



Lindsay Uninterrupted

VOLUME 27 | ISSUE 30,
1250 | 07MAY2024

WELCOME

Welcome to Elizabeth Backshall, Godfrey Sibanda, Lynne Mack, Alice Josaf, Jeff Neale and Suzette Coat

PRESIDENT'S REPORT

WOW! There are so many exciting programs and events on the go. I've also seen the enormous effort and care being contributed by members.

The **2024 District Assembly** and update on "Regionalisation" was amazing. I'm in awe at the effort, planning, documenting and communication that has come from a relatively small group – simply wanting Rotary to thrive into the future.

Also, it was great to meet with so many clubs wanting to make the most of this opportunity. Exciting times ahead!

Meanwhile Alison, Colin and Simon have 're-birthed' a **Coin Slider**. The back-story is inspiring and emotional - and the original owner (Elizabeth, our guest speaker) is absolutely awesome.

So clear out **ALL** the coins from handbags, glovebox, sock drawer, under the bed, anywhere. Big coins, little coins, old coins, new coins, **LOTS OF COINS** – we want them. And be assured, they will go to a wonderful cause.

The Coin Slider will be at the Mother's Day market (in aid of the Epilepsy Centre) and at other upcoming events.

We live in exciting times.

Cheers,
Lindsay

DIARY NOTES

MAY MEETINGS

7th, 14th & 21st MAY

First three Tuesdays of the month

NEXT CLUB MEETING 1251

7am, 14th MAY 2024

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

Guest Speaker:
ALICE JOSAF



Alice has recently returned from her visit from Africa where she lent a hand at the Lirhanzo Children's Village and the Chikombedki Mission Hospital in Mwenzi, Zimbabwe. She returns to our club armed with photos and her personal insights into her time in Mwenzi.



CREATE HOPE
in the WORLD

GUEST SPEAKER: ELIZABETH BACKSHALL



Alison, Lindsay, Elizabeth and our new Coin Slider

Our rebadged and new look "Coins for a Good Cause" coin deposit had its origins as a fund raiser for the SA Epilepsy Association, which had sat dormant in the home of our guest speaker Elizabeth Backshall.

Elizabeth led us through her journey with her son Matthew, who at age 4 was hit with a sudden seizure, diagnosed as idiopathic generalised epilepsy.

Her overhead presentation was also accompanied by the moving song/anthem, The Prayer.

Elizabeth told us that there are 40 types of epilepsy and Matthew had a crack at 6 of them. Elizabeth expanded on terms like, eight crushed tablets daily, infusions, split scalp, rugby helmet, hospital stays and no family holidays.

Epilepsy can strike at any age and is the most common brain disorder but is universally neglected. Matthew's seizures had no pre-seizure warnings that would give the family and Matthew a heads up and which would otherwise enable him and the family to take precautions (hence the rugby helmet).

Matthew's bed had a Sensor Mattress that alerted Elizabeth to a seizure while Matthew slept so she could immediately administer midazolam. Sensor Mattresses don't come cheap (\$1400+) and it was only until this year that the State Government caught up with the rest of the States and commenced funding the local epilepsy association.

Elizabeth informed us that **1 in 25** will suffer some form of epilepsy.

Seizure First Aid



TIME the seizure

PROTECT from injury

ROLL onto side if unconscious

SUPPORT head if seated

REDIRECT if confused

REASSURE and re-orientate

STAY with the person

DO NOT restrain

DO NOT put anything in mouth

DO NOT give any food or drink until recovered

CALL AN AMBULANCE 000
or 112 for mobile phones

- As per management plan
- Seizure longer than 5 minutes
- Second seizure follows
- Seizure occurs in water
- Person is eating or drinking
- Person's first seizure

The happy ending to Matthew's story is that he is free of seizures and has been weaned off his medication. He is now looking to obtaining his driver's licence.

Thanks, Elizabeth, for your touching presentation that came from the heart and for the coin slider which we will put to good use.





ICE BREAKER

When filling in a form now days, you have an additional salutation option to select which is MX (pronounced "mix"). This is a title for those who do not identify as being of a particular gender, or for people who simply don't want to be identified by gender. How do you feel about this becoming the norm? How do you teach young children the etiquette of formally addressing their teacher which used to be Miss or Mister?

RESPONSES:

Lindsay shared that he had come across this when assisting in constructing a registration form. This is now a mandatory field.

Alice shared that in aged care they are moving towards identifying different genders within LGBTQ2.

It was thought that MX stood for Mazda (but Jeff confirmed Mazda identifies as a car)



QUIZ QUESTION

Does anyone know the statistics about epilepsy? How common is it in Australia?

ANSWER:

1 in 25 Australians will be diagnosed with epilepsy at some point in their life. The statistic is 1% of the Australian population, or 250,000 people currently live with epilepsy.

