



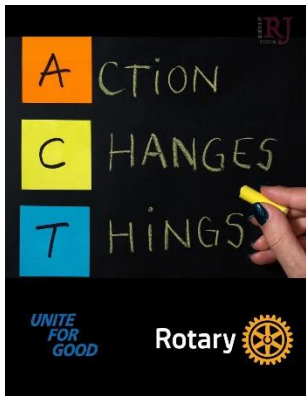
PAULINE'S PATHWAYS

MAGILL SUNRISE ROTARY CLUB

VOLUME 29 | ISSUE 03 | 1294 | 15 JULY 2025

Welcome to Carol Frawley, Rob Rushton-Smith, Glenn Mitchell, Carol Davis and Tash Schuetze

PRESIDENT'S MESSAGE



I came across these words of wisdom from the Rotary Club of San Francisco West. This club chartered in 1984 and are like us in that they are a morning club, have a small membership and punch above their weight.

Action Changes Things

Ideas spark change — but it's action that makes it real.

No matter how small, a step forward breaks the cycle of “what if” and moves us toward impact. Whether you're lending a hand, starting a project, or speaking up for what's right, action turns intention into transformation.

In Rotary and in life, momentum matters. Let's keep moving — because action changes things:

[#ServiceAboveSelf](#) [#ActForChange](#) [#RotaryInAction](#)

“In a world full of differences—opinions, cultures, and perspectives—unity is what binds us. It's not about everyone thinking the same but about respecting each other and working toward shared goals. When we stand together, we amplify our voices, solve problems more effectively, and build communities that thrive. Unity doesn't erase individuality; it celebrates it within a stronger whole. Let's choose connection over division—because united, we rise.”

[#Unity](#) [#StrongerTogether](#) [#Community](#)

Rotarians are “People of Action” and together all around the world we strive to make our planet a better place to live, as we “Unite for Good”.

Pauline

FOR THE DIARY

August Meetings

5th & 12th

First two Tuesdays of the month

7.00am

Heccies

31 Fisher St, Magill

Third Tuesday of the month

19th

6.00pm for 6.30pm

Tower Hotel

621 Magill Rd, Magill

Contact us

0415 453 101

Next Club Meeting

1295

5th August 2025

Guest Speaker

Bronwyn Anderson

Community Development
Manager Beyond Bank
President of Gawler Light Rotary



GUEST SPEAKER: CAROL FRAWLEY



Carol was a very inspiring speaker, who brought a wealth of experience and passion to our meeting. With a background in music, education and environmental advocacy, Carol has been involved in numerous initiatives and organisations, including the creation of 'Planet Earth for Kids', Rotary, and active service with the Tea Tree Gully CFS.

Carol was born in Zimbabwe and has lived through a civil war. She spoke about the great need for assistance in Zimbabwe but explained the great pride and dignity of its people, and emphasised the importance of approaching aid with respect, not as a charity case.

Carol shared about the great work the Rotary clubs in Zimbabwe are doing, and the many exciting connections that have been made. For example, the Rotary Club of Mutare holds a Rotary Family Health Day, providing health checks for the locals. She also spoke about the crucial role explained of having trusted local contacts to ensure the success and sustainability of international projects.

Of the great needs in Zimbabwe, Carol listed:

