



Lindsay Uninterrupted

VOLUME 27 | ISSUE 11,
1231 | 10 OCTOBER 2023

WELCOME & APOLOGIES

Welcome to DG Craig Dowling and Assistant Governor Elizabeth Gagliardi from the Rotary Club of Campbelltown.

Apologies were received from John K, Monica and Suneth

PRESIDENT'S REPORT

The *Lift The Lid Walk for mental health* was a great success in terms of raising awareness about mental health issues – and will translate into a significant funding contribution for mental health research.

The walk and talk format is deliberately not a race. It aims to create an opportunity for locals to get together and raise awareness of the serious mental health issues we all face. With 1 in 5 Australians suffering a mental health disorder, we hope these walk events will break down the stigma and make it easier to seek support for mental health concerns.

Lingering afterwards around our **Magill Sunrise Market** or supporting our friends at the **Campbelltown Repair Cafe** made for a pleasant and vibrant Sunday morning.

100% of funds raised from the Lift the Lid Walks go into vital mental health research through **Australian Rotary Health**.

Gathering with our community at the Lift the Lid Walk and the Magill Sunrise Market, followed by gathering with friends at our Tuesday meeting on World Mental Health Day, is very much in keeping with Australian Rotary Health's theme of "*Together we can Lift the Lid on Mental Illness!*"

Thank you all for your support of these events.

Cheers,
Lindsay

NEXT CLUB MEETING 1232

7am, 17 October 2023, Heccies, 31
Fisher St, Magill
Club contact: Lindsay Davis
0415 453 101

Guest Speaker: PP. MERILYN RUSSELL



Marilyn Russell is the Immediate Past President of the Rotary Club of Morphett Vale. She is the "go to" person for Interplast in our District. This year marks the 40th anniversary of Interplast, a collaboration between Rotary and the Royal Australasian College of Surgeons.

Interplast sends teams of volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region.

They truly
"Repair Bodies and Rebuild Lives"





GUEST SPEAKER: DG CRAIG DOWLING



District 9510 DG, Craig Dowling honoured us with his presence at our weekly breakfast meeting and spoke for around 30 minutes on his 'Big Four' along with the 'Aboriginal Chronic Disease Project. Craig's big four are, International Service, Diversity, Membership and the Zone 8 for a Cause'.

'International' was self-evident and Craig did not dwell on that for too long, but he expanded on the other three items. When it came to Diversity he concluded with 'is it fair to all' from the Four Way Test best sums up diversity. With Membership, Craig said that membership was 'an enabler', meaning it enabled members to achieve. Our primary purpose is to serve, not just to build membership. The effectiveness of a Rotary Club is not measured by member numbers, but by the quality of the members. The

mantra of The 8 Zones of Partnership for a Cause is 'Say No to Domestic Violence'. This includes coercion as well as physical violence. Next, Zone 8 comprises of 20 DGs, 16 countries, 1300 clubs and 32,000 Rotarians. Craig then told us about the town of Ballina, in which most business have a Purple Day every Friday, leading up till the end of December; purple being the colour used to promote the cause. Craig invited us to be creative and promote this worthy cause. We can call upon Rotary resources as well as calling **1800RESPECT**.

Craig promoted the next District Conference at **Loxton, 15-17 March 2024**.

Craig's wife, Kiki, was an apology this morning due to pressures of being a nurse in the regions, but she was present via video, promoting the DG's Partner's Project, Aboriginal Chronic Disease Prevention Project. Aboriginal chronic disease is affirmed in the Closing the Gap report and National Diabetes Strategy 2021-2030. The project will fund two Aboriginal PhD scholars over 3.5 years to undertake research to undertake a capability development program that supports the up skilling of an Aboriginal healthcare workforce in Chronic Disease prevention. The aim is to raise \$280,000 over 3.5 years.

Craig is asking all clubs to donate \$500 annually for that period. That shouldn't be too difficult.

I went to Australian Rotary Health seeking a link to this project, but there is none; but you can donate to this cause in the donation link, but you must include '**CENT100**' in comments to make sure your donation is allocated to Kiki's project.



