

# THE UNLEY ROTARIAN

Meeting 3706 – 30 March 2010

Website: [unley.rotaryclub.org.au](http://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: Mavis Martin: 8178-0076 or 0408 399 834  
ADDRESS: PO Box 18, Unley SA 5061  
EMAIL: [unley.secretary@rotaryclub.org.au](mailto: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.        | 3706                                                                 |
| Date               | 30 March 2010                                                        |
| Venue              | Tiffins on the Park                                                  |
| Occasion           | Dr Tim Hill – "Brain Training"                                       |
| Sergeant           | Greg McLeod                                                          |
| Chairman           | Sheila Evans                                                         |
| Guests             | David Mackrell and Leena Kasurinen                                   |
| Visiting Rotarians | NIL                                                                  |
| Apologies          | Anne Wehr, David Middleton and Janet Plumb                           |
| Make-Ups           | Sheila Evans, Anne Wehr, Mavis Martin, Joan Reed and Glenys Ferguson |
| Anniversaries      | None                                                                 |
| Attendance         | 70%                                                                  |

## President's Announcements

The Family Fun Day has been rescheduled for 18 April 2010. Further details to follow.

Expressions of interest were sought from members to assist the Rotary Club of Hyde Park in the manning of a "Pit Stop" stand at the National Tradesmen's Expo relating to men's health issues and health checks.

## Spots

**Joan Reed** reported that the Christmas cakes have now transformed into Easter Cakes. Add to the enjoyment of Easter by sharing a cake with your family and friends (\$15.50). Also, orders are being taken for the Entertainment books at \$65 each. They make a lovely gift for those that you may find difficult to buy for.

**Lindsay England** in his role as Treasurer is chasing outstanding subscriptions and would appreciate this being tidied up as soon as possible. He also reported that a neighbour has been donating a range of handmade good quality clothes to the thrift shop and members are invited to inspect the merchandise and if interested to consider offering a little over the asking price.

**Stephen Baker** reminded members that the 75<sup>th</sup> anniversary celebration and PHF evening is coming up during April (\$45.00 per head). Refer to the program for more details.

## Exchange Student Leena's Report

"Last weekend I went to Lameroo with the other exchange students where we were hosted by the members of the Rotary Club of Lameroo. On Saturday we went to a sheep farm and had a go drafting sheep altogether and also shearing a sheep. On the night we went spotlighting and saw a couple of kangaroos jumping in the dark. We all had a great time and I really enjoyed that weekend. The next time we will see each other is the Safari!!

"The school holidays are starting on Thursday and on Friday Joan and I are going to Victoria to visit her brother. On the second week of the holidays I will go to Brisbane to visit my relatives that I have never met before."

## Sergeant's Session

Greg McLeod deputised for David Middleton and endeavoured to keep an orderly house and to extract fines wherever possible. The winner of the lucky squares was President Jerry.

## Guest Speaker: Dr Tim Hill – “Brain Training”

**Chairman Sheila Evans** introduced the speaker for the meeting Dr Tim Hill. Dr Hill was born in Adelaide and completed his initial qualifications at the University of Adelaide and a PhD from University of Illinois in USA. He worked as a lecturer at the University of South Australia for about 15 years and has been in private practice as a Psychologist for the past 20 years. The practice involves assessment and treatment of people with a range of problems and disorders. This includes people with anxiety, mood and attention disorders. It also includes working with people recovering from stroke and brain injury.

Dr Hill's presentation on Neurofeedback therapy a unique treatment that has impacted the psychology and medical fields stimulated tremendous interest in the members. He told members about the incredible complexity of the brain, about neurones, axons, dendrites, connections and synapses.

He described Neurofeedback-therapy as a method through which the brain is exercised. It strengthens the brain, calms it and improves stability. In short, it rewires the brain.

Dr Hill gave the following as common problems addressed by Neurofeedback therapy:

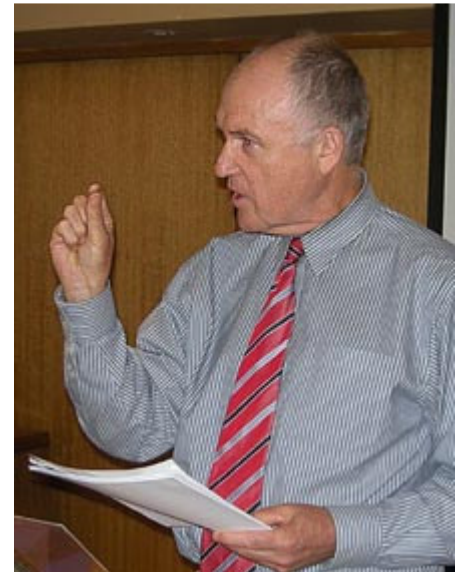
- Attention Deficit Hyperactivity Disorder/ADHD
- Depression
- Anxiety disorders
- Anger problems
- Alcohol abuse
- Obsessive compulsive disorder
- Epileptic seizures

He cited Dr. Barry Sterman who conducted an experiment on cats for NASA that measured the effect of a toxic rocket fuel, which causes epilepsy and even death in man and animals.

