

THE UNLEY ROTARIAN

Meeting 3669 – 30 June 2009

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
EMAIL: unley.secretary@rotaryclub.org.au
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.	3669
Date	30 June 2009
Venue	Tiffins on the Park
Guest Speaker	Richard Bentley
Chairperson	David Middleton
Sergeant	Bob Laws
Guests	Rohan Singh
Apologies	Bob Mills, Bob Mullins, Heather Kilsby, Mavis Martin, Norm Wallace
Make Ups	Mavis Martin (x 2 at the Thrift Shop)
Anniversaries	Weddings: David Middleton (30/6 30 years), Martin Cooper (7/7) Induction: Geoff Hill (7/7)
Attendance	73%

President's Announcements

Next week is our Clayton's Change Over at Kooyonga on July 7th. I am circulating the list and can you please indicate if you are attending and if you will be bringing a partner and/or other guests. We would also like to collect monies tonight and, if you would see Lindsay England during the course of the night, he will collect payments.

Spots

Martin Cooper reported to members on the reasons for his early return from the Great Australian Bike Ride, as follows: On 26th June 2008 Angie was confirmed as the Catering Manager and Martin as the Logistics Coordinator for the Darwin to Perth Leg of the GABR; they were to be based in and have use and responsibility for the Motor Home on loan from Winnebago. Earlier this year Martin had considerable input on menu and provisioning policies.

When they ride arrived in Darwin they found that the Ride Director had recruited an ex-army chef to supervise the catering from Darwin to Perth, had moved his wife and himself into the Winnebago and the catering stores out, and looked upon Angie and Martin as drivers who should have brought camping gear with them.

Whilst the ARH directors were sympathetic they did not have the resources to resolve the situation so Angie and Martin flew home early Sunday morning.

Martin related a story about the time he and his family while on a bike ride in France also found themselves hotel-less and tentless in a small village, but that experience hadn't helped them on this occasion. He emphasised that he will continue to work with the joint 9500/9520 GABR in Adelaide Committee.

Martin presented President Jerry with a banner from the Rotary Club of Darwin Sunrise along with the best wishes of their President Quentin.

Reno Elms presented President Jerry with a letter from his son Samuel Elms thanking the club for its donation to the Bali Bus Project (see below).



Thank you
Rotary Club of Unley

Sincere thanks for your generous donation for my recent Quiz Night.

We had a terrific evening and thanks to your contribution we raised a grand total of \$3,300 for the Bali Bus Project.

This was an important part of my personal project as a year 10 student at Concordia College and I am grateful for your assistance.

Thank you,

Samuel Elms
Concordia College
Year 10 Student

Sergeant's Session

Sergeant concluded his year as Master Sergeant with a masterful fines session and attempt to not laugh at his own jokes. David Payne won the Lucky Square and Norm Wallace won the wine.



Rotary Club of Unley Changeover Dinner

Tuesday 7th July

Menu

Entrée

Spicy Tomato & Red Pepper Soup

Tomato, red pepper and onion, garnished with
a basil pesto crouton

Buffet

Calamari with tartare sauce

Herb crusted barramundi

Prawn kebabs

Chevachapi

Thai style marinated chicken

Porterhouse steak

Assorted condiments

Mediterranean salad

Roasted vegetables

Dessert

Rhubarb & Apple Crumble

Rhubarb and apple on an almond meal base
topped with crumble and served with
a crème anglaise sauce

or

Lemon Tart

A wedge of lemon tart served with
a citrus compote and cream

Fresh Brewed Coffee & After Dinner Chocolate

Kooyonga Golf Club Dress Rules:

Gentlemen: Jacket and Tie; **Ladies:** No denim

Guest Speaker: Richard Bentley "The Great Australian Bike Ride"

Introduction: Chairman David Middleton introduced our guest speaker Richard Bentley to talk about his own cycling experiences and the Great Australian Bike Ride. Richard was born in Western Australia; a farmer's son he has had careers in agricultural science, occupational safety, and employment services. He worked in WA in forestry and agriculture, studied agriculture at the University of Queensland and worked over most of South Australia in agriculture and OH&S.

Richard currently works with Centacare. He is married with three daughters and his interests include environmental matters (he is Chairman of PPE) and bike riding for commuters to work or school.