Mark Thompson
Guest Speaker Co-ordinator



PAUL HARRIS PLUS 4



With DG Craig in attendance, we had the pleasure of formally recognising Ian Coat's contributions to The Rotary Foundation with an award - a multiple Paul Harris Fellow lapel pin.

The Rotary Foundation helps to provide food, water, health care, immunizations, shelter, and educational opportunities for millions of persons around the world.

The pin is a small token of appreciation for Ian's commitment to Rotary and the Foundation's goals of world understanding and peace. Well done, Ian.

QUIZ QUESTION



When was the last time Australia had a referendum, what was the topic & did it pass?

ANSWER: The last referendum was held on the 6th November 1999.

It was a double referendum to alter the Constitution to create a republic and to include a preamble.

The referendum returned a **NO** vote on both questions from all states and territories except for the ACT

PRESIDENT'S THOUGHT FOR THE DAY

On World Mental Health Day:

"Your mental health is everything-- prioritize it. Make the time like your life depends on it because it does."

~Mel Robins



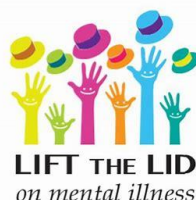


LIFT THE LID WALK RAFFLE DRAW SUNDAY 08 OCTOBER 23

**Results of "Spring into Health LTLW Raffle drawn at 11:30am
Sunday October 8th, 2023, at Campbelltown Memorial Oval.**

- 1st Prize Ticket Number 0452 won by **Jeff Blanco**, valued at \$500.
- 2nd Prize Ticket Number 0510 won by **Elina Tanase**, valued at \$150.
- 3rd Prize Ticket Number 0530 won by **Reoni Amos-Winfield**, valued at \$120.
- 4th Prize Ticket Number 0296 won by **Judy Harris**, valued at \$100.
- 5th Prize Ticket Number 0538 won by **Tony Genovese**, valued at \$130,
- 6th Prize ticket Number 0268 won by **Simon Brewer**, valued at \$100.
- 7th Prize Ticket Number 0397 won by **Brian Stevens**, valued at \$95.
- 8th Prize Ticket Number 0218 won by **Marilyn Harvey**, valued at \$50.

Congratulations to all the winners and a big thank you to all who supported the walk and bought tickets in the raffle.





GREEN CORNER

15 Garden Plants That Repel Pests

Many herbs, vegetables, and flowers have strong aromas that make them wonderful companion plants for natural pest control.



1. **Basil:** This easy-to-grow culinary herb doubles as a repellent for houseflies and mosquitoes. Plant basil in pots and place them around patios to form a protective barrier.
2. **Bay leaf:** Bay is slow-growing repellent plant and common ingredient in soups and stews. Bay leaves also repel flies, cockroaches, and ants. As an alternative to growing your own bay leaf plant, you can also purchase bay leaves at the grocery store and sprinkle pieces of the leaves around pest-heavy areas of your garden.
3. **Chives:** When planted in your garden, this allium plant deters Japanese beetles, carrot flies, aphids, mites, and even rabbits.
4. **Chrysanthemums:** Since they naturally contain a compound called pyrethrum that's common in many artificial insect repellents, chrysanthemums are an effective way to deter pesky insects like spider mites, silverfish, Japanese beetles, ants, bed bugs, roaches, and fleas.
5. **Dill:** Planting dill is a way to repel bugs like spider mites, squash bugs, and aphids from your vegetable garden. A word of warning: Dill is known to attract tomato hornworms, so keep dill away from your tomato plants.
6. **Garlic:** This pungent allium plant is a bug repellent for carrot flies, cabbage worms, slugs, and aphids.
7. **Geraniums:** An iconic flower popular for flower beds and hanging baskets, geraniums deter many types of insects, including mosquitoes and leafhoppers.
8. **Lemongrass:** This attractive, tall-growing ornamental grass is a common ingredient in herbal teas. It contains a fragrant citronella oil that acts as a mosquito repellent.
9. **Lemon thyme:** Often grown for culinary purposes, lemon thyme helps keep mosquitoes at bay. Its tiny flowers also attract bees which help the pollination of surrounding plants.
10. **Marigolds:** The aroma of marigolds repels mosquitoes, aphids, and rabbits.
11. **Mint:** The essential oils found in mint plants—as well as other members of the mint family, like sage, peppermint, hyssop, lemon balm, oregano, and catnip—are all worthy mosquito repellents. Studies have indicated that catnip essential oils are more effective at repelling mosquitos than the chemical DEET, which is used in most synthetic insect repellents.
12. **Nasturtiums:** Nasturtiums are known as a "trap crop" because instead of repelling pests, they attract them to their own leaves. This means bugs like cabbage moths and aphids will focus on the nasturtiums instead of crops like cabbages, tomatoes, and beans. This makes nasturtiums a popular flower to plant along the border of vegetable gardens.
13. **Parsley:** This bright green biennial plant is a popular culinary garnish, but it also serves as an effective repellent against asparagus beetles.
14. **Petunias:** Available in a variety of vibrant colours to spruce up any flower bed, petunias help control aphids, tomato hornworms, and asparagus beetles. Rather than repelling these pests, petunias trap them in their sticky stamens, where the insects die instead of harming your plants.
15. **Thyme:** Thyme is sometimes used for medicinal purposes, and its essential oils are a wonderful natural way to deter insects like cabbage loopers, whiteflies, tomato hornworms, and corn earworms.





