



PAULINE'S PATHWAYS

MAGILL SUNRISE ROTARY CLUB

VOLUME 29, ISSUE 28, Meeting 1319, 14APR2026



APRIL– Maternal and Child Health and environmental sustainability month.



PRESIDENT'S MESSAGE

Rotary 

A club's realistic goals:

- Let's have fun
- Let's get results
- Let's make new friends

I would just like to thank all those who came together to work at the market last Sunday. It was not as busy as we would have liked, but with Gather Round, the Norwood Food and Wine Festival, school holidays, the fuel crisis and an inclement day we were up against it, so a big thank you to our loyal stallholders and volunteers who keep on keeping on to help us provide a monthly community event.

Our next meeting is set to be a truly special occasion as we induct **five new members** into our club and into the wider Rotary family. Occasions like this are more than ceremonial—they're a reminder of what keeps Rotary vibrant, relevant, and impactful.

- **New members bring new energy**, fresh ideas, and diverse perspectives.
- **A growing club strengthens our ability to serve**, both locally and globally.
- **Inductions reaffirm our shared values** of service, fellowship, integrity, and leadership.
- **It's a celebration of community**, and of people choosing to step forward and make a difference.

Inductions don't just grow our numbers—they grow our capacity to change lives.

We'd love to have guests, friends, and community members join us for this milestone evening.

 **Tower Hotel**  **Tuesday, 21 April**  **6:00pm for a 6:30pm start**

Come along, meet our newest members, and share in the excitement of what lies ahead for our club.

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

1320

21 APRIL 2026



Guest Speaker:

JOHN WEEKS

John Weeks was a winemaker working all around the world until an accident where he sustained burns to seventy five percent of his body. Come along and hear his story.

Pauline



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.



Mental health is everyone's business.



Accredited Instructor



Foothills to City
Rotary
Clubs






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

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

Call 0402 749 850
or
Email admin@mentalhealthpartners.com.au

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   

Go to this link – <https://zoho-mhp.zohobookings.com.au/#/434300003063222>

Or for more information Call 0402 749 850
or
Email Admin@mentalhealthpartners.com

For more information, visit mhfa.com.au/course   



Quiz Question



What part of the body Hosts the Most Variety of Fungus.

Answer: The Heel.

Not every bodily superlative is a happy one. In 2013, scientists analysed the human body to discern what nook or crevice played host to the greatest variety of microscopic fungi.

After conducting close inspections of palms, feet, toenails, groins, nostrils, and more, the researchers determined that the human heel is the body part most ripe with fungi.

The heel of the foot contains 80 different types of fungi, and that number only increases when you include the rest of the foot, as toenails were found to provide refuge for 60 types of fungi (the space between toes adds another 40).

While not all fungi are necessarily harmful, about half of them can be, and these numbers may help explain why feet are prone to fungal infection such as athlete's foot.



Icebreaker

ice-BREAKER



What big problem do you think technology will solve next?

Some thought cancer would be eliminated by technology in the not-too-distant future and probably the biggest breakthroughs will be within the medical sphere.

Rob thought we would not own cars, but driverless cars would be on call, which would reduce traffic congestion on the roads and be far more efficient, not to mention getting rid of the back seat driver.



"SLOW DOWN! STOP TAIL-GATING! @K!# SELF-DRIVING CAR!"



Safe travels to Lynne and Rob as they return to Toronto for the northern summer. See you in October.

Rotary

Clubs of South Australia

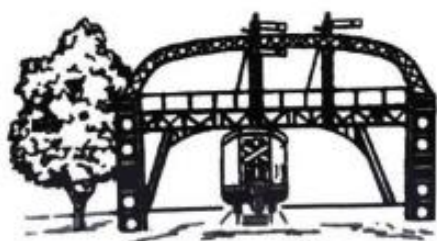


**DROUGHT
SUPPORT**

Pioneer Adventure Day

www.RotaryPioneerAdventureDay.au

Sunday 3 May 2026 | 9am to 4pm



OLD TAILEM TOWN PIONEER VILLAGE

Princes Highway, Tailem Bend, South Australia

A day of fun, entertainment, hair cuts, displays, giveaways and food.

HEALTH CHECKS : Heart; Blood; Skin; Hearing; Breastscreen; Mindfulness +

INVITING Farming & Rural families doing it tough during the drought

FUN for all ages. Leave the Farm / Shop behind for a Day.

