

THE UNLEY ROTARIAN

Meeting 3666 – 9 June 2009

unley.rotaryclub.org.au

2008 - 2009

Rotary Club of Unley Inc.

DISTRICT 9520
CHARTERED 17TH APRIL 1935



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SECRETARY: Anne Wehr: 8357 0486
ADDRESS: PO Box 18, Unley SA 5061
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MEETINGS: The Club meets every Tuesday at "Tiffins on the Park",
176 Greenhill Road, Parkside (Cnr George Street) at 6.30pm.
Fellowship at 6.00pm

Our Last Meeting

Meeting No.	3666
Date	9 June 2009
Venue	Tiffins on the Park
Guest Speaker	Simon Cadzow
Chairperson	Heather Kilsby
Sergeant	Bob Laws
Returning Rotarians	Peter O'Neill, RC Adelaide
Apologies	None
Sick List	Natalie & Mark have the flu; Kevin Rogers is recovering from a car accident
Anniversaries	Inductions: Reno Elms & Jerry Casburn (14/6)

President's Announcements

1. This week I emailed club members a questionnaire to assist in planning for the coming three years. I have copies of the form for those who have not had a chance to complete the information and I would be very grateful for input.
2. Effective from this meeting **Andy Hill** has taken on the role of managing attendance and attendance reporting. **Important:** Since we would like to better enable Tiffins to plan for our meetings I would like to reintroduce the requirement on members to advise Andy by 5pm on Monday of any non-attendance for the following night's meeting or to advise if you are bringing extra guests. We will assume you are attending if not advised, please help us to get to the number accurately.
3. I have made a tentative booking for the Glenelg Surf Life Saving Club on Friday 26th June for a social dinner. They anticipate being able to provide three courses for \$30 approx in a private area. The social sheet will do the rounds, please advise if you would like to attend. Also a reminder this is voluntary and is just a chance to meet club members and partners less formally.
4. A reminder to Board members that we are having a planning meeting at Joan Reed's home on Saturday 13th June from 1pm.
5. You will have noted from past copies of the Bulletin my request for someone to stand as Secretary for the club in 2009/10. I am pleased to advise that **Martin Cooper** has volunteered for the role and after consideration at the last Board meeting his nomination was accepted. There being no other nominations for the post I declare that Martin is appointed as Secretary to the club in the 2009/10 year.

Spots

Joan Reed: Our exchange student **Leena Kasurinen** has been accepted to study at Concordia College, which has graciously waived all the fees for her; the club needs to pay a \$1000 deposit and pay for her personal stationery, books and uniforms. Joan asked that Colin Schirmer's assistance be acknowledged.

Some more **Entertainment Books** have been ordered to cover additional orders; however final orders must be in by 30 June so please act now to ensure you get your book. Non-Rotarians can also order books through the club by supplying their contact and credit card details.

A reminder of the RC of **Port Pirie's Change Over** on Saturday 4th July: We always have a good time when we join in with daughter club Port Pirie Rotarians, so please let Joan know if you would like to attend that event.

Heavyweight store plastic or paper bags (e.g. David Jones, Myer, Harris Scarfe, etc) are needed urgently by the **Thrift Shop** as its stock of bags is now very low since the ban on lightweight supermarket bags. Please give any bags you may have to Bob Laws.

Joan reminded members of the **Bali Bus Quiz Night** on Saturday 20th June (see advertisement in this Bulletin). If you would like to be on an Unley Rotary table, or make up your own table, or would like to donate gifts and prizes, please see Reno for tickets.

Reno Elms reported that nearly \$40,000 has been raised so far in the Unley area for the **Salvation Army Red Shield Appeal**. Reno asked that anyone who still had collection boxes to please return them as soon as possible. Any members who would like to donate to the appeal can still do so; please see Reno. He also thanked those members who had already donated gifts to the Bali Bus Quiz Night.

On Friday 19th June the club will be putting on another barbeque at Aldridge Court. Anyone who is available to come along from 11:00am is very welcome.

Sheila Evans thanked Bob Mullins and Colin Schirmer for their hard work in preparing the site for a garden shed at her home.

