

THE UNLEY ROTARIAN

Meeting 3776 – 23 August 2011

Website: 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
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.	3776
Date	23 August 2011
Guest Speakers	Adam Gould: "Suicide Prevention"
Venue	Tiffins on the Park
Chairman	Stephen Baker
Apologies	Anne Wehr, Bob Laws, Heather Kilsby, Joan Reed, Jim Newall, Reno Elms, David Mackrell, Stephen Westgarth
Guests	Speaker Adam Gould
Visiting Rotarians	
Returning Rotarians	Mavis Martin, Geoff Hill
Anniversaries	John Peacham and Anne Wehr inducted 24 August 2004 and Peter O'Neil on 18 August 2009

President's Announcements

1. RC Eastwood Challenge – 7 for 7.30pm on 24 September 2011 at Norwood Concert Hall. BYO everything. Table fee of \$200 for 10 people with a deduction for iPod use.
2. Prostate Cancer – volunteers needed (study and research of factors contributing to PC or avoidance thereof). Contact Richard Wilson at dickandlizwilson@internode.on.net, 0412 003 110 or 8390 1346.
3. Book Sale – 'Daughter with a Mission' by Satish Gupta – part proceeds to The Rotary Foundation.
4. Book Sale - 'Yabbies in the Bathtub' by Val Wasley (Chandra's sister who was a key contributor to the shipment to East Timor) – copies still available with proceeds to Shelterbox and International Aid.
5. The RC Norwood Dance Party to assist with our Carer's initiative has been scheduled for 28 October 2011. Wendy Andrews and Sheila are meeting next week with Norwood President Robyn Baker.



President Sheila

Spots

Mavis Martin outlined plans for twinning with the Rotary Club of Yorkshire. The three initiatives under discussion are: A student exchange, a quiz, and interaction through Skype. In relation to the proposed quiz Messrs Casburn, Middleton, Peacham and White volunteered to dream up questions about Australia which the Yorkies would have no hope of answering.

Jerry Casburn advised that he has sent a note to all club members which relates to a potential weekend visit to Calperum. He has booked the only available weekend until the New Year, this is the weekend of November 11th to 13th. He is looking for expressions of interest from members and partners to form a minimum group of 10, two to cook and eight to carry out working parties, more can be catered for if required.

As this will be the first weekend it will be more an induction to learn how the station works and the activities undertaken by working groups. Facilities are good and there will be a lot of opportunity for fun and fellowship. The cost will be for petrol to get there and we will car share, plus the cost of food. Please advise Jerry soonest if you have not already done so.

Jerry has since also advised that as an alternative, David Gooley, (PP Mitcham Club), has offered to lead a working party to Calperum for the period Sunday Sept. 4th to Wednesday Sept 7th. Several Clubs have indicated they can't put up a full working party, but have individual Rotarians who would like to go to the Station. Here is an opportunity for a mixed group to do just that. Apart from contributing to the ever present workload at Calperum this is a great opportunity for a splendid social get-together. David is one of our most experienced "Calperum People", so the group will be in good hands.

Guest Speaker – Adam Gould: “Suicide Prevention”

With chair Joan Reed on the sick list, Stephen Baker introduced guest speaker Adam Gould of *Mental Illness Fellowship of SA*. Adam is an education support officer with MIFSA which was established in 1983. He grew up and was schooled in country Victoria. He graduated as a Bachelor of Engineering from Swinburne University. After a number of jobs he came to SA in 2007 to run Time Share. He suffers from a Bipolar disorder. He spent a year 'living' in and around Hindley St and wrote a book about his experiences. He has first-hand knowledge of the pressures including drug and alcohol abuses which play a role in suicide. He has fond memories of Rotary which assisted him with a youth project when he was 13.

Adam explained that from a 2009 study about 1.5% of all deaths can be attributed to suicide...more than the national road toll. While women may attempt it more often, men are 4 times more effective. Male suicides peak at age 20 but there is now a discernable trend for increasing incidence in the 65+ age group. Female suicide rates stay relatively constant over their lives. One pleasing but inexplicable statistic is that suicide rates appeared to be slowly declining since 2007...perhaps the publicity given to mental illness through Beyond Blue etc is helping.

