

## Club NEWSLETTER -for Monday 9 May 2022 (2582) Club Birthday

Postal Address PO Box 438 Campbelltown SA 5074


Secretary: 0412 236 503 (Frank Orlando) [rcc9510secretary@gmail.com](mailto:rcc9510secretary@gmail.com)Club Email: [campbelltown@rotaryclub.org.au](mailto:campbelltown@rotaryclub.org.au) Web: [www.campbelltown.Rotaryclub.org.au](http://www.campbelltown.Rotaryclub.org.au)

Shed contact numbers: Arrange Pickups: 8337 3377.

Bulletin Editor: Bruce Barnes - Phone 0407 724 699, email: [editor20rcc@gmail.com](mailto:editor20rcc@gmail.com)

SERVE TO CHANGE LIVES

Rotary International President: [Shekhar Mehta](#) District Governor 9510: [Jeff Neale & wife Jenny](#)

DATE 2022	Mon 16 <sup>th</sup> May
 SERVE TO CHANGE LIVES	<b>San Giorgio Centre, 11 Henry St., Payneham</b>
Speaker	Ester Simbi
Program	TBA
Chair	
Rotary Information	Benny Bosman?
Plaques & Fellowship	Peter Allen
Cashier 1	Elizabeth Gagliardi
Cashier 2	Bill Allen
Steward 1	Kevin Hill
Steward 2	Bruce Davis
Raffle	Dean Fleming
TIME	6:00 for 6:30 PM
FOCUS	VOCATIONAL



If you are unable to perform your duties, PLEASE ARRANGE a SUBSTITUTE and advise your replacement to David Munro 0418 845 644 or email [davidmunro@icloud.com](mailto:davidmunro@icloud.com).

**IF YOU ARE GOING TO BE DELAYED STARTING YOUR DUTIES, PLEASE ORGANISE A ROTARIAN TO DEPUTISE FOR YOU UNTIL YOU CAN GET THERE.**



RI President Shekhar Mehta is urging members to become more involved in service projects, saying that caring for and serving other is the best way to live because it changes not only other people's lives, but also our own.



PRESIDENT Stephany Martin  
 VICE PRESIDENT Jim Silvestri  
 PRESIDENT ELECT Michael McCabe  
 IMM PAST PRESIDENT Vince Belperio  
 SECRETARY Frank Orlando  
 TREASURER Babu Kanagasabai  
 COMMUNITY SERVICE Elizabeth Gagliardi  
 FUNDRAISING Jim Silvestri  
 INTERNATIONAL Margaret Northcote  
 MEMBERSHIP Damian Leach  
 FELLOWSHIP Denise Dinham  
 PUBLIC IMAGE Alyssa Morran  
 VOCATIONAL SERVICE Jane Gascoigne  
 YOUTH Maria Figg

RI wants your PI articles or photos -  
 Please email to [RCCpublicimage9510@gmail.com](mailto:RCCpublicimage9510@gmail.com)

A List of Committee Members -is [Here](#)

**East Torrens Rotaract Club Secretary :**

Thomas Lymburn : [tlymburn2@gmail.com](mailto:tlymburn2@gmail.com)

#### **CLUB SUPPORT OFFICERS**

**Welfare Officer:** Peter Rumbelow 8337 5249

[peter@rumbelow.net](mailto:peter@rumbelow.net)

**Sergeant:** Aaron Stobie 0431 213 870

[aaron.stobie@salvationarmy.org.au](mailto:aaron.stobie@salvationarmy.org.au)

**Attendance:** David Munro 0418 845 644

[davidmunro@icloud.com](mailto:davidmunro@icloud.com)

**Auditor:** Dean Crook

**Bulletin:** Bruce Barnes 0407 724 699 [editor20rcc@gmail.com](mailto:editor20rcc@gmail.com)

**Historian:** Peter Rumbelow

**Photographer:** Enzo Piperone

**Program:** Damian Leach

**Property:** John Russo

**Public Officer:** Jeff Neale

**Risk Management:** Michael McCabe

**Rotary Information:** Damian Leach

**Sound:** Frank Augello

**Youth Protection:** Michael McCabe

**Art Show Convenor:** Margaret Beare

**CROE -** Mal Hansen

**Shed Convenor :** Ralph Holmes ( Deputy: John Russo)



**After Sgt Aaron's invocation & loyal toast** President Steph welcomed all to the Club Birthday meeting, which was well attended, and everyone was in a festive mood.  
 David Munro and Tony Uren cut the Cake!

