



THE PERILS OF PAULINE

VOLUME 28 | ISSUE 32
1288 | 20MAY25

Welcome and thank you to Licaria Scheepers and Mari Thompson for joining our evening meeting.

JUNE IS ROTARY FELLOWSHIP MONTH

PRESIDENT'S REPORT



We have had our first evening meeting and although we ran into a few hiccups and it seemed all upside down because it was at night rather than the crack of dawn, we are now on our way with two morning meetings and one evening meeting a month.

It was nice to have the time to indulge in Simon's Quiz Question and Ice Breaker and discuss them more at length than we do in the mornings with a time restriction. I think I can say we all learned something new.

Our next evening meeting on the 17th of June will be the "Changeover" or "Rollover". I extend an open invitation to all members, past members, honorary members, partners and friends of the club to join with us as we approach the 25-26 Rotary Year. This meeting will be more relaxed than a normal "Changeover" to allow time for Fellowship and reflection on the club's achievements.

Last weekend the Impact Summit was held at the Morphettsville Race Course. District 9800 joined with District 9510 and it was a fantastic conference. It was great to meet Rotarians from another district and to talk about what they are doing in their clubs and picking up new ideas. It is just a pity they brought the Melbourne weather with them, but the vibes throughout the weekend were warm and friendly.

Pauline

FOR THE DIARY

JUNE Meetings

3rd & 10th

First two Tuesdays
of the month

7.00am

Heccies

31 Fisher St, Magill

Third Tuesday of the month

17th

6pm for 6.30

Tower Hotel,

621, Magill Rd, Magill

Next Club Meeting

1289

3rd June at Heccies



KOH CHANG – THAILAND



Due to last minute cancellation from our invited guest speaker, who would no doubt have been far more interesting than me, I pulled out the emergency talk for such an occurrence.

[Koh Chang Island](#), known also as 'Elephant Island' named because of its elephant shaped headland, is Thailand's third largest island after Phuket and Samui, with a size of 212 square kilometres - 30 kilometres long by 14 kilometres wide and a population touching 10,000. It is located around 300 kilometres east of Bangkok in Trat Province, in the Gulf of Thailand near the Cambodian border.

Seventy percent of Koh Chang is covered in rainforests, mountains and beaches. The highest peak on the island is Khao Salak Phet, at 743 meters, and given the island's mountainous terrain there is an abundance of waterfalls with the tallest, but not the most accessible, being Klong Neung waterfall, which can be found in the south-eastern corner of the island.

Koh Chang is home to populations of 29 species of mammals, 61 bird species, several snakes and deer. The one animal you can't help but notice is the long-tailed macaque, perhaps the most well-known monkey in Thailand. These monkeys have long, slender tails and are often seen in urban areas and around tourist attractions. While they can be entertaining to watch, please remember they are wild animals and can be aggressive if they feel threatened or want something you have in your hand. It really is best to keep your distance from them and don't feed them.

To explore this island, it is best done on a scooter which are cheap to rent and convenient. The island is very hilly so I wouldn't really recommend this form of transport for the novice scooter rider. You can get the local taxis to take you anywhere and once again they are very inexpensive. You can hire a car but the downside of this is that there are few places to park a car.

On Koh Chang nearly all activities, sightseeing and accommodation is found on the western side of the island. Accommodation ranges from very basic backpacker style hostels without air conditioning to extremely comfortable five-star hotels with all the mod cons and villas with private pools and they are very reasonably priced. Seasonal costs do apply here. The best time to visit is between November – March. This is peak season so prices for just about everything on the island are higher than the rest of the year. The island also has a large influx of tourist during this time, especially over Christmas, so it is advisable to book ahead if you don't want to find yourself sleeping on the beach.

Koh Chang is the place for that laid back holiday which doesn't break the bank. You will not find any high-rise buildings, shopping malls or fast-food outlets like McDonalds, Hungry Jacks or KFC, but you will find the odd 7-Eleven store and an abundance of good local restaurants and bars all along the west coast. A typical local meal costs around \$AUD2.00-\$6.00 and at the fishing village of Bang Bao you will get the freshest and tastiest seafood dishes available.

Thailand has 3 popular beers Singh, Leo and Chang, with Chang being the cheapest. A bottle of this brew will set you back about \$3.50, at the cheaper bars and restaurants. Many, if not all of the bars and there are lots of them, have happy hours with snacks or free BBQs which stretch the dollar even further.