Rotary Family **Sponsorship Packages** available to **help you** attend.

<https://reg.planetreg.au/Rotary-PAD-Register-Interest>





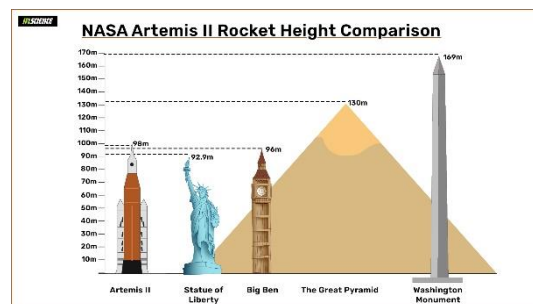
PRESIDENT'S 'DID YOU KNOW'



Artemis II, the spacecraft that just took a lap around the moon is almost exactly the same height as Big Ben in London.

Rising 30 storey's high – 98m (322ft) to be precise – NASA's Space Launch System (SLS) rocket stands 2m (7ft) taller than the famous clock tower.

When fully fueled, the rocket weighs 2,600 tonnes, which sounds like a lot until you realise Big Ben is estimated to weigh 13,700 tonnes. However, no one is planning to launch the London landmark into space. At least not yet.



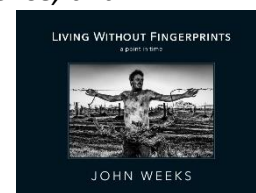
NEXT WEEK'S GUEST SPEAKER (21APR26) JOHN WEEKS

John Weeks is an Australian burns survivor whose life changed instantly on 10 May 2014 when a spark from a mobile-phone charger ignited petrol fumes inside his car, causing a violent explosion that engulfed him in flames. He suffered severe burns to more than 75% of his body, requiring a month-long induced coma, around six months of surgeries, and extensive rehabilitation.

He became the first recipient of a revolutionary biodegradable, expandable skin-graft dressing developed in Adelaide, used on about 35% of his burns. His recovery involved roughly 50 operations, a year of intensive rehab, and long-term challenges such as reduced flexibility and difficulty regulating body temperature.

*Formerly an international winemaking consultant, Weeks redirected his life toward advocacy, education, and motivational speaking, sharing his story with schools and community groups. He later authored a photobiography, *Living Without Fingerprints: A Point in Time*, documenting his ordeal, resilience, and recovery.*

His message in his talks consistently centres on positivity, resilience, and giving back, which very much align with Rotary, and he openly acknowledges that he is "very lucky to be alive."



John will have his book "Living Without Fingerprints: A point in time" for sale @ \$50.00 cash. Part proceeds from this book go the Burns Unit.

Our meeting will be at the Tower Hotel at 6pm for 6.30pm start. You are welcome to join us.





SOCIAL LUNCH – WILLUNGA HOTEL

Our club headed south to Willunga for a social lunch at the Willunga Hotel. Unfortunately, not all who attended are in the picture because it was done as a last-minute thought. I must get my act together with pictures.

We all had a great time and some even found time for shopping.

END POLIO NOW

Rotary
District 9510

SA Bridge

Rotary
Morialta

ROTARY 9510 DG Partner Project FUND RAISER Sun 31 May

ROTARY PAIRS BRIDGE CONGRESS (RED MPS) – 10 AM to 5 PM
Bridge players are invited to register for our Red master point Graded Pairs Bridge Congress. Registration includes barbecue lunch & drinks.

MINI BRIDGE TASTER – 10.30 AM to 2.00 PM
Never played bridge before? Try our Mini Bridge Session to see what it's like to learn bridge. Discover a world of fun, friendship, and a great way to keep your mind active. Includes barbecue lunch & drinks.

Register online using the QR code or link below
Please indicate dietary restrictions when you register.

ENTERTAINMENT

● Raffles ● Wine wall ● Silent auction

Make a donation
<https://bit.ly/rotarypairs>
(Select Get tickets - Donation)
Donations can also be transferred to the Rotary Club of Morialta To avoid booking fees.

Rotary
District 9510

SA Bridge

Rotary
Morialta

END POLIO NOW

Every voice. Every dollar. Every child.

We are in the final stretch – but polio is a zero-sum game.
As long as the virus exists anywhere, children everywhere remain at risk.