- **Secretary Frank Orlando** reminded all of the Rotary Foundation dinner to be held next Sunday Please see Flyer.
- **Babu Kanagasabai** was pleased to announce that the joint Global Grant Application submitted by the Rotary Club of Campbelltown and the Rotary Club of Madras South has been approved.  
 The funds raised at the Indian night will fund medical equipment to the Volunteer Service Hospital Laboratories to decrease the processing time or fungal detection in Chennai.  
 I would like to thank Jim Silvestri and Jane Gascoigne for their timeless effort to having made this possible.  
 I would also like to thank everybody for their patience during the process of the Global Grant as it took longer than anticipated.
- **Margaret Beare** spoke on the upcoming Art Show and setup begins in earnest this Friday. Please see Margaret if you can help during the Show and she will add you to the roster.



- **Chair Denise Dinham** introduced member Betty Gebert who spoke passionately on raising awareness of the incidence of ovarian cancer, the risk factors and symptoms to watch out for.

Did you know it was World Ovarian Cancer day May 8<sup>th</sup> & Ovarian Cancer Australia awareness month March-April 2022?

### **THIS YEAR THE FOCUS OF RESEARCH IS FOR YOUNGER WOMEN**

**About Ovarian Cancer:** over 1700 women in Australia will be diagnosed with Ovarian Cancer, each year and over 1000 will die from the disease.

**NB :** There is no effective screening program for ovarian cancer, so the best way of detecting the disease is to know the signs and symptoms.

In Australia, the overall five year survival rate for women diagnosed with ovarian cancer is 48 percent  
 In breast cancer it is 92 percent .

**RISK FACTORS:** (Number 4 Resource Booklet) is available on the OCA Website or by contacting OCA.

- A family history of ovarian cancer -the risk is higher if 1 or more blood relatives (such as mother, sister, or daughter has had ovarian cancer)
- Family history of breast or colon cancer
- A mutation in 1 of several known genes. Up to 15 percent of all cases of invasive ovarian cancer involve the inheritance of a mutated gene. Women who have inherited mutations in the brca1 or brca2 genes have a substantially increased risk of ovarian and breast cancer. Women with lynch syndrome hnpcc. (non-polyposis colon cancer have an increased lifetime risk of ovarian cancer. )
- Increasing age
- Medical conditions such as endometriosis
- Use of HRT (hormone replacement therapy)
- Tobacco smoking
- Obesity

## SIGNS AND SYMPTOMS

Learn the common signs and symptoms of ovarian cancer.



### Signs and symptoms:

*There is no early detection test for ovarian cancer, so all women need to be aware of the symptoms.*

Note it is important to remember, the signs and symptoms of ovarian cancer -symptoms can be vague, and similar to other medical conditions and it is important to seek an early medical checkup with your GP if you experience any of these symptoms :

- Unexplained fatigue
- Unexplained weight gain or loss
- changes in bowel habits eg: constipation
- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic pain or urgency to urinate often
- Lower back pain
- Indigestion or nausea
- Bleeding after menopause or in-between periods
- Pain during sex or bleeding after
- Feeling full after eating a small amount
- Even unusual bleeding should be checked by your GP asap to preclude other less serious conditions do not put this down to menopause or irregular periods and dismiss from your mind

Remember too- a pap test for cervical cancer does not detect ovarian cancer (a common belief so, "let's ovary act" (Ovarian Cancer Australia)

**OVARIAN CANCER AUSTRALIA provides services and support so the any woman in Australia who is diagnosed with ovarian cancer WILL NOT WALK ALONE**

**Betty announced that as part of the night's TEAL event all funds raised through the raffle, door prize, silent auction and the gold pot will go to this very worthy cause. ( Editor: just over \$660 was raised)**



In addition, **the Club through the Community Services committee has donated \$3000 to Ovarian Cancer Research.**

Today 5 women will be diagnosed with Ovarian Cancer and tomorrow 5 more. The signs and symptoms of OC can be so mild that even Doctors can dismiss it as menopause but if not detected early OC can lead to stage 4 cancer and by then it can be terminal with a 48% death rate within 5 years.

