

THE UNLEY ROTARIAN

Meeting 3738 – 9th November 2010

Website: unley.rotaryclub.org.au

2010 - 2011



Rotary Club of Unley Inc.

DISTRICT 9520
CHARTERED 17TH APRIL 1935



PRESIDENT: Joan Reed: 8379 8470 or 0401 714 499
SECRETARY: Mavis Martin: 8178 0076 or 0408 399 834
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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.	3738
Date	9 th November 2010
Occasion	Tam Ho – Macular Degeneration
Venue	Tiffins on the Park
Apologies	Alex Jonson, Bob Mills, Chandra Sluggett, Colin Schirmer, David Mackrell, David Payne, Glenys Ferguson, Heather Kilsby, John Peacham, Mavis Martin and Stephen Baker
Guests	Liu Lyster and Nathan White
Make Ups	Bob Mills, Chandra Sluggett, Colin Schirmer, David Mackrell, Heather Kilsby, John Peacham, Janet Singh and David Payne
Sick List	Alex Jonson is in Parkwynd Hospital with a dislocated shoulder
Attendance	72%

President's Announcements

1. On the Wednesday 9th March 2011 there will be a combined District 9520 and 9500 dinner at the Convention Centre. The guest speaker will be RI President Ray Klinginsmith. Please make this date in your diary
2. The Thrift shop roster still requires a replacement for Lindsay England's shift starting in December. Also a reminder that there is a culling session this Saturday from 1pm. This year's takings are up \$5000 compared to this time last year.
3. Thank you to every one who helped at Government House. It was a good day and a great Club event.
4. Thank you to Stephanie who did Stephen's roster in the Thrift shop, and also for her help at the BBQ



President Joan

Spots

Sheila Evans: A big thank you to every one who helped with the fund raiser at Government House last Sunday.

Wendy Andrew: The Christmas Carols are fast approaching and we need volunteers to deliver the colouring in competition papers to the various schools. Could people please put their names down to volunteer to deliver and collect the forms from the schools involved.

Jerry Casburn: For those members attending the 'The Hound of the Baskervilles' at the Norwood Independent Theatre on Friday we will be meeting for dinner prior to the play meeting at 6pm

Guest Speaker – Tam Ho: "Macular Degeneration"

Sheila Evans introduced our guest speaker Tam Ho who has been an Education Officer with the Macular Degeneration Foundation for the past three years. Tam was born in Sydney of Vietnamese Refugee parents and is a graduate of the University of Sydney. She proceeded to give a presentation about Macular Degeneration (MD) to raise the awareness of the disease and its potential impacts.

First: what is the macula? The macula is the very centre of our retina – it means "spot" in Latin. It is responsible for all of our fine vision. With MD, the macula is progressively damaged, resulting in the loss of central vision. MD rarely leads to total blindness. Your peripheral vision, your "get about" vision, will remain.

MD is the leading cause of blindness* and severe vision loss. It affects 1 in 7 people over 50 years and the incidence increases with age – often referred to as Age-related Macular Degeneration, or AMD.

To understand MD, we need to know how the eye works; imagine an old style camera. The retina lines the inside of your eye. It works like the film in a camera. Light goes in thru the lens at the front of the camera which is the same as through the front of the eye - the lens - which focuses the image then continues to the retina or the 'film', and from there the image is sent to the brain via the optic nerve.

Understanding how we "see" with our brain helps us to understand why MD often goes unnoticed in one eye. If the vision in one eye is damaged the brain will favour the other eye. Let's now think about the retina at the back of the eye. Remember the film in the camera? The retina consists of three layers back of the eye- the retina is the top layer, the middle layer represents the RPE and the bottom layer represents the choroid (the circulation of the eye). The middle layer's job is to give the retina food and oxygen, and take away the metabolic waste products, which are passed back into the bottom layer (the choroid) where they are taken away by your circulation.