- If eradication efforts stop now, up to 200,000 new cases every year could return within a decade.
- Just one infected traveller can reintroduce polio to a polio-free country.
- 1 in 200 infections causes irreversible paralysis.

By vaccinating 2.5 billion children, Rotary and its partners have prevented more than 20 million cases of paralysis.
If we succeed, polio will become only the second human disease ever eradicated – after smallpox.
Join us. Help finish the fight.
Every donation funds the vaccines, transport and frontline support needed to protect children.
Right now, every \$1 donated is matched 2:1 by the Bill & Melinda Gates Foundation – tripling your impact.

SHOW YOUR SUPPORT

When: Sunday 31st May
Where: SA Bridge Association - 243 Young St., Unley
Events: Graded Pairs (Red Masterpoints) OR Mini Bridge
Cost: \$40 per person (Lunch Included)

Register online
<https://bit.ly/rotarypairs>
Questions? Contact Adel on 0402 433 674
aabelha@icloud.com

A person's most useful **asset** is not a head full of knowledge, but a **heart** full of **love**,
an ear ready to **listen** and a hand willing to **help** others.

**HAPPY
BIRTHDAY**



The club wishes Leonie a **HAPPY BIRTHDAY** and a speedy recovery. David you are on spoiling duties.



ANZAC DAY

Saturday April 25, 2026, at 6:30 am

**The Gums Reserve War Memorial
Shakespeare Avenue
Tranmere SA 5073**



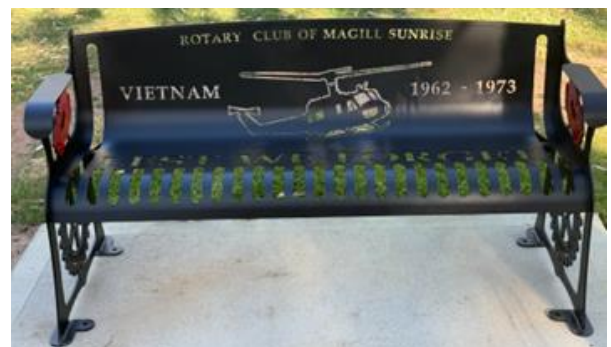
A dawn service commencing at 6:30am will be held at The Gums Reserve War Memorial Garden.

Attendees are welcome to bring a chair.

Following the service, all are welcome to attend the Magill RSL Sub-Branch, 8 Lorne Ave, Magill for the Gunfire Breakfast (gold coin donation appreciated).

This year the Rotary Club of Magill Sunrise and the Rotary Club of Morialta will join the cooks from the Athelstone-Rostrevor Lions Club to serve breakfast.

Simon will be conducting '2-Up' starting around 11.00am with lunch served from 11.30am.



UPCOMING EVENTS

- 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 floral tribute for the Club.
Gunfire Breakfast after at the Magill RSL Sub-Branch, 8 Lorne Ave, Magill
RCMS members to serve breakfast
- Sunday 03 MAY **PIONEER ADVENTURE DAY 9.00AM – 4.00PM**
Old Tailem Town Pioner Village, Princes Highway. Tailem Bend
(Flyer in this Bulletin)
- Tuesday 05MAY **CLUB MEETING 1321 – 7.00AM – 8.00AM**
Hectorville Sports and Community Club
31, Fisher Street Magill
- Sunday 10 MAY **MAGILL SUNRISE ROTARY MARKET 9.00M – 2.00PM**
Campbelltown Memorial Oval
- Tuesday 12MAY **CLUB MEETING 1322 – 7.00AM – 8.00AM**
Hectorville Sports and Community Club
31, Fisher Street Magill
- Monday 18 MAY **PARADISE PROBUS CLUB 10.00AM – 12NOON**
St Martin's Church Hall, 3 Gorge Rd, Paradise.
- Tuesday 19 MAY **CLUB MEETING 1323 – OUR 30th ANNIVERSARY – 6.00PM for 6.30PM**
Maylands Hotel, 67 Phillis St, Maylands
\$50.00pp. We would love to see some Past members. All welcome.
RSVP to Alison on alisonlynch69@gmail.com
- Sunday 31 MAY **DG PARTNER PROJECT – END POLIO NOW**
SA Bridge Ass, 243 Young Street, Unley
(Flyer in this Bulletin)



Our club will be celebrating 30 years on Tuesday 19th May. Put it in your diary and we hope to see as many as possible at the Maylands Hotel to celebrate this milestone.



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

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.

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