**It is vital that we raise awareness of OC to be aware of the symptoms and warning signs, so they aren't dismissed, and lives saved.** (A link to the Ovarian Cancer Australia Website is [HERE](#))

**Rotarian Gail Casey** then spoke both courageously and powerfully about her own journey with cancer. In 1998 she was had breast cancer and after chemo and treatment she thought she was finally out of the woods and yet 6 years later she started to experience some mild medical symptoms that she could have shrugged off, but instead got checked out and was diagnosed with Ovarian Cancer. Within the week, she underwent a radical hysterectomy. At the time there was very little information about OC, she was surprised. It is so vital that you are aware & get any symptoms checked. Please learn from her experience before it is too late.

Unlike say breast cancer, where there can be something physically obvious like a lump in the breast, OC is sneakier. Gail considers herself very lucky that she is in the 52% bracket that survived OC.

Gail caught it early, but many don't and so please be aware, know the symptoms and don't put off getting checked out.

*Pictured right are President Steph, Gail Casey, Betty Gebert and Chair Denise Dinham*





WITCHERY

---

MICHAEL LO SORDO

THIS WHITE SHIRT CAN  
END OVARIAN CANCER

OVARIAN  
CANCER  
RESEARCH

BUY A WHITE SHIRT AND WITCHERY WILL DONATE  
100% OF GROSS PROCEEDS TO THE OVARIAN CANCER  
RESEARCH FOUNDATION

It is important to remember all the symptoms mentioned can be caused by other, less serious medical

## OVARIAN CANCER SIGNS & SYMPTOMS

- Unexplained fatigue
- Unexplained weight gain or loss
- Changes in bowel habits, such as constipation
- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower tummy) pain
- Appetite loss, feeling full quickly or indigestion
- Urinary changes, such as frequency or urgency



conditions. However, if you are experiencing any of these symptoms, which are persistent and troublesome, you should see your doctor. They will be able to examine you and if necessary, do further tests to find the cause of your problems.

If you are not comfortable with your doctor's diagnosis or you are still concerned about unexplained persistent symptoms, you should seek a second opinion.

**You know your body better than anyone else, so always listen to what your body is saying and trust your instincts.**

Track your symptoms in our symptom diary and take this record with you to your doctor. You can also download our signs and symptoms infographic.

IT'S TIME FOR  
OVARY-ACTION



OVARIAN  
CANCER  
AUSTRALIA

**Cancer. It's scary, uncomfortable and when it comes to the ovarian kind, still hardly spoken about. That's why we're challenging Aussies to step up and take on ovarian cancer together, in their undies. Let's use the facts to support the fight. Let's be loud, let's be heard.**

Buy your teal undies today from Bonds, Jockey, Bras N Things and Coles to help support people affected by ovarian cancer.



**100% OF PROFITS DONATED\***

\*up to \$300,000

[SHOP BONDS](#)

[SHOP BRAS N THINGS](#)

[SHOP JOCKEY](#)

Or head in-store to your local Coles Supermarket today and shop the exclusive Bonds range featuring the men's product.



- **DG Jeff Neal then presented Paul Harris Fellowship Awards in recognition** for two members commitment and service to Rotary. Both were completely surprised to receive such an honour, They were Bruce Barnes , the Bulletin Editor and Frank Orlando, the Club Secretary. Bruce proudly received a Paul Harris Fellow Award and Frank a Paul Harris Sapphire pin.



*Pictured left is DG Jeff, Pat, Bruce and President Steph.*



*Pictured right is President Steph, DG Jeff, Connie, Frank and family.*

- **Some Club Birthday photos & congratulations to Garth and Gina on their wedding anniversary!**





**G'day Possums—this is your page.** Remember “If it is to be- it is up to me.” Val & Mal’s motto



### **Too Wit t’ Woo’s -Suggestion for the week**

- Whistle
- Learn to make something beautiful with your hands.



### **RCC Jigsaw Puzzles**



You must arrange all the pieces to match the picture. (35 pieces) in the bottom LH cnr.  
(You can select the ghost button if you need to cheat)



Note the time it takes so you can get bragging rights. Happy Puzzlerling!

(You can do it on any device)

To play, click on the links below. (Which is provided by <https://www.jigsawplanet.com/>)

### **This Weeks Puzzle–**

The Club Birthday Cake – Puzzle is [HERE](#)

## ***THE GOOD OLD DAYS.*** So true! (Thanks to Brad Silby)

All the girls had ugly school uniforms.