In MD, the middle layer fails to do its job. The waste products build up in this layer. Clinically, these yellow spots are known as Drusen. Your eye care provider can see Drusen before it causes any vision loss. Drusen are much like freckles – the older we get the more we have. Some cases of Drusen will remain as Drusen, not doing any particular damage. But in other cases the Drusen will develop into DRY MD.

Dry MD- Because the Drusen is preventing the layers of cells known as the Retinal Pigment Epithelium (the membrane layer) from providing nutrients to the retina this can cause patches of retina to die off. This is DRY form of the disease. The DRY form results in a gradual loss of central vision and occurs as patches of what is called retinal atrophy or geographic atrophy. What can also happen is the membrane can disturb the bottom layer of the retina (the choroid) and cause a blood vessel to grow up through the meat and into the retina. This is WET MD disease. Sudden loss of vision is characteristic and vision loss may be severe.

At minimum, have your eyes tested once every two years by an optometrist. An optometrist is the best place to start for eye testing. They do this under Medicare, and the test involves dilation of pupil and viewing the back of the eye with an ophthalmoscope. They may refer you onto an ophthalmologist for more comprehensive assessment if any abnormalities are detected.

MD is thought to be caused by a combination of genetic and environmental factors. Age is the biggest risk factor; 1 in 3 over 80 yrs has MD. If you have a family history of MD, you have a 1 in 2 (50%) chance of developing MD. Tell your family if you have MD.

- You should visit an optometrist for an eye check and ensure the macula is checked. At minimum once every two years by an optometrist and more frequently if you have been diagnosed or are at risk.
- Keep a healthy lifestyle, control your weight, blood pressure and exercise regularly.
- Protect eyes from sunlight exposure, particularly when young.
- Eat a healthy, well balanced diet. Limit intake of fats.
- Eating a diet rich in Lutein (found in bright coloured and dark green leafy vegetables) helps to keep a healthy eye.
- Lutein supplements are available for those whose dietary intake of vegetables is low. Discuss any diet changes with your doctor.
- Fresh fruit and vegetables are always the better option.
- Eat fish 2 to 3 times a week.
- Omega 3 is important for your eye health and our bodies do not make it – we need to get it thru our diets.
- Can eat canned fish; ones in spring water and not in oil
- Eat a handful of nuts a week. The unsalted nuts preferably almonds, walnuts, pine nuts. If you find it difficult to eat nuts; crush them and have them on your cereal or your favourite dish.
- Approximately 62% of people with MD require low vision aids and adaptive technologies.
- For assistance contact Vision Australia or Guide Dogs for a Low Vision Assessment to determine your Low Vision needs.



Tam Ho from the Macular Degeneration Foundation with Chairman Sheila Evans

The aim of the MD Foundation is to reduce the incidence and impact of Macular Degeneration in Australia. Losing your vision is not a normal consequence of getting older. It means something is wrong. Symptoms, such as blurred or distorted vision, means something is wrong and it is imperative you are seen and begin to take action to try to keep as much vision as long as possible. MD can be detected before any visual symptoms occur. If you are over 50 or have a family history of MD or smoke, you are at risk. Self test regularly with an Amsler Chart. Increase your intake of vegetables, fish, seeds and nuts. Control blood pressure and maintain a healthy weight. It makes sense to protect your eyes from UV light. Consider taking high dose zinc and antioxidants, in consultation with your health care provider if you have MD.

Rotary News

Bivalent oral polio vaccine delivers powerful blow

Rotary International News -- 8 November 2010

The bivalent oral polio vaccine (bOPV) is proving to be a potent weapon in the global battle to eradicate the disease.

Developed to stop transmission of the type 1 and type 3 wild polioviruses simultaneously, bOPV was introduced in all four polio-endemic countries -- Afghanistan, India, Nigeria, and Pakistan -- in late 2009 and early 2010. It has helped reduce the incidence of polio in India to 39 cases as of 26 October, compared to 498 for the same period in 2009. The number of cases in Nigeria has fallen to 8 from 382 for that period.

