

# THE UNLEY ROTARIAN

Meeting 3771 – 19<sup>th</sup> July 2011

Website: [unley.rotaryclub.org.au](http://unley.rotaryclub.org.au)

2011 - 2012



## Rotary Club of Unley Inc.

DISTRICT 9520  
CHARTERED 17TH APRIL 1935



PRESIDENT: Sheila Evans: 8266 7435 or 0432 047 711  
SECRETARY: Janet Singh: 0458 052 893  
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. | 3771                                                                                            |
| Date        | 19 <sup>th</sup> July 2011                                                                      |
| Occasion    | Senior Constable First Class Ian Skewes: "SA Police Officer of the Year 2010"                   |
| Venue       | Tiffins on the Park                                                                             |
| Chairman    | Stephen Baker                                                                                   |
| Apologies   | Jerry Casburn, Mavis Martin, Janet Singh, Rohan Singh, Bob Mullins, Bob Mills, Chandra Sluggett |
| Guests      | David Pisoni MP, AG Mark Huddleston, Lalita Lopez                                               |
| Make Ups    | Jerry Casburn                                                                                   |
| Attendance  | 59%                                                                                             |

## President's Announcements

President Sheila reported briefly on the Thrift Shop volunteers' afternoon tea and noted the attendance of Senator Mary-Jo Fisher, Michael Pisoni MP and Councillor Michael Hewitson. She congratulated the Thrift Shop Committee on their organisation of what was a very successful event and thanked Bob Laws in particular for his efforts. President Sheila noted the importance of our volunteers to our club's principal means of fundraising.

## Spots

There were no spots tonight.

## Thrift Shop Volunteers Afternoon Tea: "Thank You"

Thank you was the theme of last Sunday afternoon's afternoon tea for our Thrift Shop volunteers held at the Unley Civic Centre. The event was well attended by 46 volunteers, Rotarians and guests with more than enough sweet and savoury eats provided. Guests included Senator Mary-Jo Fisher, David Pisoni MP and Unley Councillor Michael Hewitson. It was particularly pleasing that Shirley Emmett could attend; Shirley was a long-time volunteer Thrift Shop volunteer and great support for her late husband and Rotarian, Don Emmett.

Senator Fisher spoke about her own involvement in volunteer community service, vicariously through her mother who was a great contributor in her own farming community in Western Australia. Senator Fisher expressed the importance of the link between the giving of volunteer service by some and the attraction of others into volunteering.

David Pisoni MP, MLA for Unley and shadow minister for volunteers, complimented the volunteers on their long and consistent commitment to helping others in our local community and communities abroad.

Representing the Mayor, Councillor Michael Hewitson thanked the volunteers on behalf of Unley Council for their service and contribution to the work of Rotary.

President Sheila Evans formally welcomed everyone to the afternoon tea, thanked the volunteers for their work in the Thrift Shop and introduced the presentation of recognitions to our volunteers. Senator Fisher was invited to make the presentations to:

- Margaret Payne on behalf of all our volunteers collectively;
- Bob Laws for his stewardship of the Thrift Shop Committee for many years;
- Glenyss Steedman for her management of the Thrift Shop roster and support for the running of the shop for many years;
- John Russell for his commitment to the work of the Thrift Shop's banker;
- Barbara Russell (in absentia) for her long-term commitment to supporting the Thrift Shop's "culling days"; and
- Stephen Finos (in absentia) for his support for the Thrift shop as custodian of the keys.

Below are some photos from the Thrift Shop volunteers' afternoon tea.





## Guest Speaker – Ian Skewes: “SA Police Officer of the Year 2010”

Chairman Stephen Baker introduced Senior Constable Ian Skewes who was joint winner of the Police Officer of the Year 2010 award.

Ian grew up in Brighton and schooled locally. On leaving school he was employed initially as a carpenter and later as a printer. In 1997 he entered the Police Force at age 40 as a mature aged cadet and has since spent his time in the northern suburbs and the Barossa. He currently serves as a Crime Prevention Officer, stationed in Nuriootpa. His nomination for POOTY was perhaps the most extensive ever submitted and contained numerous letters of support. He has provided great inspiration to the youth of his area through Blue Light, and numerous music events, as well as broader community support through Neighbourhood Watch, fundraising and support for those in difficult circumstance....a truly worthy recipient. He and his wife Suzie were the City of Gawler Citizens of the Year 2011.

