

THE UNLEY ROTARIAN

Meeting 3637 – 11 November 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: 8357 0486
ADDRESS: PO Box 18, Unley SA 5061
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MEETINGS: The Club meets every Tuesday at The Old Orphanage Function Centre
Corner Goodwood Road & Mitchell Street, Millwood at 6.30pm.
Fellowship at 6.00pm

Our Last Meeting

Meeting No.	3637
Date	11 November 2008
Venue	The Old Orphanage
Guest Speaker	Bob Such: "Food Labelling in Supermarkets"
Sergeant-at-Arms	Bob Mullins
Chairperson	Colin Schirmer
Guests & Visiting Rotarians	Jenn Casburn, Barbara Russell, Rohan Singh, Heather Kilsby (for the last time), Ken Daly
Returning Rotarians	Rex Martin
Sick List	Ron Schubert
Attendance	76%
Birthdays & Anniversaries	Birthday: Chandra Sluggett 15/11; Wedding: John & Barbara Russell 17/11; Induction: Lucien Parent 14/11.

President's Announcements

1. First my thanks to Anne Wehr for her splendid organisation of BBQ and Tennis Day on Sunday. It was a great day with perfect weather and everyone had a lot of fun. I am sure the club will join me in showing its appreciation.
2. Following the last Club Assembly and the desire of the Club to return to the original format of these assemblies, I would like to confirm that the Board have decided that future assemblies will return to the old format with a presentation from each Director/Committee Chair. I will continue with the five minute segments of Rotary information and member updates each week. My thanks to the club for raising the concern.
3. We have received an email from Carol Gowland at Unley City Council seeking nominations for the Australia Day Citizen of the Year, Young Citizen of the Year and Community Event of the Year. I believe that our Carols should be an entry and would seek the club's endorsement. I would also ask for any thoughts on nominations for the other awards.
4. Pres. Jerry called a short Board meeting for all Board members present.

Spots

Lindsay England asked members to confirm whether they had paid their subs for the first half of this Rotary year or whether they had paid for the full year, or not at all. Lindsay asked members who have not received an invoice for subs to contact Ken Haines to get a copy. Those members who have not yet paid their subs were asked to please do so promptly. Lindsay also confirmed which members had paid a half-year contribution to The Rotary Foundation Centurion program and which members had paid in full for this year.

Rex Martin reported that while staying at the Hotel Led in Ljubljana, Slovenia, he learned that the Rotary Club of Ljubljana Centre was having a dinner meeting there. Rex and the IPP of the Minnamurra club in NSW, who was also in Rex's tour group, "crashed" the Ljubljana Centre club's meeting. The Rotarians were delighted to see them, instantly switching their conversation to English and plying them with food and wine. The Ljubljana Centre club has been going for about three years and has around 20-25 members; apparently they were staggered to meet Rex who has been a Rotarian for 30 years. Rex was surprised to learn that the President of the club not only knew where Adelaide was but had been here in his capacity as a wine technologist. He presented Rex with a copy of their District Directory (covering Austria, Slovenia and Bosnia-Herzegovina), which Rex in turn presented to Pres. Jerry tonight (see photo at right). Pres. Jerry will arrange for an Unley banner to be sent to the Ljubljana Centre club whose members are most welcome to visit the Unley club any time they are in Adelaide.



Bob Laws reminded Rotarians of the **OSSAA Film Night** on Sunday 30th November to see the Baz Luhrman film "Australia" starring Hugh Jackman and Nicole Kidman. Anyone wanting tickets please see Bob ASAP.

We currently have a **shortage of mid-week volunteers for the Thrift Shop**. One gap will be filled by Anne Wehr moving from Saturday morning to a mid-week slot and being replaced by Neesha Nandasena on the Saturday roster, and other gaps could be filled in a similar way. If we can't fill these gaps we may have to close the shop on Mondays, so please let Bob know if you know of anyone who might like to help. The current gaps in the roster are shown on page 2.