- **A young 9-year-old child requiring surgery for keratoconus.** Without surgery, this child will lose their sight. Surgery now can arrest the degradation of eyesight. Excitingly, a surgeon connected through Rotary may be able to help.
- **A child requiring surgery for quite disfiguring keloid scarring.** Fortunately, our club member, Godfrey, might know some-one who can assist, and eagerly spoke to Carol after the meeting
- **Milk supply for infants and children.** Whilst approx. 40kg of milk powder has been delivered recently, this need is significant and ongoing. This is also paired with a request for fellowship, community building and prayer with church communities to try to address people smuggling/slavery issues.
- **Medical consumables for ambulances.** Although vehicles are kept pristinely, they do not have any consumables. While we know that timely transport to hospital saves lives, so does the stemming of blood loss, therefore bandages and gauze would be very valuable in dealing with traumatic blood loss. Carol suggested that expired (but still usable) dressings from ourselves, St John's or any medical or dental practice would be lifesaving.
- **Psychological support for first responders (furies, ambos, vets).** No formal mental health services are provided in Zimbabwe. Recently, she and her husband Stuart visited and provided training for local firefighters, and here discussed the importance of the group supporting each other emotionally, however professional support is required. Our club raised the possibility of establishing a mentorship program?
- **Musical instruments.** The Zimbabwe College of Music is filled with passionate and talented students, who unfortunately lack musical instruments
- **Village bore.** One village urgently requires a reliable water source in the form of a bore - it will cost \$1800. *This could possibly be funded by a singular club, or achieved in collaboration...*

- **Educational consumables for Honde Valley School.** The school is run/supported by Oncemore, a local fire and one of Carol's friends requires educational consumables such as pens and paper. Our club was able to suggest that South Pacific School Aid (who reached out to us at the last market about our international project) may be able to help!

Carol mentioned that a container of goods will soon be shipped to Zimbabwe. There may be opportunities for our club to contribute by donating:

- medical consumables (gauze and bandages)
- musical instruments
- educational supplies (pen, paper, etc.)

Carol began and closed her talk by challenging us to consider 'why'. Why should we help people in Zimbabwe when we have needs of our own? Her answer: *If we have the means, if we have the resources — then why not?*

She ended by sharing the powerful story of the boy and the starfish, as a reminder that even if we can't solve all of the world's problems, small changes can change one person's world.

One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things into the ocean.

Approaching the boy, he asked, "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make any difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said

"I made a difference to that one."

~Loren Easley

Molly Sweeney



DID YOU KNOW?

In Atlanta, Georgia it is illegal to tie a giraffe to a telephone pole or a street lamp. This law may have been implemented due to the risk of damaging utilities. Giraffes are tall animals and telephone wires are often within their reach. They could potentially chew through the wires, causing damage to telephone and electricity utilities. Should a giraffe be tied to a pole and start chewing, there is a risk of electrocution, which would be inhumane for the animal and cause an outage in the area.

Just how many giraffes wander freely around Atlanta?

And by the way, it is also illegal in Georgia to keep a donkey in a bath tub.



Only in America.

CLUB BIRTHDAY

Happy Birthday to Tash and 50th to David





Icebreaker

I learnt today that science comes from the Latin 'scientia' meaning 'knowledge' - what is something interesting you have learnt

recently?'

Glenn (guest from Rotary Modbury Golden Grove, past president Tea Tree Gully), fire ants have been found in WA and are making their way from QLD into NSW. They are mainly being transported through military vehicles and aircraft. They are extremely destructive to animals, which they kill by stinging and injecting their venom which in some cases induces anaphylaxis.

Rob (past president Rotary Norwood) - there is only one bird that can fly upside down and backwards - that is the hummingbird.

Lindsay shared that 'there are more people alive today than have ever died before'. Tash did a quick fact-check (thanks Tash!) - it turns out that around 117 billion people have ever lived, with around 8 billion alive today - approximately 15 people have lived for every one person currently living. He later redeemed himself with a winning stat - Rotary has helped reduce global polio cases by 99.8%! That's a fact worth celebrating.

Carol Frawley (guest speaker, member of Rotary Modbury Golden Grove) - some butterflies have the equivalent of ears on their wings. Also, pangolins are the most trafficked animal in the world.



Quiz Question

What year was the game Trivia Pursuit released? What are the six categories of Trivia Pursuit?

