



Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Rosslyn McLeod
Chairman	Sheila Evans
Guest	Margaret Payne
Returning Rotarians	Geoff Hill, Heather Kilsby, Nathan White
Apologies	Greg McLeod, Anne Wehr
Anniversaries	Valentine Birthday – David Payne (14 th)
Attendance	22 members and 2 guests

Rotary Club of Unley Inc.

District 9520 - Chartered 17 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: Tuesdays at 6.00 for 6.30pm

Venue: Public Schools Club
207 East Terrace
Adelaide

President Stephen's Announcements

Friends of Unley Rotary: Brochures and nomination forms are now available for members to download from the Members Area of the Club's website. If you lack the facilities to print these documents or would like copies of the brochure printed on glossy paper, please contact President Stephen.

Metro Presidents Elect and Nominees Training (PENTS): Presidents Elect and Nominees are invited to this training session to be held at Flinders University on 6 April. All President Elects are required to attend and President Nominees are also encouraged to attend. If you are unable to attend please advise DGE Wendy Gaborit on 0418 858 717 or District Trainer Damian Leach on 0438 294 563.

Metro District Assembly: District Assembly will be held for all Board members, and recommended for all members of Rotary Clubs in District 9520 on 7 April 2013. This will be at Flinders University commencing at 9:30 for 10. Further information will be uploaded to the website over the next few weeks.

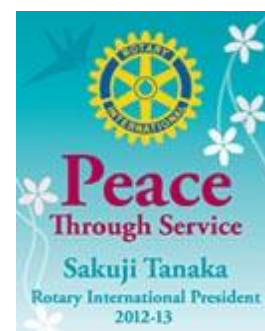
District Rotary Youth Exchange Committee is seeking a representative from among the Group 6 clubs. Due to the fact that we always have students in from overseas and out, as well as short-term exchanges with NZ, the committee is one of the busiest, so potential candidates should go in with their eyes open. This is also why, whilst not mandatory, we encourage both Rotarian and partner to become involved. Both parties have full membership and voting rights, whether a Rotarian or not. Committee members are on a three year term.

General

- The committee currently runs six "face-to-face" meetings per Rotary year as well as others as required and is looking at how technology can be utilised to reduce the travel impost, particularly for country members;
- There will likely be ad hoc meetings as well, for instance to set budgets, strategy etc.;
- There are a range of briefing days etc. committee members are expected to attend (although not necessarily to all of them):
 - Long Term Outbound briefings (1 full day, one ½ day)
 - Short Term Outbound briefing (1/2 day – combines with returning LT Outbound debrief)
 - Long Term interview day (1 day)
 - Short Term Camp (weekend)
 - Long Term Calperum visit (weekend)
 - We also provide Chaperones for the Long Term "Rock & Reef" (1 week) and Short Term "Safari" (1 week) but this is generally just one couple from the committee



President Stephen



- Short Term interviews (only generally impacts Short Term Coordinators)

Group Coordinators

Group Coordinators are the conduit between the committee and the clubs within a group. They are expected to promote the Youth Exchange program to the clubs and to be an initial point of contact for Youth Exchange issues.

Police Checks - Volunteer Organisation Authorisation Number (VOAN): Rotary clubs are able to obtain Police Checks for Rotarians and persons involved in Rotary activities where necessary. The South Australian Police (SAPOL) provides this service free of charge when an application form is completed and signed by the current President, a list of whose names has already been provided to SAPOL. The VOAN is needed and may be obtained from the District Secretary – Jerry Casburn. To ensure that the service is not abused the number is not published and is held by the District Secretary if you do not already have it.

Yet Another Scam: One of our clubs recently received an email, purporting to be from Rotary International; clearly RI would not do this. Please warn club members. It starts: Dear club member, You are required to update your membership status for the year 2013. Click the following link or copy and paste to update your membership information....

Gigantic Jumble Sale: St Peters Rotary is holding a Jumble Sale of gigantic proportions from 7.30am to 12 noon on Saturday March 2nd at Dunstone Grove Reserve, Stepney Street, Stepney.