Richard Bentley began his talk by giving a bit of the history of how came to be involved in bike riding. Like most young people back in the 50s and 60s in both country and city areas, he learned to ride a push bike. Although he learned to ride on a quite small bike, his first real bike was a 28" girls' bike that his sister, who was 10 years older, had abandoned. Richard rode that bike around the farming areas of WA including across to the neighbours each day to catch the school bus, just like most kids did in those days.



Richard Bentley

In his teenage years, Richard felt the pressure to get a driver's licence and get his first car, and that pressure extended to his parents too. So in 1965 his Dad splashed out £20 to buy Richard an old Vauxhall Velox. From that day for the next ten years, bike riding was definitely forgotten and driving a car was what it was all about.

After travelling around Australia a fair bit Richard ended up in Queensland and began studying agriculture at university. While there he came up with the idea of actually buying a push bike and riding to Melbourne. So he went into a shop in Toowoomba, bought a bike, jumped on it a bit before

Christmas and made it to Melbourne in early January having taken three weeks for the journey. It was quite an adventure. But following the ride the bike went into the shed and was pretty much forgotten for approximately 30 years, 'though when he moved house he may have pumped up the tyres and taken it for a spin around the block. Richard later worked as a travelling salesman in SA and wore out about five cars travelling around the state, from the Mallee to the South East.

Along the way he got married and had three daughters. When the girls grew up he taught them to drive a car, possibly a mistake with the new generation because Richard's car "disappeared". How was he now to get to work?

Richard started with the train, which worked fine, but he noticed that some other passengers had a push bike with them and pondered how he might be able to use a bike to commute, especially as he was close to the train station at both ends of his journey. He decided he would ride at least one leg of the journey to work, from Prospect to Ascot Park. Despite striking a 42°C day on the first trip he stuck at it and has continued to do so on 99% of the days since then. Subsequent changes of workplace have meant changes to the cycling legs of Richard's journeys to and from work; while living in Unley and working in Angle Park he rode to Adelaide station, took his bike on the train and then rode the rest of the way to work, but on the return journey he rode all the way. When his workplace shifted to Gilles Plains there was no train, so he had to ride both ways. As a result of his bike commuting Richard has pedalled from 4,000km in the first year to

about 8,000km this year. As Richard has put his hand up for the Great Australian Bike Ride's leg across South Australia, that will add an extra 1,000kms to his total.

Having got involved in cycling he decided to join a group and joined the Bicycle Institute (simply because that's what came up in a Google search for a bicycle club in SA) so he could learn about cycling and what could be done to encourage it.

Richard has since found that there are other cycling groups in SA, but BISA has been a good learning exercise for him. BISA started in 1975 as a group called the Cycling Protection Association at a time when 12 cyclists a year were being killed on SA roads; in one year as many as 19 cyclists were killed. That was in an age when road deaths were more common than they are today; e.g. 300 deaths per year in the late 60s and early 70s compared to trying to keep the number under 100 per year these days. For cyclists there has been a corresponding reduction in the death toll with only one or two per year in recent years, largely due to the measures taken to reduce road deaths such as speed limit enforcement and drink driving laws. Changes in the habits of cyclists, such as wearing reflective clothing and bright, distinctive head and tail lights, have contributed to cycling safety.



Chairman David Middleton presented an Unley Rotary pen to Richard Bentley

Elsewhere in the world cycling is far more common than it is in Australia. In European countries, for example, 30-40% of people regularly use bicycles to go to work or to school. In Holland thousands of commuters park their bikes at train stations, whereas at Adelaide station there would only be about eight. Apart from money savings in the pocket, the main benefits for communities that embrace cycling are health benefits through regular daily exercise. The extra travel time that may be involved in commuting by bike is usually small; five minutes each way in Richard's case. And cyclists don't have to spend time washing the car or stopping to fill it up with petrol. When these extra times are taken into account, there is hardly any time penalty at all in cycling. Richard feels that our community's problems with diabetes, obesity and other health issues could be eased significantly if people took more opportunity to cycle for exercise.

In Australia cars are the dominant form of transport, partly due to distance but also due to the success the automotive industry has had in promoting cars as a symbol of success.