Sergeant's Session

Sergeant Bob Laws entertained and disciplined the troops once more. Bob Mills won the Lucky Square and Norm Wallace won the wine.

Guest Speaker – Simon Cadzow: “Living Longer in the 21st Century”

Introduction: Chairperson for the evening Heather Kilsby introduced our guest speaker Simon Cadzow to talk on the topic of “Living Longer in the 21st Century”. Simon is the Fitness Director and co-founder of Club Rhythm in North Adelaide. He has spent 20 years in the health and fitness industry and has been training, coaching and educating for many years in areas such as strength training, rehabilitation, performance enhancement and lifestyle.

Simon was South Australian Fitness Professional of the Year 2004 and Group Fitness Manager of the Year 2006. Known for his involvement in developing health clubs, fitness clubs and personal training and coaching, Simon provides a wealth of experience and passion for seeing people's quality of life improve.

Simon lectures in Certificate II and III Fitness at TAFE and was a presenter at the 2008 Fitness Convention in Sydney.

Simon Cadzow said he had once visualised the 21st Century as like a picture of Daffy Duck with Marvin the Martian; something from the future, from the space age. But now we are in the 21st Century it is apparent that future is already here.

What does ‘living longer in the 21st Century’ mean?

Are we living longer? According to the World Health Organisation in 2001, ‘people are living longer and with more pain-free lives as we enter the 21st Century’. One hundred years before the average life expectancy of people in the western world was 53 years. As we leave the 20th Century the average life expectancy in the western world is 78 years, an increase of 25 years or 47%, and 1 in 4 children are expected to live to 100. The reasons we are living longer now are:

- There are fewer accidents when we travel to work each day and when we travel abroad there are fewer accidental deaths.
- We are eating better today than 100 years ago, despite fast food.
- Better health care; \$50 billion or 8.4% of GDP is now spent on health in Australia, which is \$2,500 per person per year.

We are being more aware and conscious of our health and well-being and are looking to both institutional health care services and alternatives such as fitness and natural therapies.

Quality vs Quantity:
To many people their quality of life is equally as important as their life span. It is a good thing that many of the things that can improve longevity can also improve quality of life. Simon outlined how factors such as stress, panic, wear and tear, blood pressure can affect our health and well-being and went on to describe ways we can minimise their effects.



Guest speaker Simon Cadzow with Chairperson Heather Kilsby

Chairperson Heather thanked Simon for his entertaining and motivating talk and presented him with an Unley Rotary pen as a memento of his visit to the club.

Jerry's Jottings

First my thanks to those members who have provided input to the 2009-10 Board's planning session. There was useful input and I think we can better plan our activities in the next year.

This week I was able to attend a meeting of Rotarians who joined Unley Rotary Club within the last two years, the meeting was hosted by **Martin and Angie Cooper** for which I thank them. **Janet Singh** was there as a member of this year's committee and as our leader for Membership in 2009/10. Attending were **Wendy Andrews, Heather Kilsby, Janet Plumb** and **Stephen and Beverley Baker**. I had to leave the meeting early, but attended sufficient of the meeting to be encouraged that Unley is seen by all new members as a very welcoming and friendly club with very few negatives. One thing that came across strongly was a need to get to know more about club members and their backgrounds, a forum to explain more about Rotary and the very important role a buddy/mentor plays in the early part of Rotary life. I am sure that more feedback will follow the session.

At the beginning of this year I introduced a 5-10 minute segment which alternated each week between Rotary Information and a chance for a member to provide a profile of themselves. Based on the feed back I will reintroduce this, so don't be surprised if I tap you on the shoulder to provide support for either Rotary information or to provide a profile.

Yours in Rotary,

Jerry



President Jerry

Rotary News

Concept of Australian Rotary Health

The concept of Australian Rotary Health is to raise donations and invest this money to provide grants for worthy research projects in the medical and health arenas.

It is anticipated that major projects may be funded by grants over several years to ensure continuity.

