVP to david.cockshell@gmail.com



CLUB MILESTONES



**HAPPY 10th WEDDING ANNIVERSARY
TO
ERIK AND MONICA**



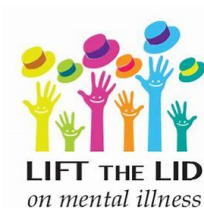


UPCOMING EVENTS

- Sunday 8 October: **'LIFT THE LID WALK FOR MENTAL HEALTH' - 9am**
Registration 8am. \$30.00 Kids under 15 years free.
Starting and finishing at Campbelltown Memorial Oval.
MAGILL SUNRISE MONTHLY MARKET 9am-2pm
Campbelltown Memorial Oval
- Thursday 19 October **BOARD MEETING 6 for 6.30PM**
Café Va Bene
- Friday 20 October **CALPERUM STATION BUSH BALL 6pm – 11.55pm**
Early Bird discount until 20SEP - \$135.00pp - After \$150pp
Return transfers from Renmark \$25.00pp
Recovery Breakfast Saturday \$25.00pp
Bookings available through [Eventbrite](#).
- Sunday 29 October: **RCMS SOCIAL EVENT - 1200 NOON**
Okami Japanese, 5/297 Montacute Road, Newton
The fixed price menu is \$39.80 per person (\$35.80 for seniors)
Let Simon know asap if you are attending.
- Saturday 18 November: **RC of MAGILL SUNRISE 80's THEMED QUIZ NIGHT**
Magill RSL, 8 Lorne Ave, Magill - \$15pp
Bring your own nibbles. Drinks on sale.
Tables of 8. Bookings: magillrotary.org.au/quiz
- Saturday 25 November **NO TO DOMESTIC VIOLENCE WALK - 9.00AM**
From Victoria Square

THIS MONTHS MAGILL SUNRISE MARKET BENEFICIARY AUSTRALIAN ROTARY HEALTH

[Lift the Lid on Mental Illness](#) is Australian Rotary Health's National annual fundraising day for mental health research.



The event started in 2016 was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

You can support this wonderful initiative by making a donation on **World Mental Health Day**, October 10, to your local Rotary Club or to Australian Rotary Health.



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 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

CONTACT US

MAGILL SUNRISE ROTARY CLUB

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E: magill@rotaryclub.org.au | FB: facebook.com/rotarymagill
Editor: hpauline087@gmail.com (Pauline Hill)

VOICE OF ROTARY

facebook.com/voiceofrotary

ROTARY DISTRICT 9510

rotary9510.org



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.

PRESIDENT

Lindsay Davis



SECRETARY

Colin Hill