The 2008 dates with short term gaps are as follows:

Date	AM or PM	No. of Additional Volunteers Needed
Wed 12 Nov	PM	1
Wed 3 Dec	AM	2
Wed 3 Dec	PM	1
Wed 10 Dec	PM	1
Wed 17 Dec	PM	1

The roster positions needing to be filled permanently in 2009 are:

Date	AM or PM	No. of Additional Volunteers Needed
4 th Thu	AM	1
1 st Wed	PM	1
2 nd Wed	PM	1
3 rd Wed	PM	1

Reno Elms asked Rotarians to let him know their preferences for jobs to do at the "Greatest Event in Unley on 14th December, the Carols at the Rotunda". He also reminded Rotarians of the opportunity to attend the Community Service Committee meeting at 10am on 21 November at the Salvation Army in Marion Street.

Induction of New Member - Heather Kilsby

Rtn Sheila Evans presented Heather Kilsby for induction into the Rotary Club of Unley. Heather is an accountant who lives near Sheila in Klemzig and is a member of Business and Professional Women. She has two sons.

Pres. Jerry inducted Heather into the club and presented her dinner plaque, Rotary membership certificate and Rotary information. Sheila presented her Rotary pin.



Heather Kilsby reading the Club pledge with Stephen Baker and Sheila Evans watching on



Heather Kilsby receiving presentations from Pres. Jerry and Sheila Evans

For the first time by an inductee, Heather read the Club's new pledge of commitment to the principles of Rotary. Heather's classification will be Accounting Services and for the remainder of this Rotary year she will serve on the Vocational Committee, to which she was welcomed by Stephen Baker. Her buddy will be Sheila Evans.

Heather's membership of the club was greeted with applause and members lined up to shake her hand and welcome her into Rotary.

Sergeant's Session

Sergeant Bob Mullins showed he had lost none of his momentum after his strenuous efforts at last week's Melbourne Cup Sweepstakes night as he levied fines across the board and told punny jokes. Geoff Hill won the wine and Jenn Casburn won the Lucky Square.

Guest Speaker - Bob Such MP: "Food Labelling in Supermarkets"

Chairman Colin Schirmer introduced our guest speaker, Hon Dr Bob Such MP JP, to speak on the subject of "Food Labelling in Supermarkets". Bob Such first joined the House of Assembly as the member for Fisher in November 1989. In October 2000 he changed from a member of the Liberal Party to an independent and maintained his seat as the member for Fisher. He was the Deputy Speaker of the House in 2004-05 and then through to 2006 was the Speaker of the House. He has served on numerous parliamentary committees. Bob is married with three sons and two grandchildren. He has a BA (Hons), Diplomas of Teaching and Education and a PhD; not bad for a lad who left school at age 14 to go work as a farm hand. Bob is also a member of several sporting clubs.

Bob's interest in food labelling arose during a parliament committee's hearings into genetic engineering. During presentations by the Grocery Council of Australia the question came up of what is "natural" when it comes to food; they couldn't define it. Another committee was considering the causes of ADHD, allergies and reactions to food additives and from then on Bob's interest in the topic grew. He believes that the labelling laws in Australia are essentially a con job because, whereas in a democracy we should have the right to know what we are eating, the food labelling laws allow the withholding of much of that information from us; he said that, "our laws are less stringent than those in the United States.

By way of example, Bob described the problem of labelling vegetable oils. Oil manufacturers are required to declare the presence of peanut, sesame and soy bean oils but are not required to tell us about other "bad" oils, such as palm oil and coconut oil, which come under the generic name of vegetable oil. According to Bob, products labelled only as vegetable oil are most probably palm oil, which is the cheapest and produced by cutting down rain forests to make way for plantations. When palm oil is hydrogenated (by having hydrogen pumped into it) trans-fats are produced and these are not good for us at all.

Bob related how the US Food and Drug Administration, a very conservative body, concluded that trans-fats in our diet do more harm than animal fats so, since the beginning of last year, US consumers must be told when trans-fats are present in food products. In Australia there are trans-fats in the oil in which many fast food outlets cook fish and chips, in the cheaper brands of biscuits and in cheaper margarines. As a consequence, trans-fats are more likely to be consumed by the less well off in our community. If an oil is solidified and requires heating to become liquid then it may be hydrogenated and contain trans-fats.