"There's been the largest ever year-to-year drop in polio cases following the use of bOPV," says Dr. Bruce Aylward, director of the Global Polio Eradication Initiative (GPEI) at the World Health Organization.

The results of a field trial published in the British medical journal the *Lancet* in October underscore the effectiveness of the new vaccine. The randomized, double-blind, controlled trial, conducted by WHO between August and December 2008, involved 830 newborns in India who received bOPV or another polio vaccine.



A health worker in Nigeria marks a girl's little finger to indicate immunisation against polio.

"In this study we showed that the bivalent [vaccine] is much better than the trivalent," says Dr. Roland Sutter, coordinator of the GPEI's research and product development team. "We get about 30 [percent] to 40 percent more immunity [from] the bivalent compared to the trivalent for types 1 and 3." The study also showed that bOPV is just about as good as the monovalent vaccines, which protect against only one strain of polio.

"The big story is not the study itself but the impact the vaccine has already had on transmission [of the wild poliovirus] in India and Nigeria," Sutter says. "In both countries, other factors such as improved program performance also played a critical role."

Rotary International has been a major player in bringing about that achievement, Aylward said at the meeting of the International PolioPlus Committee in October. PolioPlus grants awarded by The Rotary Foundation "have been strategically linked closely to all of the major gains that we've seen over the last 12 months," he noted. "The most striking impact is what your funds have achieved in Nigeria. Over \$23 million has gone into operational costs. That 98 percent drop in cases could not have been achieved without that money to get the vaccine to the kids."

Health officials see an expanded role for bOPV in the vaccine arsenal. On 26 October, 15 African countries launched a synchronized mass immunization campaign, the third on the continent in 2010. About 290,000 vaccinators went door to door to immunize 72 million children -- 55.7 million of them received bOPV.

By simplifying the logistics of immunizing children against polio, bOPV has become the centerpiece of the global strategy to end the disease.

Rotary responds to polio outbreak in Congo Republic

By Dan Nixon - Rotary International News -- 11 November 2010

The perseverance that has reduced the incidence of polio in Nigeria by 97 percent is also being applied to the current outbreak in the Congo Republic.

Rotary International and its partners in the Global Polio Eradication Initiative -- the World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention -- are responding to a recent outbreak of wild poliovirus in the Republic of the Congo. Rotary is providing a total of US\$500,000 in emergency grants to WHO and UNICEF for immediate polio immunization efforts throughout the country.

At least 97 people have died in the outbreak, with 226 cases of acute flaccid paralysis reported as of 9 November. Most of the cases involve young people between ages 15 and 29. To date, four of the AFP cases have been confirmed as polio. The outbreak is due to imported poliovirus that is related to the virus circulating in Angola. The Congo Republic recorded its last case of indigenous polio in 2000, and urgent action is required by government and partner agencies to again make the country polio-free. "Polio outbreaks highlight our global vulnerability to infectious disease," says Dr. Robert Scott, chair of Rotary's International PolioPlus Committee. "It reinforces the fact that polio 'control' is not an option, and only successful eradication will stop the disease."



A child receives oral polio vaccine during a National Immunization Day in Nigeria.

Statue Honours Sir Nicholas Winton

Rotary International News -- 10 November 2010

Sir Nicholas Winton, a member of the Rotary Club of Maidenhead, England, is best known for his role in saving hundreds of children, mostly Jewish, from the advancing Nazis in Prague during World War II.

In September, the 101-year-old Rotarian joined members of his club at the unveiling of a life-size statue in his honor at the railway station in Maidenhead.

The bronze work by Maidenhead sculptor Lydia Karpinska shows Sir Nicholas sitting on a bench reading a book. The book depicts images of the children he saved and the trains he used to transport them from Nazi-occupied Czechoslovakia to Britain in 1939.

"We are very proud and honored to have Sir Nicholas as a member of our club," said Rosario Sardo, president of the Maidenhead Rotary Club, who attended the dedication along with 200 others. "He is a very modest and charming man, and a model Rotarian, inspiring all of us to maintain the Rotary ideals."