He found that cats that suffered from epilepsy and were treated with neurotherapy had fewer seizures and also had a longer life span than the untreated cats. Americans started treating people with the same kind of therapy with great success.

Today neurofeedback therapy is recognised as a successful supportive treatment of epilepsy.

Dr Hill said that training of the brain reduces many problems without drug and adverse side effects. Following his presentation Dr Hill responded to many questions and several members were seen in private consultation after the meeting.



Dr Tim Hill

## Rotary News from other Clubs or Committees

### Best of Broadway Concert

You may recall the concert "Glenn Miller and Friends" organised last year by The Rotary Club of Blackwood at the Blackwood Hills Baptist Auditorium. This was a "sell out" concert, and another one is being organised for this year, on **May 22<sup>nd</sup>, at 7 for 7.30pm**. The Blackwood Club has asked me to get word out to all of the Group 5 Clubs re the concert, and encourage your participation.

Concerts of this standard come but rarely into our area and this is a great opportunity to listen to some of the best musicians and soloists in SA, including the well-known Timothy Sexton who is a regular guest on the ABC.

This is a fully professional orchestra (Adelaide Art Orchestra) directed by one of the country's most eminent musicians, and the singers are all stars of Australian musical theatre. I can guarantee you will not be disappointed.

Tickets are \$32.00 and can be purchased at the Blackwood Newsagency (8278 1221) or by contacting Bob (8278 2609), Bob (8278 3746) or Helen (8278 1073). The venue is again the Blackwood Hills Baptist Auditorium at 72 Coromandel Parade Blackwood. Proceeds to benefit Rotary local and international projects.

Thanks in anticipation,

AG Bob Arnold

## Origins of Rotary

With the pending 75<sup>th</sup> anniversary of the chartering of our Club in April, it is perhaps timely to look back over the history of this outstanding service organisation (*extracted from Rotary Down Under website*).

**Rotary's first day and the years that followed...**

**February 23, 1905.**

The airplane had yet to stay aloft more than a few minutes. The first motion picture theatre had not yet opened. Norway and Sweden were peacefully terminating their union.

On this particular day, a Chicago lawyer, Paul P. Harris, called three friends to a meeting. What he had in mind was a club that would kindle fellowship among members of the business community.

It was an idea that grew from his desire to find within the large city the kind of friendly spirit that he knew in the villages where he had grown up.

The four businessmen didn't decide then and there to call themselves a Rotary club, but their get-together was, in fact, the first meeting of the world's first Rotary club. As they continued to meet, adding others to the group, they rotated their meetings among the members' places of business, hence the name. Soon after the club name was agreed upon, one of the new members suggested a wagon wheel design as the club emblem. It was the precursor of the familiar cogwheel emblem now worn by Rotarians around the world. By the end of 1905, the club had 30 members.



Paul Harris

The second Rotary club was formed in 1908 half a continent away from Chicago in San Francisco, California. It was a much shorter leap across San Francisco Bay to Oakland, California, where the third club was formed. Others followed in Seattle, Washington, Los Angeles, California, and New York City, New York. Rotary became international in 1910 when a club was formed in Winnipeg, Manitoba, Canada. By 1921 the organization was represented on every continent, and the name Rotary International was adopted in 1922.

What is now The Rotary Foundation of Rotary International grew from a small endowment fund started in 1917. It became the Rotary Foundation in 1928 but grew only modestly until 1947 when it received a number of gifts in memory of Paul Harris upon his death on Jan. 27 of that year. Accelerated growth in recent years has made it a major source of activities to provide humanitarian assistance, to enhance education and promote international understanding and peace. Since 1917, contributions to the foundation total \$824.3 million including \$61.7 million in 1994-95.

A major source of the Foundation's recent growth, and of Rotary's increasing membership, has been the burgeoning of the Rotary movement in Asia. Also growing is the number of new Rotary clubs in countries formerly in the Communist-governed bloc of eastern Europe. Countries where there were no Rotary clubs in 1987 now have more than 220.

Among programs that Rotary has undertaken in recent years, the largest is PolioPlus, whose goal is the eradication of the disease polio throughout the world. To achieve that goal, Rotary is working in coalition with the World Health Organization, UNICEF, the U.S. Centers for Disease Control and Prevention, and the Task Force for Child Survival and Development, supplying funds for vaccine purchase and manpower for polio immunization campaigns in polio-endemic countries. If the disease is eradicated by the year 2000, the achievement will be certified in time for Rotary to celebrate the 100th anniversary of its birth in a polio-free world.