Following discussions with a key figure in "Cot Death" research at the Royal Children's Hospital, Melbourne, it was decided that after initial and major grants

to "Cot Death" projects, Australian Rotary Health would support a wider concept of health research. There are many aspects of community health that urgently require research and Australian Rotary Health was in a position to perform a valuable service to the community by sponsoring research into otherwise neglected areas.

Likewise "Health", as envisaged by Australian Rotary Health, should encompass a wider vision and include all

aspects of community health. Our intentions are to be a catalyst for projects that will improve the quality of life for those least able to assist themselves.

It is also hoped that research projects will contain a strong element of applied research. Thus, it should be possible to demonstrate practical strategies for the enhancement of community health in a way that individual Rotary Clubs may apply in their own communities.

Applications Invited for GSE Team Leader to Brazil

The Group Study Exchange Committee of D9520 wishes to advise that applications are now invited for a Rotarian Team Leader for the Group Study Exchange with District 4630 Brazil.

It is proposed that the Group Study Exchange with District 5470 will be a five week exchange involving Vocational Activities, Cultural Experiences and Fellowship Opportunities.

The proposed dates for the exchange are 28th April to 2nd June, 2010. Applications for Team Leader will close on Friday, July 24th, 2009. Interviews by the District G.S.E. committee will be held on Saturday 1st August 2009 at a venue to be advised

and the successful applicants must be available for an orientation morning to be held on Sunday 2nd August 2009.

The Team Leader MUST be a good leader and an experienced Rotarian – especially in International Service, well informed on our Rotary District and Australia plus an understanding of the host District and its economy – no previous District Committee experience is necessary

The publication GSE Program Guide for Rotarians is an excellent starting point for information on the program and the responsibilities of team leaders. It is available on the following link:

http://www.rotary.org/RIdocuments/en_pdf/165en.pdf

For further information, contact Peter Poulton on 8357 2305 or 0439 805 640 or email poultonpj@internode.on.net.

Post application forms to: Rotarian Peter Poulton, 7 Hauteville Terrace, EASTWOOD, 5063.

Extra application forms can be downloaded from the RI website at www.rotary.org (go to The Rotary Foundation, then Educational programs, then GSE).



From the DG's Newsletter -- June 2009

As of May 27th 2009 Rotarians and non-Rotarian sources within our District have responded to Operation Cleft and have

been able to "Make Dreams Real" for 150 children in Bangladesh.

Total monies raised for this effort is \$34,000. Well done! A great effort by all concerned and well orchestrated by Judy Shipp who has been awarded a Paul Harris Fellow by the RC of Holdfast Bay for her leadership in this project.

Judy has taken up the role of "Ambassador" for Operation Cleft, so we will hear more of her in the future



The Rotary Foundation Procedural Changes

From the District Governor's Newsletter -- June 2009

The Trustees of The Australian Rotary Foundation Trust (TARFT) have produced a new format for the recording of information when making personal donations. The reasons this form has been introduced are twofold:



Firstly, it will allow a greater degree of accuracy in terms of data being input to the Parramatta office. In the past a number of districts had designed their own forms but due to the number of variations

to the forms used, the task of accurate record keeping became more difficult. Having only the one form to use should enhance the reliability of the information maintained,

Secondly, the new form introduces the concept of Direct Debit, or TRF Direct. The system is now set up that allows Rotarians and other contributors the option of setting up a direct debit charge on a regular basis which can be monthly, quarterly, half-yearly or yearly.

Contributions can be direct from the contributors' nominated bank account or from their credit card and many should find this a convenient method of contributing

The one exception to this procedure is where a Rotarian is contributing to or wishes to recognize another person as a Paul Harris Fellow. In those cases the Recognition/Contribution Form must continued to be used.

What Made RYLA 2009 Different?

From the District Governor's Newsletter -- June 2009

For one, 50% of the group was comprised of awardees from Somalia, Afghanistan, Nepal – referred through Rotarian Felicity Greenwood of Thebarton College, another two were co-sponsored by the Smith Family. A multi-cultural event, it brought with it some new learning of respect for other cultures and a need to provide and accommodate for such within the program.

The caterers learnt that providing Halal food went beyond buying it from a Halal butcher and required an understanding of cultural beliefs and a willingness to change.