The island has some of the most beautiful white sandy beaches. The most popular being White Sand Beach, Klong Prao, Kai Bae and Lonely Beach. Lonely Beach is the original backpacker's beach. It comes alive at night with bars offering ear splitting music and is the haunt of those looking for a good time. Our son's property, Jungle Fever, is in this area, and caters for backpackers and flashpackers. Col and I don't stay there as we don't fit the demographics of the clientele. Apparently, we are too old. How rude! Still, I prefer the Nest Sense Resort just along the road with its villas with private pools and absence of DJs and headbangers.



A lot of the resorts and restaurants have some amazing entertainment on the beach in the evenings, and you will witness a magnificent sunset whilst there.

As far as sightseeing is concerned you can visit the Admiral Krom Luang Chumphon Khet Udomsak (1880-1923) Shrine. He is considered to be the father of the Royal Thai Navy and was the 28th son of the prominent Thai King Rama V and became the Commander of the Navy in 1922.

In addition to his naval studies the Prince is also known as a herbal doctor, a boxer, and a producer of artistic painting.



Just for your interest, his father, King Rama V had 77 children - 33 sons and 44 daughters along with 96 wives and concubines.

The Chinese Chao Por Koh Chang Shrine is perhaps the oldest on the island and considered a sacred place.



Originally the locals, especially fishermen, would go to the shrine to pray for safe passage from monsoons when they used sailing boats to venture out into the Gulf of Thailand.

The island boasts a number of waterfalls, but some are a little difficult to get to as they are in the rain forest. You can go elephant trekking or just watch them take a bath at Kai Bae Beach.

The fishing village of Bang Bao is well worth the visit, and you can take boat trips to outer islands and diving tours from the pier. This is the best place to indulge in fresh seafood and the chance to do a little shopping in the small shops along the pier.

If travelling in April pack a water pistol and join in the Thai New Year (Songkran) celebrations and be prepared to get very wet. Songkran is a national holiday and on the 13th April every year and last a couple of days.

So how do you get to this little gem in Thailand?

Well step one is to make your way to Bangkok, Thailand. You must overnight in Bangkok if coming from Adelaide because you don't have the time to get from Bangkok to the ferry crossing before the last car ferry of the day, regardless as to whether you drive to Koh Chang or fly to Trat.

You can fly from Bangkok to Trat and then get either a shared van or taxi from Trat Airport to the island including ferry tickets. It is a bit more expensive but much more comfortable than taking a songtaew when setting foot on to Koh Chang.

You can take the local bus which leaves Bangkok around 8am and gets to the ferry terminal around 2.00pm. Once at the ferry you will need to walk onto the ferry and on arrival on Koh Chang take a "taxi" to your hotel or hostel. The only public transport available on the island are the white, shared pickup trucks (songtaews). If you want to stand on the back, hold on tight. People have fallen off in the past. This adventurous and not very comfortable ride will cost anything from \$3.00 to \$8.00 depending how far around the island you are going.



The other alternative is to hire a car and drive yourself or take a private door to door transfer from Bangkok with driver. Thailand drives on the same side of the road as here and the drive is quite easy. There are roadhouses along the way to stop which have western toilets (a plus) and a variety of food outlets.

Prices for a door-to-door private transfer depend on the number of passengers but start around \$180.00 for the vehicle. This includes ferry tickets. The drive from Bangkok to Koh Chang takes approximately five hours but add another 60-90 minutes for the ferry ride and the time from the dock to your hotel.

Would I recommend Koh Chang as holiday destination, probably yes. One day like Bali it will probably change, and no doubt lose its unique character, but in the meantime if you want a laid back, inexpensive beach holiday with great food, friendly locals, and a relaxed atmosphere you can't go past it.

As you have to overnight in Bangkok prior to making your way south I would suggest you add a few nights there and do the sightseeing bit, like the Grand Palace, the Temple of the Reclining Buddha, the National Museum of Royal Barges, River Kwai and Hellfire Pass, the Floating Market or Barge Canal Tour, or the Temple of the Emerald Buddha and of course a Tuk-Tuk ride before going to Koh Chang or after.

The combination of Bangkok and Koh Chang makes a great holiday.

Pauline

AUSTRALIA'S BIGGEST MORNING TEA

Colin, Molly and I had the pleasure of joining with the Rotary Club of Morialta for their morning tea in the Community Workshop to raise money to support cancer research and patient services. Thank you for the fellowship and wonderful morning tea. Once again, a great example of Rotarians uniting for good.