Ian was adopted as a baby and has never met his birth parents. He grew up in the western suburbs of Adelaide and on leaving school took up a carpentry apprenticeship with the E&WS Department. When his section was downsized in 1979 he did odd jobs for three years until he joined the printing department of Messenger Press. He met and married Suzie in 1982 and they have three grown children. They went to WA and spent 6 years there when Ian worked as a printer and part time MSS security officer. He returned to SA as a senior manager for MSS. In 1997 he was accepted into the Police Force. His police career started at Elizabeth and then moved to Gawler.

Suzie inspired his volunteering effort when they settled into the Gawler community.

*Ian ran a background video of the many segments of his experiences with Blue Light in Gawler (one of 33 in SA).* He became chair of the local committee when he arrived and within a year had increased participation from 80 to 340 with the introduction of live bands. Last year the 11 events run by Blue Light had 7490 participants – an average of over 700. As part of Blue Light, Ian has organized:

- rock band concerts and tours to other parts of the State include the APY (aboriginal) lands
- training of Duke of Edinburgh participants (including a hazardous trip from Melbourne to Adelaide on the 'One and All'),
- special camps for at risk juveniles,
- corporate involvement and support for youth activities, and
- visited California to promote Blue Light as an effective crime prevention initiative

Beyond Gawler Blue Light, Ian is now chairing BL in two other areas, managing a band, chairing Neighbourhood Watch, running a softball team and a variety of other volunteer pursuits. He was a councillor in Gawler for six years. In response to a question relating to inspiring of greater volunteer effort, Ian said it revolved around leadership with passion and dedication.

The meeting thanked Ian with applause.



Chairman Stephen Baker with POOTY 2010 Senior Constable First Class Ian Skewes

## Sergeant's Session

Acting Sergeant Greg McLeod conducted a seriously fruitful fines session which was supplemented by a larger than usual number of cross fines. Heather Kilsby won the Lucky Square, for the first time in three years.

## Rotary News

### Rotarians from France, Côte d'Ivoire distribute bed nets to fight malaria

Rotary International News -- 18 July 2011

Thousands of mothers in western Côte d'Ivoire rushed out of their homes to receive insecticide-treated bed nets during an 11-day antimalaria campaign initiated by French Rotarians near the town of Man in November.

The effort was part of a €56,300 (US\$79,500) Rotary Foundation Matching Grant project sponsored by the Rotary clubs of Garches-Marnes-Vaucluse, Hauts-de-Seine, France, and San Pedro, Côte d'Ivoire.

John Kedzierski, project coordinator and a member of the Garches-Marnes-Vaucluse club, joined nine other volunteers in distributing 17,600 nets, which were treated to repel the mosquitoes that carry the parasitic disease. The project benefited more than 50,000 people.

"This region has been battered and torn by civil war and recent election violence. The health needs of the population are tremendous," says Kedzierski, noting the country's one-in-five mortality rate for children under age five. "Half of that is due to malaria. It's endemic in this region."

The volunteers drove through 38 villages, announcing the availability of free nets over a loud speaker, and provided them to pregnant women and mothers of children under five.

"Once we showed up, women ran out of their huts and through fields to get their mosquito nets. They were tremendously excited and grateful," says Kedzierski.

Club members also distributed nets to a pediatric ward, orphanage, and elementary boarding school.

The group partnered with Handicap Sans Frontières, a nongovernmental organization that aims to address medical needs and provide employment opportunities to teenagers with disabilities in Côte d'Ivoire. The organization, well-known locally, provided free transport of the nets by helicopter. Members of the Rotary clubs of Daloa Centre-Ouest, Côte d'Ivoire, and Versailles, Yvelines, France, were part of the distribution team.



A child carries two insecticide-treated bed nets during an anti-malaria Matching Grant project in Cote d'Ivoire.