One of the ways to promote bike riding [in Adelaide] is to have an event that limits cars and encourages cyclists to come into the City. Richard believed that such a major event would be a great way to promote the Great Australian Bike Ride. Through the efforts of Richard and other Rotarians like our Martin Cooper, the Adelaide City Council is currently preparing a report for consideration by Council in July for a joint GABR/community cycling event on 27th September when the GABR riders will head off on the final leg to Melbourne

Richard answered a number of questions from the floor and was thanked by Chairman David for his interesting story and insights into cycling and its benefits for the community. ●

Jerry's Jottings

Boy has this year flown!!! This will be our last Bulletin for the current year with the Changeover next week at Kooyonga Golf Club. At this stage we will have a good turnout to the Clayton's Changeover. I look forward to seeing as many as can make it there next week. I will not dwell on the year at this stage that's our opportunity next week.

Hopefully we have managed to "Make Dreams Real" for a few in the community.

See you next week.

Yours in Rotary,

Jerry



Rotary News

Communiqué from our District Governor

25 June 2009

Dear President Jerry,

I would like to take this opportunity to express my sincere thanks for making my year as Governor of District 9520 a rewarding and memorable experience.

The input that you and your members had into addressing the needs of the children of the world was invaluable and certainly was instrumental to "**Make Dreams Real**" for those children. My particular thanks go to your Club for supporting my wife Judy's Spouses Program of "Operation Cleft". Nearly 200 children now have a different and better life. This reflects through their whole family and into their community.

The support given to the Victorian Bushfire disaster and the victims was beyond my expectations. Not only were the donations more than expected, but the skills, time, and materials provided are greatly appreciated.

I would appreciate it if you would pass on my thanks to all your members for their efforts and ask that they continue to "**Make Dreams Real**" for the children of the world.

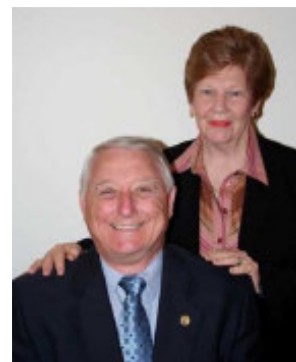
On a personal note, I would also like to thank you all for the good wishes and support extended to Judy and myself during my period of ill-health. This was much appreciated by both of us.

I wish you all well into the coming Rotary year and look forward to seeing you in the not too distant future.

Yours in Rotary,

Peter F. Shipp

Governor 2008/2009 – Rotary International District 9520



DG Peter and Judy Shipp

Open Letter from Lauren Sperring - Indigenous Health Student

From Australian Rotary Health - Message Stick -- May 2009

My first year studying Medicine at the University of Adelaide was definitely challenging. I was not sure what to expect of the course, I did not know how to study properly, although I didn't realise it at the time. After receiving the results I made a very conscious effort to improve. I had meetings with staff from the faculty of medicine to discuss study strategies, I had more regular tutoring sessions with my tutor and I had some extra tutoring sessions.

During the second semester I was also going through some personal struggles with a family health problem and a personal health problem which made things harder for me to cope with the level of work required. I have loved every minute of the past year, even including the long hours, lack of sleep and constant stress.

I have been involved partially with Indigenous activities throughout the year. I have made many friends through Wilto Yerlo, the Indigenous Centre at Adelaide University, particularly the other med students. I am a member of the Australian Indigenous Doctor's Association (AIDA).

Rotary involvement has been really interesting and enjoyable. I've met with the Rotary Club of Unley twice during the year, and spoke at the second meeting. I have also have regular contact with Dr Helen Sage and Chandra Sluggett who have been amazingly supportive during the year, especially at times when I was convinced I didn't have any chance of passing the year.

Lauren Sperring (Bachelor of Medicine, University of Adelaide)

[Lauren is sponsored by Dr Helen Sage and the Rotary Club of Unley]



Lauren Sperring (top) with Natalie Moore, Chandra Sluggett & Joan Reed.

Birmingham embraces historic convention

By Arnold R. Grahl - Rotary International News - 24 June 2009

After four days of celebrating Rotary's spirit of international fellowship and service, Rotarians from all over the world bid adieu to the 100th RI Convention in Birmingham, England, on 24 June.

