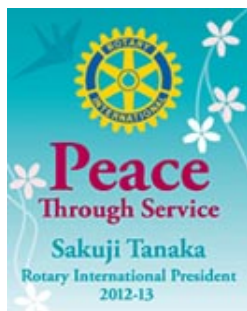


THE UNLEY ROTARIAN

Meeting 3828 – 25 September 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.	3828
Date	25 September 2012
Venue	Public Schools Club
Guest Speaker	Olivia Thomas
Chairman	Rohan Singh
Guests	Genese Mullins, Ken Haines
Apologies	Geoff Hill, Stephen Baker, Mavis Martin, Lindsay England, Bob Mills, Jerry Casburn, Briony Lyon, Bob Laws, Joan Reed, Nathan White, Anne Wehr, Sheila Evans
Returning Rotarians	Bob Mullins
Departing Rotarians	None
Attendance	11 members and 3 guests

President Stephen's Announcements

1. Coming Events Reminders:

- Thu 27th Sep: **RYLA Graduation Dinner** at Belair Park Country Club at 6.45pm \$32pp
- Sun 30th Sep: **"The Bloke"** at Koppamurra Wines – some tickets available; see Jerry Casburn urgently.
- This week's **Board Meeting** will have to be put back a week to 4th October due to the RYLA Graduation Dinner and Briony Lyon being a RYLA "parent" all this week.
- **Hat Day** will be happening for this club on Tuesday 9th October when Rotarians and guests are invited to wear their hats to our evening meeting. There will be a prize of a bottle of wine for the best hat, which could be the most original, the most outrageous or the most appropriate to the ARHRF cause.
- 21st Oct is the closing date for **District Simplified Grants** applications.
- Our meeting on 23rd October will be a **Club Assembly** and I would ask all Committee Chairs and the Treasurer to prepare written reports for presentation to members at that meeting. Would you also email copies of your reports to Secretary Mavis Martin, Club Historian Bob Mills and Bulletin Editor Stephen Baker.
- **District Governor Roy Armstrong** will be making his Official Visit to our club on Tue 30th October and he will be wanting to meet with the Board prior to our usual evening meeting. I hope to arrange the use of the PSC Board Room for our Board's meeting with DG Roy. Remember that this is a Partner's night and it would be great to have as many partners along as possible to share in this significant event in our Rotary year. I have no doubt that Marilyn Armstrong will have a project to tell us about that may be of interest to our partners also.
- Sun 11th Nov: **Wine Tasting** at Koppamurra Wines at 1pm – a few places remaining; see Jerry Casburn a.s.a.p.
- Sat 3rd Nov: **Future TRF Humanitarian Grants Seminar** at Norwood Town Hall – Register with Euan Miller.
- Thu 29th Nov: **Lunch with RI President Elect Ron D Burton** at Adelaide Oval. Contact Pres. Stephen this week to book a place. At present we have five Unley members attending; it would be nice to have a table of eight.

2. Under New Management:

I have been advised by the Public Schools Club that this will be the last week that Nick Scopelitis and his staff, including Charles, Lucy and Nicola, will be preparing and serving our meals, and from this Friday a new caterer takes over. And you may have already noticed the new face behind the bar. I'll be meeting with the new caterer in due course to confirm our catering arrangements and the booking that the Hyde Park Club has made for the joint Christmas Breakfast Meeting on 19th December.

It has been a pleasure dealing with Nick and Lucy and the team over the years since our club first met here at the PSC in 2005 and I have expressed to them the club's appreciation of the good and obliging service we have received from them.



President Stephen

- 3. Transyventure is NOT a Scam:** Some clubs, including ours, have received an email about a six-day fundraising tour organised by District 2241 promoting Transyventure. District has now had confirmation from our colleagues in the Zurich office that the information is genuine. It is not a scam. However, the way in which this information was distributed falls outside of RI's circularisation policy. This is currently being addressed with the district/club. Clearly there are recommended and far better channels available for such promotions.

Nevertheless, if you might be interested in a six day luxury tour of Transylvania's highlights that will also contribute to Rotary fundraising then contact Pres. Stephen for details.