QUIZ QUESTION

Q: Apart from being an auspicious day in history as RCMS holds its very first evening meeting, the 20th of May seems to have been a very important day many times. So, on 20th May 1983, what did French scientists including Françoise Barré-Sinoussi, Jean-Claude Chermann, and Luc Montagnier discover?

A: They discovered the HIV Virus, the root cause of AIDS. Unsurprisingly, Suzette got this one straight off and proceeded to tell us how pivotal this discovery was. Interestingly she informed us that many viruses are so hard to eliminate because they reside within cells. Obviously, you cannot destroy cells, so extracting them or killing them within is a tricky science.

A small snapshot of other notable things that happened on 20th May (none of which eclipse the RCMS first evening meeting):

- 325 – The Council of Nicaea is opened for the first time, forming the rules of the Christian church
- 1498 – Portuguese explorer Vasco da Gama discovers the sea route to India when he arrives at Kozhikode (previously known as Calicut), India
- 1802 – Napoleon Bonaparte reinstates slavery in the French colonies, revoking its abolition in the French Revolution
- 1862 – U.S. President Abraham Lincoln signs the Homestead Act into law, opening eighty-four million acres (340,000 km²) of public land to settlers
- 1873 – Levi Strauss and Jacob Davis receive a U.S. patent for blue jeans with copper rivets'
- 1875 - The Treaty of the Metre, also known as the Metre Convention, was signed in Paris by representatives of 17 nations. Its primary purpose is to ensure the international unification and improvement of the metric system.
- 1883 – Krakatoa begins to erupt; the volcano explodes three months later, killing more than 36,000 people
- 1927 – Charles Lindbergh takes off for Paris from Roosevelt Field in Long Island, N.Y., aboard the Spirit of St. Louis on the first nonstop solo flight across the Atlantic Ocean, landing 33+1/2 hours later
- 1940 – The first prisoners arrive at a new concentration camp at Auschwitz
- 1989 – The Chinese authorities declare martial law in the face of pro-democracy demonstrations, setting the scene for the Tiananmen Square massacre
- 2002 – The independence of East Timor is recognized by Portugal, formally ending 23 years of Indonesian rule and three years of provisional UN administration (Portugal itself is the former colonizer of East Timor until 1976)
- 2022 – Russo-Ukrainian War: Russia claims full control of the Ukrainian city of Mariupol after a nearly three-month siege.

A couple of famous people born on this day include actor Jimmy Stewart (1908-1997) and the inventor of the Spitfire aircraft R.J. Mitchell (1895-1937). Using the latter as a supplementary quiz question, some sad facts about Mitchell's life emerged, including that although the Spitfire is largely credited with Britain's victory in the 1940 Battle of Britain, he only lived long enough to see the first prototype fly and never knew the impact it had.

More than 20,000 Spitfires were built and deployed across the world. The Spitfire was a success because it was easy to fly, highly manoeuvrable and very powerful.





ICE BREAKER

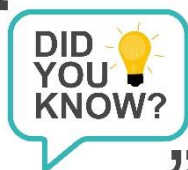
Q: What do you think is the most important scientific discovery of all time?

One of the good things about our evening meeting was being far less rushed, so I was glad I chose something to elicit a good conversation.

Apart from the discussions surrounding them, the main suggestions were: X-Rays, DNA Sequencing, AC Power, Anaesthetic, Penicillin, Powered Flight, Radio, Mobile Phones, Polio Vaccine, the Lightbulb and Fingerprinting (or understanding that they were unique). Thanks everyone for your contributions!



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PRESIDENT'S - "DID YOU KNOW?"

Did you know there is a difference between a drip and a drop.

A drop is a single small amount of liquid. Imagine one raindrop or one drop of water from a faucet. Just one! A drip is the action—when a liquid slowly falls drop by drop. So, if your faucet is leaking, it's dripping water.



HAPPY BIRTHDAY



Happy Birthday Suzette, have a great day!!!