This was made possible by the Directors, who actively took on issues raised in small groups, encouraging awardees to explore situations, whilst fostering an environment that supported and encouraged awardees to seek and promote solutions.

By Day 3, the kitchen was serving meals correctly identified as Halal, vegetarian and not.

It also saw the allocation of a prayer room and saw awardees take on a leadership role, assuming responsibility for coordinating gender-specific prayer time.

Those attending came away with a strong respect for the resilience and capacity of our youth, some of whom have survived and risen above such horrors that we would not have visited upon anyone. All participated fully, giving, contributing and taking from the week skills, abilities and friendships that would stand them in good stead as they live their life journey. All the Awardees, the Directors and we Rotarians walked away from the week, richer for the experience, one that all will remember.

RYLA District 9520 was held at Nunyara, Belair.



RYLA 2009 participants including Unley's Birendra Bhandari (2nd from left)

Birendra Bhandari, a frequent guest at RC Unley meetings, will speak to the club about his RYLA experiences early in the new Rotary Year.

Reused canes, walkers & wheelchairs get people moving

By Jennifer Lee Atkin - Rotary International News -- 10 June 2009

A disabled grandmother in the Usa River Valley is unable to leave her house and yet has to take care of 12 grandchildren, many orphaned by AIDS. A carpenter living nearby needs crutches before he can walk.

These are images that stay with David Talbot, a professional photographer and member of the Rotary Club of Mountain Foothills of Evergreen, Colorado, USA.

The founder of Crutches 4 Africa (crutches4africa.org), Talbot is committed to collecting discarded crutches, canes, walkers, and wheelchairs and delivering them to disabled people in need. Because of the program, the Tanzanian woman now has a wheelchair, the grandmother has a walker, and the carpenter has crutches and the supplies to produce them for people in his community.

The organization has distributed 6,000 mobility devices to people in Ghana, Kenya, Sierra Leone, Tanzania, and Uganda over the past four years, with a goal of one million units within 10 years.

"The need is obvious to anyone who's been to Africa," Talbot says. "You just open your eyes and look, and you see these people everywhere."

By conservative estimates, 15 million people in Africa lack adequate mobility devices, he says.

A polio survivor, Talbot first witnessed this need in 2005, when he went to Uganda to work on a documentary film. Back in Colorado, he began partnering with Rotary clubs, schools, and businesses, some as far away as New York, to collect crutches.

In the United States, Talbot notes, doctors often allow patients to use only new equipment because of insurance requirements and malpractice concerns. As a result, devices that are no longer needed pile up in homes across the country. "I see crutches at yard and estate sales all the time," he says.

Many U.S. hospitals have a surplus of used crutches, walkers, and wheelchairs. "I met a guy who works at a landfill in Denver who told me that they had buried a whole trash bin full of crutches and wheelchairs that had come from a hospital," Talbot says. "The stuff we throw away can be used."

Crutches 4 Africa ships the devices by ocean liner, and Talbot and other volunteers fly to various countries in Africa, often with dismantled crutches packed into their luggage, and work with local Rotary clubs to manage distribution. Each pair of crutches costs about US\$3 to ship, Talbot says, but the clubs and other connections can help lower that amount.

The organisation's most recent distribution to Kenya and Tanzania in February and March got a boost when a Denver business associate put Talbot in touch with a member of the band Steppenwolf. The rock star was going on safari with high-end tour company Abercrombie & Kent and arranged for 350 units to be loaded at no cost aboard the tour's chartered Icelandair plane in unused cargo space. ●



Talbot adjusts a pair of crutches to the proper height while distributing mobility devices with help from members of the Rotary Club of Moshi, Kilimanjaro, Tanzania. Although new models of crutches have spring-loaded height adjusters, the wing-nut models are easier to disassemble and pack in a suitcase, he says.