PRESIDENT'S THOUGHT FOR THE DAY

" A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. "

~ Christopher Reeve

RCMS ON ANZAC DAY



LEST WE FORGET



COMBINED RCMS & REPAIR CAFÉ LUNCH – 28APR24



LIONS CLUB of ATHELSTONE ROSTREVOR

inc
DISTRICT 201 C1
PO BOX 63 ATHELSTONE SA 5076

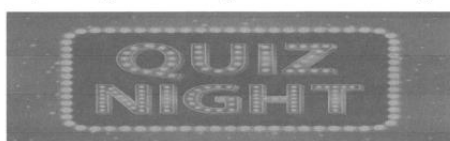
Lions Club of Athelstone Rostrevor Inc.



President: Cameron
Wyers

AN INVITATION

To test yourself, your club and your friends while having fun



ALL PROCEEDS TO

- THE CAMPBELLTOWN ST. JOHN AMBULANCE division
- THE CAMPBELLTOWN CITY BAND

At the Campbelltown Function Centre

Rear of Council Chambers at 172 Montacute Road

On Saturday 25th May 2024

6.30 p.m. for 7.00 pm start

BYO drinks & nibbles. Tea & Coffee supplied

Tables of 8 per team

(limited number of teams)

Admission \$20 per person

Many prizes

Bookings : Phone Trevor Symonds 0428 321189 trevsymonds@gmail.com

Rotary
Club of Campbelltown



**CREATE HOPE
in the WORLD**

Quiz Night

When is it? Saturday 1 June 2024

Where is it? Paradise Primary School Gym
100 George Street Paradise

What time is it? 7.00pm—10.30pm

Are you coming? RSVP by 1 May to Frank Augello
Mobile: 0432 432 025

- Admission \$15 per person
- BYO Supper
- No BYO Alcohol
- Drinks available for purchase.



DISTRICT 9510 ASSEMBLY – 5MAY24

The District 9510 assembly was held at St Michael's College, Henley Beach on Sunday 5 May. It was a time to meet fellow Rotarians and to learn about the new Regionalisation Pilot Program which comes into being on 1 July, along with other Rotary projects, governance and a chance to take part in a range of workshops.



THE GREAT UNVEILING



LOOK OUT FOR OUR **"COINS FOR GOOD CAUSES"** SLIDER AT THE MARKET.

BRING ALONG YOUR COINS AND WATCH THEM SLIDE FOR A **GOOD CAUSE** -
THIS MONTH **EPILEPSY**



Congratulations Bet on taking out the Jackpot prize this week.

BUNNINGS MOTHER'S DAY FAMILY NIGHT

Come and join us on Thursday 9th May 5-7pm in Bunnings Windsor Gardens carpark.





Roster April Market, Sunday 12th MAY		1st Shift 7am - 11am	2nd Shift 11am - 3pm
Welcome/Rotary Table		Pauline	Bet and Alison
Safety Check List		Colin	
Stall Allocation		Robyn	
Social Media/Club Promotion		Greg	
Assisting with Donuts		Licaria (8-11am)	Helen
Cook Donuts		Lindsay	Simon
Orders		Ian	Suzette
Cook Sausages & Onions		Graham	Mark
Cook B & E Sandwiches/Fritters		Simon	Greg
Server 1		Meryl (8 - 11am)	Melissa
Server 2		Siony (9 –11am)	Chiara
Server 3 (If required)		-	-
Float (Help where required)		Robyn	Robyn/Graham
Collect Stallholders Money			Ian

Drinks & Nibbles: Not this month Washing Towels & Aprons: Alison

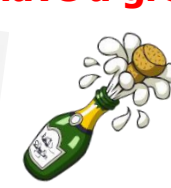
Set up Saturday 11 MAY at 2pm.

Don't forget to look for Wally at the market.



HAPPY BIRTHDAY

Happy Birthday Melissa, have a great day!!!





HOT OFF THE PRESS!

The Rotary Club of Magill Sunrise has the opportunity to join with many other Rotary Clubs in SA, to take advantage of **Drakes COMMUNITY DOLLARS**. Principal Store located at Lightsview SA.

All your individual Dollars spent at **ANY** Drakes Stores **COULD** attract Drake's commitment to supporting local charity organisations.

The procedure is simple:

Receive and use our registered Club ID whenever you make a purchase at your favourite (or any) Drakes Store, SA.

There are two methods available to you: -

1. Take your fob with you (on key ring perhaps)

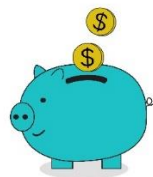
Tap when you are at the register OR

2. Get the free Drakes App on your mobile phone and tap this with Rotary Club Magill Sunrise identified via settings in your Drakes App.