- 4. Indigenous Health Scholarships:** An invitation has been extended to Rotarians to join the joint Districts 9500 and 9520 ARH Indigenous Health Scholarships Committee. The Committee works in close harmony with the State Government Department of Health to administer the program in South Australia, and includes the annual selection of suitable applicants for scholarships, club presentations and program promotion.

Committee meetings are held quarterly - the next one is scheduled for lunchtime on Sunday, 4 November 2012. Rotarians keen to join this small, progressive and rewarding group please contact: **John Sandham** (D9520, Chairman) John.Sandham@sa.gov.au or **Val Kirk** (D9500, Past Chairman) valerie.kirk@bigpond.com

- 5. Club Consultations:** Next week is a Club Consultations night when any member can raise a matter for discussion and resolution. Any members who would like a "soapbox" spot to present their thoughts to the club should let Pres. Stephen know before next week.

Guest Speaker: Olivia Thomas - "Heart Foundation"

Chairman for the evening Rohan Singh introduced our guest speaker Olivia Thomas, Event and Community Fundraising Manager for the Heart Foundation, on the "Warning Signs of a Heart Attack."

A heart attack is a medical emergency, and it is critical to limit damage to this important muscle. Australians are not recognising the warning signs of heart attack and are waiting too long to call 000 and receive appropriate medical assistance. As a result, many people either lose their lives or live with the disabling effects of permanent heart damage. In recognition of this, the Heart Foundation has endeavoured to improve peoples' knowledge of the warning signs of heart attack with media activities featuring Prof Ian Meredith (Heart Foundation (VIC) Board) and the "I wish I could have my heart attack again" campaign. One of Olivia's roles is to provide meaningful information to both workplace and community groups interested in understanding the importance of heart health and learning about the signs of a heart attack.

People who have a heart attack usually experience some warning signs. These symptoms may include or be a combination of the following; shortness of breath, nausea, light headedness, sweating, tightness and pain in the arms, shoulders, neck, jaw and back. Symptoms vary and they may not always be severe. If you experience any of these symptoms, stop, rest and assess the symptoms. Tell someone how you are feeling. Call 000 if the symptoms either get worse or persist for 10 minutes. Ask for an ambulance and stay on the phone to wait for instructions from the operator. An ambulance is the preferred mode of transport to the hospital. Medical staff can properly monitor your condition, and they have direct access to life saving equipment if it is required. The take home message is to be aware of the warning signs, because the sooner you recognise the symptoms of a heart attack and get treatment, the better the outcome.

Olivia emphasised that members of community groups, like Rotary, can make a valuable contribution by learning the warning signs and sharing this information with their work colleagues, friends and loved ones.

To find out more about the Heart Foundation either visit www.heartfoundation.org.au or telephone 1300 36 27 87.

Olivia was asked many interesting questions, and Rotarians and guests thanked Olivia for her excellent presentation in the customary manner.



The Heart Foundation's Olivia Thomas with Chairman Rohan Singh

Spots

Bob Mullins sought a Thrift Shop shift swap for this Saturday morning, which Wendy Andrews kindly offered to do.

Sergeant's Session

Glenys Ferguson won the lucky square, which was extremely lucky as only half the squares had been sold. Relieving Sergeant (again) Greg made the most of the slim pickings and managed to fine most members multiple times; the Crows' narrow loss on Saturday was a rich vein of gold coins. And the gender rivalry jokes were funny.

Meeting closed at 8:10 pm.

Rotary News

Operation Cleft www.operationcleft.org.au

Operation Cleft is a unique Rotary project that provides free cleft repair surgery for underprivileged children in Bangladesh.

Because cleft repair surgery is not covered under Bangladesh's overburdened public health care system, thousands of children grow to adulthood with this condition untreated.

Because of the way they look, these children are ostracized by society. Many suffer from ear, nose and throat infections as well as depression and malnutrition.

By surgically repairing their cleft lip and/or palate, we are providing them with an opportunity to lead a normal life, to get an education, to build a social network and to reach their full potential as contributing members of their community.

And the cost of each operation - just \$AUD250!

Speech Therapy

Operation Cleft also supports the development of speech and language therapy. The service is relatively new to Bangladesh and is limited mainly to Dhaka. Our focus is on making speech therapy more accessible and to promoting it as a post-operative program to achieve best outcomes, particularly in young children after a cleft palate repair.

