

Magill Sunrise
Rotary
Club



Lindsay Uninterrupted

VOLUME 27 | ISSUE 13,
1233, 07 November 2023

GET YOUR TABLES TOGETHER NOW!!!

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



WELCOME TO OUR CLUB

Today we welcomed Bernard Flynn, Anne Cole, Helen Gerrard, Betty Gebert and Suzette Coat. Thank you for joining us.

PRESIDENT'S REPORT

Rotary has an amazing capacity to have fun whilst helping our community.

That was evident at our meeting today (see report below) – and will be very apparent at the upcoming 80's themed Quiz Night in aid of Magill RSL veterans.

However, Rotary also tackles some very serious issues - none more important than campaigning to raise awareness and educate our community about domestic violence and coercive control.

All 20 Rotary districts throughout Australia, New Zealand and the South West Pacific have joined forces to combat this disturbingly common crisis.

The Rotary Club of Magill Sunrise has registered as a participating group in the 'Walk For Respect' from Victoria Square to the Women's Pioneer Gardens on Saturday 25th November 2023.

To register (free) or get more details, visit our website: www.StopCoerciveControl.au

We encourage you to join us in making a peaceful, non-confrontational statement on Domestic Violence, while helping educate the wider community and supporting domestic violence service organisations.

Cheers,
Lindsay

NEXT CLUB MEETING 1234

7am, 14 November 2023,
Heccies,
31 Fisher St, Magill
Club contact: Lindsay Davis
0415 453 101

CLUB ASSEMBLY

BRUCE DOLMAN



Bruce was tasked with conducting a survey amongst club members.

He will deliver the results of this survey to the club and members will be invited to discuss aspects of the survey and make recommendations on our way forward.





MEETING 1233

BERNARD FLYNN'S WORLD TOUR



Our young friend, Bernard Flynn recently performed at the *Magill Sunrise Market*. However, in 2024, Bernard will take some of his considerable talent on an overseas tour with the Australian Youth Performing Arts Theatre (AYPAT).

President Lindsay had the chance to 'interview' Bernard (as the Club handed over a donation to Bernard for AYPAT).

Bernard is fresh off local performances in *Fame – the musical* and next year will step in as director of the next musical production.

His school has also appointed Bernard to the role of Music Captain in 2024 – and his talent was much appreciated during our line dancing session at the Club meeting.

Lindsay presenting Bernard with his cheque.

RCMS PERFORMS THE MACARENA

News Flash. This may be the largest line dancing performance EVER in a Rotary Club meeting. Yes! Magill Sunrise Rotary setting the standard yet again!!

Thanks to our friend Helen Gerrard, meeting #1233 saw Magill Sunrise members and friends line dancing the *Macarena* – the #1 contemporary line dance.

And you may well ask WHY?

- On a physical level, line dancing is the perfect exercise for improving coordination and balance.
- At the cardiovascular level, constant movement improves cardiovascular and respiratory functions.
- On the cognitive level, memorising choreography helps the mind and body be coordinated and active.
- And reputedly, there is an improvement in mood provided by socialization with peers and music.
- And whilst it's undocumented, it clearly is the perfect exercise for a lot of fun and laughter.

Visit our Facebook page for all the live action.





QUIZ QUESTION

What is the best age for a horse to win the Melbourne Cup and what is the average weight they all carry?

Answer: My apologies - I gave the wrong answer at the meeting this morning. The answer is 4 to 5 years with 90 wins over 162 runnings to date.

And the jockeys this year are carrying around 51 to 54kg.



ICE BREAKER



Today we tackled Melbourne Cup Controversy. Experts point to social and animal harms and the cost-of-living crisis and say that for younger generations, the cup is "just not cool anymore", 72K less people attended the actual cup last year and Myer ended its partnership as naming rights sponsor this year for Fashions on the Fields due to pressure from PETA (protection of racehorses).

Is the Melbourne Cup still cool?

RESPONSES:

The Everest Cup in Sydney is very cool for young people.

The Melbourne Cup has a lot of international horses, which loses its appeal.

Young people love the Melbourne Cup as they take the Monday off as well.

Bernard Flynn shared that he had completed a research project on horse racing at school where he spent 12 - 18 months researching stats, interviewing professionals etc and as a younger person, he doesn't think the Melbourne Cup is cool. Bernard shared some further stats from his research including that 30% of horses are euthanized in Australia from horse racing.

PRESIDENT'S THOUGHT FOR THE DAY

"Take risks: if you win, you'll be happy; if you lose, you'll be wise."