It took five minutes for the TV to warm up

Nearly everyone's Mum was home when the kids got home from school.

Nobody owned a purebred dog

You'd reach into a muddy gutter for a penny.

All male teachers wore ties and female teachers had their hair done every day and wore high heels.

You got your windscreen cleaned, oil checked, and petrol served, without asking, all for free, every time.

Your Mother wore nylons that came in two pieces.

Mum cooked every night and nearly every meal was meat and 3 Veg with a Roast on Sunday.

They threatened to keep children back a year if they failed the school year. ... And they did!

When an FC Holden was everyone's dream car...

No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked

Spinning around, getting dizzy and falling down was cause for giggles.



## CLUB NOTICE BOARD

A link to the District Website is [HERE](#)



The best way to find yourself  
is to **lose yourself** in the  
*service of others.*

**STOP  
PRESS**

- You can find a direct link to the Rotary Club of Campbelltown's Salvation Army Digital Doorknock Appeal here <https://digitaldoorknock.salvationarmy.org.au/rotaryclubofcampbelltown>

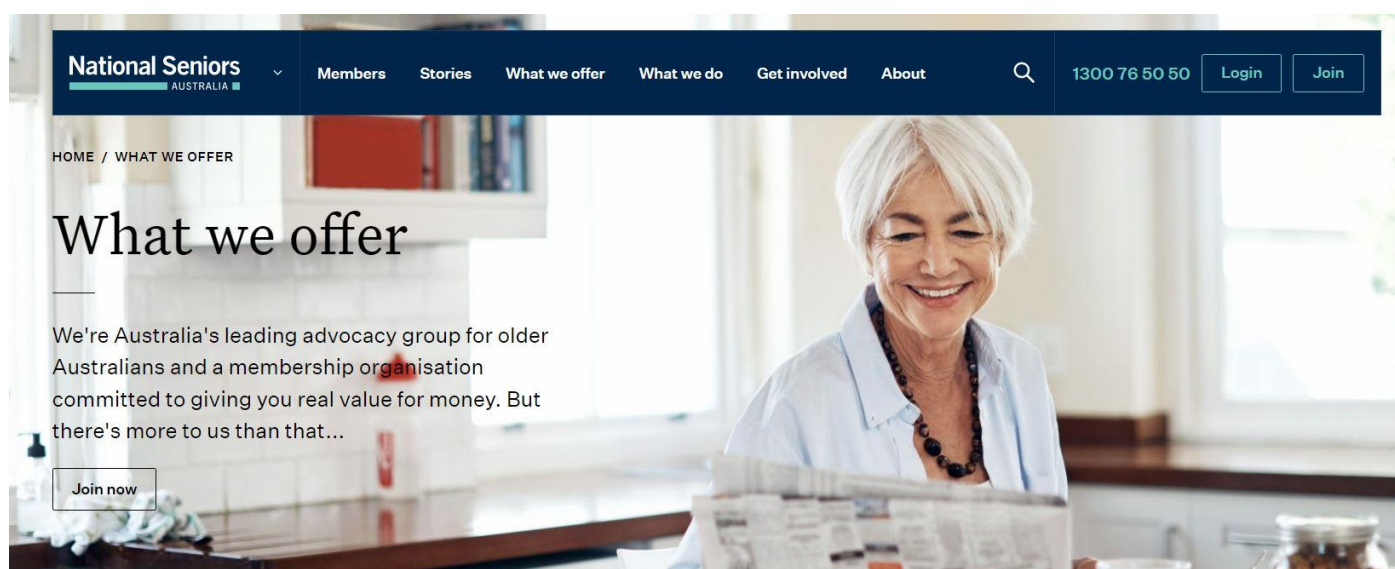


You can follow this link to make a donation for the Red Shield Appeal via the Club's page! Woohoo!

You login details are your email address and the password is RCC2022! - you may have also received an automatically generated email welcoming you to the 2022 Digital Doorknock!

Thank you so much again for your support. I really appreciate the opportunity to partner together to serve to change lives in our community!