Because malaria is often misunderstood, says Kedzierski, "we also wanted to take advantage of the women's enthusiasm by educating them on malaria prevention." Club members hired a nurse, who taught the women how to use the nets.

In the months after the project, the nurse made follow-up visits to homes in each of the villages. The survey revealed that 341 out of 350 homes were properly using and maintaining the nets. The project supported Rotary's disease prevention and treatment area of focus.

"The rate at which children in Africa are dying because of malaria is unacceptable," says Kedzierski. "Rotary is the right organization to focus on the solutions."

## The Voice of Rotary

Broadcast on 1197 AM RPH Adelaide each Tuesday 7.30-8.00 am

From each Wednesday the broadcast program can be heard on-line at [www.rphadelaide.org.au](http://www.rphadelaide.org.au)

**July 2011 Program:** Presented by Chris Hughes (Rotary Club of Burnside)



26<sup>th</sup> July Rotarian Meredith Lines OAM (RC of North Adelaide) *"Experiences as a ROMAC Mother"*

Information available from Rotarian Chris Hughes; Tel: (08) 8379 4633; Mob: 0418 835 977; Email: [emandcee@bigpond.com](mailto:emandcee@bigpond.com)

## Diary Dates

| Month      | Day                                                           | Date     | Activity Details                      | Venue                 |
|------------|---------------------------------------------------------------|----------|---------------------------------------|-----------------------|
| August     | Sunday                                                        | 07/08/11 | Tailem Bend Musical "We're The Voice" | Tailem Bend Town Hall |
|            | Wednesday                                                     | 17/08/11 | GSE Team Farewell - RC of Onkaparinga |                       |
| Sep-Nov    | 3 <sup>rd</sup> Sep, 8 <sup>th</sup> Oct, 5 <sup>th</sup> Nov |          | Rotary Leadership Institute           |                       |
| April 2012 | 26 <sup>th</sup> – 29 <sup>th</sup> April 2012                |          | District Conference                   | Mildura               |
| May 2012   | 6 <sup>th</sup> – 9 <sup>th</sup> May 2012                    |          | International Convention              | Bangkok               |

## Our Upcoming Meetings

| Date     | Venue                                      | Time         | Occasion                                                                   | Chairman & Scribe | Plaque Board | Sergeant  | Attendance Desk        |
|----------|--------------------------------------------|--------------|----------------------------------------------------------------------------|-------------------|--------------|-----------|------------------------|
| 26/07/11 | Tiffins on the Park                        | 6 for 6.30pm | Club Assembly                                                              | S Evans           | A Jonson     | J Casburn | R Elms & L England     |
| 02/08/11 | Tiffins on the Park                        | 6 for 6.30pm | Bob Arnold: "Calperum Station"                                             | J Casburn         | H Kilsby     | J Casburn | L England & G Ferguson |
| 09/08/11 | Tiffins on the Park                        | 6 for 6.30pm | Deb Frank: "ISICAN Aboriginal Literacy Project"                            | S Baker           | B Laws       | J Casburn | G Ferguson & A Jonson  |
| 16/08/11 | Unley Museum then dinner at Mama Carmela's | 6 for 6.30pm | Visit to Unley Museum:<br>Tour Guide: Elizabeth Hartnell<br>Partners Event | D Mackrell        | N/A          | N/A       | A Jonson & B Laws      |

**Apologies To:** Wendy Andrews by e-mail to [unley.attendance@rotaryclub.org.au](mailto: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](mailto: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](mailto: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: July-August 2011

| Week No. | Dates    | Early Shift: 10am to 12.30pm    | Late Shift: 12.30pm to 3.00pm    |
|----------|----------|---------------------------------|----------------------------------|
| 4        | 23/07/11 | John Peacham & Chandra Sluggett | David Mackrell & Sheila Evans    |
| 5        | 30/07/11 | Reno Elms & Bob Mullins         | Natalie Bowen & Joan Reed        |
| 1        | 06/08/11 | David Middleton & Jerry Casburn | Mavis Martin & Stephen Westgarth |
| 2        | 13/08/11 | Stephen Baker & Greg McLeod     | Wendy Andrews & Bob Laws         |
| 3        | 20/08/11 | Glenys Ferguson & Joan Reed     | Neesha Nandasena & Nathan White  |

**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

**Colonoscopy Journal:** Written by Dave Barry, a Pulitzer Prize-winning humour columnist for the Miami Herald

I called my friend Andy Sable, a gastroenterologist, to make an appointment for a colonoscopy.

