Rotary District 9510

August 2021

August 2021

Membership & New Club Development Month

19 August - Movie RESPECT - Regal Theatre Page 2

29 August - ROMAC - Adelaide Pavilion Page 3

September 2021

Basic Education and Literacy Month

18 September Cultural Night 2021 - Adelaide Uni Rotaract Page 5

11—12 September - Aust NZ Virtual Conference Page 6

20 –24 September - Health of the River Page 7

26 - 30 September - Rotary Youth Sailing Challenge Page 8

October 2021

Economic and Community Development Month

8 October - Morialta Quiz Night - rescheduled due to COVID. Page 9

10 October - Walk for Mental Health (World Mental Health Day) Page 10

10 October - Cold Plunge - Glenelg

29 Oct to 3 Nov - Kidman Art Show - Kapunda

31 October — Services Clubs Association Awards Page 11

November 2021

Rotary Foundation Month

2 November — Melbourne Cup Lunch Page 12

20 November — AGM

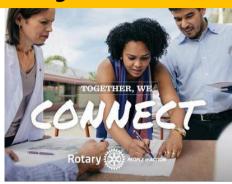
27 November —One and All - Twilight Cruise Save the date

December 2021

Disease Prevention and Treatment Month















Thursday, 19 August 2021 (Australian release)

6:30pm refreshments (hearty snacks, drinks) raffle, silent auction 7:30pm movie

Regal Theatre, 275 Kensington Road, Kensington Park

Tickets: \$30 pre-purchased via trybooking www.trybooking.com/BSWWB, \$35 at the door

- All monies raised will go towards a water & sanitation project for schools in Zimbabwe
- Full refund in case event needs to be cancelled due to covid-19 restrictions
- Event is organised by Rotary Club of Norwood







FUNDRAISING LUNCHEON SUNDAY, 29TH AUGUST 2021

12:30PM TO 4PM AT THE ADELAIDE PAVILION SOUTH TERRACE, ADELAIDE

The last twelve months have really impacted on all our lives and ROMAC is no exception. Fundraising has been limited, yet as borders are lifted, we have many children from Pacific countries desperately needing ROMAC's support for life-saving and life-changing surgery here in Australia that they cannot get in their own countries. This special fundraising luncheon will help make that happen so please come along. The luncheon features:

- a welcome dance from a Pacific Island cultural group:
- exuberant and well known compere, Tony Pilkington;
- a delicious two-course meal;
- an inspirational presentation from Rosie Lotawa, who came to Adelaide as ROMAC's 5th patient in 1991 and is now our ROMAC Ambassador;

a 75 minute recital from the outstanding 14 piece band "Brilliant Brass".

The all-inclusive cost is \$65 and the Hall will be set up in tables of 12.

Rotarians and Rotary Clubs can help support ROMAC and the children we help by:

- · Organising and booking a table of fellow Rotarians and/or friends:
- · Sourcing items for the silent auction we will be holding during the luncheon.

For further details, to make bookings and to tell us of your special auction items, please contact:

D'Arcy Walsh 0418 844 170 Reg Hutchinson 0416 215 795 or Bronwyn & Brendan Kenny 0417 832 562

For the on-line Event Bookings form, please click the following link:

e.mybookingmanager.com/ROMACLuncheon

or click on the QR Code





Notice Board

Opportunity Knocks

Give Away - Stage to suitable home

4 base units, each 5ft x 8ft x 1ft high plus **2 step units** 6ins high. Construction is timber with carpet on top.



Pickup from Golden Grove Lifestyle Village

ASAP (before 23rd August)

Contact: Ray Sweeney

Mob. 0413 285 603

Catering Van

It has built in cupboards, a large BBQ and large servery. The van also has an excellent generator.





Proudly sponsored by:

Silver Sponsor.



Event partners:







2021 AUSTRALIA, NEW ZEALAND, PACIFIC ISLANDS VIRTUAL CONFERENCE

11 - 12 September 2021



www.rotaryzone8.org/events





rotaryzone8conference

The 2021 event is going virtual with a flexible two day program designed to inspire and energise you. The event will have all the best elements of the face to face conference – you can listen to great speakers, ask questions, network with Rotarians friends (old and new) and choose the sessions you want to attend – all from the comfort of your home or in a shared space with other Rotarians and friends.

This event will bring together the best of Rotary in one place over one weekend.

Keep up to date with all the speakers, sessions and sizzle at the **conference website**.

