

THE UNLEY ROTARIAN

Meeting 3620 – 15 July 2008

unley.rotaryclub.org.au

2008 - 2009

Rotary Club of Unley Inc.

DISTRICT 9520
CHARTERED 17TH APRIL 1935



PRESIDENT: Jerry Casburn: 8295 8227 or 0407 646 396
SECRETARY: Anne Wehr: 8266 7435
ADDRESS: PO Box 18, Unley SA 5061
EMAIL: unley.secretary@rotaryclub.org.au
MEETINGS: The Club meets every Tuesday at The Old Orphanage Function Centre
Corner Goodwood Road & Mitchell Street, Millswood
at 6.30pm. Fellowship at 6.00pm

Our Last Meeting

Meeting No.	3620
Date	15 July 2008
Venue	The Orphanage
Guest Speaker	Club Assembly
Chairperson	President Jerry
Guests & Visiting Rotarians	Neesha Nandaseena
Apologies	Stephen Westgarth, Anne Wehr, David Payne, Martin Cooper
Make-ups	Martin Cooper
Returning Rotarians	
Sick List	Sheila Evans
Attendance	72%
Birthdays	
Anniversaries	Chandra Sluggett Induction 15 th July
Departing Rotarians	

President Jerry's Announcements

President Jerry presented Past President David and Past Bulletin Editor a CD containing all the bulletins from 2007-2008.

Also a reminder of the District conference being held in Mt Gambier from the 17th to the 19th October. Bookings for accommodation have been made.

The Independent Theatre Group are staging a production of "Huckleberry Finn" at the Odeon Theatre, Queen Street, Norwood between July 26 and August 9 at 7.30pm. We would like to make up a group to go on Friday 1st August, please advise me if you would like to attend. Tickets will be no more than \$25 per head. We will also organise dinner in a local hostelry, at 6pm, for those who are interested.

Spots

John Peacham: A list is being past around about the Santa's workshop in December Please indicate if you are attending, Payment prior to 31/7 is \$105 per person and after it is \$115 per head.

Rotarian Mavis Martin - Rotary Health Research Foundation

In 1981 The Rotary Club of Mornington in Victoria proposed that a fund be established with the aim of raising a minimum of \$2 million through Rotary Clubs across Australia, to invest this money and use the income in a particular field of health research in periods of at least three years. The proposal gained District 982 approval and the project was discussed at the Regional Rotary Institute for present and past RI officers in late 1981. A steering committee was appointed to develop the Fund and each Rotary District in Australia was asked to accept the concept in principle. The ARHRF was up and running

The Concept To provide research grants and scholarships in various health research areas. After the initial grants to the Cot Deaths (SIDS) project the Fund has supported a wide range of health research. There are many aspects of health that urgently require research and the ARHRF is able to perform a valuable service to the community by sponsoring research into otherwise neglected areas. Health as envisaged by the ARHRF encompasses a wide vision and includes all aspects of community health. The intention is to be a catalyst for projects that will improve the quality of life for those least able to assist themselves. It is hoped that the Rotary

research projects will contain a strong element of applied research. It should be possible to demonstrate practical strategies for the enhancement of community health in a way that individual Rotary clubs can apply in their own communities. This provides a circle of fund raising, donations to the ARHRF and research results that can be applied in the communities that raised some of the research funds

ARHRF Structure The Fund is approved by the Board of Rotary International as a multi-district project and is registered under Corporation Law. Membership is restricted to Rotarians and the Fund is controlled by a Board of Directors drawn from the Australian Rotary Districts Rotarians can join the Fund as members for an joining fee of \$50 and an annual subscription of \$10. All donations to the Fund over \$2 are tax deductible

Donations are sought from the Australian public, Rotary Clubs, Individual Rotarians, Commercial organizations, Charitable trusts and Bequests

Research Spending

Since 1985 over \$18 million will have been spent on research, including grant allocations for 2008. The Board allocates research grants on the advice of a Research Committee comprised of eminent medical and paramedical professionals and academics. In addition to research the ARHRF allocates funds to:

- Indigenous Health Scholarships
- Kids Matter
- Rural Medical Scholarship
- Club Mental Health Forums

Donations to the Fund: Since 2002, \$7,388,300 has been donated, excluding 2007-2008 donations.

Major Current Health Field of Research

Mental Illness

It is estimated that mental health problems and mental illness will affect more than 20% of the adult population in their lifetime and between 10 to 15% of young people in any one year. Many will recover spontaneously and, of the remainder, the majority can be treated and will fully recover. However a smaller number will experience longer periods of distress and disability Mental illnesses are just like any other illness such as heart disease, diabetes and asthma. Yet the traditions of flowers, sympathy and support provided to those with physical illness are often denied to those who have a mental illness. Myths, misunderstanding, negative attitudes and stereotypes surround the issue of mental illness. These result in stigma, isolation and discrimination

Since 2000 the ARHRF has focused research on mental illness. Funding is given to research project grants, PhD Scholarships and to Post Doctoral Fellowships

So, what can your club do to help 'spread the word'? Community Health Seminars are an important way of 'getting the message across' to your Community. We already have in our District a number of clubs that have very successfully facilitated Community Health Forums. If your club is interested in conducting a seminar in your area, an instruction manual, which covers all aspects associated with the forum, is available in your District. Please contact District Chairman John Beaty by clicking on the link: at the bottom of this page

WHAT CAN YOUR ROTARY CLUB DO TO SUPPORT THE ARHRF?

- Raise Money For The Fund
- Organise Mental Health Forums, Singly Or Jointly With Other Clubs
- Organise Probus Club Health Forums
- Support the 'Bowelscan' Program
- Encourage Rotarians And Others To Join The
- Ride For Research Dollars' (\$640,000 Raised Up To 2008 Ride)

Sergeant's Session

Bob laws managed to fine members for various imperfections. President Jerry won the wine and Lindsay England was the winner of the lucky square.