RI President-elect John Kenny, the first Scotsman to head the international humanitarian service organization in its 104-year history, encouraged the more than 16,000 Rotarians from over 150 countries at the convention to join in the last push to eradicate polio.

"Until the day the earth is declared polio-free, this work must be our first priority and our main focus," Kenny said during the closing plenary session. "It is up to us to finish the job."

Kenny, a member of the Rotary Club of Grangemouth, has emphasized the important role that individual Rotarians and Rotary clubs play in the future of the organization, a message captured in the 2009-10 RI theme, *The Future of Rotary Is in Your Hands*.

"The future of Rotary is being decided every day, in every one of our clubs -- by every one of you," Kenny said. "Every Rotarian adds fresh ideas and energies to their clubs and their districts. Each one of you can make important contributions and pass on to your successors stronger clubs, healthier communities, and a better world."

Throughout the week, Rotarians, friends, and other members of the family of Rotary heard prominent speakers discussing how close the world is to eradicating polio, and encouraging Rotarians to make that last push to get the job done.

During the keynote address at the Rotary World Peace Symposium, Archbishop Emeritus Desmond Tutu said Rotary has earned the world's respect. "When they started out saying they wanted to eradicate polio, a lot of people said you ought to have your head read," he said. "Now there are only four countries where polio is endemic. This is fantastic. It is going to happen, and it is fantastic."

During the Rotary Alumni Celebration, Jean-François Rischard, who recently retired as World Bank vice president for Europe, suggested that Rotarians can help influence top policymakers to bring necessary change to the world.

At a special appearance at the opening plenary session, United Nations Secretary-General Ban Ki-moon called Rotary the heart and soul of the worldwide polio eradication effort and pledged the UN's continued cooperation and support. Rotary International and The Rotary Foundation gave Ban the Polio Eradication Champion Award, which he dedicated to three polio workers who were killed by a suicide bomb attack in Afghanistan in 2008.

Actress and UNICEF goodwill ambassador Mia Farrow, who delivered a keynote address during the third plenary session, told Rotarians that they are almost there and to push just a little further. "Polio is a terrible, terrible disease. We are right to be pushing for the end of it," she said.

During the fourth plenary session, primatologist and humanitarian Dr. Jane Goodall stressed the goals that her organization shares with Rotary and called for increased collaboration. "We need to join together, to work as a team," she said.

Jan Egeland, director of the Norwegian Institute of International Affairs, told Rotary World Peace Fellows that he feels optimistic knowing that a new generation of peacemakers coming out of Rotary's programs will have unparalleled knowledge, technology, and training to do much-needed work. And Clarissa Brocklehurst, UNICEF's chief of water, sanitation, and hygiene, spoke about the urgent need for collaborative efforts to ensure access to clean water and improved sanitation around the world.

Throughout the convention, Rotarians enjoyed fellowship and learned more about club service projects and Global Networking Groups at the House of Friendship. Attendees were treated to cooking demonstrations by finalists in a young chef competition, won by 16-year-old Hailey Vickers, of the Thomas Hardy School in Dorchester, England.

As attendees entered the convention center, they had a chance to take part in a fundraiser to raise money for polio eradication, donating £5 (about US\$8) to pull a sticker off a large display, gradually revealing the *Make Dreams Real* logo, and sign their names on a panel.

During host-ticketed events, opera diva Katherine Jenkins entertained, attendees toured Warwick Castle for a Medieval Spectacular, and downtown Birmingham staged performances by the Birmingham Royal Ballet and Treorchy Male Choir, as well as the East Meets West variety show.

The End Polio Now logo was projected onto the side of the Birmingham Central Library 23 June during Birmingham Greets Rotary night.



RI President-elect John Kenny and RI President Dong Kurn Lee wave to the crowd during the closing plenary session of the 2009 RI Convention in Birmingham, England.

Bushfire Recovery Program

From the District Governor's Newsletter - June 2009

Information received from District 9790 - basically the worst affected of all the Districts - indicates that although work is going on, some of the support centres are being closed or consolidated in one area.