Australian Rotary Health Photo Competition – 26 Jan to 25 April: ARH launched their inaugural digital photography competition on 26 January, 2013. The aim of the photography competition is to inform the general public about Australian Rotary Health and in return motivate the community to share their concept of who Australian Rotary Health is and what it represents. Info at: <http://australianrotaryhealthphotocomp.org/>

Guest Speaker - Rosslyn McLeod - The Alexander Technique

Chairman Sheila Evans introduced our guest speaker Rosslyn McLeod a music and education graduate from Universities in Adelaide and Melbourne. After many years of music teaching she trained as a teacher of the Alexander Technique—two years of study were done in London and a final year in Sydney—which she completed in 1984. Interest in the historical background of Alexander's Australian years led to the publication of her book 'Up from Down Under' on this topic.

In introducing her topic Rosslyn referred to the term 'posture' stating that it was not a helpful concept in moving with ease and without risk. She explained that our bodies consist of a framework of bones and muscles. Sometimes we use them well and most times we create too much stress. She emphasized that head balance is crucial to everything we do and demonstrated where the critical hinge is on top of the spine and the benefits of cognizance of it in movement. Rosslyn went on to summarise;

The Alexander Technique restores balance, posture and freedom of movement. It teaches practical self-management through a constructive control of habit and reaction. It is often used to assist with rehabilitation, pain management and stress relief.

Rosslyn then provided us with a short biography of Frederick Matthias (F.M.) Alexander who was an actor of the 1890's in Australia. He liked to perform Shakespeare, and gave solo shows in Sydney and Melbourne.

He was born in 1869 in Wynard, a small town on the north coast of Tasmania. He developed an early interest in Shakespeare, and determined to become an actor. He trained as a reciter in Melbourne, supporting himself with various jobs, but began developing vocal and throat problems. Continuing with his career never-the-less he was forced to begin his investigation into the problem when it began to seriously affect his ability to perform.

Alexander was unique. By persisting with close observation of himself over an extended period of time and thinking carefully and clearly about what he observed he discovered fundamental principles of human behaviour and movement, which led to mastery over his habits.

Beginning with his observations in a mirror, Alexander discovered several unexpected things about himself...

"I saw that as soon as I started to recite, I tended to pull back the head, depress the larynx and suck in breath through the mouth in such a way as to produce a gasping sound."

He discovered that these things were also present in his ordinary speaking, though in lesser degree. By now Alexander had reasoned out that he needed to create a lengthening of his stature and that in order to do this he must allow his head to release forward and up from his body. He was later to call this the "Primary control". The Primary control is usually stated as a series of connected instructions or directions, to be projected in sequence:

Let my neck be free, so that
My head moves forward and up, in such a way that
My spine lengthens and my back widens, and
My knees release forwards
Different teachers may choose different words to describe this process, for example,
Move your whole head delicately up, and
Allow your whole body to follow.



Rosslyn, Sheila and the pen

During her presentation, Rosslyn guided the group through various exercises to demonstrate the technique.

Having solved his voice problem, he worked in Auckland New Zealand, Melbourne and Sydney, giving performances and teaching his new method for "changing and controlling reaction". He moved to Sydney in 1899 and was director of the Sydney Dramatic and Operatic Conservatorium between 1900 and 1904.

Moving to London in 1904 he worked with actors and others and wrote his first book, Man's Supreme Inheritance, published in 1910.

He wrote three further books, The Use of the Self, Constructive Conscious Control of the Individual and The Universal Constant in Living.

He lived in the United States from 1940 to 1943 and died, still working, in London in 1955.

Rosslyn answered several questions from the members and made herself available following our meeting for private discussions.

She was presented with a Rotary pen and warmly thanked by the meeting.

SPOTS

Nathan White gave his Vocational Service and New Generation Committee report: POOTY is underway; options for funding CSI and Indigenous Health projects are under review (all suggestions welcome); and Leone Immelman, our sponsored participant in NYSF will be invited to address the club.

Reno Elms informed members of the Unley Prayer Breakfast at the Wayville Showgrounds on 27 February – while the original attendance target had been met, more were welcome to attend. Proceeds would assist with pastoral care.

Jerry Casburn announced that the roster for the Bunnings' BBQ on Monday 25 February was now full and expressed the desire for everyone to participate during the year. Helpful supply and cooling arrangements with a butcher at Glenelg were now in place. JC has two slow cookers from his shop, surplus to needs.