~ Aaron Stobie (Captain) Corps Officer / Team Leader **North East Salvos**



- Those that attended the recent District Conference and heard Ian Henschke, chief advocate for National Seniors**, will recall his passionate presentation on Seniors in Australia. (Website [HERE](#))  
At the conference, Ian offered all attendees a 50% discount off of membership of National Seniors. He has since contacted me to extend this offer to all Rotarians and partners in District 9510 and attached is an application form which provides for the 50% discount.  
Vide DG Jeff Neale (Jenny) **A link to the discounted membership form is [HERE](#)**
- Can you help out at the Shed ? or Have a few hours to spare ?** If you can please contact Ralph Holmes . He would love to have some more helpers for pickups and especially with meeting buyers at the Shed after digital sales. This is not difficult, but you need to be on call at a designated time to meet and greet buyers as required. If you can spare a day a week either Monday, Wednesday ,Thursday or Friday . Ralph can then draft up a roster to share the duties.
- Rotarian Rob McLennan from the RC of Adelaide Light is a Wednesday Magazine announcer on 88.7 Coast FM (A Community Radio Station), & together with Fiona Biedermann RC Seaford & PR officer for D9510 & other guests, present a monthly ROTARY RADIO SEGMENT. Please tune in! Link [Here](#)






- **The Rotary Foundation-** Information about donating to Rotary's own charity [here](#).
- **Club History-** for copies of any club photos/info please provide the secretary with a USB greater than 12GB together with a Gold Pot donation and he will happily copy them for you.
- **Please visit and explore the Club's Website (Club Runner) here.** <https://rotarycampbelltown.org.au/>  
Once you logon you can check that your personal information is correct, and you can easily update it. The site is a great resource & promotion tool for all Club & Rotary Information. *If you are not sure of your login name or password, please contact Alyssa Morran our PR Director*



- **Club Wine for sale-** Please contact Frank Augello 0432 432 025
- **Vocational Committee** always seeking nominations for Pride of Workmanship and Business Excellence Awards. Please contact Jane Gascoigne.





**A Message from the Club Treasurer Babu**

**The Rotary Club Of Campbelltown- half yearly Subs are now Due & payable**

For those who have chosen to pay in 6 monthly installments their next and final installment for the 2021-2022 year is now due and payable.

Normally, unless covid restrictions apply, the payment can be done with Babu directly at the meetings, either with cash or by EFT.





*Remember*

Pease Add your Name  
& What payment is for !


As Covid restrictions apply and we are currently meeting via Zoom, the best option is to pay by Internet Banking /Bank Transfer.

**Don't forget to add your Name & what the payment is for** when paying online so Treasurer Babu can reconcile payments and tick you off his list.

Bank Details for Direct Debit are (Bank SA)

**BSB: 105-069    ACC: 276 544 240    Note this is the Club Account**

Please contact Treasurer Babu on 0418 851 655 if you have any questions or need to make other arrangements etc.



- **Campbelltown City Council Website is [HERE](#)**



- **The latest Campbelltown Council's Campbelltalk is about the Campbelltown Village Mural at the corner of Lower North East & Gorge Roads.**

A new mural has popped up in the Campbelltown area! The mural by Artist Jack Fran reflects our rich market gardens heritage. Jack's grandfather migrated to Campbelltown from Italy, and the building owner's parents were also local market gardeners, so the design has a special meaning for them as well as connecting with the broader Community. Council proudly sponsored project from the Main Street Activation budget. You'll find the mural at 636 Lower North East Road Campbelltown. Link is Here > <https://youtu.be/1ssT2-9OgqQ->



- **Love Campbelltown Face Book site is [HERE](#)**



## Rotary Diary Dates & Notices

- **Every Tuesday at the Shed:** A great social event for all members and partners and the backbone of our fundraising. Note Shed sales are the last Saturday of the month .
- **The Community Connections Café -(2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month)— 10:30am-1pm** (run by volunteers from the Club and Council)  
Contact Elizabeth Gagliardi- 0403 602 999. See Flyer.  
**More willing Helpers needed specially to set & pack up.**



- **Tuesday 10 May 9:30am-2:30pm -The Variety Club & RC Unley - Zoo fundraising Event** - Community Committee is holding a joint project & funding with the RC of Unley & the Variety Club at the Zoo for 1000 kids and is running two BBQs on the day. Require 8-9 volunteers to assist on the day. Please contact Elizabeth Gagliardi if you can help .



- **Campbelltown Art Show** – Open from Sat 21 May to Sat 28 May. Set up from Fri 13<sup>th</sup> May-See Roster & Flyer for more details. Help needed. If you can help with the Roster, please put your hand up and contact Margaret Beare phone 0418830343 or email [margaretbeare54@gmail.com](mailto:margaretbeare54@gmail.com) .



