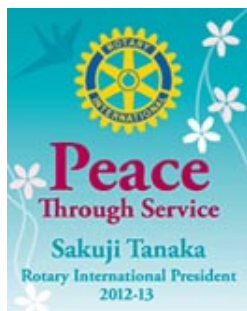


THE UNLEY ROTARIAN

Meeting 3830 – 9 October 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.	3830
Date	9 October 2012
Venue	Public Schools Club
Guest Speaker	Kate Stepic
Chairman	Jim Newall
Guests	Toni Favaro, President Rotary Club of Dili (East Timor), Jacqueline and Robert Kelly, and Genese Mullins
Apologies	Lindsay England, Geoff Hill, Mavis Martin, and Bob Mills
Returning Rotarians	Bob Laws and Joan Reed
Anniversaries	Inductions – Mavis Martin on 7 October and Stephen Westgarth on 10 October (17 years ago)
Attendance	19 members and 5 guests

HAT DAY

President Stephen's Announcements

1. **Hat Day:** It's great to see that most Rotarians made an effort to wear a hat for our club's contribution to Hat Day in aid of the Australian Rotary Health Research Fund. Merciless Sergeant Bob will be punishing hatless Rotarians with heavier fines.

2. **House Building Teams - Solomon Islands:** For all Rotarians with a desire to work on an International Humanitarian Team Project this is your opportunity to volunteer. RAWCS is organising two teams to travel to Seghe, New Georgia Island, Western Province to construct two staff RAM (Rotarians Against Malaria) houses. Each Team will comprise eight members.

Team 1 requires one builder, one plumber plus five or six workers. Team 2 requires one builder, one plumber, one electrician plus four or five workers. In addition, the work is suitable for women.

Volunteering is the experience of a lifetime. As usual, Volunteers will enjoy the ambience, the culture, the mateship and the experience, yet know they are contributing in a project to save lives.

Dates: Team 1 will leave October 31st and return Australia November 14th. Team 2 will leave November 13th and return Australia November 27th.

Cost will be approximately \$1,600 per person (return Air to Honiara, plus one night's accommodation in Honiara and 13th, souvenirs, out of pockets) Internal flights are paid for and Internal accommodation is provided. NB All tools are on site. There will be a Rotary meeting with RC Honiara on the Tuesday. Be Passport ready. For more details, contact PDG Terry Daley at tddaley@bigpond.com or on 0447 361 631. RSVP Expressions of Interest by October 8th latest and a RAWCS Application form will be sent for completion.

3. **James Bond - Skyfall:** The Rotary Club of Noarlunga East invites you to a Movie Fundraiser in aid of local Community Grants at the Wallis Cinemas, Noarlunga on Friday 30th November at 6pm for 6.30pm to see James Bond - Skyfall starring Daniel Craig and Judi Dench. There will be a raffle drawn on the night. The cost is \$18 adult \$15 child.

4. **Rotary Friendship Exchange - Tasmania - February 2013:** The District 9520 Friendship Exchange Committee has made contact with Rotary Clubs in **District 9830, Tasmania**, and an offer has been made to host 4-5 couples in the period February 8-22nd 2013. The RC of Salamanca, in Hobart has offered to home host for 4 nights and so far the RC Westbury has also offered to host. Other Clubs have been approached.

The suggested itinerary is: 4 nights in Hobart from 8th February, travel north to Launceston, then west along the north coast, a few days on the west coast (no Clubs available there, so alternative accommodation required), then return to Hobart in time for the Wooden Boat Festival, 22-23rd February



President Stephen

The group will need to pay for their return airfares and shared cost of a minivan (estimate \$1350 plus petrol i.e. \$135 pp plus petrol if the group is 10 people), plus any other accommodation where Rotary hosts are not available. If the group travels together they may be eligible for group travel air fare concessions. (Venture Travel has estimated at \$450 pp Adelaide-Hobart return for group travel).

The District committee will establish an initial contact in Tasmania. Once the group is finalized a team leader will be selected by the group and the itinerary can be adapted to suit the group's interests. Individuals may wish to extend their time before or after the Exchange.

We will need to confirm with the Clubs in Tasmania as soon as possible if we wish to proceed. Because of the limited number of places available early response will ensure you a place in the group. Singles are welcome to join the group but must be willing to share accommodation. If sufficient interest is indicated further details will be available shortly with an application form. Please send expressions of interest in joining this Friendship Exchange Group to the District Chair, Elizabeth Caldicott, by 15th October 2012, ecaldico@bigpond.net.au, mobile 0418 801 918.

Guest Speaker – Kate Stepic on Mental Health and Substance Abuse

Chairman Jim Newall introduced Kate who is a Clinical Mental Health Nurse in Emergency at the Royal Adelaide Hospital. She teaches Drug & Alcohol to SA Health Employees and Enrolled Nurses. For the last nine years Kate has worked at Drug & Alcohol of South Australia and is presently on leave for twelve months to further her career in the mental health field.

Kate is a qualified Gym Instructor to the mothers at the school of her three sons.

Kate, as a Clinical Mental Health Nurse provided a highly informative and practical presentation on the issues associated with substance abuse and mental health.

Alcohol and illicit substance abuse either separately or in combination is a major issue throughout the world. Problems created include intoxication, trauma and violence.

There are three (3) types of illicit substances:

1. Stimulants which stimulate the central nervous system and include nicotine and caffeine etc
2. Depressants that slow the central nervous system activity and function and include alcohol and sedatives.
3. Hallucinogens that distort perceptions.

