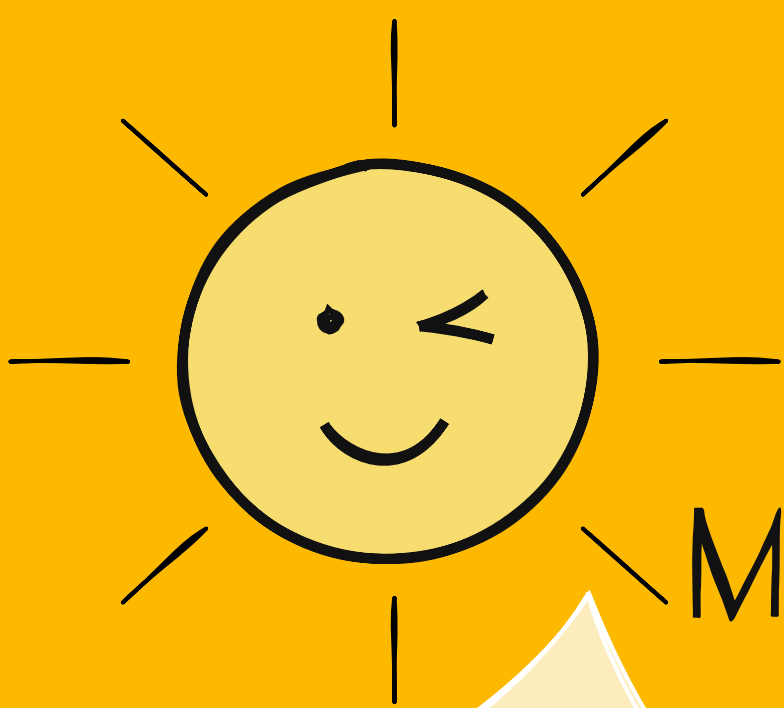




**REMEMBER - THE AGM IS
AT 7:00PM THURSDAY
30 OCTOBER 2025
ONLINE**

MEMBER BULLETIN #4

ONWARD TO DECEMBER...
October 2025

SPRING!

**WELCOME TO
MVH BULLETIN #4**

**THE MID TO HI 20'S DAYS AND
COOL NIGHTS ARE UPON US**

Now that we aren't all dodging as many thunderstorms, our community involvement options are ramping up.

From selling out our first Chair Yoga class to welcoming our 'artist in residence' we aren't 'resting on our laurels' around here.

WHAT'S BEEN HAPPENING?



RECEPTION IS NOW OPEN

We're pleased to announce that Reception is once again open to the public:

**Monday, Wednesday, Thursday
& Friday 09:00 am to 11:00 am
Tuesday 01:00pm to 03:00pm**

Pop in to ask questions, renew memberships, learn more about upcoming events and volunteer opportunities or just for a chat and a sticky beak at what's going on.

**It's your place and
everyone is most
welcome!**



BREAST SCREEN SA ARE CONFIRMED



**Pre-Xmas Screening dates
9 December to
15 December 2025**

**New Year Screening dates
6 January to 2 February
2026**

By all means please spread the word.

Bookings are OPEN for December

<https://bookings.breastscreen.sa.gov.au/>

While the days may change, year to year, we are planning to lock the January dates in annually.

EVENTS AND COMMUNITY WORKSHOPS



INTRODUCING SHOBA KANAGARATNAM



Shoba is a certified yoga instructor with a passion for gentle movement, mindfulness, and community connection.

SHOBA IS STARTING WITH CHAIR YOGA

Shoba's Chair Yoga sessions at MVH are tailored for all abilities, offering calm, supported stretching and breathwork.

**Join Shoba Thursdays at
11:30am for an hour of
wellness, joy, and renewed
energy.**



CHAIR YOGA
Discover Balance & Inner Harmony

Join us



KERRI MART IS BACK... TO STAY!

Kerri Mart of Creative Beginnings - is joining us as our RESIDENT ARTIST!



NEXT CREATE & PAINT IS "WHERE THE GUMS LEAD"

A completely new guided painting experience inspired by McLaren Vale Hospital's iconic gum-lined entrance.

WREATH MAKING WITH BILLY



Join Billy from From Dirt & Rain for a fun, hands-on session creating your own seasonal wreath using locally grown flowers and foliage.

All materials and light refreshments included.

A perfect way to celebrate the season with creativity and laughter!

**30 November 2025,
1:00 pm – 2:30 pm
In Tsong Gyiaou House
Our Arts Precinct**



Join us



CLICK HERE
for Video



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HELP!!!