1 in 4 Australians will be affected by mental illness and there are up to 40,000 people today in SA who are falling through the cracks without visible means of support. A number will pursue suicide as a solution to their problems. Adam stressed the importance of bringing the discussion of suicide out into the open. Bullying and breakups are two prevalent pressure points among young people. The link between marijuana overuse and schizophrenia is now a well established contributor.

The early warning signs include:

- Social withdrawal
- Giving away of possessions
- Decline in performance
- Risk taking behaviour
- Self harm – commonly cutting of wrists and back of legs

Suicide is not a middle or higher class phenomenon – quite the opposite – it is more common amongst poorer people.

There is an agreed national framework for handling people at risk – *LIFE (Living Is For Everyone)*. Two of the most common points of help/intervention are *Emergency Assessment and Crisis Intervention Service* and *Lifeline*.

Adam provided a pamphlet which detailed how people with potential suicidal tendencies should be managed.

The Club thanked Adam in the normal fashion and provided a donation to MIFSA plus the mandatory RCU pen.



Adam Gould with Chairman
Stephen Baker

Sergeant's Session

John Russell proved that attire is no impediment to winning the unlucky squares. Sergeant Jerry Casburn tried valiantly but failed to nail a big result because a number of potential contributors were absent no doubt to avoid being fined.

CLOSE: President Sheila apologised for her absence next week and closed the meeting at 7.50pm

Rotary News

Linking New Generations programs keeps participants on track to becoming Rotarians

By Megan Ferringer - Rotary International News -- 23 June 2011

A mentoring program in District 5160 (California, USA) helps incoming college freshmen – particularly those who are Interact alumni – get connected with university-based Rotaractors. It's just one example of the efforts undertaken by many districts to keep Interactors, Rotaractors, RYLarians, and Rotary Youth Exchange participants in the fold – and on track to become Rotarians.

"It's important to recapture people who fall through the holes, such as an Interactor who graduates from high school, moves away to college, and has trouble finding a Rotaract club," says Joanna Kwong, Rotaract District 5160 representative. "We often refer alumni or recent graduates to the next relevant program. Interactors pool from RYLA and Youth Exchange, and Rotaractors seek membership from former Interactors."

Jim Cambier, past president of the Rotary Club of Danville, California, says that building relationships between New Generations programs is the first step toward ensuring successful transitions.

"Whether it's Interact, Rotaract, RYLA, or Youth Exchange, it's important to let everyone know that these programs all flow together," says Cambier. "When they see the whole connection, they can really understand just how multifaceted New Generations Service is."

To make the transitions seamless, District 5160 is also setting up a district alumni database to track Interactors and Rotaractors in order to link them with a New Generations group, whether within or outside the district.

Rotarians improve access to clean drinking water

By Megan Ferringer and Arnold R. Grahl - Rotary International News – 22 August 2011

Rotarians have teamed up with nongovernmental organizations in Belgium to bring clean drinking water and improved sanitation to thousands of families in the poorest districts of Toamasina, Madagascar. The Rotary clubs of Brussel-Cantersteen, Belgium, and Tamatave, Madagascar, launched the project in 2009 with help from a Rotary Foundation Matching Grant. Lack of access to clean drinking water and poor hygiene have contributed to a high mortality rate in Toamasina, says Luc Daems, president of the Tamatave Water Project. The effort is nearing completion, with the planned installation of more than 200 latrines for local families and schools, as well as drinking fountains to provide clean water for 2,000 people.

Over the past 10 years, the Foundation has awarded more than US\$36 million in grants for projects supporting clean water and sanitation. Individual Rotary clubs have contributed at least another \$50 million.

During World Water Week in Stockholm, Sweden, 21-27 August, experts from around the globe will meet to exchange ideas and develop solutions to the most urgent water-related issues. This year's program explores challenges to water and sanitation in an increasingly urbanized world.

Many Rotary club and district projects include training in the technical knowledge needed to maintain equipment, and in the business skills necessary to manage a water system, such as collecting fees for operations and repairs.

In 2009, Rotary International and USAID launched the International H2O Collaboration to implement long-term water, sanitation, and hygiene projects in the Dominican Republic, Ghana, and the Philippines. Entering its third year, the collaboration is funding hygiene training and bio-sand water filters in the Dominican Republic; mechanized water systems, wells, rainwater collection vessels, and hygiene education benefiting over 85,000 people in more than 110 villages in Ghana; and a project to improve sewage collection and treatment that will help more than 150,000 people in the Philippines.