Greg correctly guessed 1981 😊


Only one clue was given, and all six were guessed correctly:

Entertainment; Geography; Science & Nature; Art & Literature; Sport & Leisure; History





WINTER WARMER FUND RAISER FOR OUR INTERNATIONAL PROJECT




KYTONS FUNDRAISER - WINTER WARMERS 2025

YOUR PURCHASE IS SUPPORTING: Rotary Club of Magill Sunrise, Lihanzo Project. YOUR ORDER WILL BE AVAILABLE ON 10 August

Find colour photos, nutritional & ingredient information about all of these products at kytonsbakery.com.au/winter-fundraising-range

NAME & DETAILS	QTY	UNIT PRICE	TOTAL	PAID	TOTAL
TRADITIONAL LAMINGTONS 12/PACK @ \$17.00					
MINI LAMINGTONS 12/PACK @ \$11.00					
CHOC/NASP/BERRY LAMINGTONS 6/PACK @ \$9.50					
CHOC/COFFEE LAMINGTONS 6/PACK @ \$9.50					
NATWE LEMON MYRTLE LAMINGTONS 6 FingerPACK @ \$11.00					
BUCKET CHOC CHIP COOKIES 750g @ \$25.00					
MACADAMIA & WHITE CHOC BITES 150g @ \$9.00					
PARTY PACK 6 PARTY PIES 6 PARTY PASTIES @ \$19.00					
BEEF PIE FAMILY SIZE @ \$12.50					
CHEESE, BACON & BEEF PIE FAMILY SIZE @ \$13.50					
6 PASTY ROLLS @ \$19.00					
6 CHEESE / VEG ROLLS (no meat) @ \$19.50					
APPLE CRUMBLE PIE FAMILY SIZE @ \$13.50					
APRICOT CRUMBLE PIE FAMILY SIZE @ \$13.50					
CHOCOLATE SELF SAUCING PUDDING SERVES 6-8 @ \$14.50					
STICKY DATE SELF SAUCING PUDDING SERVES 6-8 @ \$14.50					
TOTAL					

BUY FROM SA



TRADITIONAL LAMINGTONS 12/PACK @ \$17.00

MINI LAMINGTONS 12/PACK @ \$11.00

CHOC/NASP/BERRY LAMINGTONS 12/PACK @ \$9.50

CHOC/COFFEE LAMINGTONS 12/PACK @ \$9.50

NATWE LEMON MYRTLE LAMINGTONS 6/PACK @ \$11.00

BUCKET CHOC CHIP COOKIES @ \$25.00

MACADAMIA & WHITE CHOC BITES @ \$9.00

PARTY PACK @ \$19.00

BEEF PIE @ \$12.50

CHEESE, BACON & BEEF PIE @ \$13.50

6 PASTY ROLLS @ \$19.00

6 CHEESE/VEG ROLLS @ \$19.50

APPLE CRUMBLE PIE @ \$13.50

APRICOT CRUMBLE PIE @ \$13.50

CHOCOLATE SELF SAUCING PUDDING @ \$14.50

STICKY DATE SELF SAUCING PUDDING @ \$14.50

TOTAL

PLEASE COMPLETE THIS SECTION AND RETURN:

TO: Suzette Coat suzettecoat@outlook.com

BY: Sunday 3rd August

PHONE: 0401 055 150

ATTACHED IS PAYMENT OF \$

Please have this completed and returned to Suzette by the 3rd of August.



APPLICATIONS FOR ROTARY YOUTH LEADERSHIP AWARD OPEN

HOW SHOULD I APPLY

Registrations for year's RYLA are now open. There are a limited number of places. Scan the QR code to register your interest in attending.

1

2 You can directly contact a Rotary club in your area. Alternatively, email ryla@rotary9510.org with your suburb and we can help put you in contact with your local rotary club.

Applications close on 15th August



RYLA9510.org

HOW MUCH WILL RYLA COST?

RYLA participation is fully funded by Rotary clubs, covering your attendance cost through individual sponsorships.

If a Rotary club you know has agreed to sponsor you, your spot at RYLA is secured. Just list the club during registration.

If you don't have a sponsor, the organising committee will find a Rotary club to sponsor you. Your attendance will be confirmed once a club has agreed to cover your attendance.

