

THE UNLEY ROTARIAN

Meeting 3789 – 22 November 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.	3789
Date	22 November 2011
Guest Speakers	Vladimir Lorenzon - Transcendental Meditation
Venue	Tiffins on the Park
Apologies	Greg McLeod, Janet and Rohan Singh, Chandra Sluggett, Stephen Westgarth
Guests	Briony Lyon, Glenyss Steadman
Anniversaries	Birthdays – Norm Wallace 80 on 27 th , Bob Laws – 70 on the 19 th Wedding – David Payne 52 nd on 27 th

President's Announcements

1. President Sheila opened meeting 3789, and welcomed guests Briony, Glenyss and Vladimir.
2. Last weekend Alex, Chandra and Sheila travelled to Loxton for the Foundation Meeting. Val Wasley, who has been so generous with donations of money, dried grapes and goods to East Timor, was presented with a certificate of appreciation on behalf of the club.
3. At a meeting with the Unley Mayor (which included the Hyde Park club and Unley Lions) concerning Australia Day celebrations on January 26, the club committed to assist the Council - 6 people will be needed for the occasion.
4. The Christmas Dinner is next week at Stamps Restaurant and the joint Christmas breakfast will be held at Flinders Lodge Motel on 21 December.



President Sheila

Spots

Alex Jonson made a strong plea for helpers at DIK this coming Saturday morning to prepare the next East Timor shipment – see below.

David Middleton organised transport for his firm's chairs to the Carols at the Rotunda and persuaded three members to deliver the Carols' posters to main road shops.

Stephen Baker warned members that President Sheila would be telling Irish jokes at the Christmas Dinner.

Joan Reed informed that a certificate of appreciation had been presented to Steve Finos for his assistance with the Thrift Shop.

Lindsay England announced that the Thrift Shop would close on Saturday 17 December and reopen Monday 16 January 2012.

Mavis Martin informed the club of student mentoring in English by four club members [Sheila, Joan, Mavis and Jerry] at Flinders University in a special University-Rotary pilot program...and provided Jerry with his gift of appreciation.

Guest Speaker – Vladimir Lorenzon ... Transcendental Meditation

Joan Reed introduced Vladimir who went to school at Thebarton Boys' Technical High School, then joined the RAAF as an Instrument technician before going to Woomera to run an Electronic Instrument Section. After 2 years with the Pipelines Authority of SA, he was trained by the Maharishi International University in Switzerland to become a Teacher of the Transcendental Meditation technique. Apart from a few years in Sydney as a licensed financial instruments analyst and trader and personnel consultant to the banking/broking industry, he has managed Transcendental Meditation teaching centres in Sydney and Adelaide. Currently he is a director of the Adelaide Centre at Parkside. His interest and hobbies are photography, collecting (and viewing!) movies and in audio/video story telling production. His favourite reading matter is biographies.

ADDRESS TOPIC - FULFILLING THE ASPIRATIONS OF OUR COMMUNITIES

The Transcendental Meditation (TM) technique is a simple, natural, effortless technique to develop the full potential of the mind and improve health. It is not a religion, belief system, or philosophy. It is taught in Catholic High Schools in South America, as well as in the USA and Europe, Russia, Africa, in schools in Indonesia, and is being introduced into schools in the People's Republic of China.

The core course to learn TM takes about 1 ½ hours a day on 4 consecutive days.

During the TM technique the mind settles down to a very quiet, peaceful level. This expands the conscious potential of the mind and coherence of brain functioning increases greatly. As well, because of the mind-body connection, as the mind settles down, the body settles down – providing a level of rest at least twice as deep as deep sleep. This much deeper level of rest allows very deep rooted stresses to dissolve, improving the state of health.

There are over 700 published scientific studies on the TM technique indicating the wide range of profound benefits to areas of mind, body, and behaviour. As well, in the last 30 years about 60 studies have shown that when a large enough critical mass of people in the community learn TM, the quality of social life improves as there is less stress in the collective consciousness of the society. Crime, accident and hospitalisation rates drop, and economic factors improve.

The CSIRO in Australia published a book a couple of years ago on how to maintain a healthy heart, and in there they recommend TM several times. They also state that the TM technique is the only meditation technique they can recommend as it is the only one for which they can find scientific evidence.

