

THE UNLEY ROTARIAN

Meeting 3758 – 12th April 2011

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
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

April is Magazine month

Meeting No.	3758
Date	12 th April 2011
Occasion	Lynette Miller: "Lighten up ... Laugh and Live"
Venue	Tiffins on the Park
Guests	Warwick Thorpe, Glenys Steedman
Returning Rotarians	Peter O'Neil and Colin Schirmer
Apologies	Alex Jonson, Bob Mullins, Geoff Hill, Jerry Casburn, Jim Newall, John Peacham and Mavis Martin
Make-ups	Jerry Casburn and Mavis Martin
Attendance	64%

President's Announcements

1. I spoke with Pauline Daly who told me Ken is progressing but is unable to drive at the moment. He is attending physio regularly. Also Alex had his operation today in Memorial Hospital.
2. Next week is Club Assembly. I would like all chairpersons to prepare a report to present to members on the activities they have been involved with.
Also there will be a debriefing on the various fundraising activities we have had to get feedback from members. I will send out a form by email for members to complete if they would prefer to make comment. It would be good if all members gave constructive feedback on these events.
3. District Assembly is on the 15th of May at the Waikerie High schools. I suggest the chairs of next year's committees try and get there as it is very informative. PE Sheila will contact those people.
4. The GSE farewell dinner is on next week the 20th April at the Belair Country Club. See Joan for details.

Spots

Bob Laws: The Thrift Shop is in need of weekday volunteers due to the resignation of several people due to ill health. I will send around the roster where there are vacancies.

Wendy Andrew: On 1st May we require drivers for the Senior Citizens concert in Arthur Street, Unley. Also, a reminder that we need to provide afternoon tea, so would any members who would like to make some slices or cakes please let Wendy know?

Heather Kilsby: There are still some subscriptions outstanding. If you have not paid please do so immediately.

Diary Dates

Month	Day	Date	Activity Details	Venue	Enquiries
April	Wednesday	20/4/11	GSE Team Farewell Dinner	Belair Park Country Club	David Jones 0432 980 710
May	Sunday	1/5/11	Senior Citizens Concert	Citizens Centre Unley	Wendy Andrews
	Tuesday	17/5/11	Police Officer of the Year	Rundle Mall	Stephen Baker
	Friday	20/5/11	Hat Day in aid of the Australian Rotary Health Research Fund		www.hatday.com.au

Sergeant's Session

Thank you to David Middleton who stood in as Sergeant and did a tremendous job at the last minute. Sheila Evans won the lucky square.

Guest Speaker – Lynette Miller: “Lighten up...Laugh...and Live”

Chairman Heather Kilsby introduced our guest speaker Lynette Miller to speak on how to Lighten Up, Laugh and Live. Lynette is a lifestyle counsellor and Heather discovered her when she attended one of Lynette's WEA courses on the same topic. A survivor of three sons, Lynette has used her life experience and studies to develop an approach to helping people to overcome the stresses of day-to-day life and enable people to get more out of life.



Lynette pointed out that the middle three letters of the word “adult” are DUL, which is how too many adults feel they have to be, i.e. they feel they must behave “grown up”. She believes that lightening-up doesn't have to mean discovering one's “inner child” and being childlike, nor does it mean being a clown, which is a very serious business. Rather, it means being an adult thinking and doing enjoyable and pleasing adult things. She introduced us to five ways to lighten-up.

Lynette asked each Rotarian to write in the six balloons drawn on a worksheet:

- A game they used to play as a child
- An activity they enjoy doing as an adult
- A TV or radio program they enjoy
- A frivolous activity they would like to do in future
- An enjoyable food or drink, and
- A funny event or happening they could recall from the past.

Thinking about these pleasures in our lives reduces our stress and has a positive effect on brain function.

The white outline of a square was taped to the floor. Lynette then invited Rotarians to step into the square and be acknowledged with cheering and applause.



Heather Kilsby with Lynette Miller

She described how people living and working in groups can step into the square when they feel in need of a pickup and enjoy the uplifting adulation of their fellows. Some Rotarians found they needed to step into the square quite often.

Lynette suggested a novel idea for staying positive: Thinking about what today was the best thing:

- 1) I saw
- 2) I ate
- 3) I received
- 4) I did for me
- 5) I did for someone else, and
- 6) I found funny.

Lynette then showed her Korean smile machine, a plastic gizmo that doubles as a face massager. She bought it at the Adelaide Central Market and, while it's a bit of gimmick, it does push your face into a smile of sorts and helps re-educate your face in smiling.

