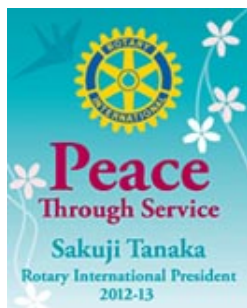


THE UNLEY ROTARIAN

Meeting 3823 – 21 August 2012

Website: unley.rotaryclub.org.au



Rotary Club of Unley Inc.

DISTRICT 9520
CHARTERED 17TH APRIL 1935



PRESIDENT: Stephen Westgarth: 8370 3969 or 0419 279 928
SECRETARY: Mavis Martin: 8178 0076
ADDRESS: PO Box 18, Unley SA 5061
EMAIL: unley.secretary@rotaryclub.org.au
MEETINGS: The Club meets every Tuesday at 6.30pm - Fellowship at 6.00pm
Venue – Public Schools Club, 207 East Terrace, Adelaide

Our Last Meeting

Meeting No.	3823
Date	21 August 2012
Venue	Public Schools Club
Guest Speaker	Simone Lee
Chairman	Sheila Evans
Guests	Pam Trimmer and Ken Haines
Departing Rotarians	Mavis Martin and Bob Mullins
Attendance	17 members and 3 guests

President Stephen's Announcements

1. RYLA Graduation Dinner:

The RYLA Graduation Dinner will be held at the Belair Country Club at 6.45pm on Thursday 27 September 2012 – cost of \$32pp for a 2 course meal. As RCU is sponsoring a student to RYLA, we need to support the function with a group from the club. Perhaps the Fellowship Group could pursue this.

2. Matching Grants and Global Grants Workshop:

- **Matching Grants** are the current humanitarian grants program for our District and for other non-Future Vision Pilot Districts. Our Club can apply for Matching Grants until March 2013.
- **Global Grants** belong to the humanitarian grants program under the new Future Vision to Note – funds are matched in the same way as Matching Grants but there some differences in the process and requirements. Applications will commence February 2013.

A District 9520 workshop is being organised for 3 November 2012. Any member interested in attending the seminar should inform Chandra Sluggett or Euan Miller.

3. New PHF Folders are being introduced by RI. Approximately 60,000 Paul Harris Fellows are recognised each year and moving to this heavy card blue folder will provide cost savings.....but it is still a classy presentation.

4. Skype Chat with Aireborough Rotary

After the meeting concludes we will be talking via Skype with the members of the Rotary Club of Aireborough. Thanks are due to Mavis Martin for arranging the hook-up and to Jerry Casburn for arranging the technology.



President Stephen

Spots

Lindsay England called for assistance for Chandra Sluggett on the early shift on the 4th Saturday of each month and was rewarded when visitor Pam Trimmer volunteered. Sheila Evans will be the liaison person for the Thrift Shop during the absence of Lindsay for most of September and October.

Briony Lyon:

- Checked attendees for the Stockport observatory trip.
- Reported that the club had received a certificate of appreciation from the Adelaide Zoo..
- Intends to liaise with Unley City Council to pinpoint projects.
- Mentioned that suburbs such as Brompton had important needs which could be assisted by RCU....there is an insufficiency of local volunteers.

Stephen Westgarth passed on the regards of D9500 PDG Peter Rostrum to Mavis Martin – Mavis had been President of the Gawler Light Club during his year in office.

Guest Speaker – Simone Lee from the Asthma Foundation

Sheila Evans introduced guest speaker Simone Lee who is the Health Education Coordinator of The Asthma Foundation.

Asthma is a condition of the airways. People with asthma have sensitive airways which react to triggers that set off their asthma. Their airways swell and get thick with mucus and the muscles around the airways squeeze tight.

1 in 10 people in Australia have asthma and 411 people died from asthma in 2009.

People with asthma can have a range of symptoms:

- Persistent cough
- Breathlessness
- Wheezing
- Tight chest

Symptoms often occur at night, early in the morning or during/after activity. These symptoms can vary from person to person, as can the triggers that set off these symptoms. The three most common triggers for asthma are:

- Colds and flu
- Smoke
- Activity and exercise

Avoiding triggers is only one part of managing asthma. The correct use and delivery of medications also plays a vital role.

Medications can be grouped into two main types – relievers and preventers. Relievers relieve the symptoms of asthma. They work very quickly, in around 4 minutes, to relax the tight muscles around the airways. Reliever medications are blue in colour and a well-known brand is Ventolin. Preventers, on the other hand, work by reducing the swelling inside the airways and drying up the mucus. They are used every day, morning and night, and it can sometimes take up to two weeks to see their full benefits.

Effectively getting medication into the lungs of a person with asthma is the next step towards good asthma control. Spacers for example, are a must for any person who uses a puffer. A spacer is used because it makes it easier to inhale the medication. It also helps to get more of the medication into the lungs, rather than sticking in the mouth and throat.

Asthma emergency

If someone is showing any or all of the following signs or symptoms of asthma, asthma first aid is needed.

mild asthma attack	moderate asthma attack	severe asthma attack
• cough, wheeze • some shortness of breath • still able to speak in full sentences between breaths	• continual cough, moderate to loud wheeze • obvious difficulty breathing • only able to speak in short phrases between breaths	• severe difficulties breathing • speak no more than a few words at a time • wheeze is often quiet • sucking in of the throat and rib muscles • pale and sweaty • may have blue lips • very distressed and anxious

Call an ambulance if there is a severe attack!

