

THE UNLEY ROTARIAN

Meeting 3684 – 13 October 2009

Website: unley.rotaryclub.org.au

2009 - 2010

Rotary Club of Unley Inc.

DISTRICT 9520
CHARTERED 17TH APRIL 1935



PRESIDENT: Jerry Casburn: 8295 8227 or 0407 646 396
SECRETARY: Martin Cooper: 8271 1394
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.	3684
Date	13 th October 2009
Venue	Tiffins on the Park
Occasion	David Merry: "Men's Health"
Sergeant	Sheila Evans
Chairman	Andy Hill
Guests	Leena Kasurinen, Rohan Singh
Apologies	David Middleton, Geoff Howland, Heather Kilsby, Martin Cooper, Mavis Martin, Reno Elms.
Make Ups	Nil
Sick List	Nil
Anniversaries	Nil
Attendance	74%

President's Announcements

1. I received a call from Birendra today. He is involved in a celebration of one of the biggest Nepalese Festivals "Tihar", also know as the "Festival of Lights" at the Kathmandu Restaurant, 214 Hutt Street on Sunday 18th October from 12pm onwards. Typical Nepalese foods, culture and dress. Entry \$20, kids under 10 free. Drinks extra.
2. Last week Chandra advised the club of the programme for hosting the Colorado GSE team. We are keen to put on a great show for our visitors and part of that will be to get good attendance from the club at each event. This week we are circulating a sheet showing each event and the approximate cost. Please indicate over the next few weeks if you will be attending and the numbers attending, guests welcome. There are limited places on the Coorong trip and the Melbourne Cup lunch so first in best dressed
3. The Rotary Club of Eastwood is holding a Quiz Night on Friday 20th November 2009 at 7.00 for 7.30 at Burnside Community Centre. It is only \$15 a head and the money will be going towards a number of local Youth related programs. If members can't make a full table Eastwood would be happy for them to join one of our others.

Spots

Bob Laws: There will be a Book Sale at the Unley Citizen's Centre, 18 Arthur Street, Unley, on Saturday 14th November 2009, proceeds from the sale will be used to fund the Sophia English Classes for Refugee Women Programme.

Exchange Student Leena Kasurinen Reporting: 'Week Eleven'

I have been very busy over the last couple of weeks. I spent a lovely weekend at Colin's farm with Calves, Alpaca's and milking, Thank you very much Colin.

I went camping in the Flinders Rangers for 4days and hiked St Mary's Peak, that was very hard and I was very sore after.

Last weekend I had the District Conference and stayed at Warrawong with other exchange students. We visited Harndorf and I liked that very much. On Saturday night we had the conference dinner and we had a great time.

On Sunday I made cupcakes for the first time; we don't have them at home. Now I am back at school.



Sergeant's Session

Sheila Evans stood in as corporal to Sergeant **David Middleton** who is away on vacation. **Sheila** with a touch of Irish humour made sure all were treated equitably and fined heavily. **Geoff Hill** won the lucky squares and **Geoff Hill** the mystery wine.

Colorado GSE Team Visit

Detailed below is the full programme for the GSE visit. The programme has been compiled primarily by **Chandra Sluggett**, ably assisted by **Wendy Andrews**.

The programme is of interest to both the GSE team and many of our members. For some events there are limited numbers, so please book early to support this effort.



Date and Time	Event	Cost
Mon 2nd November	A day at the Coorong, coastal wilderness	
8:30 AM	Pick up GSE members from RC Holdfast Bay (Glenelg)	Circa \$50 (Includes Bus Hire, Lunch and Entry Fees)
9:00 AM	Depart Adelaide, drive to Meningie, Hacks Point	
11:30 AM	Arrive at Camp Coorong, Meningie, Hacks Point	
11:45 am to 12:45 pm	Guided tour of the Ngarrindjeri Aboriginal Museum at Camp Coorong	
12:50 PM	Drive to Wilderness Lodge, Hacks Point, Coorong	
1:15 PM	Lunch at Wilderness Lodge	
2:15 PM	Guided tour, Wilderness Lodge – Ngarrindjeri cultural experience	
4:30 PM	(time permitting can visit nearby Raukkan/Pt McLeay Aboriginal Community)	
7:00 PM	Depart, drive to Adelaide	
	Free evening with host families	
Tue 3rd November		
8:00 AM	Breakfast with host family	
10:00 AM	Guided tour of Migration Museum of South Australia	\$12
12:00 noon	Lunch incorporating Melbourne Cup festivities (Horse Race)	\$55
3.30 PM	Parliament House Tour with David Pisoni (Member of Parliament for Unley)	
	Free evening with host families	
Wed 4th November	Vocational Day (details separate)	
8:00 AM	Breakfast with host family	
8:30 AM	Vocational visit	
12:30 PM	Lunch at Vocational placement	
1:30 PM	Vocational visit	
4:00 PM	Pick up from vocational visit	
6:30 PM	Group 6 Presentation – Intercity meeting at Belair Country Club	
Thu 5th November		
8:00 AM	Breakfast with host family	
9:00 AM	Rest Day – Free time	
7:00 PM	GSE Farewell Presentation – Top of the World Revolving Restaurant - Glenelg	\$27.50 + Drinks