There are many schools around the world (including in Australia) using the TM technique to improve the learning ability of students and to deal with stress and violence in the classroom, drug abuse and in dealing with ADHD. Indigenous communities in the US and Canada have found their incidence of diabetes and alcohol abuse greatly decreased when they introduced the TM technique. The Warrior Wellness Program in the US has been well supported by military authorities and mental health experts when it was seen how effective the TM technique was in improving the mental condition of war veterans (in the US, more veterans die each year from suicide than are killed in Iraq and Afghanistan from war action).

In Adelaide a study has been set up in conjunction with the University of South Australia and two Councils, and will assess the improvement in mental health, well being and task performance of Carers of dementia sufferers. This will be a pilot study to lead to a wider study on Dementia and Alzheimer's sufferers themselves. According to the Federal Health Minister, Alzheimer's and Dementia is costing Australia about \$10 billion year, and will get much worse as the population gets older. Currently there is almost no research being done in Australia on this issue. This study will be the first in Australia of its type; some similar US studies have shown positive results.

Whilst the study has been designed and approved, funding is still needed. It is hoped to start by February next year, and anyone who knows of some philanthropic benefactors are most welcome to contact Vladimir Lorenzon and the Adelaide Maharishi Invincibility Centre.



Joan presented Vladimir with an Unley Rotary pin

Sergeant's Session

Ken Daly proved beyond reasonable doubt that age is no bar to winning the infernal squares. Sergeant Jerry Casburn ensured that all transgressors were penalised accordingly and was cross fined for moving premises without permission.

The meeting closed at 7.50pm.

Timor Lesté Project 2011 - URGENT

Chandra's sister has donated approximately 3 tons of export quality dried currents and various other goods to send to East Timor. She has also donated \$8,500 dollars towards the cost of shipping the container with the balance to be used on another Rotary project. DIK and the Rotary Club of Dili will transport the goods.

The container is also to be filled with school desks, chairs etc supplied by the Rotary Club of Berri and DIK....as requested by the Rotary Club of Dili.

Alex Jonson urgently needs assistance from Rotary members to help tag, clean, sort, pack and dismantle the desks and chairs and any other goods available at DIK to pack in the container.

8 to 10 volunteers are required for about 3 hours next Saturday morning.

Your assistance in this humanitarian project would be greatly appreciated.

Please contact Alex Jonson by 24th if you can assist. Phone 8331 0894 or 0412 993 737.

Rotary News

Des Bettany.....as provided by son Keith

Unley Rotary members visited the Keswick Military Barracks Museum some years ago to view works done by my dad, Des Bettany and to hear him speak.

I thought you would be interested to know that our family has scanned my dad's artwork done as a prisoner of war in Changi during WW2. There are over 300 images and we have just had developed a dedicated site to display dad's artwork through ww2, it is www.changipowart.com. Included on the site are images from the book, 'Never Say it can't be Done', images we had never seen before and found at Changi POW Museum. You can now access his work done under extremely oppressive circumstances but with some humor. I remember him telling me he did this (artwork) to keep his sanity as a POW.

We feel that this not-for-profit site is finally getting dad's images out there and would benefit many, including younger people, people interested in Changi and researchers. Please feel free to advertise this site and share with others who could be interested broadly, especially any ex POW's who could throw some light on some of the images, if appropriate (PTSS)

Feedback, negative and positive is welcome and so far have picked up a few spelling errors.

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



November - December Program

29/11/11	Rtn Ian Parsons (Noarlunga East)	Rotary and disaster recovery
6/12/11	AG David Lloyd (Morialta)	RC Morialta and its projects
13/12/11	Rtn Stephen Yarwood (Adelaide)	The role of Rotary clubs in the community
20/12/11	Rtn Robert Cesana (Hyde Park)	Project volunteers
27/12/11	Rtn Lynton Nicholas (Campbelltown)	Rotary youth wellbeing