There is a high correlation of substance abuse and mental illness. Mental illness is a disorder or illness of the mind and it is difficult to diagnose especially if in conjunction with drugs and alcohol. Whilst mental illness can be treated but not cured it includes schizophrenia, anxiety disorders and panic disorders. State Government mental health and drug treatment facilities are currently being upgraded.

Members thanked Kate with applause.



Kate Stepic, Jim Newall & the highly valued Rotary pen

Spots

Toni Favaro, President of the Rotary Club of Dili and a hotel owner there, explained that his was a small club – there is a need to assist the participation of poorer club members. Timor Lesté had benefited from the support of a number of Australian Rotary clubs including Unley. He had been particularly pleased with the DIK containers, the contents of which had been much appreciated, including the 4 tons of dried grapes provided by the Wasley family. English 'reader books' for younger children would be appreciated in any future shipment. Tony presented his club's banner to President Stephen.....

Alex Johnson reported that the International Committee's Indian TRF education project had received approval.

Briony Lyon proposed that a Christmas hamper be prepared and raffle tickets sold in the Thrift Shop for 50c, with proceeds to Operation Cleft; a list of contents will be prepared and members will be asked to contribute items. The TS is overdue for a clean up!

Jerry Casburn proposed that our meeting scheduled for 13 November be a combined event with RC Blackwood which will have Police Commissioner Gary Burns as its guest speaker at the Belair Country Club – Meal cost about \$35

Sheila Evans provided a presentation (Irish version) of the recently approved TRF project involving the Rotary Club of Colombo West and RCU. The North Central Province of Sri Lanka has a high incidence of renal failure but very limited facilities. Our club will be helping to fund a blood gas analyser, cardiac defibrillator, and 6 intensive care unit beds at Padaviya Hospital at a cost of \$8924, as part of a \$2m Rotary International hospital support initiative.

Sheila also proposed that the club run an art and photographic exhibition to raise funds for TRF.



Hard hatted Stephen, Toni and the RC of Dili banner

Sergeant's Session

Red Fez adorned Bob Mullins ran a highly lucrative fining session..... a likely record of \$129 was raised to benefit ARHRF. Treasurer Heather Kilsby won the infernal squares. Some members were penalized for failing to cover their heads as required for HAT DAY; some for inappropriately donning helmets; one for supporting SANFL premiers Norwood (lucky guy David M): and a range of other serious transgressions. The hats were a fine collection of nonsense. A highly competent judging panel chose two winners:

- Most outrageous – Reno Elms
- Silliest – David Payne (best Stan Laurel imitation attempt)



Reno and David looking better than normally

Meeting closed at 8:30 pm.

Rotary News

Rotarians honored for promoting literacy

By Daniela Garcia Rotary News -- 4 September 2012

Two Rotary clubs were being honored on 7 September at an International Literacy Day celebration in Washington, D.C., as the winners of the RI-International Reading Association-Pearson Foundation Literacy Project Awards. A panel of Rotarians and International Reading Association (IRA) members gave the award to the Rotary Clubs of Rockford, Michigan, USA, and Salem, Oregon, USA, for demonstrating outstanding collaboration with local reading councils in their communities.

The IRA is a professional membership organization dedicated to promoting high levels of literacy by improving the quality of reading instruction, disseminating research findings and information about reading, and encouraging a lifetime of reading. The IRA network comprises 70,000 members and more than 300,000 affiliate members in nearly 100 countries, including councils and affiliates at the local, state, regional, or national level.

Since 2002, Rotary and the IRA have combined their resources and skills as service partners to advance literacy in communities worldwide. Rotary clubs and districts are encouraged to share resources and information with IRA councils and affiliates to develop cooperative literacy projects.

The Rockford club won its award for Reading Rocks, an annual reading festival that takes place in August. The club partners with the local reading council, school district, and library district for the daylong event, which includes live entertainment, a parade, and family activities that promote the importance of literacy.

The Salem club was chosen in recognition of a bookmaking project for schoolchildren in Santa Avelina, Guatemala. With the help of the Vineyard Valleys Reading Council, volunteers from both organizations put together children's books for The William M. Botnan Experimental School, where all 130 elementary students speak Cozatl Ixil, a Mayan language. The project is an effort to preserve culture through the indigenous language, which is not recognized or taught in public schools.

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
16/10/12	Public Schools Club	6 for 6.30pm	Robyn Paterson: "The 2H Project"	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
07/11/12	Public Schools Club	6 for 6.30pm	Club Assembly	NA	J Newall	R Mullins	R Laws B Lyon
13/11/12	Belair Park Country Club	6 for 6.30pm	Community Forum: "Police Commissioner Gary Burns"	TBA	NA	R Mullins	NA

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

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	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: October - November 2012

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
2	13/10/12	Jerry Casburn (for Greg McLeod) & Stephen Baker	Wendy Andrews & Briony Lyon (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
5		Reno Elms & Bob Mullins	Joan Reed & David Pisoni
1	3/11/12	David Middleton & Jerry Casburn	Joan Reed & Stephen Westgarth

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

Inspiration

As we get older we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of other "seniors" who have found the courage to take on challenges that would make many of us wither.

Harold Schlumberg is such a person:

THIS IS QUOTED FROM HAROLD: "I've often been asked, 'What do you do now that you're retired?' Well, I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and whisky into urine. It's rewarding, uplifting, satisfying and fulfilling. I do it every day and I really enjoy it."

Harold is an inspiration to all of us!



More Inspiration



Geoff Hill considering his options

The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.



2. If it does not look like it's breathing, give it mouth-to-mouth.