The Rotary Clubs in the Mildura area are placing their efforts into the Kilmore, Kinglake and Marysville region. The Rotary Club of Irymple is shipping out fence posts on a regular basis. In so far as the remainder of this District is concerned, I have been in touch with the District Governor of D9780 and, by agreement, we will 'adopt' the Horsham area.

A 'wish list' will be provided by the Rotary Clubs of Horsham area and monies from our Disaster Fund will be allocated to items on this list. So far we have paid for materials to build native bird nesting boxes which will be delivered to the Victorian Parks and

Wildlife and also paid for fuel for the delivery of hay into District 9780.

The issue of individual donations and the Tax deductibility through the District Trust Fund is in the hands of the Australian Taxation Office. Hopefully we will finalise approvals and documentation by mid-June. Those individuals who would like to donate, I would request that you hold on a little longer until the fund is finalized.

According to District 9790 (Kinglake area) survivors are only just beginning to understand their losses. As a result, we can expect more detailed advice on their needs to be forthcoming on a regular basis.

In regard to distribution from our Disaster Fund, agreement has been arranged that our efforts will be continued in the same vein for the rest of the year by our DG 2009/2010, Dick Cuttle.

I would like to thank all the Clubs' Members for their great effort in raising in excess of \$120,000. Well done to all!

Our Upcoming Meetings

Date	Venue	Time	Occasion	Venue Set-up/ Plaque Board	Sergeant	Attendance Desk
07/07/09	Kooyonga Golf Club	7 for 7.30pm	Change Over Night	Jim Newall & Joan Reed	David Middleton	Jim Newall & Joan Reed
14/07/09	Tiffins on the Park	6 for 6.30pm	Mike Hawkins: Eastside Business Enterprise Centre	Neesha Nandasena	David Middleton	Joan Reed & John Russell
21/07/09	Tiffins on the Park	6 for 6.30pm	Birendra Bhandari: "My RYLA Experience"	David Payne	David Middleton	John Russell & Lindsay England
28/07/09	Tiffins on the Park	6 for 6.30pm	David Pisoni MP: "The State of State Education"	John Peacham	David Middleton	Lindsay England & Mavis Martin

Apologies To: Andy Hill by e-mail to unley.attendance@rotaryclub.org.au or on 8271 5028 or 0403 910 161.

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 by e-mail to unley.attendance@rotaryclub.org.au or on 8271 5028 or 0403 910 161.

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	Tuesday	07/07/09	Change Over Night at 7.00pm TBC	Kooyonga Golf Club	Jerry Casburn
			Kooyonga Golf Club Dress Rules: Gentlemen: Jacket and Tie; Ladies: No denim		
August	Sunday	02/08/09	Thrift Shop Volunteers Morning Tea	Unley Civic Centre	Bob Laws

Saturday Thrift Shop Roster: July 2009

Week No.	Dates	Early Shift: 9am to 11.30 am	Late Shift: 11.30am to 1.30pm
1	04/07/09	Lindsay England Stephen Baker & Rohan Singh	Mavis Martin & Stephen Westgarth
2	11/07/09	Stephen Baker Lindsay England, Greg McLeod & Kevin Rogers	Janet Plumb & David Middleton
3	18/07/09	Glenys Ferguson & Neesha Nandasena	Joan Reed & Bob Laws
4	25/07/09	John Peacham, Chandra Sluggett & Kevin Rogers	Martin Cooper & Sheila Evans
5	NA	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed

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

The Back Page

May We All Be Coffee

You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl.

Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft.

The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled, as she tasted its rich aroma the daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently.

The carrot went in strong, hard and unrelenting but, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior but, after sitting through the boiling water, its inside became hardened.



The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a break-up, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches. When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May all Rotarians be COFFEE!!!!!!



Sign Seen Outside a Church



Actual News Report – Hagerstown, Maryland, USA



Better than a Flu Shot

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all.

One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cute glass bowl sitting on top of it. The bowl was filled with water, and in the water floated, of all things, a condom!

When she returned with tea and scones, they began to chat. The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist.

'Miss Beatrice', he said, 'I wonder if you would tell me about this?' pointing to the bowl.

'Oh, yes,' she replied, 'isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter?'

Remember our Rotary theme for the year:

Make Dreams Real