An added bonus when using the free Drakes App is any purchase over \$30 in one purchase attracts a Fuel Voucher to spend at participating service stations. That's 4 cents off pump price per litre up to 100 litres. Limit 1 docket per customer per vehicle.

If you wish to support some additional income to our Rotary Club either yourself, family members, friends, neighbours, please contact me if you ever shop at Drakes Stores and wish to participate.

Bet Gebert RCMS E: bettygebert17@gmail.com M: 0429148143



LIFT THE LID WALK FOR AUSTRALIAN ROTARY HEALTH

The **Rotary Clubs of Magill Sunrise** and **Campbelltown** will host their annual **LIFT THE LID WALK** on **Sunday 13th October 2024!**

Help us **Lift the Lid on Mental Illness** by walking with us! The walk is 5km, starting from Campbelltown Memorial Oval, Corner of Darley and Lower North East Roads, linking to nearby River Torrens Linear Park and returning to Campbelltown Memorial Oval.

Registration is now OPEN!

www.liftthelidwalk.com.au/campbelltown





Rotary



**Most Financially Sound
Largest
Most Powerful
Networking Service
Organization**

Whose flag is recognized in more
Countries than any other flag in the world

Every minute of every day Rotary:

- * Feeds someone
- * Houses someone
- * Vaccinates someone
- * Performs surgery on someone
- * Comforts someone
- * Provides clean water to someone

THIS IS ROTARY!



**BE PART OF THE ROTARY FAMILY. JOIN US
AND DISCOVER THE MAGIC OF ROTARY**



MANY HANDS MAKE LIGHT WORK.



DIARY DATES

Thursday 9 May

FAMILY DAY BAKE OFF

Those wishing to bake for the Bunnings Family Night the kitchen at the Perfect Blend Café is open for your convenience after 1.00pm
52, Devitt Ave, Payneham South

BUNNINGS MOTHER'S DAY FAMILY NIGHT 5.00– 7.00PM

432, North East Rd, Windsor Gardens

Friday 10 May

MAGILL RSL – SCHNITZEL NIGHT – 6.00PM

8, Lorne Avenue, Magill
RSVP Magill RSL Facebook page

11-18 May

ART SHOW AND SALE 10.00am – 5.30PM

Campbelltown Function Centre
172, Montacute Rd, Rostrevor

Saturday 11 May

MARKET SET UP 2.00PM

Members Only

Sunday 12 May

MOTHER'S DAY RCMS MARKET – 9AM-2.00PM

Campbelltown Memorial Oval

Tuesday 14 May

CLUB MEETING – 7AM

Guest Speaker: Alice Josaf
Happy Birthday RCMS. Chartered 14 May 1996.

Wednesday 15 May

"SUNRISE CHICKS DINNER" – 6.30PM

"Dawn to Dusk" Café and Restaurant – 67 Graves Street Newton.
RSVP: Pauline hpauline087@gmail.com

Thursday 16 May

BOARD MEETING 6.00pm for 6.00pm

Venue: Café Va Bene

Tuesday 21 May

CLUB MEETING – 7AM

Members Fellowship Morning

Sunday 09 June

RCMS MARKET – 9AM-2.00PM

Campbelltown Memorial Oval

Sunday 30th June

CHANGEOVER HIGH TEA – 2.30PM



Our club Changeover will be held on Sunday 30th June at Lochend Community Hall, Lochend Drive, Campbelltown at 2.30PM.

Cost: \$30.00 per head.

Rsvp: Alison – alisonlynch69@gmail.com

LIFT THE LID WALK FOR MENTAL HEALTH



LIFT THE LID
on mental illness

The Rotary Clubs of Magill Sunrise and Campbelltown, SA are hosting a **Lift the Lid Walk in Campbelltown** on Sunday 13th October 2024

**Raise awareness of mental health issues
and help fund mental health research**



**Sunday, 13th
October 2024**



**Walk starts
at 9:00am**



**Campbelltown
Memorial Oval**



**\$30 early-bird
tickets**

Times:

8.00am - on the day registrations open
8.30am - official welcome
9.00am - walk starts (at your own pace)

Register Now at

LiftTheLidWalk.com.au/campbelltown

QR code below

Registrations:

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

Walk Details:

A 5km circuit from Campbelltown Memorial Oval (Darley & Lower NE Road, Paradise);
along the nearby River Torrens Linear Park and returning to the starting point.
Support a great cause - and stay on to enjoy the Magill Sunrise Markets afterwards

Contact: Bet Gebert
Ph: 0429 148 143
E: bettygebert17@gmail.com
Sponsorship opportunities available

Rotary
Districts of Australia





MEETING FOR MAKE-UPS

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 7376.30pm –

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 Kaurna people of Tandanya, and we pay our respects to their Elders past and present.

PRESIDENT

Lindsay Davis



SECRETARY

Colin Hill

