



PAULINE'S PATHWAYS

MAGILL SUNRISE ROTARY CLUB

VOLUME 29, ISSUE 27, Meeting 1318, 7APR2026



APRIL– Maternal and Child Health and environmental sustainability month.



Welcome to Claire Clutterham, Member for Sturt, Christian Wickham (Guest Speaker) & Bianca Patterson (RC of Morialta)

PRESIDENT'S MESSAGE

In order to live in the society you want, you have to help build it



The Multi-District Summit in Horsham at the end of March brought together Rotarians from across three districts, each of us carrying our own experiences, passions, and hopes for the future. Yet despite our different journeys, for me one message from PRIP Jennifer Jones rose above the rest—simple, powerful, and impossible to ignore:

“In order to live in the society you want, you have to help build it.”

It's the kind of statement that lingers long after the closing session. Not because it's new, but because it captures the very essence of Rotary's purpose. We don't just imagine a better world; we roll up our sleeves and help create it.

Rotarians have always understood that strong, compassionate communities don't appear by accident. They are shaped by people who choose service over comfort, collaboration over complacency, and action over apathy.

This Summit reminded us that:

- **If we want a society that values fairness, we must champion fairness in our own actions.**
- **If we want a society that supports the vulnerable, we must be the ones who show up first.**
- **If we want a society built on connection, we must be the ones who extend the hand.**

Communities everywhere are navigating rapid change. Social isolation, economic pressures, and global uncertainty can make people feel powerless. But the Summit was a reminder that Rotarians are anything but powerless. We are builders—of relationships, of opportunities, of hope.

The society we want is not an abstract dream. It's something we actively construct through service, integrity, and the belief that ordinary people can create extraordinary impact.

As we return to our clubs and our daily routines, the challenge is clear: **don't let the inspiration stay in Horsham.** Let it guide the choices we make, the projects we champion, and the way we show up for our communities.

Because if we truly want to live in a society that is kinder, fairer, and more connected, then we—Rotarians—must continue to help build it, one act of service at a time.

FOR THE DIARY

APRIL MEETINGS

7th, 14th

7.00am

Heccies

31 Fisher St, Magill

Third Tuesday of the month

21st

6.00pm for 6.30pm

Tower Hotel

621 Magill Rd, Magill

Contact us

0415 453 101

Next Club Meeting

1319

14 APRIL 2026



Our 30th Anniversary is coming up and we will be discussing how best to celebrate this milestone.



GUEST SPEAKER: CHRISTIAN WICKHAM



At Meeting 1318, guest speaker Christian Wickham lived up to his promise of explaining complex topics (in this case, **cybersecurity**) “in an understandable way to non-technical people”.

Christian’s central message was simple but powerful: most cyber threats succeed not through sophisticated hacking, but **by exploiting human behaviour**. Using relatable analogies—such as not needing to outrun a lion — he highlighted that attackers are often looking for the most vulnerable or

inattentive user.

He outlined common threats, particularly phishing emails, which often use urgency, fear, or “too good to be true” offers to trick people into clicking links or sharing information.

Importantly, even poorly written scam emails are deliberate, designed to filter out cautious users and target those more likely to respond.

Christian also challenged some outdated habits, noting that **frequent password changes are no longer best practice**. Instead, longer, unique passphrases and thoughtful behaviour—such as verifying links and avoiding suspicious attachments—provide stronger protection.

The key takeaway: **cybersecurity is less about technology and more about awareness, habits, and thinking before acting**. Thanks Christian

Footnote from Claire Clutterham, MP: for practical advice and to stay alert to current scams, visit scamwatch.gov.au.



Lindsay

BECOME A MENTAL HEALTH FIRST AIDER

Rotary clubs are **seeking Community Participants** for the upcoming Mental Health First Aid (MHFA) Training course. What community groups and individuals would benefit? Invite them – or provide names to Lindsay please 0415 453 101.



Course costs Sponsored by Rotary



BECOME A MENTAL HEALTH FIRST AIDER™

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid™ (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Go to this link – <https://zoho-mhp.zohobookings.com.au/#/4343000003063222>

Or for more information

Call 0402 749 850

or

Email Admin@mentalhealthpartners.com

DATES: May 21st & 28th June 4th & 11th

TIMES: 6pm to 9:30 pm Each day

COST \$25 Booking fee ONLY,
Donated back to Rotary
Dinner Included

VENUE: Fullarton Park Community Centre

FACILITATOR/S MHP team
D Gleeson & J Chenoweth

For more information, visit mhfa.com.au/course  @MHFA_Australia  healthfirstaid



Quiz Question



Surprisingly, the 25th of April this year marks just the 100th anniversary of the first performance of a well-known piece of “classical” opera music, which is largely considered to be the last great piece of classical music ever written. Let’s see if we can guess it from these clues:

I am an aria from an opera and was composed between 1921 and 1924

My composer died in November 1924 and never heard the first public performance

This specific aria was the very last thing written by this composer even though it is not actually the end of the opera in question

After the composer’s death, other composers completed the opera, but at the first performance the opera ended where the composer finished with this now famous aria as a mark of respect

The opera character who sings this is Prince Calaf, who is the unknown prince that the Princess whom the opera is named after is searching for

The name of the aria literally translates from Italian to “none shall sleep” or “let no one sleep”

I am usually performed by a Tenor

My last note was written as a very short note, but almost all Tenors sing it as a long drawn out note for dramatic effect

The last word with the drawn-out note is Vincerò!, which translates from Italian to “I will win”

I rose to popular fame in 1990 when the BBC chose to use a 1972 recording of the song as the theme for the World Cup held in Italy

I am arguably best known as being sung by Luciano Pavarotti, whose version recorded in 1972 reached Number 2 on the UK singles chart in June 1990, and re-charted again in 2007 after the death of Pavarotti
Aretha Franklin famously stood in for Pavarotti at the 1998 Emmy Awards ceremony and sang it live

I was written by Giacomo Puccini

I am the aria Nessun Dorma from the opera Turandot

Note that what we think of as “classical music” stretched from about 1600 to 1925 and includes Baroque, true Classical, Romantic & late Romantic, starting with Johann Pachelbel and ending with Giacomo Puccini.

Our local member Claire is a known classical music fan and unsurprisingly she was able to name the opera and the aria, but it did take six or seven clues to get there. Some did not recognize the name of the aria but would almost certainly know the music if they heard it. Unfortunately, time was against us, and we were unable to play the music to finish off.

Icebreaker

ice-BREAKER



So, speaking of classical music, does anyone still listen and is it still relevant? If so, who is your favourite composer?

Our local member Claire is a great fan of Chopin and used to play the piano. Stand in Sergeant Simon is quite passionate about Tchaikovsky. Guest speaker Christian and partner Bianca are great fans of Bach, along with Ian. Surprisingly no Mozart or Beethoven fans but it looks like classical music is still with us.



INNER WHEEL WALK – 30 MARCH 2026



Every year, Inner Wheel Australia holds a “Two for 10” Walk, where club members from all around Australia are encouraged to walk 2km for \$10, to raise funds for their National Project - Cord Blood Research. The Rotary Club of Magill Sunrise donated \$250.00 to the Inner Wheel Club of North East Sunset and Lindsay joined the walkers at Thorndon Park on the 30th March.



Congratulations Simon



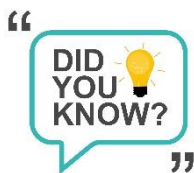
IT'S ON AGAIN THIS SUNDAY

ROTARY MONTHLY MARKET

SUNDAY 12 APRIL 9.00AM – 2.00PM

Campbeltown Memorial Oval

PRESIDENT'S 'DID YOU KNOW'



As we head into April it is the month of firsts.

- The first Earth Day was celebrated on April 22, 1970.
- The United States Postal Service was founded on April 3, 1789.
- The Hubble Space Telescope was launched on April 24, 1990.
- The world's first cell phone call was made on April 3, 1973.
- The first episode of “The Simpsons” aired on April 19, 1987.
- The first Pony Express mail delivery began on April 3, 1860.
- The first McDonald's restaurant was opened in Des Plaines, Illinois on April 15, 1955.
- The first Space Shuttle mission was launched on April 12, 1981.
- The first walk in space was made by Soviet cosmonaut Alexei Leonov on April 12, 1961.
- The first ATM machine was installed on April 27, 1966.
- The first episode of “Doctor Who” was broadcast on April 23, 1963.
- The first Starbucks coffee shop opened in Seattle on April 12, 1971.
- The first episode of “Game of Thrones” was broadcast on April 17, 2011.
- In April 1924, the first crossword puzzle book was published by Simon & Schuster.
- The first Olympic Games of the modern era were held in Athens from April 6 to April 15, 1896.



CAMPBELLTOWN SES TOUR – 24 MARCH 2026



Several of our Rotarians visited the Campbelltown unit of the South Australian State Emergency Service (SES) on the evening of Monday the 24th of March, gaining valuable insight into the vital work carried out by SES volunteers in our community.

During the visit, we were briefed on the wide range of emergency responses undertaken

by the SES, including storm and flood response, search and rescue operations, and support during major incidents. The group also learned about the extensive training required of volunteers and viewed the equipment used to respond quickly and effectively to emergencies. A highlight was the opportunity to see first-hand the equipment and facilities available to the SES and talk with the volunteers.

The visit highlighted the important role the SES plays in protecting lives and property, as well as the dedication and professionalism of its volunteer members. Magill Rotary greatly appreciated the opportunity to visit the facility and to better understand how the SES serves the local community and for sharing their knowledge and experience.