~ Anon

OKAMI JAPANESE RESTAURANT RCMS SOCIAL FUNCTION



Mark and Colin



Meryl, Robyn, Graham and Allan



Alison and Mari



The seaweed we had to try



Nina and Simon

Our October Social Function was held at the Okami Japanese Restaurant at Newton on the 29th October. What an amazing "all you can eat" lunch. I am quite sure no one lined up for dinner that night. Thank you for arranging this fabulous culinary experience, Simon.

MASTER CARVER AT LARGE



At our last meeting 1232 Simon Brewer won the pumpkin by answering the Quiz question. He certainly got into the Halloween swing of things, and this was the end result – one very scary pumpkin.

GREEN CORNER

ON SALE NOW! Plants are labelled with the initials of their species in brackets.

TREES



***Allocasuarina verticulata* (Drooping sheoak) (Av)**

is a nitrogen fixing native tree of southeastern Australia. A medium sized bushy tree that has a rounded head. It has weeping dark green branchlets that produce brown male flowers from winter to early spring. Grows to 8 metres tall with a spread of 4 to 5 metres. Food and habitat for birds.



***Eucalyptus cosmophylla* (Cup gum) (Ec)**

Can be used as a small street tree. Attracts native birds and insects. Grows to 10 meters tall with up to 10 metres spread.

This species is classified schedule 1, Regulation 24.2 under the Sewerage Act and may be planted in any street or road in any drainage area provided they are not planted closer than two metres to any sewer main or connection.



***Acacia provincialis* (Swamp wattle, Wirilda) (Ap)**

Tree 5–10 m high. Flowers throughout the year with peaks in Sept.–Oct. and Dec.–Jan. Full sun to semi-shade
Native to the Mount Lofty ranges

SHRUBS



***Rhagoda candolleana* (Sea berry salt bush) (Rc)**

A dense sprawling wide, generally low shrub. Shiny dark green semi succulent leaves.

Whiteish flowers, Sep-Dec. Followed by light to dark red, juicy flat bitter tasting berries which the Indigenous ate along with its leaves. A great plant for making a native hedge. Salt tolerant and found in a wide range of habitats and soils.

Height x Width: 1.5-4m x 1-2.5m. Moderately well drained soils, tolerant of acidic and alkaline soils. Full sun to semi-shade



***Dianella revoluta* (Flax lily) (Dr)**

An erect, hairless, perennial herb with a lifespan of many years, forming clumps and growing from rhizomes underground. Grows to about 1m in height and has a diameter of up to 1.5m. The leaves are leathery, long and linear, varying in length from 1.5 – 8.5 cm and width from 4 – 15mm.

This species flowers from spring to summer and has deep blue to purple inflorescences.



***Templetonia retusa* (Cockies tongue) (Tr)**

Handsome rounded shrub 2 x 2 metres. Large red pea like flowers in winter to spring. Prefers well drained soil in full sun to semi-shade.

Pruning promotes compact growth habit. Can be used for an informal hedge or barrier.



***Olearia passerinoides* (Slender daisy bush) (Op)**

Flowers during the summer. The white flowers are about the size of a 10-cent coin. They are shrubs to about 3 metres tall and 2 metres wide. They need to be pruned to prevent the flowers appearing on the wispy ends of foliage. New growth appears low down in the bush and pruning can be done at these points to force out more dense foliage and create a tidier bush.

Daisy bushes attract butterflies and the birds that chase them.

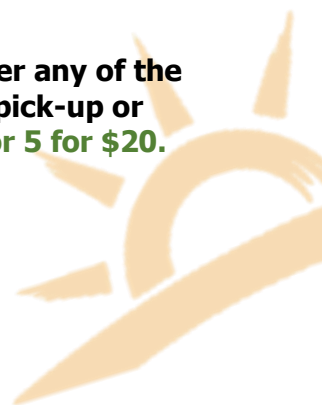
Ground cover



***Disphyma crassifolium* (Round leaved pigface) (Dc)**

A native succulent with masses of bright pink flowers. A tough and useful groundcover which does well on a wide range of soil types, including saline and sand. Rooting at the nodes makes it a great plant for soil stabilising. The foliage is fire retardant, so can be used for plantings close to buildings in bush fire prone areas instead of more flammable plants. Plant in full sun to part shade. All parts of *Disphyma* are edible, the leaves can be used for stir fries, salads and for pickling.

To help raise funds for **Calperum Environmental Projects** you can order any of the above plants from Suzette on suzette.coat@gmail.com, and arrange pick-up or collect from the next market on 12NOV23 or 10DEC23. **\$5 per tube or 5 for \$20.**





OPERATION FLINDERS

Rotary Magill Sunrise was invited to visit the Operation Flinders Base Camp at Yankaninna Station, about 65km East of Leigh Creek. Ian Coat was the lucky person who undertook the flying visit.

