

THE UNLEY ROTARIAN

Meeting 3688 – 1 November 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.	3688
Date	10 th November 2009
Venue	Tiffins
Occasion	Sarah Patching – "Heart Foundation"
Sergeant	David Middleton
Chairman	Heather Kilsby
Special Friend of Rotary	Leena Kasurinen
Apologies	Bob Mullins, Chandra Sluggett, Geoff Howland, Jim Newall, John Peacham, Glenys Ferguson, Natalie Bowden, Peter O'Neil, Sheila Evans, Mavis Martin, Lindsay Evans (Make up), Sheila Evans, Mavis Martin
Anniversaries	Induction: Lucien Parent – Induction (14/11), Chandra Sluggett – Birthday (15/11)
Attendance	56%

President's Announcements

- Following the notice provided in the last two Bulletins I am formally advising that we will hold our AGM on Tuesday November 24th as part of our normal meeting, which is a Club Assembly. Nominations are called for and the nomination form is repeated below. If nominating someone other than yourself for a position it is essential that you obtain their permission and a signature to that effect. From this year's Board the following members will be continuing on:

- Joan Reed (as President)
- Jerry Casburn (as Immediate Past President)
- Mavis Martin (as President Elect)

Nominations are called for the following positions to be filled:

- Secretary
- Treasurer
- Vice President/Club Administration
- Director – Service Projects
- Director – Membership
- Director – Public Relations

Below is a Nomination Form. This needs to be returned to Martin Cooper by Friday 21st November 2009.



Rotary Club of Unley – Nomination for Board Position for the 2010/11 Year

(Your Name).....

Nominates (Name of Nominee).....

For the Board Position of.....

Signature of Nominator.....

Acceptance of Nomination – Signature of Nominee.....

Return to Martin Cooper, "The Old Rectory", 15 Rose Terrace Wayville, 5034 OR email to martin@thecoopers.biz

- I would like to again, and publicly, thank **Chandra Sluggett**, assisted by **Wendy Andrews**, for all the hard work that went into developing and executing the itinerary for the Colorado GSE team visit. It was a great job!!!!!!
- The Thrift Shop desperately need quality men's ties, please check the wardrobe.

Spots

Reno Elms – Community Service Committee will be holding a committee meeting next Tuesday after the meeting to start working on preparations for annual Carols.

Sergeant's Session

David Middleton was in "fine" fettle and reintroduced the quiz component. **Joan Reed** won the lucky square and **Norm Wallace** won the mystery wine.

Exchange Student Leena Kasurinen Reporting: 'Week Fifteen'

So I've been playing netball and volleyball in the school team (lost again). Last week I was busy with the GSE students and Rotary and now I've been enjoying the heat, and I went for a picnic with the Rotary Club of Glenelg with Swedish and Norwegian exchange students.



Jerry's Jottings



Back to earth with a thump, the excitement of the GSE visit over and we can look forward to our next project, the planting planned for the weekend after next at the Orphanage. Where are you all? Attendance was at a low last week of 56% hopefully it will recover next week.

The Orphanage Project

I have had some concerns raised in relation to the high temperatures and the possible impact on the plants. **Bob Mullins** and I have discussed this and he will be in close contact with Unley Council and the contractors to make sure what the limitations on the planting are. There is a water system being incorporated into the redesign of the garden area and this will continue to nourish the new plants. We'll have more information next meeting. In the meantime keep from 9am to 12.30pm free on Saturday 21st and Sunday 22nd November free to help with the project. The working bee will be followed by a sausage sizzle and some fellowship, so bring seats, tables if you need them and cutlery, drinks, etc. We believe that the BBQs at the site will be working, if not we'll bring our own.

Yours in Rotary

Jerry

Heart Foundation – Sarah Patching

Our guest speaker Sarah Patching is a volunteer and paid employee of the Heart Foundation. She works in the Fitness Industry teaching group fitness and Pilates. She has recently released a book and DVD on Pilates.

Cardiovascular Disease kills one Australian every 10 minutes, effects more that 3.5 million and prevents 1.4 million people from living a full life because of disability caused by the disease. It is the number one killer of men and women in Australia.

The Heart Foundation is an independent charity not government funded. This year is their 50th Anniversary. Their fundraising is used for education, rehab programs and research (development of artificial pacemaker). They were involved years ago to get Telecom to introduce national free emergency calls. She was asked if they were successful, "I think we are still on hold" was the reply!

Call triple zero **000** – every minute counts is the Heart Foundation's campaign to reduce the amount of time people wait between the onset of warning signs of heart attack and calling for an ambulance. **We are too slow in reacting.**

Heart attack is caused by the gradual building up of fatty deposits in the arteries. During a heart attack an area of plaque cracks and a clot forms that completely blocks the flow of blood.

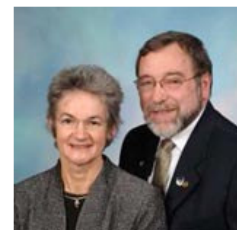
The warning signs vary from person to person and are tightness, fullness, pressure, squeezing, heaviness or pain in your chest, neck, throat, jaw, shoulders, arms and or back, difficulty breathing, cold sweat, nausea/vomiting and feeling dizzy or light headed. If you have any of these symptoms stop what you are doing and rest, if they persist for more that 10 minutes, call **000**, don't be embarrassed about seeking help, no one ever died of embarrassment.

Risk factors for Heart Disease you can change are, be smoke free, be physical active, lower cholesterol, control blood pressure, good nutrition and maintain a healthy weight.