A fully sponsored Rotary Program



DISCOVER YOUR LEADERSHIP POTENTIAL

Empower. Lead. Inspire.

Rotary  **Rotary Youth Leadership Award**
District 9510

What is RYLA?

The Rotary Youth Leadership Awards (RYLA) is a 7-day residential seminar for youth aged 19-26.

RYLA empowers young individuals through exposure to a range of qualified professional speakers and group activities.

It also enables participants to network and form friendships with a diverse range of like-minded youth, including those from an international background.

WHAT WILL YOU GAIN AND LEARN?

- Leadership and Personality Styles
- Teamwork and Communication
- Networking & Public Speaking
- Conflict Management
- Personal Reflection and Self-Understanding





WHO SHOULD ATTEND RYLA?

19 - 26 year olds displaying leadership potential within areas of their life such as workplaces, communities, sports teams, studies, who have not previously attended RYLA.

RYLA9510.org

RYLA is a seven-day residential leadership seminar. Young adults between the ages of 19 and 26 years keen to exercise their leadership potential participate in a range of formal and informal activities, which promote leadership skills as desirable qualities.

RYLA's focus is on assisting young people to develop their abilities as leaders, and to encourage them to reach their full potential as valuable members of society.

Participants can seize the opportunity to develop leadership, communication and problem-solving skills, can practice new behaviours, forge life-long friends and challenge their personal belief systems and values.

APPLY NOW, or contact Molly Sweeney at milo180328@gmail.com

APPLICATIONS FOR ROTARY YOUTH PROGRAM OF ENRICHMENT OPEN UNTIL 28JULY

HOW SHOULD I APPLY?

1 Registrations for this year's RYPEN are now open. There are a limited number of places.

Either scan the QR code to register your interest in attending:



2 Or you can directly contact a Rotary club in your area.

Alternatively, email rypen@rotary9510.org with your suburb and we can help put you in contact with your local rotary club.

**APPLICATIONS
CLOSE ON 28TH
JULY!**

rypen9510.org

HOW MUCH WILL RYPEN COST?

RYPEN participation is fully funded by Rotary clubs, covering your attendance cost through individual sponsorships.

If a Rotary club you know has agreed to sponsor you, your spot at RYPEN is secured. Just list the club during registration.

If you don't have a sponsor, the organising committee will find a Rotary club to sponsor you. Your attendance will be confirmed once a club has agreed to cover your attendance.

*A fully sponsored
Rotary Program*



**DISCOVER YOUR
POTENTIAL**

**Fun, Friends
& Fellowship!**

Rotary Rotary Youth
District 9510 Program of
Enrichment



ABOUT RYPEN

RYPEN is a Rotary sponsored 3-day residential program held each year. It provides a group of young people aged 14-17 an opportunity to develop self-awareness and valuable leadership skills.

Participants attend informative session on a variety of subjects to enrich and develop an array skills for their future success.

A unique opportunity to develop lifelong friendships and life skills. Apply for RYPEN today and find out just how worthwhile and life-changing this experience is.

WHAT WILL YOU LEARN?

**RESILIENCE, TEAMWORK,
COMMUNICATION,
PROBLEM SOLVING & SELF
CARE**

**GIVE YOU A NETWORK OF
FRIENDS FOR THE REST OF
YOUR LIFE**

**EXPLORING CORE VALUES AND
SETTING GOALS**

**DEVELOP SKILLS THAT WILL BE
INVALUABLE AS YOU DEVELOP
YOUR CAREER AND LIFE**

WHO SHOULD ATTEND RYPEN?

14 - 17 year olds displaying leadership potential within areas of their life such as workplaces, communities, sports teams, studies, who have not previously attended RYPEN.

rypen9510.org



Rotary Youth Program of Enrichment (RYPEN) provides a group of young people aged 14-17 an opportunity to develop valuable leadership skills.

This weekend long program will see you engage with like-minded people while having fun and learning new skills in areas such as problem-solving and public speaking.