Ian was shown around key parts of the 500km² site during an Exercise. At the time, there were (8 teams) 74 participants scattered over about 380m². Each team also has a Team Leader, Assistant Team Leader and two support people from the school or organisation making up the team. They are out for 8 days/7 nights.

When we visited the Operation was at day 5/6. The organisation of the Operation from planning and execution is undertaken with military precision. Risk management, logistics management and contingency planning was amazing. The terrain is extremely tough, even for the vehicles.

The young participants are challenged to learn about what they are capable of.

The volunteer support crew is wide ranging in skills. The remoteness mean that electricians, plumbers, and mechanics are as essential, as operations managers, logistics, and cooks. The base camp kitchen and cooks are amazing – not that the participants get to see base camp.

Magill Sunrise is proud to be a long-term supporter of Operation Flinders. We had the opportunity to deliver our latest contribution towards Op Flinders that weekend.



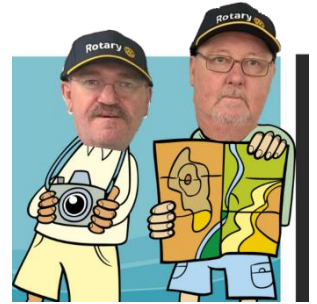
Ian presenting our cheque to Operation Flinders





NEWS FROM OUR GALLOPING GLOBE TROTTERS

Even though Rick and Peter are no longer members of our club as they relocated to Victoria, they still keep in touch. Once again, they have the travel bug and are travelling extensively throughout New Zealand.



Hi all,

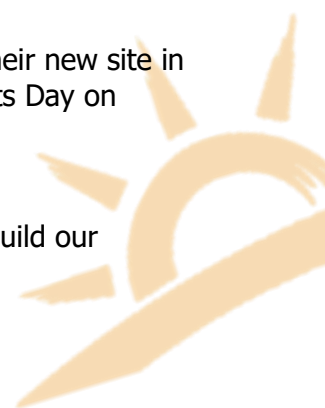
Rick & I are in Franz Josef at the moment. We have spent 1 month in the Nth Island (amazing) and now enjoying a trip down South. Travelling to Queenstown tomorrow for 3 days. NZ is so beautiful. *Here are some of their photos they sent through.*



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.





MARKET ROSTER SUNDAY 12 NOVEMBER

	1st Shift 7.00am - 11am	2nd Shift 11am - 3pm
Raffle Tickets	Lindsay/Alison	Bruce/Simon
Safety Check List	Colin	
Stall Allocation	Robyn	
Social Media/Club Promotion	Greg	Simon
Assisting with Donuts	Monica	Helen
Cook Donuts	Bruce	Lindsay
Orders	Ian	Suzette
Cook Sausages & Onions	Erik/Graham	Mark
Cook B & E Sandwiches/Fritters	Simon	Greg
Server 1	Licaria	Meryl
Server 2	Siony (9am-11am)	Alison
Server 3 (If required)	Robyn	Colin
Float (Help where required)	Robyn	Graham
Collect Stallholders Money		Ian
	Shift includes setup	Shift includes packup

Beverages and Nibbles: Greg

Cleaning aprons and towels: Ian

SET UP 2PM SATURDAY 11 NOVEMBER – members only.





ROTARY YOUTH DRIVER AWARENESS - RYDA



On 27 October, three representatives from eastern suburbs clubs, Mark Thompson, Ric Dance and Margaret Northcote visited Thomas More College, Salisbury South to present their respective topics for RYDA (Rotary Youth Driver Awareness).

There are six modules, so the Year 10s are divided into six groups. This means presenting the same 30-minute session, six times.

Mark rewarded volunteers with Kit Kats and Margaret handed out jubes (you learn these tricks after your first presentation). The kids at Thomas More were well behaved and participated as you would expect, mostly keen with a few exceptions. Overall, a rewarding experience.

Rotarian, Pat Trimboli is seen addressing the assembled student who gave a rousing applause; maybe because they were going home a bit earlier.

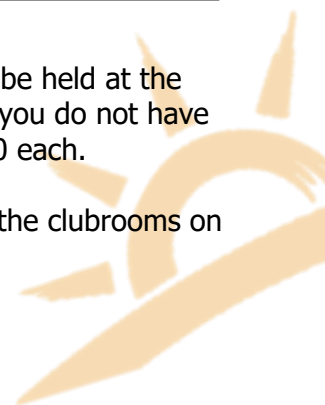


80's QUIZ NIGHT - 18 NOVEMBER

Just a reminder to get your tables together for our fabulous 80s Quiz Night to be held at the Magill RSL Clubrooms, 8, Lorne Avenue, Magill on [Saturday 18th November](#). If you do not have a table, you can also buy individual seats on magillrotary.org.au/quiz at \$15.00 each.