Bali Bus Quiz Night



Saturday 20th June

7.00 for 7.30pm start

**in the Sauviter at Concordia College
Winchester Street, Highgate**

**Come join a night of fun and raise money
toward the \$10,000 Bus project for the
Denpasar "William Booth" Boys Home**

**Make your own table or join others
Tables of 8-10
\$12 Adults \$10 Students**

**Gourmet Indonesian Meals,
Soft Drinks, Tea & Coffee
will be available for sale
or bring your own drinks
& nibbles**

**Raffles and Silent Auction
plus the chance to win great prizes!**

**For further information:
baliboys.blogspot.com
or Roslyn or Sam Elms – 0421 120 857**



Thousands Pitch In for 'Rotarians at Work Day'

By Ryan Hyland - Rotary International News -- 9 June 2009

More than 25,000 Rotarians and volunteers from 35 districts worldwide rolled up their sleeves to improve their communities as part of Rotarians At Work Day. Started in 2006 by the late Bob Watson, PDG of District 5340 (California, USA), Rotarians At Work Day (www.rotariansatwork.org/) happens the last Saturday in April each year and challenges clubs around the world to carry out hands-on service efforts in their community.

Here are a few of the projects that Rotarians carried out around the globe on 25 April:

- To emphasize the importance of bicycle safety, 15 clubs in District 1410 (Åland Islands; Finland) collected 2,000 knapsacks for bike helmets and delivered them to local schools.
- Members of the Rotary Club of Vasco da Gama, Goa, India, helped build two large steel lockers for a school in Chicalim.
- Rotarians and Rotaractors from District 9200, which covers five countries in eastern Africa, planted trees, painted rooms, and repaired cow sheds for the Morning Star Children's Ministry for orphans in Nairobi, Kenya.
- A joint effort between Rotary clubs in Baja California, Mexico, and Newport-Irvine, California, provided more than 100 new chairs to a primary school in Francisco Zarco, Mexico. Rotarians also painted part of the school, cleaned up the patio, and planted trees.
- The Rotary Club of Carlsbad, California, started a sustainable vegetable garden at a local homeless shelter, allowing residents to grow their own food. Rotarians also painted several areas of the facility.

Our Upcoming Meetings

Date	Venue	Time	Occasion	Venue Set-up/ Plaque Board	Sergeant	Attendance Desk
16/06/09	Tiffins on the Park	6 for 6.30pm	Don Thorpe: "Building a Ketch for the Maritime Museum"	Greg McLeod	Bob Mullins	Heather Kilsby & Janet Plumb
23/06/09	Tiffins on the Park	6 for 6.30pm	Dr Saiful Islam & Mahbub Rahman: "Bengali Information Night"	Bob Mills	Bob Mullins	Janet Plumb & Janet Singh
30/06/09	Tiffins on the Park	6 for 6.30pm	Robert Bentley: "The Great Australian Bike Ride"	Bob Mullins	Bob Laws	Janet Singh & Jim Newall
07/07/09	Kooyonga Golf Club	7 for 7.30pm	Change Over Night	Neesha Nandasena	Bob Laws	Jim Newall & Joan Reed

Apologies To: Jerry Casburn on 0407 646 396; e-mail: unley.secretary@rotaryclub.org.au.

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: Andy Hill on 0403 910 161 or e-mail unley.membership@rotaryclub.org.au.

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

Members rostered on Venue Set-up and Plaque Board should see Tiffins on the Park staff to gain access to the club's meeting paraphernalia. Please remember to gather up all items at the end of the meeting and return them to the storeroom.

Diary Dates

Month	Day	Date	Activity Details	Venue	Enquiries
June	Saturday	20/06/09	Bali Bus Quiz Night 7 for 7.30pm	The Sauviter, Concordia College	Reno Elms
	Monday	22/06/09	Ladies Auxiliary at 11.00am	4/35 Bevington Road, Glenunga	Margaret Payne
	Friday	26/06/09	Social Night	Glenelg Life Saving Club	Jerry Casburn
	Tuesday	07/07/09	Change Over Night at 7.00pm TBC	Kooyonga Golf Club	Jerry Casburn

Saturday Thrift Shop Roster: March-April 2009

Week No.	Dates This Month	Early Shift: 9am to 11.30 am	Late Shift: 11.30am to 1.30pm
2	13/06/09	Stephen Baker, Greg McLeod & Kevin Rogers	Janet Plumb & David Middleton
3	20/06/09	Glenys Ferguson & Neesha Nandasena	Joan Reed & Bob Laws
4	27/06/09	John Peacham, Chandra Sluggett & Kevin Rogers	Martin Cooper & Sheila Evans
5	NA	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed
1	04/07/09	Lindsay England & Rohan Singh	Mavis Martin & Stephen Westgarth

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

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

Ladies Auxiliary

The next meeting of the Ladies Auxiliary is on Monday 22 May at 11am at the home of Margaret Payne, 4/35 Bevington Road, Glenunga.