Guest Speaker – David Merry: “Men’s Health”

David Merry trained as a Pharmacist & then a Microbiologist, working at the Children's Hospital, & then for 28 years at the Institute of Medical & Veterinary Science as Serologist in the Microbiology Division before a heart attack during a game of tennis saw him return to work as a Community Pharmacist. The last 10 years he has been a partner in the Strathalbyn Pharmacies.

Four years ago he was diagnosed with Prostate Cancer and underwent radical surgery followed a year later by external beam radiotherapy, and has since been pronounced 'cured' by his Urologist.

Early this year he saw a call for volunteer speakers for the Prostate Cancer Foundation in their Men's Health Program advertised in the Newsletter which circulates to all Rotary Clubs. As he felt so positive about his own outcome & appreciated the need for the "Awareness" message to be circulated, he joined 6 other South Australians to be trained to speak to this program.

He has been speaking on the Rotary Club circuit, and welcomes the opportunity to speak to any Men's Groups or work place etc.

The talk was very informative, and very well received. There were many information leaflets made available to all the members. The information is fundamentally important to all of us. Information was provided on what foods to eat and the various vitamins and minerals



that are now considered of importance. To name a few: Lycopene, Selenium, Fish Oil. Very clear and informative diagrams were presented regarding the various male internal organs.

Globally, the lowest incidence of Prostate Cancer is in Japan and Northern Canada (Eskimos). Members should take note of the diet to be found in these two countries.

The incidence of Prostate Cancer in men over 40 years of age in Australia is of great concern, as it is more prevalent now than Breast Cancer in Women. Currently approaching 25,000 men will be diagnosed with Prostate Cancer in 2009-10 and up to 3,500 men will die as a result of this cancer. The Commonwealth Dept of Health & Ageing has proved funding to the Prostate Cancer Foundation of Australia to promote an awareness campaign to encourage men over 40 years of age to have an annual check-up. Prostate cancer diagnosed early at the stage when tumour cells are still within the gland can be cured, whereas once the cells move beyond the walls of the gland into the lymph nodes or bones, treatment is possible but not a cure. Hence the paramount need for early detection, a decision on treatment, with an excellent prognosis of cure.

Andy Hill has a copy of a DVD titled "A guide for men and their partners living with Prostate Cancer". Anybody wishing to see this DVD, please contact Andy.

Jerry's Jottings

A great meeting this week and David Merry's message to all of the "blokes" in the club will hopefully be heeded by those who do not get regular checks. As one who was saved by these simple checks I can only endorse them.

Again I would like to endorse the work from Chandra and Wendy on the GSE visit. Check the itinerary above and join us if and where you can.

Yours in Rotary

Jerry



Rotary News

Rotary provides urgent relief to victims impacted by natural disasters in the Asia-Pacific region

Members of Rotary, one of the world's largest humanitarian service organizations www.rotary.org, are providing urgently needed relief to those affected by natural disasters in the Philippines, Samoan Islands and Indonesia.

As a community-based organization made up of business and professional leaders, Rotary is working through its clubs at the grassroots level to provide aid and assistance — both immediate and long term — to those impacted by these disasters. Examples of early Rotary relief efforts include:

- Life-saving shelter, food and medicines to those impacted by the 7.6 magnitude earthquake that struck Sumatra Island on 30 September. Rotary clubs in Australia and New Zealand donated 10-person tents containing blankets, water purification, cooking equipment and other essentials in cooperation with ShelterBox www.shelterbox.org, an international disaster relief charity supported by Rotary clubs around the world.
- Food, water, shelter and clothing to those impacted by Typhoon Parma in the Philippines, which slammed into the country on 3 October. Local Rotary clubs distributed 700 relief packs composed of rice, sardines and instant noodles, and 300 ShelterBox tents were set up in the country's mountainous northern region.
- Emergency relief to victims of a tsunami, which struck the Samoan Islands on 30 September, following a series of earthquakes. Two-hundred Emergency Response Kits, each containing basic necessities such as blankets, food, clothing, cooking utensils and tools, toiletries, medical supplies and even candles and matches. Rotary clubs in New Zealand partnered with Air New Zealand to donate these kits — worth a total of US\$55,200 in aid. Rotary clubs in New Zealand are also running an appeal for disaster relief funds. Those wishing to contribute can make donations through the internet to Westpac 03 1702 0192208 02, or by check made payable to RNZWCS Limited and posted to PO Box 20309, Christchurch, New Zealand 8543.

"All the disaster analysis and planning undertaken by Rotary Samoa and their partners over many years is now being fully appreciated," says Stuart Batty, a senior leader of Rotary New Zealand World Community Service. "Our immediate focus is on families and vulnerable people, including those with disabilities."

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Venue Set-up/ Plaque Board	Sergeant	Attendance Desk
20/10/09	Tiffins on the Park	6 for 6.15pm	James Bruce: Hon British Consul	M Cooper	C Schirmer	S Westgarth	G Ferguson & A Hill
27/10/09	Tiffins on the Park	6 for 6.15pm	General Eva Burrows: "Salvation Army Anniversary"	R Elms	J Russell	D Middleton	A Hill & G Hill
4/11/09	Belair Park Country Club	6.30 for 7pm	GSE Team from Colorado Group 6 Intercity Meeting	J Reed	J Plumb	D Middleton	G Hill & G Howland
10/11/09	Tiffins on the Park	6.30 for 7pm	Heart Foundation	H Kilsby	J Peacham	D Middleton	G Howland & A Jonson

Apologies To: Wendy Andrews by **e-mail** to unley.attendance@rotaryclub.org.au or in an emergency on 0458 052 893

Meeting Chair Enquiries To: Stephen Baker on 8379 7105 or email to unley.vocational@rotaryclub.org.au

Venue Set-up/Plaque Board Enquiries To: David Middleton on 8332 6253 or by e-mail to unley.sergeant@rotaryclub.org.au

Attendance Desk Enquiries To: Janet Singh by **e-mail** to unley.attendance@rotaryclub.org.au or in an emergency on 0458 052 893

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
November	Wednesday	4th	Group 6 Intercity Meeting & GSE Team	Belair Park Country Club	C Sluggett

Saturday Thrift Shop Roster: September - October 2009

Week No.	Dates	Early Shift: 9am to 11.30 am	Late Shift: 11.30am to 1.30pm
3	17/10/09	Glenys Ferguson & Neesha Nandasena	Joan Reed & Bob Laws
4	24/10/09	John Peacham, Chandra Sluggett	Bob Mullins & Sheila Evans
5	31/10/09	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed
1	07/11/09	Lindsay England & Rohan Singh	Mavis Martin & Stephen Westgarth
2	14/11/09	Stephen Baker & Greg McLeod	Janet Plumb & David Middleton

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

Bob Laws: 8223 6403; (M) 0438 865 305; e-mail: steadman@senet.com.au

On the Back Page

The Nun at Hooters

A nun, badly needing to use the restroom, walked into a local Hooters. The place was hopping with music and loud conversation and every once in a while the lights would turn off for 15 seconds; each time the lights went out, the place would erupt in cheers.

However, when the revelers saw the nun, the room went dead silent.

She walked up to the bartender, and asked, 'May I please use your restroom?'

The bartender replied, 'OK sister, but I must warn you that there is a statue of a naked man in there wearing only a fig leaf.'

'Well, in that case, I'll just look the other way,' said the nun.

So the bartender pointed the nun to the back of the restaurant. After a few minutes, she came back out, and the whole place stopped just long enough to give the nun a loud round of applause! She went to the bartender and said, 'I don't understand. Why did they applaud just because I went to the restroom?'

'Well, now they know you're one of us,' said the bartender, 'Would you like a drink? It's on the house.'

'No, thank you, but, I still don't understand,' said the puzzled nun.

'Well, sister,' laughed the bartender, 'every time someone lifts the fig leaf on that statue, the lights go out; now, how about that drink?'

Remember our Rotary theme for the year:

**THE FUTURE OF ROTARY
IS IN YOUR HANDS**