Spring Into Action at Our McLaren Vale Hospital!

Join Our 1st Community Garden Working Bees

Let's get our hospital gardens back under our control after the old style wet winter we've just had.

Summer slow-release fertilizer has worked well... too well to be honest.

Please come along, lend a hand, and enjoy a fun afternoon outdoors with friends, neighbours, and fellow locals.

When

Saturday 25th October &/or Sunday 26th October 2025
Time: 1:00 pm – 3:00 pm
(or later if you still have the go to keep going)

Where

McLaren Vale Hospital Grounds - Aldersery St. McLaren Vale

What to Bring

A hat and covered shoes (safety first!), Garden gloves &
Your favorite tools for your preferred gardening job

**We need hands for weeding, trimming, sweeping, and smiling!
All skill levels welcome!**

Whether you have a green thumb or just like good company, every bit of help makes a difference.

Let's make our hospital gardens shine again, together!



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**THE AGM IS
ONLINE ON THURSDAY 30
OCTOBER AT 7:00 pm**



PUBLIC NOTICE

**MCLAREN VALE & DISTRICTS
WAR MEMORIAL HOSPITAL INCORPORATED
(ABN 47 542 553 950)**

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that a Annual General Meeting of members of McLaren Vale & Districts War Memorial Hospital Incorporated (the 'Hospital') will be held ONLINE on

Thursday 30th October 2025 at 7:00pm

**All current members have already recieved
the Zoom link in their AGM notification
and agenda email sent late on Thursday 16 October**

**Please check your spam and promotions folder if it isn't in your
inbox - sometimes they get redirected there.**

Please note that the meeting is restricted to members only

If you or a family member can't take part in the online AGM due to health, age, or access difficulties, please get in touch at info@mclarenvalehospital.com.au
We understand that not everyone can connect online, and we'll do our best to help make sure you're still included and supported.



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The Re-Elected Board Members

OUR FOUR NEW BOARD MEMBERS



CYRUS RAFIZADEH

**Entrepreneur, Innovator & Community
Minded Technologist**

Cyrus Rafizadeh is a South Australian entrepreneur whose work bridges technology, business, and community impact. Best known as the co-founder of CarSwap, the innovative app that lets users trade, buy, and sell vehicles. Cyrus has built his career around finding smart, practical solutions to everyday problems.

With a background in business development and digital innovation, he has launched and grown ventures that combine creative thinking with solid execution. His portfolio spans everything from property investment and LED signage to software development and health technology.

Closer to home, Cyrus is behind Healux, a pioneering health-tech initiative designed to help reduce South Australia's ambulance ramping crisis through intelligent patient routing and monitoring systems. It's one example of his ability to take on complex challenges and translate them into workable, real-world outcomes.

Known for his disciplined, data-driven approach and calm leadership style, Cyrus is as comfortable analysing a market as he is designing a product. His work always focuses on scalability, usability, and long-term community value.

Outside the boardroom, Cyrus is a lifelong car enthusiast and motorsport fan, often drawing inspiration from the precision and teamwork of the track. His contribution to the MVH Board brings not only entrepreneurial expertise but also a deep belief in using innovation to strengthen local communities and improve the systems that support them.



ANDREW KEITH

**Clinical Team Leader & Neurological
Physiotherapist**

Andrew Keith is a proud McLaren Vale local and the Clinical Team Leader at Core Physiotherapy Morphett Vale, where he specialises in neurological rehabilitation and team development.

With a Master of Clinical Rehabilitation (Neurological Physiotherapy) from Flinders University, Andrew brings a wealth of hands-on experience in helping people recover from conditions such as stroke, concussion, and balance disorders. His calm, collaborative approach has earned him the respect of colleagues and patients alike.

At Core Physio, Andrew has led the introduction of specialist neurological physiotherapy services, ensuring that local residents have access to high-quality care close to home. He is passionate about improving outcomes through evidence-based treatment, clear communication, and genuine empathy, qualities that shine through in his everyday work.

Beyond the clinic, Andrew is a natural mentor and motivator, guiding younger physiotherapists as they develop their skills and confidence. His leadership style blends technical expertise with warmth and approachability, reflecting his belief that great health care starts with strong human connection.

As a member of the MVH Board, Andrew's deep clinical insight and community focus make him a vital voice as we strengthen partnerships across allied health and expand our community-facing care model for the future.