The Back Page

Making Sense of the GFC

It is August. In a small town on the South Coast of France the holiday season is in full swing, but it is raining so there is not too much business happening. Everyone is heavily in debt.

Luckily, a rich Russian tourist arrives in the foyer of the small local hotel. He asks for a room and puts a E100 note on the reception desk, takes a key and goes to inspect the room located up the stairs on the third floor.

The hotel owner hurriedly takes the banknote and rushes to his meat supplier to whom he owes E100.

The butcher takes the money and races to his supplier to pay his debt.

The wholesaler rushes to the farmer to pay E100 for pigs he purchased some time ago.

The farmer triumphantly gives the E100 note to a local prostitute who gave him her services on credit.

The prostitute goes quickly to the hotel, as she owes the hotel for her hourly room use to entertain clients.

At that moment, the rich Russian is coming down to reception.

He informs the hotel owner that the proposed room is unsatisfactory. He takes back his E100 and departs.

There was no profit or income. But everyone no longer has any debt and the small townspeople look optimistically towards their future.

Could this be the solution to the GFC?

An Irish Story

Two Irishmen walk into a pet shop in Dingle, they walk over to the bird section and Gerry says to Paddy, 'Dat's dem.'

The owner comes over and asks if he can help them.

'Yeah, we'll take four of dem dere little budgies in dat cage up dere,' says Gerry.

The owner puts the budgies in a cardboard box.

Paddy and Gerry pay for the birds, leave the shop and get into Gerry's truck to drive to the top of the Connor Pass.

At the Connor Pass, Gerry looks down at the 1000 foot drop and says, 'Dis looks like a grand place.'

He takes two birds out of the box, puts one on each shoulder and jumps off the cliff.

Paddy watches as the budgies fly off and Gerry falls all the way to the bottom, killing himself stone dead.

Looking down at the remains of his best pal, Paddy shakes his head and says, 'Dis budgie jumping is too dangerous for me!'

Moment's later; Seamus arrives up at ConnorPass.

He's been to the pet shop too and walks up to the edge of the cliff carrying another cardboard box in one hand and a shotgun in the other.

'Hi, Paddy, watch dis,' Seamus says.

He takes a parrot from the box and lets him fly free.

He then throws himself over the edge of the cliff with the gun.

Paddy watches as half way down, Seamus takes the gun and shoots the parrot.

Seamus continues to plummet down and down until he hits the bottom and breaks every bone in his body.

Paddy shakes his head and says, 'And I'm never trying dat parrotshootin' either!'

Paddy is just getting over the shock of losing two friends when Sean appears.

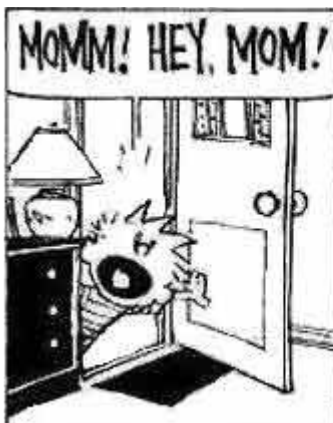
He's also been to the pet shop and is carrying a cardboard box out of which he pulls a chicken.

Sean then takes the chicken by its legs and hurls himself off the cliff and disappears down and down until he hits a rock and breaks his spine.

Once more Paddy shakes his head.

First dere was Gerry with his budgie jumpin', den Seamus parrotshootin'... And now Sean and his henglidin'!

Stop Yelling Across the House



Remember our Rotary theme for the year:

Make Dreams Real