LIFT THE LID WALK SUNDAY 08 OCTOBER 23

It was great to see a sea of purple gathering at Campbelltown Memorial Oval for the 2nd Lift The Lid Walk for Mental Health.

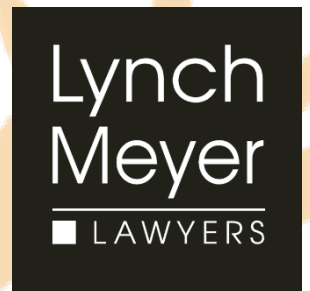
A huge thank you to our corporate sponsors for their support to help grow the success of this event.

Paradise Mazda as Gold sponsors
Tashly Consulting as Bronze sponsors
Lynch Meyer Lawyers as Bronze sponsors

These businesses are clearly showing their support for our community and this cause in particular.

Thank you also to our friends in Campbelltown Rotary Club for their support and Betty Gebert as Chair of the joint committee.

We look forward to continuing to grow the success of this event, raise awareness of mental health issues; reduce the stigma and provide vital funds for mental health research.





GOVERNMENT HOUSE RECEPTION



Bruce Dolman attended a reception at Government House, North Terrace as our club representative. Her Excellency the Honourable Frances Adamson AC, Governor of South Australia, and Mr Bunten invited Bruce to the private soiree to help celebrate the centenary of service of the Rotary Club of Adelaide and Rotary in South Australia.

Bruce came away with no photos – but we're curious about the new silverware in the Dolman household.

CAMPBELLTOWN COUNCIL'S AGEING WELL SHOWCASE EXPO

The Ageing Well Showcase program has been released by Council
<https://www.campbelltown.sa.gov.au/community/activeageing/ageing-well-showcase>



The Showcase aims to connect people to each other, to share information and provide opportunities to try something new in Campbelltown.

Magill Sunrise Rotary is supporting the event with a stall at the Expo on Wednesday 01 November between 10am and 1.30pm. Please let President Lindsay know if you can assist anytime.

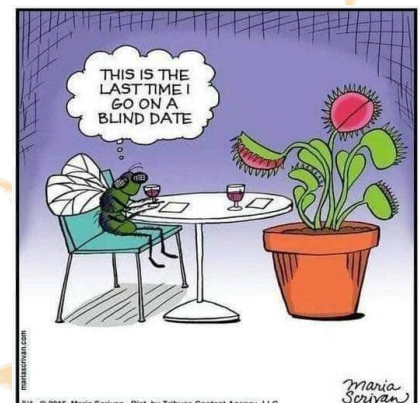
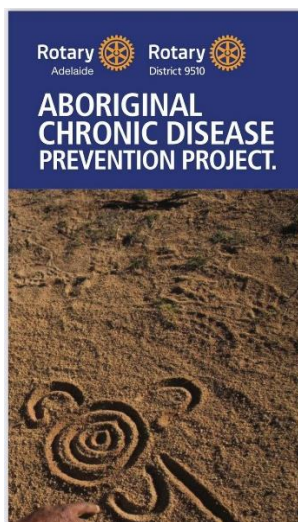


MORIALTA SECONDARY COLLEGE SPORTS DAY BBQ 11am-2.00PM

We have been invited to support the College with a BBQ on their new site in Rostrevor. The BBQ will be in conjunction with their first Sports Day on Friday 10 November.