SNAP SHOT OF THE IMPACT SUMMIT — 16TH — 18TH MAY 25



UPCOMING EVENTS

Tuesday 03 JUN	CLUB MEETING 1289 7.00AM Heccies Sporting Club, Fisher St, Magill, 5072
Sunday 8 JUN	RCMS MONTHLY MARKET 9.00AM – 2.00PM Campbelltown Memorial Oval
Tuesday 10JUN	CLUB MEETING 1290 7.00AM Heccies Sporting Club, Fisher St, Magill, 5072
Friday 13 JUN	MAGILL RSL SCHNITZEL NIGHT – 5.30PM 8 Lorne Avenue, Magill
Tuesday 17JUN	CLUB MEETING 1290 & CHANGEOVER 6.00pm for 6.30pm start Tower Hotel, Magill Please let Pauline know if attending. hpauline087@gmail.com
Sunday 28SEP	ARH MOVIE FUND RAISER Regal Theatre at 1.30PM Film: Downton Abbey
Sunday 11OCT	WALK FOR RESPECT 2025 9AM from Victoria Square - Say No to Domestic Violence

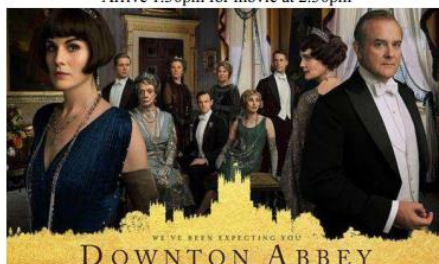
SAVE THE DATE

Australian Rotary Health movie fundraiser

28th September 2025

*The Regal Cinema, Kensington Road
Kensington Park*

Arrive 1.30pm for movie at 2.30pm



Though scant details of the new film have been released, it's likely the action will pick up when *A New Era* left off, particularly as it has been revealed that Dominic West will be reprising his role as the actor Guy Dexter, last seen riding off into the sunset with butler Thomas by his side. The marriage of Lady Mary and Henry Talbot was on the rocks in the last film, and though she didn't stray, his absence points to a divorce or estrangement in this new film. Meanwhile, the family will be adjusting to life without their great matriarch, Lady Violet, and we might also see some of the children growing up and getting up to mischief.

All funds raised will be donated to

Australian Rotary Health mental health research



GROUP 3 CLUBS

Monday

Campbelltown: 0407 724 699 - 6.30pm

Coromandel Valley: 0431 012 142 - 6.30pm - 1st & 3rd Mon:

San Giorgio Club, Henry St, Payneham
St John's Anglican Parish Hall

Tuesday

Magill Sunrise: 0415 453 101 - 7.00am - 1st, 2nd:
6.30pm 3rd Tues

St Peters: 0493 281 503 - 6.15pm

Blackwood: 0477 788 660 - 6.30pm - 1st & 3rd Tue:

Edwardstown: 0437 760 420 - 6.15pm - 1st & 3rd Tue:

Unley: 0431 618 359 - 6.00pm -

Hectorville Sporting Club, Magill
Tower Hotel
Kensi Hotel, 23 Regent St, Kensington
Blackwood RSL
The Maid of Auckland Hotel
Living Choice, Fullarton

Wednesdays

Eastwood: 0416 367 289 - 7.00am - 1st & 3rd Wed:

Norwood: 0412 305 660 - 6.30pm - 1st, 3rd & 5th Wed:

Hyde Park: 0417 855 182 - 6.15pm - 2nd & 4th Wed:

Burnside: 0401 627 339 - 6.30pm - 2nd, 4th & 5th Wed:

Mitcham: 0437 112 907 - 6.45pm

Morialta: 0497 159 737 - 6.30pm

Royal Coach, 24 Dequetteville Tce, Kent Town
Kensi Hotel, 23 Regent St, Kensington
The Goody Hotel, Goodwood
Kensi Hotel, 23 Regent St, Kensington
The Edinburgh Hotel, Mitcham
Tower Hotel, Magill Rd Magill

Times stated are when the **GONG** is rung.

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

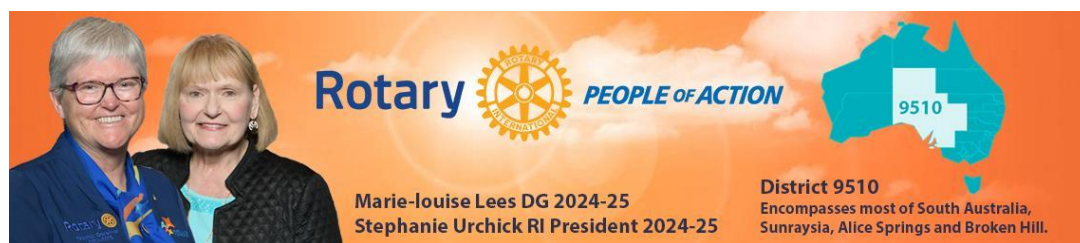
Editor: hpauline087@gmail.com (Pauline Hill)

Voice of Rotary

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ROTARY DISTRICT 9510

rotary9510.org



PRESIDENT

Pauline Hill



SECRETARY

Simon Brewer



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.