Sir Nicholas has been a Rotarian for more than 40 years and served as club president in 1973-74. He continues as a member of the community service committee for the Maidenhead club, and is also the president of three local charities.



Sir Nicholas Winton, seated front, is joined by members of the Maidenhead Rotary Club during the unveiling of a statue in his likeness.

RYLA and RYPEN seeking Host Clubs for 2011

What's required of a Club to Host?

RYPEN – 29 April – 1 May 2011

- Administrative support \$1,500
- A member representative on committee for 1 year – 1 meeting per month
- A Host Mum and Dad
- Attend Friday Night's Dinner (optional - but it's a great opportunity to interact with the kids).

RYLA – 24 – 30 September 2011

- Administrative support \$3,000. Payable in two instalments of \$1,500 pa.
- A member representative on committee for 2 years.
- A Host Mum and Dad in year 2012
- The Registrar RYLA 2012

Make a commitment to New Generations and sponsor RYLA or RYPEN in 2011.

Contact District Chair - Wendy Gaborit by phone: 0439 901 124 or email to ryla9520@gmail.com

Bicycle For Sale

Stephanie de Longueville has to sell her bicycle because the cost of taking it back to Germany is much higher than the bike is worth. Maybe one of the Rotarians is looking for a nearly new bike. She bought the bike this August. Here are some details: GIANT Woman's Bicycle, Model: Transcend 3, Colour: Grey and Size: 18". The bike has lights, a carrier, a kickstand and a bike lock. There is also a helmet.

The asking price is \$490 o.n.o. If you are interested in the bike please contact **Stephanie de Longueville** by phone on 0451 827383 or by email at S.deL@gmx.de

Diary Dates

Month	Day	Date	Activity Details	Venue	Enquiries
November	Tuesday	30/11/10	Petanque in the Park	The Old Orphanage	David Mackrell
December	Tuesday	07/12/10	Christmas Dinner Meeting	Rydges South Park, Adelaide	David Mackrell
	Sunday	12/12/10	Christmas Carols	Unley Memorial Gardens	David Middleton
	Wednesday	22/12/10	Christmas Breakfast Meeting	TBA	

Saturday Thrift Shop Roster: November 2010

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
2	13/11/10	Stephen Baker & Greg McLeod	Janet Plumb & Wendy Andrews
3	20/11/10	Glenys Ferguson & Neesha Nandasena	Joan Reed & Bob Laws
4	27/11/10	John Peacham & Chandra Sluggett	David Mackrell & Heather Kilsby
5	N/A	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed
1	04/12/10	Lindsay England & David Middleton	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

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Venue Set-up/Plaque Board	Sergeant	Attendance Desk
November Theme: The Rotary Foundation							
16/11/10	Tiffins on the Park	6 for 6.30pm	DG Malcolm Lindquist Visit & AGM Partners Event	G McLeod	L England	C Schirmer	J Russell & C Sluggett
23/11/10	Tiffins on the Park	6 for 6.30pm	SC Andrzej Hejka: "Domestic Violence"	TBA	S Evans	C Schirmer	C Sluggett & A Wehr
30/11/10	The Old Orphanage	6 for 6.30pm	Petanque in the Park: On the Piste + BBQ	D Mackrell	G Ferguson	C Schirmer	A Wehr & W Andrews
07/12/10	Rydges South Park	TBA	Christmas Dinner - Partners Event	TBA	G Hill	C Schirmer	W Andrews & S Baker

Apologies To: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on 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: Bulletin Editor

Attendance Desk Enquiries To: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on 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.

Government House BBQ Pics



John Peacham guarding the cool room



John Russell spruiking for customers



Geoff Hill sculpted a Rotary wheel from onions

More Government House BBQ Pics

Rotarians and partners snapped at the Government House barbeque on Saturday and Sunday 6th and 7th November 2010:



The Unley Rotary sausage sizzle stall ready for service at Government House



Barbeques set-up at the rear of the stall ready to cook 100s of sausages and kilos of onions; the mobile cool room is on the left.