REGISTRATIONS NOW OPEN

Per individual \$25









Save the Date

One and All
Next Twilight Cruise
27th November







'HEALTH OF THE RIVER' 2021 FORUM

MONDAY 20th September - Friday 24th September, 2021

Applications commence June 1st







WHERE SCIENCE, THE ENVIRONMENT & COMMUNITY COMBINE

The Health of the River Forum is for Yr. 9 & 10 students interested in science, protecting the environment & natural resource management. It provides hands on learning and mentoring from specialist ecologists on a working conservation and research property. Supported by Rotary Clubs, the Forum provides transport, accommodation, meals, a wonderful learning experience and lifelong memories.

Students will rotate through diverse and interesting activities during the programme. They will work alongside

Calperum Ecologists and Researchers, learning about and participating in, environmental research and management projects, with an emphasis on 'River Health'. Activities will include a focus on sustainable water management and irrigation practices, salinity issues, environmental flows, conservation, land degradation and rehabilitation and more!

Throughout the program participants will be exposed to challenges and scenarios which help develop a range of skills essential for not only science work, but also everyday life. These include: Team work, Analytical thinking, Research Methodology, Data collection and Reporting.

This 5 day camp brings together students from across 3 states and includes fun and social activities that will bond the students together and provide lasting memories of this special opportunity.



Cost: \$590 (paid by your local Rotary Club)

Contact: Jenny Phillips E: healthoftheriverd9510@gmail.com
OR M: 0407239845 for more details



Rotary Youth Sailing Challenge





APPLICATIONS CLOSE 26th AUGUST

What is it?

Five challenge-filled days sailing a tall ship, where great life lessons are learnt and wonderful friendships formed.

It involves learning the complexities of sailing, climbing the rigging, navigating, helming the ship, working as a team, standing 4 hour watches, instantly obeying orders and keeping the vessel ship shape.

All this happens on a moving deck without mobile phone contact.

How can Rotary Clubs become involved?

- Identify and sponsor a suitable 15-18 year old student
- Voyages in the Sep/Oct and April school holidays

Cost for 5 days \$950 For more information:

- See our website at www.youthsailing.com.au or
- Contact David Binks (0438 221 937) or Bill Walsh (0427 396 258)

Click Here **Access Student Application**

Click Here **Read July Newsletter**

Quiz night deferred for more COVID freedom!

Rotary Club of Morialta Quiz Night has been deferred from 14th August to **Friday 8th October,** hoping that COVID rules will be relaxed by then.

The Quiz night is raising funds for the expansion of Athelstone Community Workshop. The expansion will cater for people the waiting list and provide a safer layout of equipment for all users.

Get your club or friends together for a table of 10 to put fun into fundraising. Great prizes and silent auction. Bring your own snacks and purchase drinks from the bar.





Surprise Dad with a lovely gift while raising funds for community projects

1st prize: \$200 Bunnings Voucher

2nd Prize: \$150 Bunnings Voucher

3rd Prize: \$50 Bunnings Voucher

4th Prize: \$50 Wine Pack

5th Prize: \$30 Men's Pamper Pack (Natio)

6th Prize: \$20 Men's Snack Pack

Total Prize Value \$500.00

1250 tickets @ \$2.00 each

Raffle Draw Wed 1 September 2021

Jimmy Deane's Bistro

South Adelaide Football Club





Surprise Dad with a great prize from our Fathers Day Raffle.

Go to the ticket site and the seat numbers are your ticket numbers.

Good Luck



WALK FOR MENTAL HEALTH

The Rotary Clubs of Eastwood and Regency Park

together with the District 9510 Australian Rotary Health Committee invite you to join them on a walk to support positive mental health Funds raised will support Australian Rotary Health research





10

When: Sunday, 10 October 2021

Where: Start & Finish Beaumont Rd Adelaide, near corner of East & South Terrace

How Long: 5 kms, 3kms or stroll for 2 km

Time: 8:30am (full walk) & 9:00am & 9:30am

(shorter walks)

Free Sausage Sizzle or Vegetarian Pattie for all participants – including your dogs. Coffee van on site for purchases.

Do you want to



..... then join us

Registration Details

Event Name: Walk for Mental Health 2021 (Postcode 5000, Date: 10th October)

TRYBOOKING: https://www.trybooking.com/events/landing?embed&eid=788648



Service Clubs Association of SA (SCASA)

Applications are now open for the Premier's Service Clubs Awards so we would love to hear about the activities / projects Clubs have been involved in over the last 18 months. Nominations forms and the criteria for the different categories can be found on our website https://scasa.org.au/projects-awards

Have you been involved in a Health, Youth or Social Inclusion activity?