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

Information available from Rotarian Chris Hughes; Tel: (08) 8379 4633; Mob: 0418 835 977;

Email: emandcee@bigpond.com



August Program

09/08/11	Rtn Marian Lesnicki (RC of Onkaparinga)	"Leading a GSE Team to Denmark"
16/08/11	Rtn Neville Sharpe (RC of North Adelaide)	"Australian Campaign for Rabbit Eradication - ACRE"
23/08/11	Rtn Michael Doyle (RC of Brighton)	"Rotary's Aid in the Queensland Floods"
30/08/11	PDG Roberta Waterman (RC of Woodville)	"RAWCS—Annual Information Day— September 10th"

Diary Dates

Month	Day	Date	Activity Details	Venue
Sep-Nov	3 rd Sep, 8 th Oct, 5 th Nov		Rotary Leadership Institute	Various Locations
April 2012	26 th – 29 th April 2012		District Conference	Mildura
May 2012	6 th – 9 th May 2012		International Convention	Bangkok

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Plaque Board	Sergeant	Attendance Desk
30/08/11	Tiffins on the Park	6 for 6.30pm	Club & Games Night	S Baker	B Mills	J Casburn	D Mackrell & D Middleton
06/09/11	Tiffins on the Park	6 for 6.30pm	Lauren Manser: "The Annesley Girls in Rotary Programs"	S Baker	B Mullins	J Casburn	D Middleton & D Payne
13/09/11	Tiffins on the Park	6 for 6.30pm	Lester Saegenschnitter: "Concordia College"	J Peacham	P O'Neil	J Casburn	D Payne & J Reed
20/09/11	Tiffins on the Park	6 for 6.30pm	"Desalination"	M Martin	D Payne	J Casburn	J Reed & J Russell

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: August – September 2011

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
4	27/08/11	John Peacham & Chandra Sluggett	David Mackrell & Sheila Evans
5	NA	Reno Elms & Bob Mullins	Joan Reed & winner of lucky squares
1	03/09/11	David Middleton & Jerry Casburn	David Pisoni & Stephen Westgarth
2	10/09/11	Stephen Baker & Greg McLeod	Wendy Andrews & Mavis Martin
3	17/09/11	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White

Rotarians, who are unable to attend as rostered, please arrange a swap or contact:

Lindsay England : 8445 8552; (M) 0408 857 775; e-mail: lengland@senet.com.au

The Back Page

Unbearable

A bear walks into a bar and says "Bartender, give me a gin.....and tonic."
Bartender says, "Sure buddy, but what's with the long pause?"
The bear looks at his hands and says, "I dunno; my dad had them too."



From a Teacher

In the world of hi-tech gadgetry and communication, I've noticed that more and more people who send text messages and emails have long forgotten *the art of capitalisation*.

For those of you who fall into this category, please take note of the following statement...

"Capitalisation is the difference between helping your Uncle Jack off a horse, and helping your uncle jack off a horse."

Is everybody clear on that?

Qantas Airlines - Maintenance Division?

Remember, it takes a university degree to fly a passenger jet but only a TAFE diploma to fix one.

After every flight, Qantas pilots fill out a form, let's call it a 'Gripe Sheet', which tells mechanics about problems with the aircraft.

The mechanics correct the problems; document their repairs on the form, and then pilots review the Gripe Sheets before the next flight.

Never let it be said that ground crews lack a sense of humour.

Here are some actual maintenance complaints submitted by Qantas' pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers.

By the way, Qantas is the only major airline that has never, ever, had a fatal accident.

P: Left inside main tyre almost needs replacement.

S: Almost replaced left inside main tyre.

P: Test flight OK, except auto-land very rough.

S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.

S: Something tightened in cockpit.

P: Dead insects on windscreen.

S: Live insects on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.

S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.

S: Evidence removed.

P: DME volume unbelievably loud.

S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.

S: That's what friction locks are for.

P: IFF inoperative in OFF mode.

S: IFF always inoperative in OFF mode.

P: Suspected crack in windscreen.

S: Suspect you're right.

P: Number 3 engine missing.

S: Engine found on right wing after brief search.

P: Aircraft handles funny..... (I love this one!)

S: Aircraft warned to straighten up, fly right, and be serious.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.

S: Cat installed.

And the best one for last...

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from midget.

Finally, a Computer Message We Can Understand



Remember our Rotary theme for the year:

Reach Within to Embrace Humanity