Finally, Lynette explained the many benefits of laughter. Laughing is not such an easy thing to do because the reasons we laugh can differ so much from one person to another. But there are many good reasons for laughter including:

- Enhances memory
- Energises
- Increases breathing
- Good workout
- Relieves pain
- Relieves constipation
- Stimulates blood flow
- Improves concentration
- More oxygen to the blood
- Both sides of the brain are stimulated
- Stimulates the thymus gland and helps fight infection

Chairman Heather thanked Lynette for her enlightening and enjoyable talk and presented her with a memento of her visit to the club.



Lynette with her smile machine.

Rotary News

Unley Rotary Thrift Shop needs more volunteers

From Bob Laws, Thrift Shop Committee Chairman

We have had several Thrift Shop Volunteer resignations over the past months due to ill health. There are now several permanent gaps on the rosters which our volunteers are doing their best to fill on a temporary basis. It is unfair and unrealistic to expect them to continue filling these gaps over and above their regular shifts.

The Thrift Shop is the main source of funds for the Club and it is important that we keep it afloat and open six days a week. This year we are seeing a marked increase in the takings.

We urge Club members to assist in staffing the shop during the week by either volunteering yourselves or finding among your family, friends and acquaintances suitable people to help out. A shift of four hours a month would be enormously useful and not a great impost.

If you have any proposed volunteers (who have agreed), please provide their names and telephone numbers to Bob Laws and Glenyss will make the necessary contact.

If they are people known to you, who you can “vouch” for, it is not necessary for them to have a police check. If you don't know them well, we will provide a free police check for them and Glenyss will take them through the process.

The current permanent gaps on the Master Roster that need to be filled are:

AM Shifts (10.00 am to 1.00 pm):

- 2nd Wednesday – one person required
- 4th Wednesday – one person required
- 5th Tuesday – one person required

PM Shifts (1.00 pm to 3.30 or 4.00 pm):

- 3rd Tuesday one person required
- 3rd Thursday one person required
- 5th Thursday one person required
- 1st Thursday one person required

Please give this matter your urgent attention.

Rotary clubs celebrate success over Guinea worm in Ghana

Rotary International News – 5 April 2011

Rotary clubs in 14 districts and four countries are celebrating a milestone in the fight against Guinea worm in Ghana and setting their sights on their next target, a rare flesh-eating disease known as Buruli ulcer.

Walter Hughes, a member of the Rotary Club of Rocky Mount, Virginia, USA, says Ghana has not had a case of Guinea worm since May 2010. People contract the disease when they drink standing water containing a tiny flea that carries the worm's larvae. The larvae, which can take a year to mature within the human body, cause long-term and sometimes crippling effects.

If no cases are reported through May 2011, Ghana will have broken the breeding cycle of the larvae. But a country must go three years without a reported incident for the World Health Organization to officially declare it free of Guinea worm. The parasite also remains endemic in Ethiopia, Mali, and Sudan.

Because of the work in Ghana, RI President Ray Klinginsmith has appointed Hughes to speak on Rotary's behalf during a World Health Day event in Boston on 7 April. Hughes says he will stress the role that teamwork, both within and outside of Rotary, has played in the Guinea worm effort.

"It's exciting for me to see us reach this point, and I am honored to be chosen by President Ray to speak," says Hughes. "Whenever we can come together as a team, we can set our goals high and achieve those goals."

Clubs in Canada, Ghana, Switzerland, and the United States have supported the fight against Guinea worm with help from seven Foundation Matching Grants, totaling more than \$1 million over six years, to provide safe drinking water to remote communities in northern Ghana. Rotarians worked with the Guinea Worm Eradication Program, a partnership of the Carter Center and the Ghanaian government, to identify the best locations for wells and water systems.

Hughes says the wells motivated communities in Ghana to participate in other aspects of the eradication effort, such as detection, treatment, and prevention. He adds that the clubs would like to use the same approach to fight a new target, Buruli ulcer.

The microorganism that causes the tropical disease is from the same family of bacteria that causes tuberculosis and leprosy but has received far less attention. It is on the rise in West Africa.

The infection starts with a painless nodule, which develops into skin lesions as the disease progresses. If detected early, it can be easily treated by removing the nodule, but more advanced cases can result in disabled limbs and may require amputation.

Though researchers don't know exactly how the infection is transmitted, they believe contaminated water and soil may play a role. The Rotary clubs of Thomasville, North Carolina, USA, and Sunyani Central, Ghana, have been approved for a global grant project with a total budget of US\$190,000 to provide clean water through new boreholes and the repair of existing wells, as well as disease education and treatment.