An extract from the DG's Newsletter

November is the Rotary Foundation month. It is also a great time to put money into the Foundation, given the current exchange rates. We may not get better than this for some time, although if you are a gambler take a chance on waiting for parity. As we all know the Foundation is the basis of many of our International Service projects, and is also being used more in 'local' projects as well. I encourage you to make your contributions early this year, and also to think individually about joining the growing group of Rotarians and friends making their \$100 per year contribution.



I have just today received an update on PolioPlus in the four endemic countries. While I have been somewhat upbeat about progress, it is far better than my last information. In all areas the proportion of children receiving vaccine is growing, the number of cases is dropping, and more resources are being made available in each of the 4 areas. In Afghanistan some 880,000 children were immunised on 20 Sept this year.

Along with all members of the four Rotary Clubs of the Hills I am very pleased that the 2009 conference is now over, and all that remains are a few accounts to pay. We had a great time running the conference, and feedback to us has been positive. Thank you to those Rotarians who made the effort to join us.

About three weeks ago we received notice that our application for a PR grant was not approved. We were somewhat surprised, and appealed this decision. As a result we have been granted \$3,450, which is far short of our request for \$10,000, but at least we do have some support. The joint district PR committee is now looking at how best to use this money for our billboard campaign.

Hieu Van Le from the Multi-Cultural Council has asked us to provide some support structures for International students studying in Adelaide. This business is SA's 4th biggest export earner, so I think that we do have role in this area. I have talked with some clubs about looking at establishment of a Rotaract or Interact club to give some support for these students. We have some money in our budget, and we may be able to access more through the Multi Cultural Council as well. With D9500 we will be asking to attend the induction sessions for incoming International students in February next year. Please give some thought about what your club might do. Support a Rotaract or Interact club in the near city, or perhaps organise a weekend hosting students in a country setting. We do this for our own exchange students, so we do have a history of involvement and success in doing this.

Our finance committee is looking at requests for funding for bushfire relief, and also for a new water supply project in Timor Lesté. More news will follow in the next newsletter.

During November I will be attending the Rotary Institute in Newcastle, along with Malcolm and Antoinette, and Bruce and Kathy. This week is where we not only get current Rotary information, but we also attend AGMS of RAWCS, ARH and so on.

The GSE team from Colorado has been received very positively in the district, and I have enjoyed spending time with them. We have just received details of the incoming team from Brazil, so clubs will be asked soon if they wish to host this team. I encourage every club to apply. It is a great time for the hosting club.

Yours in Rotary,

Dick

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Venue Set-up/ Plaque Board	Sergeant	Attendance Desk
17/11/09	Tiffins on the Park	6 for 6.30pm	Margaret Northcote "Polio Plus"	M Martin	D Payne	D Middleton	A Jonson & H Kilsby
24/11/09	Tiffins on the Park	6 for 6.30pm	AGM & Assembly	J Casburn	J Newall	D Middleton	H Kilsby & R Laws
1/12/09	Regattas Bistro	6 for 6.30pm	Ladies Night – Christmas Season Fellowship Night	J Casburn	N Nandasena	D Middleton	R Laws & M Martin
1/12/09	TBA	6 for 6.30pm	Disadvantaged Kid's Party	R Elms	R Mullins	D Middleton	M Martin & G McLeod

Apologies To: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on (08) 8377-7830

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: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on (08) 8377-7830

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.

Saturday Thrift Shop Roster: November - December 2009

Week No.	Dates	Early Shift: 9am to 11.30 am	Late Shift: 11.30am to 1.30pm
2	14/11/09	Stephen Baker & Greg McLeod	Janet Plumb & David Middleton
3	21/11/09	Glenys Ferguson & Neesha Nandasena	Joan Reed & Bob Laws
4	28/11/09	John Peacham, Chandra Sluggett	Bob Mullins & Sheila Evans
5	N/A	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed
1	5/12/09	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: steedman@senet.com.au

The Back Page

Blondes Ain't That Dumb

Frozen Crabs & the Blonde Stewardess: A lawyer boarded an airplane in New Orleans with a box of frozen crabs and asked a blonde stewardess to take care of them for him. She took the box and promised to put it in the crew's refrigerator. He advised her that he was holding her personally responsible for them staying frozen, mentioning in a very haughty manner that he was a lawyer, and proceeded to rant at her about what would happen if she let them thaw out. Needless to say, she was annoyed by his behaviour...

Shortly before landing in New York, she used the intercom to announce to the entire cabin, "Would the gentleman who gave me the crabs in New Orleans, please raise your hand?" Not one hand went up ... So she took them home and ate them. Two lessons here:

1. Lawyers aren't as smart as they think they are.
2. Blondes aren't as dumb as most folks think.

Cat Heaven

A cat died and went to Heaven. God met her at the gates and said, 'You have been a good cat all these years. Anything you want is yours for the asking.' The cat thought for a minute and then said, 'All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on.'

God said, 'Say no more.' Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat

The mice said, 'Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again.'

God answered, 'It is done.' All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, 'Is everything okay? How have you been doing? Are you happy?'

The cat replied, 'Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!'

Eastwood Rotary Club

Invites you to their Annual

Quiz Night



To be held at the Burnside Community Centre

Friday 20th November at 7 for 7.30pm

All proceeds to assist Youth Services

Cost \$15 BYO Nibbles & Drinks

For table bookings and information contact

Annie on 0418 809 679

Remember our Rotary theme for the year:

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