OUR NEWEST HONORARY MEMBER CLAIRE CLUTTERHAM MP



It was certainly a delight to welcome Claire Clutterham MP, Member for Sturt, to our meeting and to make her an honorary member of the Rotary Club of Magill Sunrise. Claire's strong support for our club, including a passion for mental health, domestic and family violence prevention, and community service make her a natural fit for our Rotary family.

Honorary membership recognizes those who live Rotary's value. Claire's support and connection enriches our club and strengthens our community.

We look forward to ongoing friendship, fellowship and service together.

Berri Rotary Easter
Breakfast



MOLLY LENDS A HAND

Riverland Radio 5RM provided a free breakfast for the public on Easter Saturday morning on the lawns of Vaughan Terrace, Berri and the Rotary Club members work tirelessly cooking eggs, bacon and sausages for up to 1,000 visitors.

We may have lost Molly from our club due to her move to Berri, but she was snapped along with Peter Jarvis (ShelterBox) at the Berri Rotary Easter Breakfast.

Her training with the RCMS BBQ no doubt put her in good stead for the task. We all miss Molly and wish her well in the Riverland. It is great to see she is still involved with Rotary and keeping up the good work.



CONGRATULATIONS TO GODFREY & SIZA

On the birth of your first grandchild – a little girl

(Baby sitting duties on the horizon)

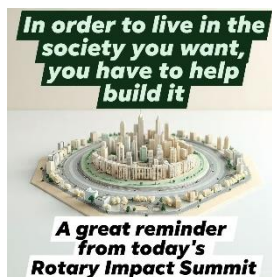


MULTI-DISTRICT IMPACT SUMMIT HORSHAM 2026

The Multi-District Summit combining for the first time three districts uniting fellow Rotarians from Districts 9510 (South Australia, Broken Hill, Sunraysia, and Alice Springs) 9780 (parts of Victoria and South Australia) and 9800 (Central Victoria) for an energising and inspirational summit focused on making a difference in our communities.

The summit held in Horsham, Victoria between the 27th-29th March showcased the very best of Rotary and we were honoured to have Past Rotary International President Jennifer Jones (2022-2023) in attendance to represent RI President Francesco Arezzo.

A great time was had by all and my thanks to all those hard-working Rotarians who made the weekend happen so flawlessly.



LOCK IN THE DATES FOR 2027

Next year's Multi-District Summit will be held in Warrnambool between the 16th-18th April 2027.
Districts 9510, 9800 & 9780

Market Roster - April 2026

	1st Shift 7am - 11am	2nd Shift 11am - 3pm
Assist with Set-up	Ron (7am to 9am)	
Welcome table / Mothers Day Raffle	Robyn / Suzette	Suzette
Safety Check List	Colin	
Stall Allocation	Robyn	
Social Media/Club Promotion	Greg	Simon
Cook Donuts	Alison	Alison
Orders	Ian	Ian / Alison
Cook Sausages & Onions	Graham	Lindsay (leaving at 2pm)
Cook B & E Sandwiches/Fritters	Simon	Greg
Server 1	Meryl (9am to 11am)	Lynne
Server 2	Siony (9am to 11am)	Rob
Float (Help where required)	Alison / Lindsay	Alison
Collect Stallholders Money		Ian
	Shift includes setup	Shift includes pickup
Drinks & Nibbles : Greg		
Washing Towels & Aprons : Alison		

UPCOMING EVENTS

Friday 10 APR

MAGILL RSL SCHNITZEL NIGHT – 5.30PM

8, Lorne venue, Magill

Sunday 12 APR

MAGILL SUNRISE ROTARY MARKET 9.00M – 2.00PM

Campbelltown Memorial Oval

Tuesday 14 APR

CLUB MEETING 1319 – 7.00AM– 8.00AM

Hectorville Sports and Community Club

31, Fisher Street Magill

Thursday 16 APR

BOARD MEETING 6.00PM for 6.30PM

Venue: Indian Club SA, 613 Magill Rd, Magill

Monday 20 APR

PARADISE PROBUS CLUB 10.00AM – 12NOON

St Martin's Church Hall, 3 Gorge Rd, Paradise.

Guest Speaker: Sami Omari

Tuesday 21 APR

CLUB MEETING 1320 – 6.00PM for 6.30PM

Tower Hotel, 621 Magill Rd, Magill

Induction of five members

Guest Speaker: John Weeks "Living without Fingerprints".

Saturday 25 APR

ANZAC DAY DAWN SERVICE AT THE GUMS – 6.30am

Shakespeare Avenue, Tranmere.

Ian to lay the wreath/flowers for the Club.

Gunfire Breakfast after at the Magill RSL Sub-Branch, 8 Lorne Ave, Magill

RCMS members to serve breakfast

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 Wed

The Republic, Cnr Osmond Tce & Magill Rd

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

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Voice of Rotary

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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.

(If you wish to unsubscribe from our Bulletin, please contact Pauline)