The Quiz will start at 7pm sharp, so please be seated by then.

The Uni of SA has kindly allowed us to use their carpark across the road from the clubrooms on the evening so parking will not be an issue.





LAVA HIGH TEA

LAVA (**Lions Against Violence Adelaide**) are hosting their annual high tea fundraiser to support a range of local domestic and family violence initiatives.

Details:

SUNDAY 19 NOVEMBER

2 – 3.30PM

Lochend Hall, Lochend Drive, Campbelltown.

\$25.00pp

High Tea Menu

Ribbon sandwiches (V)

Zucchini Slice (V)

Onion Tarts (V)

Scones jam and cream

Macaron

Chocolate Brownie

Bottomless Tea and coffee



MELBOURNE CUP WINNERS



1. Without a Fight

No: 3

Graham Holcroft

2. Soulcombe

No: 6

Graham Holcroft

3. Sheraz

No: 14

Colin Hill

Thanks to Mark for organising the sweep.



REMEMBER
to remember

11 November at 11am

Remembrance Day Service - Magill RSL 10.40AM – 11NOV23



LIFT THE LID WALK

*The Lift the Lid Walk held on the 8th of October raised \$10,000 which will go into vital mental health research through **Australian Rotary Health**.*



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 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)





RARE

ROTARY AUSTRALIA REPURPOSING EQUIPMENT
FORMERLY DONATIONS IN KIND (DIK)

RAWCS CENTRAL OPEN DAY RARE WORKING BEE

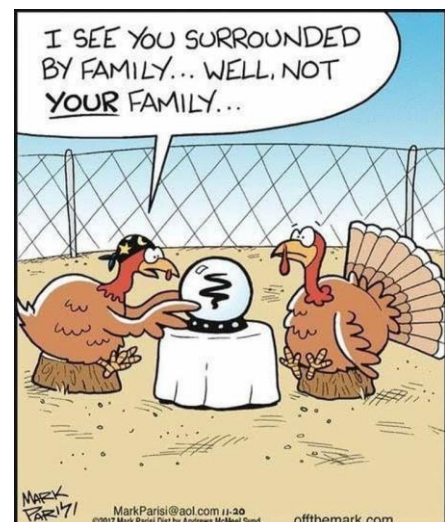
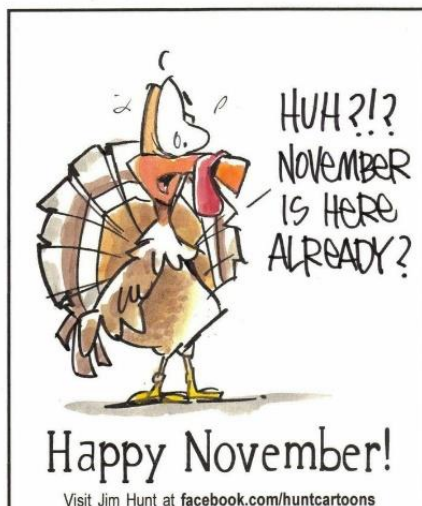
SUNDAY 19th November 2023

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





UPCOMING EVENTS

- 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
- Sunday 19 November **RARE WORKING BEE**

LAVA HIGH TEA 2.00 – 3.30pm
Lochend Hall. \$25.00pp
- Thursday 23 November **BOARD MEETING – 6.00 for 6.30pm**
Café Va Bene
- Saturday 25 November **NO TO DOMESTIC VIOLENCE WALK - 9.00AM**
From Victoria Square
- Sunday 17 December **RCMS CHRISTMAS PARTY – 12NOON**
The Indian Club, 613 Magill Road, Magill
Please let Robyn know asap if you will be attending.
gjrjholcroft@gmail.com or 0408 830 518

THIS MONTH'S MAGILL SUNRISE MARKET BENEFICIARY DOMESTIC VIOLENCE

Australia Rotary clubs raise awareness and funds to prevent domestic violence and support its victims.



The statistics are sobering: Intimate partner violence is the most common type of violence against women, affecting 30 percent of women worldwide, according to a 2013 World Health Organization report. As many as 38 percent of murders of women are committed by an intimate partner.

In New Zealand, a dozen women are killed by their partners or ex-partners each year. And in Australia, a woman is killed, on average, about every week.

Recognizing the desperate need for domestic-violence services in their communities, Rotary clubs throughout Australia and New Zealand are fundraising and partnering with charities to raise awareness and work on prevention and victim support.

ROTARY PUTTING AN END TO DOMESTIC VIOLENCE



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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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