APPLY NOW, or contact Molly Sweeney at milo180328@gmail.com



Rotary Club of Lightsview  Presents

Disney Quiz Night

August 23
2025

St Pius X School
6 PM - 11PM
QUIZ TO START @630PM

BYO Food & Drinks
Cheese Platters
available to order with tickets
Prizes, raffles & games

\$25 per ticket
Tables of 10 \$200
Book through Humanitix



BLASTS FROM THE PAST



RCMS – Club meeting 976



Constructing hands for Cambodia



Last meeting for 2023



Health Of
The River



AUSTRALIAN
LANDSCAPE
TRUST

“HEALTH OF THE RIVER” 2025 ROTARY YOUTH FORUM

MONDAY 15th – FRIDAY 19th September, 2025

CALPERUM STATION, Renmark, South Australia

OPEN TO YEAR 9 and 10 STUDENTS

Are you curious about the Natural World ?

Are you interested in Ecology and the Environment?

Are you interested in protecting the Environment?



This 5 day forum provides hands on learning and mentoring from specialist ecologists and researchers on a working conservation and research property, with an emphasis on “River Health”

Supported by Rotary Clubs, the forum provides transport, accommodation, meals and exceptional learning experiences.

Activities will include a focus on sustainable water management and irrigation practices, salinity issues and environmental flows, conservation, land degradation and rehabilitation and more.

<https://rotary9510.org/sitepage/youth/health-of-the-river-forum>

Cost: \$700 (paid by a local Rotary Club)

*Please note that a \$50 deposit from the student is required.
This will be refunded on completion of the program.*

Enquiries: Registrar Cathy Cameron Ph: 0408 951 958

E: healthoftheriver@rotary9510.org

Date: 10 April 2025



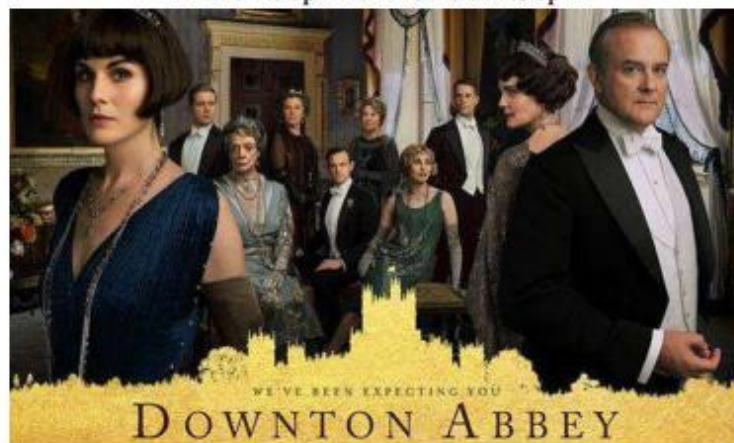
SAVE THE DATE

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



Rotary
District 9510



says **NO** to
**DOMESTIC
VIOLENCE**



Say **YES** to Respectful Relationships
www.WalkForRespect.au

Walk for Respect in this peaceful parade

An educational walk offering our South Australian community a chance to connect and gain an insight into key signs of Domestic Violence & Coercive Control that surround us.

Saturday 11 October 2025

from 9am - Meet in Victoria Square

from 10am - the 1.2km walk starts along King William Street

10.30am - Arrive at the Elder Park Rotunda

from 10.30 to 11am - Inspirational presentations

11am to Noon - Mingle | Coffee | Food | Displays

Visit www.WalkForRespect.au to learn more and connect with survivors of Domestic Violence and local support groups.



Register to walk - FREE

On the day, choose the group you want to walk with when you arrive in Victoria Square

Peacefully Unite to Show Support

<https://c.planetreg.au/2025-Rotary-Walk-For-Respect-Individual-Registrations>

Register Today!