Bob then turned to the issue of the accuracy of food labelling and the ways in which regulations can be circumvented. If you go to a supermarket to buy a meat pie the label will tell you roughly what is in it; it should have at least 25% meat flesh. However, if you go to a bakery they are supposed to meet the same standard but you are unlikely to see a label or notice informing you of the meat content. Unless a health inspector has been out and analysed that bakery pie you would have no idea of what you are eating; e.g. how much meat flesh is in the pie or how much trans-fat is in the gravy or the pastry. This is just the tip of the iceberg.

In the US food manufacturers must tell you the percentage of water in a product; here the ingredients are listed in descending order of presence but percentages are not required. In Australia there is no definition of "free range" as it applies to poultry and eggs. Bob referred to a large egg producer in Victoria with three large sheds having 40,000 chooks in each one. The sheds each have a little trap door where, if a chook queues up long enough, they might get outside where there is no green feed and no trees. Yet eggs from those chooks are packaged as "free range". There is disagreement among poultry producer organisations and animal protection organisations as to how free range should be defined. As yet there is no legal standard in Australia.

According to Bob the meaning of "organic" is similarly ill-defined. What does organic mean; does it mean "natural"? Not everything natural is necessarily good. Snake poison is natural too, but it's not healthy to consume it. Does it include crops fertilised with human excrement?

Bob raised the issue of the meaning of labels such as "Made in Australia", "Manufactured from Australian Ingredients", "Australian Owned" and "Product of Australia", all of which are inconsistent and confusing. He went on to challenge the regulation of adequately labelling of products containing chemical additives such as preservatives and food colourings. Bob supported the introduction of a system of green, amber and red "traffic light" coding to help consumers distinguish between healthy and unhealthy foods, a scheme already in place in other countries including New Zealand. He also commented on the need for better standards and practices in food hygiene.

After Bob had responded to several questions from Rotarians and offered to provide more information on food labelling on request, Chairman Colin Schirmer thanked Bob for his comprehensive and informative talk and presented him with an Unley Rotary pen.



Colin Schirmer (right) presenting our guest speaker Bob Such with an Unley Rotary pen.

Jerry's Jottings



Well only seven weeks to Christmas and we'll be selling cakes and puddings soon. So if you are going to buy, wait and see what we have on offer in the next few weeks.

It was great to get another member for the club on Tuesday, welcome to the fold **Heather Kilsby**. We hope you will enjoy many years in Rotary. We are going well with recruiting this year but don't stop, the club is getting stronger but we still need to keep recruiting.

I now need your help; I have sent out an email telling you that we have been advised by our caterer Margaret that her lease on The Orphanage restaurant will likely come to an end at the end of January. We have to look for somewhere new that fits our needs. At this stage I intend forming a small committee made up of Bob Mullins, Chandra Sluggett and myself to look at alternatives. Thus far we will relook at the Sturt Club and the Town Hall. If you have any suggestions for alternatives they would be welcome, bear in mind we do not have long. Please, when considering alternatives, see if it passes three simple tests:

1. Would you enjoy meeting there each week?
2. Would you be proud to invite guests?
3. Is it large enough to house the majority of club functions?

Finally, we were due to have a Trivia/Quiz night on Tuesday 25th November; we have decided to move this to early next year allowing us to find a larger venue.

