



Lindsay Uninterrupted

VOLUME 27 | ISSUE 26,
1246 | 19 MARCH 2024

WELCOME

Welcome to Guest Speaker Victoria Braithwaite.

PRESIDENT'S REPORT

Make the world a better place This week's guest speaker - Victoria Braithwaite, creator and Director of "*The Family Cook*" – reminded me of an article about successful people.

How many of these traits truly reflect personal success?

- Have a purpose in life.
- Take risks.
- Solve problems rather than place blame.
- Care about quality
- Share expertise and knowledge.
- Laugh often.
- Win the respect of intelligent people.
- Win the affection of children.
- Earn the appreciation of honest critics.
- Endure the betrayal of false friends.
- Appreciate beauty.
- Find the best in others.

Victoria's love and devotion to what she does is inspiring – as is the dedication that many of our Rotary Club members have to their work with our local community.

Cheers
Lindsay

FOR THE DIARY APRIL MEETINGS

2nd, 9th & 16th
**First three Tuesdays of
the month**

NEXT CLUB MEETING 1247

7am, 02 April 2024
Heccies,
31 Fisher St, Magill
Club contact: Lindsay Davis

The recent District 9510 Conference contained all the ingredients of an outstanding weekend away with friends. We will now get a snapshot of the inspirational addresses, parties, fun events and reports on the impact of some of Rotary's outstanding service programs and projects.

**Q: Where can you hear all that
- AND insights to the
environmental projects and
plans for Calperum?**

A: Our Club – next meeting





GUEST SPEAKER: VICTORIA BRAITHWAITE



President Lindsay with Victoria

Victoria Braithwaite, creative founder of "The Family Cook", was our guest speaker.

We soon realised that Victoria loves to cook, using terminology like, 'Each meal feels like a warm hug' and 'Cooking is the universal language of love'.

With two grandmothers who were great cooks and one in particular who would cook for any worthy cause, it was inevitable that Victoria would gravitate to a business that would put a wholesome meal on many family tables.

The kernel of an idea started with delivering meals to busy mums picking up their kids at school, which morphed into deliveries to home and eventually a business on Reid Avenue, Hectorville (near the junction with Fisher Street) and a staff of 12.

The mission statement of the Family Cook is best stated in a lift out from their webpage. *'Let us take care of meal prep for you! We only use premium ingredients. We love to cook with the free-range chicken & eggs, grass-fed beef, Australian fish and locally sourced vegetables and herbs. We are the only South Australian meal delivery service who offers this. We have fresh and frozen options. All our meals are ready to eat, so all you have to do is put them in the microwave and dinner is sorted in 3 minutes! Delicious 'ready to eat' meals are just a click away.'*

The business received a kick along from two grants from the City of Campbelltown.

Here's another lift out from their webpage.

'Pick and choose your meals from the Fresh or Frozen menu. Or subscribe to the 'Weekly Value Bundle' for ultimate convenience and savings of up to 10%. Perfect if you don't want to even think about what do to do for dinner each week! Are you a NDIS Client or have a HCP package? Contact us today to see how we can help you pay only 30% of the meals and the balance using your package.'

Victoria kindly left us some meals to sample and this subeditor, and the club President can now attest to their quality.

Thank you, Victoria.





Green Corner – UN Environment Program

UN environment programme

Community Action for Fresh Water (CAFW) is the flagship initiative of Rotary's partnership with [United Nations Environment Programme](#) (UNEP). Through this initiative, Rotary and Rotaract members work with their local communities and partners to protect, restore, and sustain freshwater ecosystems in alignment with the environment area of focus. The strategic partnership between Rotary and the United Nations announced in January 2024.

This partnership works toward achieving the [UN Sustainable Development Goals](#), particularly those that contribute to clean water and sanitation (number 6), climate action (number 13), and life on land (number 15).