**2025
Walk for Respect**



project partners



**Saturday
11 October
2025**

Join The Walk
All Welcome
Register Online

**10am
START
location**
muster from 9am



Care Package Household Items Drop Off Day



Come to the 2025 walk with even more purpose - help a survivor of Domestic Violence set-up a new life as we prepare emergency relief home Care Packs with our charity partners.



Scan to Learn More



UPCOMING EVENTS

Wednesday 30 JUL

SOCIAL EVENT WITH RC of MORIALTA – 6.15PM

Café Brunelli Glynde, 489, Payneham Rd, Felixstowe.
(opp Glynde Hotel}
Please let Lindsay know if attending.

Tuesday 5 AUG

CLUB MEETING 1295 – 7.00am

Heccies Sporting Club
Guest Speaker: Bronwyn Anderson
Community Development Manager Beyond Bank
President of Gawler Light Rotary Club

Sunday 10 AUG

RCMS MONTHLY MARKET 9.00AM – 2.00PM

Campbelltown Memorial Oval

Tuesday 12 AUG

CLUB MEETING 1296 – 7.00AM

Heccies Sporting Club
Guest Speaker: Ian & Suzette Coat, Di Clements
RI Convention Calgary

Tuesday 19 AUG

CLUB MEETING 1297 – 6.00PM for 6.30PM

Tower Hotel
Guest Speaker: Katja Hogendoorn
Bee Hotels

Saturday 23 AUG

DISNEY QUIZ NIGHT – RC of LIGHTSVIEW

St Pious X School - 6PM-11PM
\$25.00 per head

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

Friday 31 OCT

THE BIG SCARY QUIZ NIGHT - 6.30PM for 7.00PM

Hectorville Community Centre – Reid Ave Hectorville.
\$20.00 per head. Money raised will be for the Lirhanzo Project.
Bring your own liquid concoctions and eye of newt nibbles

GROUP 3 CLUBS

Monday

Campbelltown: 0407 724 699 - 6.30pm

San Giorgio Club, Henry St, Payneham

Coromandel Valley: 0431 012 142 – 6.30pm - 1st & 3rd Mon St John’s Anglican Parish Hall

Tuesday

Magill Sunrise: 0415 453 101 - 7.00am - 1st, 2nd

Hectorville Sporting Club, Magill

NEW!!! 6.30pm 3rd Tue

Tower Hotel, Magill

St Peters: 0493 281 503 - 6.00pm

Kensi Hotel, 23 Regent St, Kensington

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

Blackwood RSL

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

The Maid of Auckland Hotel

Unley: 0431 618 359 - 6.00pm

Living Choice, Fullarton

Wednesdays

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

Royal Coach, 24 Dequetteville Tce, Kent Town

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

Kensi Hotel, 23 Regent St, Kensington

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

The Goody Hotel, Goodwood

Burnside: 0401 627 339 - 6:30pm - 2nd, 4th & 5th Wed

Kensi Hotel, 23 Regent St, Kensington

Mitcham: 0437 112 907 – 6.45pm

The Edinburgh Hotel, Mitcham

Morialta: 0497 159 737 - 6.30pm – 2nd & 4th Wed

Tower Hotel, Magill Rd Magill

Flagstaff Hill: 0412 330 803 - 6.30pm – 2nd & 4th Wed

Flagstaff Community Centre

CONTACT US

Magill Sunrise Rotary Club



President
Pauline Hill



Secretary
Simon Brewer

P: 0415 453 101 (Lindsay Davis)

W: magillrotary.org.au

E: magill@rotaryclub.org.au

FB: www.facebook.com/rotarymagill

Editor: hpauline087@gmail.com (Pauline Hill)

Voice of Rotary

www.facebook.com/voiceofrotary | ROTARY DISTRICT 9510 | www.rotary9510.org

Rotary | Service Above Self

Rajeev Kamineni DG 2025-26
Francesco Arezzo RI President 2025-26

District 9510
Encompasses most of South Australia,
Sunraysia, Alice Springs and Broken Hill.

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.