Diary Dates

Month	Day	Date	Activity Details	Venue
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
29/11/11	Stamps Restaurant	6.30 for 7pm	Christmas Dinner with Partners 12A Welbourne St., Mitcham \$60pp	Scribe D Mackrell	W Andrews	J Casburn	R Elms L England
6/12/11	Tiffins on the Park	6 for 6.30pm	RYLA presentations and gift giving	M Martin	K Daly	J Casburn	L England G Ferguson
13/12/11	Tiffins on the Park	6 for 6.30pm	Ray McGhee Surviving the Media and Communications Revolution	R Singh	R Elms	J Casburn	G Ferguson G Hill
21/12/11 Wednesday	Flinders Lodge Motel	7am	Joint Christmas Breakfast with Eastwood and Hyde Park Clubs	Scribe J Reed	L England	MC G McLeod	A Jonson H Kilsby

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: November - December 2011

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
4	26/11/11	John Peacham & Stephen Baker (replacing Chandra Sluggett)	David Mackrell & Sheila Evans
5	N/A	Reno Elms & Bob Mullins	Joan Reed a winner of squares
1	03/12/11	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth
2	10/12/11	Stephen Baker & Greg McLeod	Wendy Andrews & Mavis Martin
3	17/12/11	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White
Thrift shop recommencing Monday 16/1/12			

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

Onions and Christmas Trees

A family is at the dinner table. The son asks his father, 'Dad, how many kinds of boobs are there?

The father, surprised, answers, 'Well, son, there are three kinds of boobs:

In her 20's, a woman's are like melons, round and firm.

In her 30's to 40's, they are like pears, still nice but hanging a bit.

After 50, they are like onions'.

'Onions?'

'Yes, you see them and they make you cry.'

This infuriated his wife and daughter so the daughter said, 'Mum, how many kinds of 'willies' are there?'

The mother, surprised, smiles and answers, 'Well dear, a man goes through three phases.

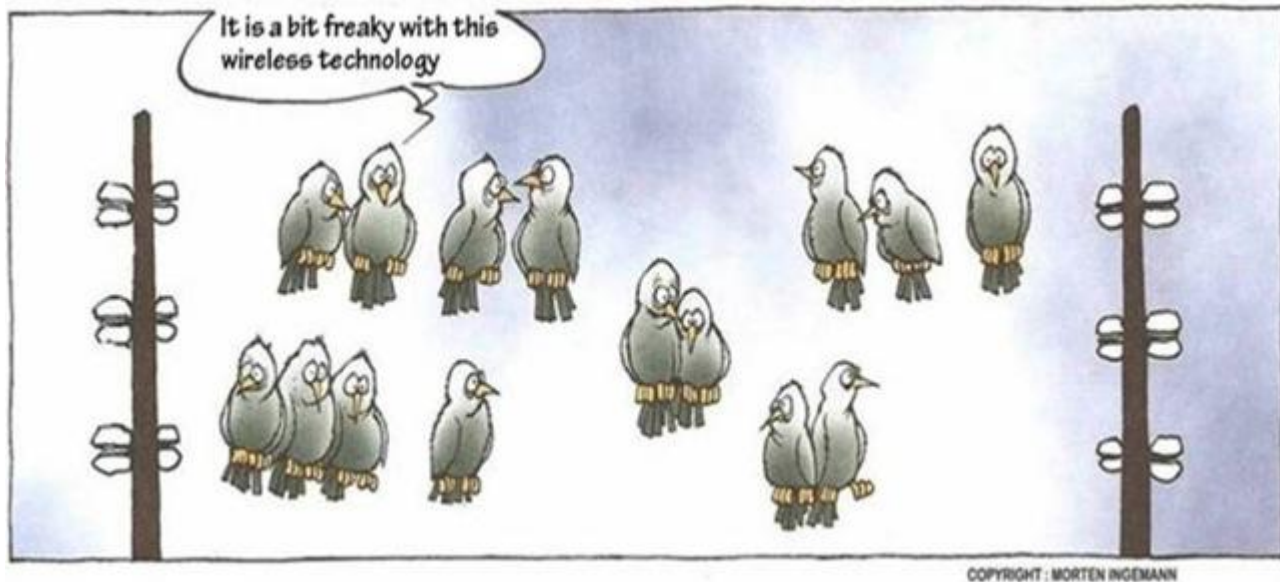
In his 20's, his willy is like an oak tree, mighty and hard.

In his 30's and 40's, it is like a birch, flexible but reliable.

After his 50's, it is like a Christmas Tree.'

'A Christmas tree?'

'Yes - the tree is dead and the balls are just for decoration.'



Remember our Rotary theme for the year:

Reach Within to Embrace Humanity