Morialta Rotary Club (and their BBQ trailer) will also assist us.

Please advise Lindsay if you can spare a few hours around lunchtime to help build our connection with the new College and its community.





QUIZ NIGHT

IT'S GOING TO BE A BLAST FROM THE PAST.

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 LUNCHES

BOOKINGS: magillrotary.org.au/quiz



PLEASE GET YOUR TABLES TOGETHER FOR AN EVENING OF FUN

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 '250 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 stunning 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, 1571 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@alt.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





The Calperum Station WOOLSHED BUSH BALL

The entertainment

"THE SWINGIN' WILLIES"

Contrary to what you might think, The Swingin' Willies take their name from Willie Nelson's love of the great standards of the 30's and 40's and the good time Jazz and Texas swing from the dance halls of a bygone era.

It's a night of songs you've forgotten that you love. Cole Porter, George Gershwin, Dean Martin, Glen Campbell, Johnny Cash and of course Willie Nelson. Throw in some early Beatles, some Rolling Stones, a smattering of Bill Haley and Buddy Holly, and of course some Elvis rockabilly classics, and your feet wont stop tapping, your hands wont stop clapping.

Featuring wild fiddle solos, blistering Gretsch guitar and four part vocal harmonies, The Swingin' Willies are just plain fun. But don't take our word for it, get up on the dance floor and see for yourselves!



Special guest performer - John Schumann

'Schumann's voice carries the wind in from the outback. It has grains of red dust and yellow earth, it's flecked with toil, hardship, humanity and love. It's as old as the land, with a gnarled weariness, like the weathered bark of a gum, tinged with the light of hope. He sings of Australia, of its past and present, its people' Warwick McFadyen - Daily Review

John Schumann is, perhaps, best known to baby boomers for his leadership of the folk-rock band, Redgum. John regularly performs with the Swingin' Willies, and together with the band perform Australia wide.

For those who were born after he was young, thin and a pop star, John was the singer-songwriter responsible for the Vietnam veterans' anthem "I was only 19". He hastens to assure us that he has written many other songs



The experience

A 6.30 start, a stunning meal and then dance the night away with live music 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
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- Transport to and from the BUSH BALL available from Renmark



VENUE: CALPERUM STATION WOOLSHED, Calperum Station, 1571 Westworth Road, Renmark (approx 16kms from Renmark)
Limited Tickets \$150 each or take advantage of the 'Early Bird Special' of \$125 per ticket (if booked before Wednesday, September 20). Group tables available. For Ticket Sales, accommodation or other enquiries phone 08 85957359 or email admin@alt.org.au OR book through Eventbrite: www.eventbrite.com.au/calperum-station-fundraising-bush-ball-tickets

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PROUDLY PART OF THE RIVERLAND ROSE AND GARDEN FESTIVAL



ROTARY SAYS NO TO DOMESTIC VIOLENCE

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.



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)



UPCOMING EVENTS

- Saturday 14 October **REFERENDUM 2023 – VOICE TO PARLIAMENT**
- Thursday 19 October **BOARD MEETING 6.00pm for 6.30pm start.**
Café Va Bene, 636 Lower NE Road, Campbelltown
- Friday 20 October **CALPERUM STATION BUSH BALL 6pm – 11.55pm**
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 this week if you are attending.
- Wednesday 01 November **CAMPBELLTOWN COMMUNITY AGEING WELL EXPO**
Campbelltown Memorial Oval from 10am
- Friday 10 November **MORIALTA SECONDARY COLLEGE SPORTS DAY**
Let Lindsay know if you can assist between 11am – 2pm
- Sunday 12 November **RC of MAGILL SUNRISE MONTHLY MARKET**
Campbelltown Memorial Oval
- 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

Fri 15 – Sun 17 Mar 2024 ROTARY DISTRICT CONFERENCE
Amazing speakers and Riverland hospitality in Loxton



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





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

Col Hill