For more information check [out](#): [Rotary UNEP Partnership | Rotary International](#)

Our upcoming District Assembly (05 MAY 2024, St Michael's College, Henley Beach) will hold a session on the new UN/RI partnership and where our Clubs can contribute to environmental projects. To find the details to attend, search on (District 9510 Assembly St Michael's [College](#))

There are many Clubs whose projects focus already on the Murray and the various freshwater courses in SA. You should all think about engaging with this new international relationship by registering with the RI partnership. This can include native species status, revegetation, rubbish removal and new species identification.





FOOTY TIPPING COMPETITION

As you read this, the 2024 AFL season is kicking off – with a tipping competition that is bigger and better than ever. If you're not already participating – **it's not too late.** It's fun and supports a great cause.

Register and sign up at <https://www.footytips.com.au/comps/d9510> (password: Rotary).



DISTRICT ASSEMBLY FOR ALL CLUB OFFICERS

The District Assembly for all club officers will be held at St Michael's College, 15 Mitton Avenue, Henley Beach on Sunday 5th May from 9am until 3.30pm. Mark it in your diaries.



COFFEE AND A CHAT

Our meetings are only an hour long with much packed into 60 minutes. The members survey suggested we get together for those who can stay on, after the meetings downstairs at the **Daly Coffee Kick.** If you're available, join us for a coffee and a chat.

"THE NETWORK"

Andrew Bradley, the Secretary and President-Elect for the Rotary Club of Burnside has been putting together a concept to establish a networking event called "The Network" for the public to attend. He envisions this event to be hosted by a collaboration of Rotary Clubs, led and chaired by the Rotary Club of Burnside.

The Rotary Club of Magill Sunrise has been invited to join in the Rotary Club of Burnside's initiative and asked to form a sub-committee that would engage with the Rotary Club of Burnside for this event.

Our club will be represented by Treasurer Ian Coat and incoming Director of Progression, Alison Lynch.

The event still needs some discussion on how to best go about it, and what each club can bring to the table, but it is believed that in bringing each of the clubs together, a superior integrated solution can be achieved.

Attendees to "The Network" would, in a neat casual setting, be free to network and discuss amongst one another, listen to a notable guest speaker and maybe some kind of activity to motivate networking and engagement can be included.

The first joint committee meeting is pencilled in for 26 March 2024 6pm
(Venue: The Tower Hotel, in Magill)



ICE BREAKER



Pope Francis has been recently quoted as saying - the Ukraine should "have the courage to raise the white flag and negotiate" and do so "before things get worse". This has attracted a lot of criticism in Europe, the Ukraine and on social networks around the world.

Do you think the Pope should have called on Putin to enact an immediate withdrawal from the Ukraine, rather than raising the white flag to surrender...especially considering Russia invaded the Ukraine?

RESPONSES:

Not sure that a white flag will end the war.

Every time Putin is asked to end the war, he threatens nuclear war.

The Russians don't care - the current death rate is so high.

The Pope is 100% socialist - Russia will crush everyone if let loose.

Bet shared re an amazing presentation she had seen on Operation New Dawn / the Ukraine war.

He got the wrong end of the stick. He should have asked Russia to withdraw from Ukraine.

Zelenskyy said the Ukrainian flag is not white.

QUIZ QUESTION



Why do the Irish celebrate St Patrick's Day?

ANSWER: It began as a religious holiday known as "feast day" and was held on the anniversary of St Patrick's death. It celebrates the life of the patron saint chiefly for his introduction of Christianity to Ireland.

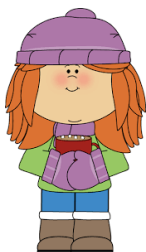


PRESIDENT'S THOUGHT FOR THE DAY

I read recipes the same way I read science fiction.
I get to the end, and I think, "Well, that's not going to happen."



LOOKING GOOD



To keep you looking good:

During these warm days, why not get a replacement (or spare) Rotary Club of Magill Sunrise polo top (with the 'Come to Magill Sunrise Market' message on the back) by contacting President Lindsay.