Yours in Rotary,

Jerry

Diary Dates

Tue 25 Nov White Ribbon Breakfast
 Tue 25 Nov Quiz Night at "The Old Orphanage"
 Tue 16 Dec Christmas Dinner at Mt Osmond Golf Club
 Wed 24 Dec Joint Breakfast Meeting with Hyde Park and Eastwood Clubs at the Sturt Club; 7 for 7.30am

Our Upcoming Meetings

Date	Venue	Time	Occasion	Venue Set-up/ Plaque Board	Sergeant	Attendance Desk
18/11/08	Old Orphanage	6 for 6.30pm	Bob Cleland: "WorkCover Changes in SA"	Greg McLeod	Bob Mullins	David Middleton & Bob Mills
25/11/08	Old Orphanage	6 for 6.30pm	Quiz Night: Partners Event	Mavis Martin	Bob Mullins	Janet Plumb & Jim Newall
02/12/08	Old Orphanage	6 for 6.30pm	Annual General Meeting	Heather Kilsby	Bob Laws	Neesha Nandasena & Joan Reed
09/12/08	Old Orphanage	6 for 6.30pm	Darren Lehman: "Life After Cricket"	Alex Jonson	Bob Laws	John Peacham & Joan Reed

Apologies To: Anne Wehr on 8357 0486.

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: November-December 2008

Week No.	Dates This Month	Early Shift: 9am to 11.30 am	Late Shift: 11am to 1.30pm
3	15/11/08	Glenys Ferguson & Anne Wehr	Joan Reed, Ron Schubert
4	22/11/08	Sheila Evans, Chandra Sluggett & Kevin Rogers	Martin Cooper & John Peacham
5	29/11/08	Reno Elms & Bob Mullins	Natalie Bowen & Ken Haines
1	06/12/08	Lindsay England & Rohan Singh	Mavis Martin & Stephen Westgarth
2	14/12/08	Stephen Baker, Greg McLeod & Kevin Rogers	Ken Haines & David Middleton

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Indigenous Health Scholarship Awards

The Indigenous Health Scholarship Program is a co-operative program between the Australian Rotary Health Research Fund, Rotary clubs, some State or Territory Governments and the Commonwealth Government.

The object of this program is to provide a scholarship, which can be used to assist Indigenous students with their day-to-day expenses while they undertake a course in a wide range of health related professions. The scholarship is paid in addition to the Government Abstudy allowance.

The purpose of the program is to assist students to gain an education which will in turn enable them to use this education for the benefit of other Indigenous people - hopefully, but not necessarily, in some of our remote areas.

This program commenced with the intention of training doctors to work amongst other Indigenous people, but the scope of the scheme was enlarged to permit the training, firstly of nurses, and eventually any health related profession.

The value of each scholarship is \$5,000 per year. A Rotary Club contributes \$2,500 per year which is matched by the State or Commonwealth Government. The Commonwealth Government also provides funding for the administration of the program within the ARHRF office.

Since its inception this program has spread, and interested clubs and committees in each of the mainland states and in the Northern Territory are sponsoring students.

Geoff Bailey, a fellow Rotarian from the Mitcham Club, started the programme, which is now administered through Rotary by the ARHRF. Seven students graduated from the 2007 programme and were presented at the ceremony. This year, twenty-two students were awarded scholarships and SA currently sponsors 28 students.

The 2008 Indigenous Students Scholarship Awards held at the Convention Centre on Monday 18 August 2008 celebrated the 10th anniversary of Indigenous Health Scholarship Awards in SA, which includes 7 years of Rotary Indigenous Health Scholarship Awards.

Awards attendees were welcomed to the traditional lands of the Kaurna people with dances and didgeridoo music. The meeting was attended by a number of dignitaries including Hon. John Hill MP, the SA Minister for Health, and Mr. Richard King, Executive Director, Aboriginal Health, SA Health.

Dr Helen Sage was made a Companion of the Australian Rotary Health Research Fund. The Companion award is the highest that ARHRF can bestow. Dr Sage was drawn into the programme through the work of this club and Bob Laws in his year of looking after Vocational Service. Photos of Dr Sage and keynote speakers are shown at right.



Rtn. Allan Watson, Chair of the ARHRF (centre), inducted Dr Helen Sage (left) as a Companion of the ARHRF, watched by and Mr. Richard King, Executive Director, Aboriginal Health, SA Health (right).



Dr. Helen Sage (centre) holding her Companion of the ARHRF Award with her husband Dr. Mick Sage (left), and President Jerry Casburn (right).