Then tell us about it in 500 words and you may be the winner of the category and win a monetary prize

Each of the winning entries then have the opportunity to be selected as the Premier's Distinction Award The judging panel for the Awards will be made up of independent individuals who are not part of the committee or are involved in a Service Club but a cross section of our South Australian community

Have you joined with 2 or more Service Clubs on a project?

Have you been involved in a Community Activity or Education

Then please tell us about it and you may be a winner

WE ALSO HAVE SPECIAL INDIVIDUAL AWARDS TO ACKNOWLEDGE PEOPLE IN OUR COMMUNITY FOR THEIR VOLUNTEER SERVICE

HEIDE TAYLOR AWARD Recognises an individual who has shown exceptional Community Service

ALLAN SLOAN AWARD Recognises a young person who has offered volunteer service to the community

HARRY TILLYER AWARD Recognises a school which has encouraged and participated in Community Service

These individuals do not have to belong or be connected to a service club to be nominated

This Year as a once off we are going to offer an Award for a project that has been undertaken due to COVID Bushfires or Drought.

SAVE THE DATE Sunday 31st October for our awards luncheon at the Glenelg Golf Club





MELBOURNE CUP



LUNCH



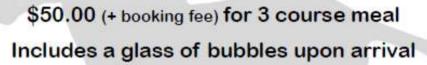
Jimmy Deane's Bistro



1 Lovelock Drive, Noarlunga



Sweeps—Raffle—Prizes

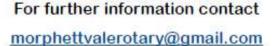






Tickets available at







Club of Morphett Vale







Stamp Collection - an ongoing fundraising initiative by Unley

The Rotary Club of Unley encourages the "mail must get through" concept as a fundraiser.

In 2019, The Club commenced saving used (and unused) postage stamps from all over the world, with sales being donated to 'MESHA – **Military and Emergency Services Health Australia'.** This organisation raises awareness and supports health and wellbeing research into conditions such as Post-Traumatic Stress and programmes to support our veterans, first responders and their families. Pictured Rotary Club of Unley member – Christina Way, who has collected 15Kg of Stamps so far and have raised \$300+.



Under COVID and Lockdown, hopefully, people may now write more letters and send cards. In addition, the Festive season is fast approaching (less than six months until Christmas), readers are encouraged to save all their postage stamps from letters, birthday and Christmas cards, and other stamps throughout the year, and send them to:

"Stamps"

Rotary Club of Unley, PO Box 18, Unley SA 5061

Or drop them into the Unley Rotary Thrift Shop, 130 Unley Road, Unley





SATURDAY 28th August 2021

Pre-Owned Bargains for a Good Cause



SHED SALE

LAST SATURDAY OF THE MONTH 8:00AM - 1:00PM

What do we have available? Well, the question is almost what don't we...?

Furniture - Homewares - Entertainment - Appliances

If you would like to donate furniture and goods to a worthwhile cause, please contact Paradise Motors on 08 8337 3377 and their staff will take a message for our team to call you back to arrange pick up



All proceeds go to the Rotary Club of Campbelltown Projects to improve lives of communities.





Participants Needed

MRI and diagnosis of Parkinson's disease

Researchers at The University of South Australia and Flinders
Medical Centre are conducting a research study to
investigate a new magnetic resonance imaging (MRI) method
for aiding diagnosis of Parkinson's disease. Healthy adults
(aged 30-80 years) that have not been diagnosed with a
neurological or brain disease/disorder are invited to
participate.

The study involves several tests performed over 2–3 appointments (~3 hours in total) at the University of South Australia City East Campus and Flinders Medical Centre. The tests involve:

- questionnaires on medical history, drug use, memory, thinking, mood, and hand dominance
- performing simple movement tasks with your hands while activity in your muscles is recorded with non-invasive electrodes stuck on the skin
- a neurologist asking you to perform a range of movements (e.g. walking, speaking)
 and asking you questions about your health
- collecting pictures of your brain using MRI and ultrasound both of which are safe and non-invasive.