Disease prevention and treatment is one of the areas of focus under The Rotary Foundation's Future Vision Plan.



A patient is treated for Buruli worm in Ghana.

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Plaque Board	Sergeant	Attendance Desk
19/04/11	Tiffins on the Park	6 for 6.30pm	Club Assembly & 76th Anniversary	J Reed	C Sluggett	C Schirmer	D Payne & J Peacham
26/04/11	No Meeting – Extended Easter Holiday						
03/05/11	Tiffins on the Park	6 for 6.30pm	Ian Beaton: "Technical Aid for the Disabled"	W Andrews	A Wehr	C Schirmer	J Peacham & J Russell
10/05/11	Tiffins on the Park	6 for 6.30pm	Bill Holmes: "Lions Hearing Dogs"	TBA	S Westgarth	C Schirmer	J Russell & J Singh

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 when access to the club's meeting paraphernalia is required. Please remember to gather up all items at the end of the meeting and return them to the storeroom.

Saturday Thrift Shop Roster: April-May 2011

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
3	16/04/11	Glenys Ferguson & Joan Reed	Joan Reed & Nathan White
4	23/04/11	John Peacham & Chandra Sluggett	David Mackrell & Sheila Evans
5	30/04/11	Reno Elms & Bob Mullins	Natalie Bowen & Joan Reed
1	07/05/11	David Middleton & Jerry Casburn	Mavis Martin & Stephen Westgarth
2	14/05/11	Stephen Baker & Greg McLeod	Wendy Andrews & Bob Laws

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



Here and There

"Young man, where do you work?" the judge asked the defendant.
"Here and there," said the man.
"What do you do for living?"
"This and that."
"Take him away," said the judge.
The man said, "Wait a minute! When will I get out?"
The judge replied, "Sooner or later."

Wedding Gown

I was attending a wedding ceremony when my five-year-old son asked, "Mum, why does the bride always wear white gown?" I answered that that's because it was her happiest day.
He then followed up with a second question, "Why does her groom wear black?" This time, I just smiled back.

Duck in a Bar

This duck walks into a bar, and asks the bartender, "Do you have any grapes"?"
The bartender says, "No we only sell beer here". The duck leaves.
The next day the duck walks back into the bar and asks the bartender, "Do you have any grapes"?"
The bartender says, "No I told you we only sell beer, and if you ask me again I'm going to nail your beak to the bar."
So the duck leaves.
The next day the duck walks back into the bar, and asks the bartender "Do you have any nails"? The bartender says "no".
The duck asks "Do you have any grapes"?"



Radio Program

Because our new refrigerator was taller than our old one, I told my wife I'd have to cut away part of an overhanging cabinet to make it fit. Not wanting to mess it up, I called a local radio home-fix-it program for advice. I was in the middle of getting the instructions when my wife burst into the room. "You won't believe this," she said, "but there's a guy on the radio with the same problem!"

Touring Wales

Two tourists are driving through Wales. At Llanfairpwllgwyngyllgogerychwyrndrobwlantysiliogogoch, they stop for lunch and one of them says to the waitress, 'Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly.'
The girl leans forward and drawls, 'Burrrrrgurr Kiiiiing.'



Genies

A young couple hits a golf ball through the window of a nearby house. Rushing up, they see a handsome man in a turban.
"We're so sorry!" the husband says. "We'll pay for the damage."
"Not at all," replies the man. "I'm a genie, and I was trapped for 1000 years until your ball broke the bottle that was my prison. Allow me to grant whatever you wish."
"Could you make us millionaires?" asks the wife.
"I've set up a standing order to put \$100, 000 into your account every month for life," he says.
"How can we ever thank you?"
"Well . . ." replies the genie. "I've forgotten what it's like to hold a woman. Could I just give your wife a single, perfect kiss?" The couple decide they can live with this.
After the passionate embrace, the genie asks the woman her age. "Twenty-nine," she answers.
"I see," he says. "And you still believe in genies?"

Frugality Now

A millionaire, a hard hat, and a drunk are at a bar. When they get their beers, they notice a fly in each mug. The millionaire politely asks the bartender for another beer, then proceeds to sip it. The hard hat spills out just enough to get rid of the fly and quaffs the rest. It's now the drunk's turn. He sticks his hand into the beer, grabs the fly by the wings, and shouts, "Spit it out! Spit it out!"

Remember our Rotary theme for the year:

**BUILDING COMMUNITIES
BRIDGING CONTINENTS**