(L to R) David Payne, Bob Mills and Bob Mullins



(L to R) Genese Mullins, Margaret Payne and Wendy Andrews with David Mackrell and Joan Reed in the background



(L to R) Nathan White, Bob Mills, David Payne, Joan Reed, Jerry Casburn, Bob Mullins and David Mackrell's head



(L to R) John Russell, Heather Kilsby, Jerry Casburn, Sheila Evans and Colin Schirmer

The Back Page

A mature (over 40) lady gets pulled over for speeding...

Older Woman: Is there a problem, Officer?

Officer: Ma'am, you were speeding.

Older Woman: Oh, I see.

Officer: Can I see your licence please?

Older Woman: I'd give it to you but I don't have one.

Officer: Don't have one?

Older Woman: Lost it 4 years ago for drunk driving.

Officer: I see...Can I see your vehicle registration papers please?

Older Woman: I can't do that.

Officer: Why not?

Older Woman: I stole this car.

Officer: Stole it?

Older Woman: Yes, and I killed and hacked up the owner.

Officer: You what?

Older Woman: His body parts are in plastic bags in the boot if you want to see

The Officer looks at the woman and slowly backs away to his car and calls for back up. Within minutes five police cars circle the car. A senior officer slowly approaches the car, clasp his half drawn gun.

Officer 2: Ma'am, could you step out of your vehicle please! The woman steps out of her vehicle..

Older Woman: Is there a problem sir?

Officer 2: One of my officers told me that you have stolen this car and murdered the owner.

Older Woman: Murdered the owner?

Officer 2: Yes, could you please open the boot of your car, please.

The woman opens the boot, revealing nothing but an empty boot.

Officer 2: Is this your car, ma'am?

Older Woman: Yes, here are the registration papers.

The officer is quite stunned.

Officer 2: One of my officers claims that you do not have a driving license.

The woman digs into her handbag and pulls out a clutch purse and hands it to the officer.

The officer examines the license. He looks quite puzzled.

Officer 2: Thank you ma'am, one of my officers told me you didn't have a license, that you stole this car, and that you murdered and hacked up the owner.

Older Woman: Bet the liar told you I was speeding, too.



Memory Class

An elderly couple had been experiencing declining memories, so they decided to take a power memory class where one is taught to remember things by association.

A few days after the class, the old man was outside talking with his neighbour about how much the class helped him.

"What was the name of the Instructor?" asked the neighbour.

"Oh, ummmm, let's see," the old man pondered. "You know that flower, you know, the one that smells really nice but has those prickly thorns, what's that flower's name?"

"A rose?" asked the neighbour.

"Yes, that's it," replied the old man. He then turned toward his house and shouted, "Hey, Rose, what's the name of the Instructor we took the memory class from?"

Who Says Men Don't Remember Anniversaries

A woman awakes during the night to find that her husband was not in their bed.

She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a cup of coffee in front him. He appears deep in thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of coffee.

"What's the matter, dear?" she whispers as she steps into the room. "Why are you down here at this time of night?"

The husband looks up, "Do you remember 20 years ago when we were dating, and you were only 17?" he asks solemnly.

The wife is touched thinking her husband is so caring and sensitive. "Yes, I do," she replies.

The husband pauses. The words are not coming easily. "Do you remember when you father caught us in the back seat of my car?"

"Yes, I remember," says the wife, lowering herself into a chair beside him.

The husband continues..."Do you remember when he shoved a shotgun in my face and said, "Either you marry my daughter, or I will send you to jail for 20 years".

"I remember that too", she replies softly.

He wipes another tear from his cheek and says... "I would have gotten out today!"

Remember our Rotary theme for the year:

BUILDING COMMUNITIES

BRIDGING CONTINENTS