- **Sunday June 5, 2022, Fundraiser for All kids** - at the Campbelltown Function Centre at \$55 per person. Fine Foods to cater. Contact Frank Augello 0432 432 025 for details. Please support [allkids](http://allkids.org.au) vide Jenny Neale for this great fundraising & fun event.





- **Sunday 26<sup>th</sup> June -Club Changeover-** TTG Golf Club -PE Michael McCabe.
- **Sunday 16 October 2022 Classics on the Park** is booked in for with the beneficiaries to be three local CFS Brigades ie Athelstone, Norton Summit/Ashton & Montacute.
- **27-31 May 2023-Rotary International Convention & District Conference** As outgoing DG, Jeff next year will be involved with assisting with booking accommodation at the next District Conference which is to be linked conjointly with the 2023 Rotary International Convention. More Is to follow. If you are thinking of going to either or both, please think about securing your accommodation soon.



And the winner is Melbourne!

### Meeting Stats

(Gold Pot goes normally to the -[The Smith Family](#) but this week to Ovarian Cancer Australia

 <b>Attendance</b>	 <b>Gold Pot:</b>	 <b>Raffle:</b>	 <b>Sergeant:</b>
NA	To OCA	To OCA	NA

### President's Thought for the week

As you get older, three things happen: The first is your memory goes, and I can't remember the other two. — Norman Wisdom.







*Editor's Corner Any errors, omissions, missing links, or if not receiving emailed newsletter please let me know. If anyone has any contributions to make to the newsletter, please catch up on meeting night or email me with your content. Electronic format is preferred whenever possible please, as it saves a lot of retyping. Rotary E clubs Link [Here](#).*



## The Rotary District 9510 Foundation Committee

Invites you and your guest to a **Rotary Foundation Lunch**

(Partners, friends and fellow club members welcome)

Excellent speakers to help you understand the Rotary Foundation

To be held at Sfera's on the Park

191 Reservoir Rd

Modbury 5092

On Sunday May 15<sup>th</sup> 2022

12 for 12.30 pm

**Bookings still open**

Special Guest Speakers

**PDG GREG MARLOW – ARCH KLUMPH SOCIETY TRUSTEES CIRCLE**

**PDG DENNIS SHORE – ENDOWMENT AND MAJOR GIFTS ADVISER**

**ROTARY FOUNDATION AUSTRALIA**

The Polio Ute Relay Raffle will be drawn at 2 pm

Tickets \$50 (plus booking fee)

<https://www.trybooking.com/BYFLZ>

Thank you to our sponsor

The  
Peppers  
Cottage  
Burra

<https://www.facebook.com/ThePeppersBurra/>

## Community Connections Cafe'

Connecting with the Community

HELD ON THE 2ND AND 4TH WEDNESDAY OF EACH MONTH  
10:30AM - 1:00PM

**Meet friendly faces and connect with the Campbelltown Community whilst enjoying a chat over coffee & morning tea**

Come see us at  
**The Margary Dunn Centre**  
137 Montacute Rd, Campbelltown

**Morning Tea provided**  
**Light Lunch available**  
**Activities and Fellowship**  
**Discussion of Services**

*Coin Donation*

A Local Community Initiative By Supported By

**TRANSPORT AVAILABLE**  
08 8366 9222  
for more information

# CAMPBELLTOWN ART SHOW & SALE

Paintings, Pottery, Porcelain, Photography, Aboriginal and Islander Peoples' Art

**Campbelltown Function Centre**  
172 Montacute Road, Rostrevor

**DEMONSTRATIONS BY WELL KNOWN ARTISTS THROUGHOUT THE WEEK**

**21-28 May 2022**

## EXHIBITION TIMES

Sat 21 May	11am - 5pm
Sun 22 May	11am - 5pm
Mon 23 May	10am - 7pm
Tue 24 May	10am - 7pm
Wed 25 May	10am - 7pm
Thu 26 May	10am - 7pm
Fri 27 May	10am - 7pm
Sat 28 May	10am - 5pm

2021 First Prize Winner  
Still Life with Pattern 1 by Evelynne Richardson

**[www.campbelltown.sa.gov.au/artshow](http://www.campbelltown.sa.gov.au/artshow) or 8366 9222**