Jerry's Jottings

Thanks to Mavis for her outline of ARHRF (Australian Rotary Health Research Fund). Hopefully every member will be able to contribute to, or, learn a little from these five minute spots, as well as find out more about the great organisation we belong to

It was great to get club feedback from the assembly. During this some suggestions were made on ways in which we can lighten our meetings. In particular there were thoughts that we might adopt some of the methods used by other clubs in how they run meetings. I would welcome hearing more of these suggestions. So if you do a make-up with another club and think we can learn from the experience, let me know.

Make-ups can be a great way to get more from Rotary fellowship and of course it helps our percentages if you have missed a meeting and claim a make-up.

Have great week and hopefully we will see you next week as we learn how to make a violin, no this doesn't mean get on the fiddle!!

Yours in Rotary,

Jerry

Club Assembly

The assembly was a chance for discussion amongst club members on key issues facing the club, and perhaps, Rotary more generally. Two issues were debated, namely, Membership and Fellowship.

The discussion on membership was intended to suggest better ways in which the club might approach finding members. Key suggestions arising from discussion were:

- Twelve Pride of Workmanship awards presented throughout the year with winners published in the locality – one per month. Encourages local business people to attend meetings. Some memberships may be gained. Unley ran a program similar in the late 80s in conjunction with Council, via our Vocational Services program.
- Adelaide Light provides the Young Business Person of the Year with free membership to the Club. Encourages younger people to join the Club.
- Every quarter, invite potential new members to the Club. Conduct a special program for these meetings.
- Less formality to reduce age barrier and stereotypes.
- More hands on projects to encourage participation and raise profile.
- More education around Rotary's functions.
- More active role in Unley citizenship ceremony – bbq, fellowship.
- Access sporting clubs to promote RYWELL, RYPEN and RYLA. Youth will encourage family involvement
- Invite different sectors/professions to attend meetings – target specific groups
- Assist local schools by providing mock interview experiences for students – via David Pisoni.
- Letterbox drop via Messenger
- Create stronger bonds with local schools and perhaps establish an Interact club.

Fellowship was felt to be an important way of strengthening the bonds between members and also involve family and friends in club activities, suggestions were;

- Periodically have social/less formal meetings – bbqs, finger food – involve families and friends
- Trip to Malaysia or Thailand – start organising now
- Fundraising ball, barn dance
- Quiz night
- Bus trip to Clare/Coonawarra – Friday/Sunday
- Ask partners for their ideas/suggestions for social activities and participation in Club events
- Activities do not need to be expensive – BYO, casual, relaxed
- Bushwalking, picnics, progressive dinners, tennis night.

President Jerry agreed to take these ideas forward with appropriate Directors and the Board.

Admiring the Signery

If you're still planning to attend the upcoming Olympic Games in Beijing next month, here are some more examples of why you may want to improve your Chinese language skills:



Diary Dates

16 – 19 Oct District Conference in Mt Gambier

Ladies Auxiliary

Next meeting at 11am on 28 July at the home of Shirley Emmett
20 Anglesey Avenue, St Georges
Ph: 8379 6227

Our Next Meetings

Date	Venue	Time	Occasion
22/07/08	The Old Orphanage	6.00pm for 6.30pm	John Pfitzner: "How to make a Violin"
29/07/08	The Old Orphanage	6.00pm for 6.30pm	TBA
05/08/08	The Old Orphanage	6.00pm for 6.30pm	TBA
12/08/08	The Old Orphanage	6.00pm for 6.30pm	TBA

Apologies To: Anne Wehr on 8357 0486.

Rostered Rotarians

Date	Venue Set-up Plaque Board	Sergeant	Attendance Desk
22/07/08	Mark Zada	Bob Laws	Glenys Ferguson and Ken Haines
29/07/08	Anne Zada	Bob Laws	Geoff Hill and Geoff Howland
05/08/08	Stephen Westgarth	Bob Laws	Alex Jonson and Bob Laws
12/08/08	Anne Wehr	Bob LAws	Mavis Martin and Greg McLeod

Rotarians, who are unable to attend as rostered, please arrange a swap or contact:

Sergeant-At-Arms: Bob Laws: 8223 6403; (M) 0438 865 305; e-mail: unley.sergeant@rotaryclub.org.au

Venue Set-up or Plaque Board: Bob Laws: 8223 6403; (M) 0438 865 305; e-mail: unley.sergeant@rotaryclub.org.au

Attendance Desk: Glenys Ferguson (H) 8379 8821

Members are urged to diarise when they are required to serve and then they will be unlikely to overlook their rostered service duty.

For those members rostered on Venue Set-up and Plaque Board, the relevant paraphernalia can be found in the servery area of the Function Centre. Please remember to gather up all items at the end of the meeting and return them to the top of the cupboard.

Saturday Thrift Shop Roster – July 2008

Week No.	Dates This Month	Early Shift: 9am to 11.30 am	Late Shift: 11am to 1.30pm
1	05/07/08	Lindsay England & Rohan Singh	Mavis Martin & Stephen Westgarth
2	12/07/08	Stephen Baker & Greg McLeod	Ken Haines & Roan Singh
3	19/07/08	Glenys Ferguson & Chandra Sluggett	Joan Reed & Ron Schubert
4	26/07/08	Colin Schirmer & Chandra Sluggett	Martin Cooper & John Peacham
5	NA	Reno Elms & Bob Mullins	Natalie Bowen & Ken Haines

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**Remember our Rotary
theme for the year**