We endeavour to run two to four speech therapy outreach programs (camps) a year. During these five day camps, two qualified speech and language therapists and two final year students travel from Dhaka to conduct the program. Around fifteen children (and their parents) along with Community Health Workers from outlying clinics attend. Each child goes through an intensive assessment and is then provided with a personalised therapy program specific to their needs.

Parents and Community Health Workers, work alongside therapists throughout the camp, to learn the basics of speech therapy in the hope that when the child returns to their village, they will have someone there who can supervise and assist them. This is far from a perfect solution but surgeons have reported that children who have attended speech camps, and practise what they have learned, definitely show a marked improvement in their speech in the long term.



Operation Cleft has changed the lives of more than 7,258 children since it started in 2005. By providing these children with the opportunity to have the cleft repair surgery they need we are not just giving them a smile, we are giving them a future.

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
02/10/12	Public Schools Club	6 for 6.30pm	Club Consultations	S Westgarth	A Jonson	R Mullins	R Elms S Evans
09/10/12	Public Schools Club	6 for 6.30pm	Kate Stepic: "Mental Health and Substance Abuse"	TBA	B Lyon	R Mullins	S Evans G Ferguson
16/10/12	Public Schools Club	6 for 6.30pm	TBA	TBA	G McLeod	J Reed	G Ferguson G Hill
23/10/12	Public Schools Club	6 for 6.30pm	Club Assembly	S Westgarth	D Middleton	R Mullins	G Hill A Jonson
30/10/12	Public Schools Club	6 for 6.30pm	District Governor Roy Armstrong's Official Visit	Chair: S Westgarth Scribe: J Casburn	R Mills	R Mullins	A Jonson R Laws

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

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

October Program

02/10/12	Pres. Ian Parsons (Noarlunga)	Hat Day and Australian Rotary Health
09/10/12	PDG Graeme Dodsworth (Mitcham)	Service Club Week and Premier's Awards
16/10/12	PP Margaret Blake (Hyde Park) and PP Graham Fussen (Tea Tree Gully)	The Pitstop (Men's Health) Program
23/10/12	PP Margaret Northcote (Campbelltown)	Polio Plus – News Update
30/10/12	Pres. Peter Poulton (Norwood)	RYLA and RYPEN Awards



Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2012	Sep	Thu	27	RYLA Graduation Dinner	Belair Park Country Club
	Oct	Tue	30	DG Visit (Partners Night)	Public Schools Club
	Nov	Thu	29	RI Pres Elect Ron D Burton	Adelaide Oval luncheon
2013	Feb	Sat	23	9500/9520 Community Peace Forum	Adelaide University + Dinner at Adelaide Oval
	Apr	Thu to Sun	25-28	District Conference	Tanunda
	Jun	Sun to Wed	23-26	RI Convention	Lisbon, Portugal

Saturday Thrift Shop Roster: September-October 2012

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
5	29/09/12	Reno Elms & Wendy Andrews (sub for Bob Mullins)	Joan Reed & David Pisoni
1	06/10/12	David Middleton & Jerry Casburn	Joan Reed & Stephen Westgarth
2	13/10/12	Greg McLeod (flying solo?)	Wendy Andrews & sub for Mavis Martin
3	20/10/12	Glenys Ferguson & Bob Laws	Neesha Nandasena & Nathan White
4	27/10/12	Chandra Sluggett & Pam Trimmer	Sheila Evans & Ken Haines

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

Public Transport

I would like to share an experience with you about drinking and driving.

As you well know, some of us have been known to have had brushes with the authorities on our way home from the odd social session over the years.

A couple of nights ago, I was out for a few drinks with some friends and had a few too many drinks. Knowing full well I may have been slightly over the limit, I did something I've never done before - I took a bus home.

I arrived home safely and without incident, which was a real surprise, because I have never driven a bus before and am not sure where I got it from!

The Importance of Walking

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$4,000 per month.
- My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where the hell he is.
- I like long walks, especially when they are taken by people who annoy me.
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I have to walk early in the morning, before my brain figures out what I'm doing...
- I joined a health club last year, spent about \$250. Haven't lost a kilo. Apparently you have to go there!
- Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.
- I do have flabby thighs, but fortunately my stomach covers them.
- The advantage of exercising every day is so when you die, they'll say, 'Well, he looks good doesn't he.'