All eligible participants will be reimbursed for their time (\$50 upon completion of the study)

For more information please contact **Shayne Chau** Email: Shayne.Chau@unisa.edu.au, Phone: 08 830 22905

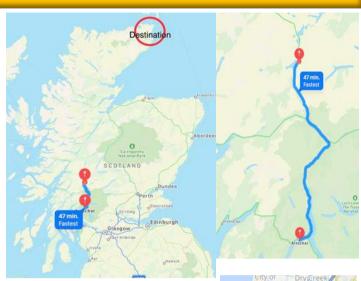
This project has been granted ethics approval by the University of South Australia Human Research Ethics Committee (protocol: 0000035836) and the Southern Adelaide Clinical Human Research Ethics Committee (protocol: 178.19)

Rotarians Against Slavery

Simon John, Secretary of RAGAS, a resident in England has just undertaken a **1600+ km bike ride** from **Lands End** to **John O'Groats** (the length of the UK). Russell Green from Rotary Club of Regency Park is partnering with him, but is riding Virtually here in Adelaide matching his distances.

Each of his rides is marked off on his route. Why?

They are raising funds to free a whole village in Uttar Pradesh (India) from DEBT BONDAGE – this is also known as SLAVERY. The Adults will receive a Vocation and the Children an Education over 3 years. This will free them from Bondage.



Follow his progress on my Facebook https://www.facebook.com/russell.green.9216

Support this cause and Russell by donating via the attached link (Donations are in US\$) https://fundraise4freedom.funraise.org/fundraiser/russell-green

Read about it: https://ragas.online/case-studies/schools4freedom-2/



If you would like a guest speaker at your club about Slavery, please email Russell rusgreen@bigpond.net.au

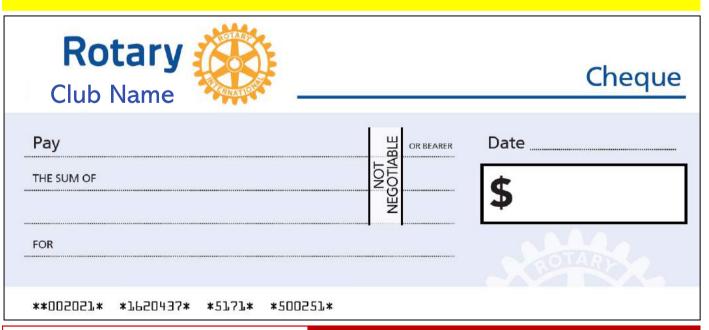


Very strong Northerly
50.0 km 206 m 2:19 hrs
Departed At 30 Jul 2021 at 1:00 pm by Russ



ROTARY CLUB SPECIALS

Re-usable Novelty Cheque - 1000mm Wide X 400mm High with club name - \$99 incl GST





Phone 1300 880 887 17 Manton Street, Hindmarsh

Want an interesting Guest Speaker?



We conduct a free talk called Keeping Safe Online
It covers scams, safe passwords, and general digital skills.
Christine from Glenelg Kiwanis said:

"I haven't seen all club members so totally engaged with a speaker quite like that before!"

My name is Paul and our contact number is:

8373 2225



"where words fail, music speaks"

Contact: Jim Mavromatis 0438843254 or mick.mavromatis@iinet.net.au





BBQ EVENT HIRE for Clubs and NGOs

All proceeds used for community service projects.

Trailer with built in gas BBQ, three large hotplates, 2x 9kg gas bottles and 4 umbrellas \$150 per day

Stackable plastic chairs.

Daily hire \$1.30 each or \$1.00 each for 100 or more

Trestle tables \$5.00 per day, Bain Maries \$25 per day
Pop up tents and utensils available
Longer term rates negotiable
Pick up from Athelstone only
All equipment must be returned clean

For Bookings, contact
Graeme Packer 0412 098 400
gpacker@ihug.com.au or morialta.org.au





ROTARY & INTERPLAST A GOOD NEWS STORY

During the COVID-19 pandemic, Interplast and its volunteers across Australia & New Zealand continue to provide life-changing care to patients. Interplast is providing virtual training and remote mentoring to surgeons, anaesthetists, nurses and allied health professionals in 24 developing nations.

With the support of Interplast and Rotary, doctors like Bhutanese Sonam Jamtsho continue to receive necessary training and mentorship, which enables him to continue changing the lives of Bhutanese patients in desperate need.

Motivated by a desire to make an impact, Dr Sonam credits his mentor, Australian plastic and reconstructive surgeon, Dr Tim Proudman for pursuing a path as a surgeon.

"I had the opportunity and honour to work with Tim since 2015. One of the reasons I was so interested in plastic and reconstructive surgery is because of the work that I have seen the Interplast team do and how much change he has brought to the Bhutanese population," Dr Sonam explains.