Mr. Richard King, Executive Director, Aboriginal Health, SA Health, was a keynote speaker at the Rotary - SA Government Indigenous Health Scholarship Awards function.



Hon. John Hill MP, SA Minister for Health, was also a keynote speaker at the Rotary - SA Government Indigenous Health Scholarship Awards function.

Jokes of the Week

Three Men Traveling

Three men were traveling and met at a bar. One was from America, one from Italy and one from Australia. They began talking about their lives.

The American began by saying: "I told my wife clearly that from now on she would have to do all of the cooking.

"Well, the first day after I told her, I saw nothing. The second day I saw nothing, but on the third day when I came home from work, the table was set and a wonderful dinner was prepared with wines and a dessert."

Then the man from Italy spoke up with: "I sat my wife down and told her that from now on she would have to do all the grocery shopping and all of the house cleaning.

The first day I saw nothing. The second day I saw nothing. But the third day, when I came home, the whole was spotless and the pantry shelves were filled with groceries."

The Australian sat up straight on the bar stool, pushed out his chest and said: "I gave my wife a stern look and told her that from now on she would have to do the cooking, shopping and house cleaning.

"Well, the first day I saw nothing. The second day I saw nothing. But by the third day, I could just see a little bit out of my left eye."

Who's Getting Older?

Recently, I was diagnosed with A.A.A.D.D. - Age Activated Attention Deficit Disorder. This is how it manifests:

I decided to wash my car. As I started toward the garage, I noticed that there is mail on the hall table. I decided to go through the mail before I washed the car. I lay my car keys down on the table, put the junk mail in the rubbish bin under the table, and noticed that the rubbish bin was full.

So, I decided to put the bills back on the table and take out the rubbish first. But then I thought, since I'm going to be near the mailbox when I take out the rubbish anyway, I may as well pay the bills first.

I took my cheque book off the table, and saw that there was only one cheque left. My extra cheques were in my desk in the study, so I went to my desk where I found the bottle of coke that I had been drinking.

I went to look for my cheques, but first I needed to push the coke aside so that I wouldn't accidentally knock it over. I could feel that the coke was getting warm, and I decided I should put it in the refrigerator to keep it cold.

As I headed toward the kitchen with the coke a vase of flowers on the bench caught my eye; they needed to be watered. I set the coke down on the bench and I discovered my reading glasses that I'd been searching for all morning. I decided I'd better put them back on my desk, but first I was going to water the flowers.

I set the glasses back down on the bench, filled a container with water and suddenly I spotted the TV remote. Someone had left it on the kitchen table. I realized that tonight when we wanted to watch TV, we'd be looking for the remote, but nobody would remember that it was on the kitchen table, so I decided to put it back in the den where it belongs, but first I'd water the flowers. I splashed some water on the flowers, but most of it spilled on the floor. So, I set the remote back down on the table, got some towels and wiped up the spill. Then I headed down the hall trying to remember what I was planning to do.

At the end of the day the car wasn't washed, the bills weren't paid, there was a warm bottle of coke sitting on the bench, the flowers weren't watered, there was still only one cheque in my cheque book, I couldn't find the remote, I couldn't find my glasses, and I didn't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail . . .



Is that clear enough?

Reasons why the English language is so hard to learn:

The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it had to refuse any more refuse.

We must polish the Polish furniture.

He could lead if he would get the lead out.

The soldier decided to desert his dessert in the desert.

Since there is no time like the present, he thought it was time to present the present.

A bass was painted on the head of the bass drum.

When shot at, the dove dove into the bushes.

I did not object to the object.

The insurance was invalid for the invalid.

There was a row among the oarsmen about how to row.

They were too close to the door to close it.

The buck does funny things when the does are present.

A seamstress and a sewer fell down into a sewer line.

To help with planting, the farmer taught his sow to sow.

The wind was too strong to wind the sail.

After a number of injections my jaw got number.

Upon seeing the tear in the painting I shed a tear.

I had to subject the subject to a series of tests.

How can I intimate this to my most intimate friend?

Remember our Rotary theme for the year:
Make Dreams Real