And as the weather gets a little cooler, Alison has volunteered to investigate some jumper/jacket/vest options for club members.

Let her know if you're interested and your preference.



"MEET THE ~~FOCKERS~~ FIXERS"

Our club have been invited to join with the members of the Repair Café for lunch on Sunday 28th April. The Repair Café have partnered with us at the market for some time and helped make the market the success it has become. This is an opportunity to mix socially together and to get to know the fixers" better.

WHEN: Sunday 28th April
WHERE: "Dawn to Dusk" Café and Restaurant
 67, Graves Street, Newton.
TIME: 12 NOON

RSVP: Pauline by 21APR - hpauline087@gmail.com



BIRTHDAYS AND ANNIVERSARY

Wishing Mari and Jill a very Happy Birthday and a Happy Wedding 55th Anniversary to Graham and Robyn.



ATHELSTONE - ROSTREVOR LIONS QUIZ NIGHT



WHEN: Saturday 25th May 2024
WHERE: Campbelltown Community Centre
COST: \$20.00 per person
TIME: 6.30PM for 7PM

BYO Drinks and Nibbles (Tea and Coffee supplied)

Please see Simon if you wish to make up a table.

Antique Fair

LOCK IN THE DATE
 6th & 7th of JULY 2024
 at the Mildura Airport Hangar

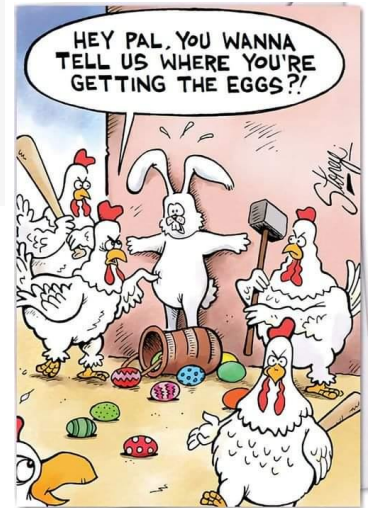
Many stalls with
TREASURES & COLLECTIBLES

- All day BBQ
- Morning and afternoon tea, with homemade soup, sandwiches & cakes
- Barista coffee
- EFT available
- Saturday Only Early Bird Entry \$15 pp 9am -10am

SEE YOU THERE
 Sat July 6th July 2024 —10am to 4pm &
 Sun July 7th July 2024 —10am to 3pm
 \$5 pp Entry

Rotary
 Mildura Merbein

Email rcdmbrn2020@gmail.com—Phone 0498 252 580 for more information
 for updates www.mildura.vic.gov.au/Calendar/Events



DIARY DATES

- | | |
|-------------------|--|
| Saturday 23 March | CAMPBELL FAIR 2024 10AM – 3PM
Charles Campbell College, 3 Campbell St, Paradise. |
| Tuesday 02 April | CLUB MEETING – 7AM
Strategic plan, Conference Update, Houseboat Weekend |
| Friday 05 April | FAREWELL AFTERNOON TEA FOR LYNNE & ROB MACK – 2.30PM
Graham & Robyn's -Thorndon Park Estate, 36/3 Belperio Court, Paradise.
Please let Robyn know if attending. |
| Tuesday 09 April | CLUB MEETING – 7AM
Guest Speaker: TBA |
| Sunday 14 April | RCMS MONTHLY MARKET – 9AM-2PM
Campbelltown Memorial Oval |
| Tuesday 16 April | CLUB MEETING – 7AM
Guest Speaker: TBA |
| Thursday 18 April | BOARD MEETING – 6PM for 6.30PM
Café Vu Bene, 636 Lower NE Road, Campbelltown |
| Sunday 28 April | COMBINED RCMS & REPAIR CAFÉ LUNCH – 12NOON
"Dawn to Dusk" Café and Restaurant – 67 Graves Street Newton.
RSVP: Pauline by 21APR- hpauline087@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

P: 0415 453 101 (Lindsay Davis) | W: magillrotary.org.au

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