While Covid-19 has limited Dr Proudman from travelling to Bhutan and Dr Sonam's scope for clinical training, it has nonetheless provided an opportunity for collaboration and learning. Enabled by his relationship with Dr Proudman - Interplast's country coordinator for Bhutan - the junior and his mentor have met online more than 60 times since March 2020. "He has been very instrumental despite the pandemic causing obstruction to my training, I have been receiving the training from his side continuously. He has done more than he has been required to," Dr Sonam says.



Motivated by altruism and a passion to see reconstructive surgery skills "spread where they are needed", Dr Proudman spends hours late at night with Dr Sonam, assisting him to hone his knowledge.

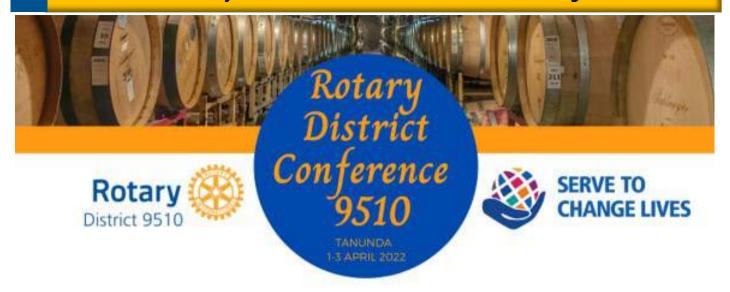
Mindful of the time and experience necessary to complete a plastic and reconstructive surgery training program, Dr Proudman is currently working to enable Dr Sonam to travel to Australia to continue training under his capable guidance and further their shared dream of providing life-changing surgery to those who need it most.











Are you ready for a different and interesting Friday night at the District Conference, Friday 1 April? No, not an April Fool's trick!

What is it?





DG Jeff Neale and Jenny are holding a Quiz Night.

Get together with your Rotary friends (tables of 8 preferred) and enjoy a fun and challenging night.

Experienced Quiz Master Rotarian Brian Wheatley from the Rotary Club of Regency Park will provide a fun evening with support from his club.

We are starting the evening a little later in case you want to meet as a club for dinner prior to joining us in the Tanunda Show Hall, 1 April, 7 for 7.30 start.

BYO basket supper and drinks. Tea and coffee provided.

Quiz Night \$15 pp. – profits to DG's wife Jenny's Project

ALL KIDS

TANUNDA SOUTH AUSTRALIA 1-3 APRIL 2022

Rotary Club of Campbelltown (SA) rcc9510secretary@gmail.com District Governor Jeff Neale jeff.neale@paradisemazda.com.au



DISTRICT CONFERENCE ACCOMMODATION 1-3 April 2022

Start booking your Club's accommodation

Conference to be held at Faith Lutheran College Tanunda

There are so many places to stay but if clubs wish to book any of the following four accommodations, use the appropriate promo code for best available price.

Novotel Barossa – promo code Rotary District 9510 Conference 2022

Barossa Weintal Hotel – promo code 040122ROT

Barossa Motor Lodge Motel – promo code ROTARY22

Discovery Parks Barossa – there are several codes for different types:

Deluxe Safari Tent (Rotary01); Deluxe 2 B/R Cabin (Rotary02);

Superior 2 B/R cabin (Rotary03); Powered Site Premium (Rotary04);

and Powered Site (Rotary05)



PRESENTED BY ROTARY CLUB OF WEST TORRENS

When Mathew Flinders met Nicolas Baudin in Encounter Bay, aboard their ships, their countries were at war.

Instead of exchanging shells, they exchanged navigational information and maps of their voyages to date. Flinders continued his anticlockwise circumnavigation of Australia to Sydney and Baudin, with a decimated crew, sailed back to Europe.

In 1811, this map was published showing French names for our Southern coastline.

You can own a copy of this piece of Australian history - and help Rotary Youth Projects too.

The map is 640mm deep x 875mm wide and cost only \$30.00 each plus \$15 p&h if rolled into a tube and posted to you in Australia.

For enquiries contact Terry Saunderson on 8443 3149 or email: tsaunderson@interfloraflorist.com.au

Please send completed order forms with payment details to above email. Collect Maps from Saunderson Florist, 155 Marion Rd, Richmond SA5033

Multiple copies may be ordered for you to give to others who will appreciate this slice of Australian History.

NAME:	Ph:	Email:	
WILL COLLECT: YES NO Number requi	red:@ \$30 =	lus P&H (\$15) - TOTAL \$	
Please charge my VISA MASTERCARD		Direct Debit: To Rot	tary Club of West Tomens
Name on Card:		70 20 20 20 20 20 20 20 20	REF: MAP & Your Name