## Diary Dates

| Month | Day       | Date                              | Activity Details              | Venue               | Enquiries     |
|-------|-----------|-----------------------------------|-------------------------------|---------------------|---------------|
| April | Sun       | 18 <sup>th</sup>                  | <b>Group 6 Family Fun Day</b> | Ridge Park          | Jerry Casburn |
| May   | Sat & Sun | 8 <sup>th</sup> & 9 <sup>th</sup> | <b>Farm Vocational Visit</b>  | Peter O'Neil's farm | Jerry Casburn |

## District Website address

For a wealth of District information, visit the website on <http://www.rotarynews.info/District9520/r.i> and follow the link on the Home Page to read the DG's Newsletter.

## Our Upcoming Meetings

| Date     | Venue               | Time         | Occasion                                      | Chairman & Scribe | Venue Set-up/<br>Plaque Board | Sergeant    | Attendance Desk      |
|----------|---------------------|--------------|-----------------------------------------------|-------------------|-------------------------------|-------------|----------------------|
| 06/04/10 | Tiffins on the Park | 6 for 6.30pm | <b>Adam Steinhardt</b> – "The Modern Athlete" | S Baker           | A Jonson                      | D Middleton | G Ferguson & A Hill  |
| 13/04/10 | Tiffins on the Park | 6 for 6.30pm | <b>Stephen Orr</b> – "Organ Donation"         | H Kilsby          | G Hill                        | D Middleton | A Hill & R Laws      |
| 20/4/10  | Robin Hood Hotel    | 6.30 for 7pm | <b>75<sup>th</sup> Birthday Celebration</b>   | D Middleton       | Bob Mullins                   | D Middleton | G Hill & Bob Mills   |
| 27/4/10  | Tiffins on the Park | 6 for 6.30pm | <b>Club Assembly</b>                          | J Reed            | J Newall                      | D Middleton | Bob Mills & P O'Neil |

**Apologies To:** Wendy Andrews by **e-mail** to [unley.attendance@rotaryclub.org.au](mailto: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](mailto:unley.vocational@rotaryclub.org.au)

**Venue Set-up/Plaque Board Enquiries To:** Greg McLeod on 0417 811 838 or 8223 3999

**Attendance Desk Enquiries To:** Wendy Andrews by **e-mail** to [unley.attendance@rotaryclub.org.au](mailto: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: April 2010

| Week No. | Dates    | Early Shift: 9am to 11.30 am       | Late Shift: 11.30am to 1.30pm    |
|----------|----------|------------------------------------|----------------------------------|
| 1        | 03/04/10 | Lindsay England & Rohan Singh      | Mavis Martin & Stephen Westgarth |
| 2        | 10/04/10 | Stephen Baker & Greg McLeod        | Janet Plumb & David Middleton    |
| 3        | 17/04/10 | Glenys Ferguson & Neesha Nandasena | Joan Reed & Bob Laws             |
| 4        | 24/04/10 | John Peacham & Chandra Sluggett    | David Mackrell & Sheila Evans    |

**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](mailto:steedman@senet.com.au)

## The Back Page

### Things that are difficult to say when drunk:

1. Innovative
2. Preliminary
3. Proliferation
4. Cinnamon

### Things that are very difficult to say when drunk:

1. Specificity
2. Anti-constitutionally
3. Passive-aggressive disorder
4. Transubstantiate

### Things that are downright impossible to say when drunk:

1. No thanks, I'm married.
2. Nope, no more booze for me!
3. Sorry, but you're not really my type.
4. No thanks, I'm not hungry.
5. Good evening, officer. Isn't it lovely out tonight?
6. Oh, I couldn't! No one wants to hear me sing karaoke.
7. I'm not interested in fighting you.
8. Thank you, but I won't make any attempt to dance, I have no coordination. I'd hate to look like a fool!
9. Where is the nearest bathroom? I refuse to pee in this parking lot or on the side of the road.
10. I must be going home now, as I have to work in the morning.



### The Wife.....

A police officer pulls over a speeding car.

The officer says, 'I clocked you at 120 kilometres per hour, sir.'

The driver says, 'Good Lord, officer I had it on cruise control at 100, perhaps your radar gun needs calibrating.'

Not looking up from her knitting the wife says: 'Now don't be silly dear, you know that this car doesn't have cruise control.'

As the officer writes out the ticket, the driver looks over at his wife and growls, 'Can't you please keep your mouth shut for once?'

The wife smiles demurely and says, 'You should be thankful your radar detector went off when it did.'

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, 'D...n it, woman, can't you keep your mouth shut?'

The officer frowns and says, 'And I notice that you're not wearing your seat belt, sir. That's an automatic \$210 fine.'

The driver says, 'Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket.'

The wife says, 'Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving.'

And as the police officer is writing out the third ticket the driver turns to his wife and barks, 'WHY DON'T You shut the \*\$#^ up??'

The officer looks over at the woman and asks, 'Does your husband always talk to you this way, Ma'am?'

'Only when he's drunk.'

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**Remember our Rotary theme for the year:**

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