A few days later, in his office, Andy showed me a colour diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Minneapolis. Then Andy explained the colonoscopy procedure to me in a thorough, reassuring and patient manner. I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, 'HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!'

I left Andy's office with some written instructions, and a prescription for a product called 'MoviPrep,' which comes in a box large enough to hold a microwave oven. I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of America's enemies... I spent the next several days productively sitting around being nervous.

Then, on the day before my colonoscopy, I began my preparation. In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavour.

Then, in the evening, I took the MoviPrep. You mix two packets of powder together in a one-litre plastic jug, and then you fill it with lukewarm water. (For those unfamiliar with the metric system, a litre is about 32 gallons). Then you have to drink the whole jug. This takes about an hour, because MoviPrep tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon.

The instructions for MoviPrep, clearly written by somebody with a great sense of humour, state that after you drink it, 'a loose, watery bowel movement may result.' This is kind of like saying that after you jump off your roof, you may experience contact with the ground.

MoviPrep is a nuclear laxative. I don't want to be too graphic, here, but, have you ever seen a space-shuttle launch? This is pretty much the MoviPrep experience, with you as the shuttle. There are times when you wish the commode had a seat belt. You spend several hours pretty much confined to the bathroom, spurning violently. You eliminate everything. And then, when you figure you must be totally empty, you have to drink another litre of MoviPrep, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet.

After an action-packed evening, I finally got to sleep.

The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the procedure, but I had been experiencing occasional return bouts of MoviPrep spurts. I was thinking, 'What if I spurt on Andy?' How do you apologize to a friend for something like that? Flowers would not be enough.

At the clinic I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked.

Then a nurse named Eddie put a little needle in a vein in my left hand. Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their MoviPrep.

At first I was ticked off that I hadn't thought of this, but then I pondered what would happen if you got yourself too tipsy to make it to the bathroom, so you were staggering around in full Fire Hose Mode. You would have no choice but to burn your house.

When everything was ready, Eddie wheeled me into the procedure room, where Andy was waiting with a nurse and an anaesthesiologist. I did not see the 17,000-foot tube, but I knew Andy had it hidden around there somewhere. I was seriously nervous at this point.

Andy had me roll over on my left side, and the anaesthesiologist began hooking something up to the needle in my hand.

There was music playing in the room, and I realized that the song was 'Dancing Queen' by ABBA. I remarked to Andy that, of all the songs that could be playing during this particular procedure, 'Dancing Queen' had to be the least appropriate.

'You want me to turn it up?' said Andy, from somewhere behind me.

'Ha ha,' I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like.

I have no idea. Really, I slept through it. One moment, ABBA was yelling 'Dancing Queen, feel the beat of the tambourine,' and the next moment, I was back in the other room, waking up in a very mellow mood. Andy was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when Andy told me that it was all over, and that my colon had passed with flying colours. I have never been prouder of an internal organ.

Colonoscopies are no joke, but these comments during the exam were quite humorous. A physician claimed that the following are actual comments made by his patients (predominately male) while he was performing their colonoscopies:

1. Take it easy Doc. You're boldly going where no man has gone before.
2. 'Can you hear me NOW?'
3. 'Are we there yet? Are we there yet? Are we there yet?'
4. 'Any sign of the trapped miners, Chief?'
5. 'You put your left hand in; you take your left hand out...'
6. 'Hey! Now I know how a Muppet feels!'
7. 'If your hand doesn't fit, you must quit!'
8. 'Hey Doc, let me know if you find my dignity.'

And the best one of all:

9. 'Could you write a note for my wife saying that my head is not up there?'

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Remember our Rotary theme for the year:

## Reach Within to Embrace Humanity