GEORGE MAMALIS

Founder & Voice of The Adelaide Set

George Mamalis is a South Australian media entrepreneur and the mind behind The Adelaide Set, one of the state's most visible youth-oriented platforms. He launched The Adelaide Set in 2013 with a mission to showcase Adelaide's creativity, culture, local businesses, and young voices.

Under George's leadership, The Adelaide Set has grown into a thriving media network. On Instagram alone, the platform has built tens of thousands of followers and claimed reach into the millions, featuring stories of entrepreneurs, artists, community makers, and changemakers across South Australia. He is hands-on in crafting content, curating collaborations, and telling authentic Adelaide stories. The platform's focus is locally rooted: supporting SA businesses, amplifying youth achievement, and bringing fresh perspectives to the region's cultural scene.

George's drive goes beyond social media. He sees The Adelaide Set as a connective hub: giving young people opportunities (volunteer photography, writing, content creation) to get experience, build portfolios, and engage with their community.

As a member of the MVH Board, George brings a unique lens: strong media, storytelling and digital community skills, deep connection to youth and culture in Adelaide, and a passion for elevating local voices. He adds a dynamic bridge between health, arts and the digital world.



BOYD ALAN SPARROW

**Entrepreneur, Educator & Community
Builder**

Boyd Sparrow, of the McLaren Vale Sparrows, is a seasoned South Australian business leader, educator, and innovator. He began his entrepreneurial journey at just 18 and has since founded or scaled over 30 ventures across sectors, including online education, e-learning, business services, and retail.

He is the founder and CEO of Sand Goanna Institute, a distance-education organisation that has pioneered flexible, accessible learning models for students across Australia and beyond.

In recognition of his leadership in education and innovation, Boyd was named APAC Insider's "CEO of the Year (Australia)" in 2016.

Beyond education, Boyd has built businesses in retail and wholesale, especially in the fishing and tackle scene, such as his bait vending operations and involvement with Adelaide Boat Squidders.

He also contributes to the life of the community through roles in multiple charities and not-for-profits, and he holds senior positions in Freemasonry in SA & NT.

Boyd is recognised for strategic thinking, adaptability, and a strong commitment to community impact. Drawing on experience in business development, education technology, and organisational leadership he helps bridge the worlds of enterprise, and community partnerships, helping to bridge the worlds of health, learning, and community growth.

WELOME ABOARD. YOUR SKILLS ARE MOST WELCOME.

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**ARE YOU OR YOUR KIDS OR GRANDKIDS
GUNS IN SOCIAL MEDIA VIDEOS AND/OR
PODCASTING. OR WILLING TO LEARN? MVH
NEEDS HELP. THERES TOO MUCH TO DO FOR
ONE PERSON.**

faq's

1. Why is the AGM being held online this year?

Holding the AGM via Zoom makes it easier for more members to attend, especially those who not in town, have limited mobility, or can't attend in person at night. It also reduces costs and allows us to share reports and voting links directly and securely. For those unfamiliar with Zoom, a step-by-step guide will be emailed to member and printed copies will be available at Reception. There will be online training sessions on Sunday 26 October for all members who need a 'refresher'. Covid was 5 years ago.

2. Why are memberships now renewed online?

Following the 2023–25 legal resolution, a new community-elected Board was formed to stabilise operations, rebuild transparency, and relaunch the hospital as a Health, Arts, and Wellbeing Precinct.

3. Why are there no board elections at this AGM, and why weren't we notified about nominations?

Under our Constitution, if the number of valid nominations received equals the number of positions available, no election is required; those nominees are automatically appointed. This ensures the process remains fair, transparent, and cost-effective for members.

It's important to note that Board nominations are open to all eligible members each year. While the Board doesn't individually invite people to apply, members who wish to contribute are encouraged to take the initiative to nominate.

Serving on the Board is a rewarding but demanding role that relies on initiative, teamwork, and commitment to community service—qualities that start with taking that first step to get involved.

4. What's actually happening at the Hospital now?

Plenty! The site is alive with activity - art classes, yoga, workshops, and now our first resident artist and invitations to allied-health tenants. We're proud to see the McLaren Vale & Districts War Memorial Hospital returning to its roots as a community-owned place of care, creativity, and connection.

R U ABLE?

We're desperate for helping hands!

Our hospital needs care and colour again. We saved it from the bulldozers for our community

Now we are turning to that community and asking - can you help?

Whether you've got an hour a month or a full afternoon, there's something for everyone.

please email trish@mclarenvalehospital.com.au or drop in for a chat at reception