Sergeant's Session

Bob Mullins again won the really infernal squares....just as well that he is going on leave to give others a chance. Sergeant Joan Reed cruelly/legitimately (depending on personal points of view) fined almost every attendee for the atrocities each had committed. Her golf jokes were successfully prosecuted by Bob Mullins.

Meeting closed at 7.55pm

PS – The post meeting link up with Aireborough Rotary was a great fun!

Rotary News

Rotarian Projects can now be posted on the international website...here are but two recent examples

Out of India

Deeksha Saheli Project

This project reach out to the under privileged urban women and empower them to improve quality of life.

Rotary Club of Jamshedpur West is reaching out to the under privileged urban young girls and adults women, living in the three bustees that they have identified. Here young girls do not go to school and women work as house maids, earn minimum wages and struggle to support their families.



Sheila and Simone with pen and pictures



RC of Jamshedpur West is undertaking three projects - 1) Schooling for the girl child and education sponsorship 2) Functional literacy course for adult women 3) Vocational training for the girls and women to develop skills in food processing, tailoring and computer proficiency to get suitably employment or start a self help group (SHG) and sell their products and increase their own and household income and improve their quality of life. As on date: Girl child primary school - 57 attending; Girl child education support – 45; Adult women functional literacy program - 40 per month; Vocational training for women - 25 per month. Efforts are on to reach out more and have a deeper impact!

Out of Transylvania

Rotaract Summer Camp "Transylvania-Knights Castle"

Two Team building projects, Communication Training and PR & launch of a long term community project.

Our Rotaract Summer Camp 2012 was organised by Rotaract Club Tirgu Mures together with Rotaract Club Timisoara and Rotaract Club Timisoara Cetate, with the support of Rotary E-Club Tirgu Mures Renasterea. 30 participants honoured us with their presence. In this three days we had several activities, a few of them are:- Two Team building activities (cooking contest, treasure hunt)- A Communication Training and PR- Launch of a long term community project: "Books for children from rural places". Guest trainer was Ela Giurgea - representative of a major mass media organization. Our Summer Camp was also honored by the presence of Rtn. Radu Balanean, president of Rotary E-Club Tirgu Mures Renasterea and the host of the castle was Rtn. Florin Rusu also member of Rotary e-club. In this the period we layed the foundation for further collaborations between Rotaract clubs from Tirgu Mures and Timisoara.



Dracula and Rotary in Romania

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 (Burnside);

Tel: (08) 8379 4633; Mob: 0418 835 977 and John Cox (Nth Adelaide); Email: emandcee@bigpond.com

August - September Program

28/8/12	Rtn Frank Orlando (Campbelltown)	Rotary – A Good Choice
4/9/12	PP Terry Lewis (Walkerville)	Visit of Chor-Farmer (Japanese Male Voice Choir)
11/9/12	Linda Jacobssen (TUTTI)	"Do it for Dougie" City Bay Fun Run
18/9/12	Rtn Geoff Pullan (Burnside)	New to Rotary
25/9/12	PDG Dick Cuttle (Onkaparinga)	Health of the River Forum – Calperum



Diary Dates

Month	Day	Date	Activity Details	Venue
October 2012	Tuesday	30	DG visit (partners night)	Public Schools Club
February 2013	Saturday	23	9500/9520 Community Peace Forum	University of Adelaide – dinner at Adelaide Oval
April	Thursday to Sunday	25-28	District Conference	Tanunda
June	Sunday to Wednesday	23-26	RI Convention	Lisbon, Portugal

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
28/8/12	Public Schools Club	6 for 6.30pm	Michelle Hickey – Adelaide Repertory Theatre	N White	W Andrews	Joan Reed	R Singh A Wehr
4/9/12	Public Schools Club	6 for 6.30pm	Club Consultations	Chair Stephen Westgarth Scribe Mavis Martin	R Elms	Greg McLeod	A Wehr N White
11/9/12	Public Schools Club	6 for 6.30pm	Lorraine Guy – Make A Wish Foundation	tba	L England	Joan Reed	N White W Andrews
18/9/12	Public Schools Club	6 for 6.30pm	Elizabeth Davis – CFS Foundation	tba	S Evans	Greg McLeod	W Andrews J Casburn

Apologies To: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on 8377 7830

Meeting Chair Enquiries To: Nathan White 0424 608 699 or email to unley.vocational@rotaryclub.org.au

Venue Set-up/Bar Enquiries To: Bulletin Editor - Stephen Baker on 8379 7105

Attendance Desk Enquiries To: Wendy Andrews by e-mail to unley.attendance@rotaryclub.org.au or in an emergency on 8377 7830

Saturday Thrift Shop Roster: August – September 2012

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
4	25/08/12	Chandra Sluggett & Pam Trimmer	Sheila Evans & Ken Haines
5		Reno Elms & Bob Mullins	Joan Reed & David Pisoni
1	01/09/12	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth
2	08/09/12	Stephen Baker & Greg McLeod	Wendy Andrews & Mavis Martin
3	18/08/12	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

On the Back Page

Froggie Truth



A six year old goes to the hospital with her mother to visit her Grandfather. When they get to the hospital, she runs ahead of her mother and bursts into his room

*"Grandad, Grandad," she says excitedly, "As soon as mum comes into the room, make a noise like a **frog!**"*

"What?" said her Grandad.

*"Make a noise like a **frog** - because mum said that as soon as you croak, we're all going to **Disneyland!**"*