Sergeant's Session

SM Joan Reed awarded the infernal squares to Wendy Andrews. Joan skilfully extracted dollars for members' indiscretions. Top fine for the night was....Catholics - penalising them for the Pope having done a runner. Joan's session was rounded off with a neat joke. **Reno Elms** provided members with an impressive book entitled 'BBQ to Boardroom' – a really good read, especially P39.

The President almost closed the meeting by 8pm – 8.04pm to be exact.

Rotary News

Clubs share lessons learned from sustainable projects in northern Tanzania

By Vanessa Glavinskis Rotary News -- 5 February 2013

Rotarians Walt Schafer and Sadikiel Kimaro have learned a few things about sustainability in their five years of working together to bring clean water, sanitation, and economic development to northern Tanzania. Schafer, a member of the Rotary Club of Chico, California, USA, and Kimaro, a member of the Rotary Club of Moshi, Tanzania, are in contact every few days, either by phone or by email.

"A personal connection with our partners is vital," Schafer says of their relationship. He adds that their connection illustrates another key to making a project sustainable: working with a Rotarian contact who is part of the recipient community. Kimaro grew up in Mwika, one of the communities that has benefited from the projects. The Chico and Moshi Rotary clubs have collaborated since 2008 on a series of projects, planting trees, providing schools with clean water, distributing deworming medication, and working on various community development initiatives. The efforts have benefited 50,000 people in Mwika and nearby villages.

To share what they have learned with other Rotarians, the clubs have created a video, "[10 Key Points for a Successful International Rotary Project](#)," which appears on the project's website. It notes the importance of getting broad support from club members, involving multiple clubs, building a strong relationship between host club and its international partner, engaging local communities, conducting multiyear projects, and seeking local solutions.

Schafer said the collaboration began when he contacted the nonprofit Africare, prompted by his club's goal to bring clean water to Africa. He learned there was a water need in the Mount Kilimanjaro region. Schafer then called Kimaro, who was president of the Moshi club at the time, and introduced himself, floating the idea that the clubs work together. Kimaro agreed, and so did their clubs. "We started with water and sanitation and that's basically all we did," explains Schafer. "Then we decided to develop horizontally, that is, to do more broad community development rather than replicating water and sanitation in other areas that we didn't know very well."

The clubs looked to The Rotary Foundation's six areas of focus as a guide and met with local community members to determine what was needed. "By asking residents what they needed and staying true to the priorities, we ended up doing



Clean water and sanitation project

work in five of the areas of focus,” Schafer says. “It may look like a disconnected set of projects, but they are tied together by having single leadership in a single area.”

The clubs have used matching grants and club-to-club transfers to pay for the projects. As chance would have it, both clubs were in districts participating in the Future Vision Pilot, a three-year test of the Foundation’s new grant model, which launches worldwide in July. The clubs were among the first to make use of an online application process for global grants. “The application process has become much easier and much simpler for the global grants, because it’s all done online now,” Schafer says. “It was really complicated [before] and now that’s all done online. It’s a very user-friendly system.” Adds Kimaro, “The substantial leveraging of resources that is possible under this process when more clubs and Rotary districts are willing to work together enables Rotarians to deliver sustained and substantial impact on needy communities.”

The clubs are now applying for their third global grant. If it’s approved, the total funding for the projects in northern Tanzania will reach about US\$529,000. The next phase of the project will replace the entire community water system in Mwika, improve several medical clinics, bring solar power to a community library, and create a computer lab. The clubs also hope to expand a mentoring program for subsistence farmers in the area to help them market their produce. “We have kept this going for so many years because that’s the best way to have a big impact,” Schafer says. “Many projects are in and out -- we’ve seen other nonprofits put things in and then there’s no follow-up. We’ve stayed involved both for sustainability and to have a larger communitywide model.”

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
19/02/13	Public Schools Club	6 for 6.30pm	Rod Gamin – Managing Mental Health and Stigma	TBA	N White	R Mullins	R Elms L England
26/02/13	Snake Charmer Restaurant 60 Unley Rd Unley	6 for 6.30pm	Vocational Visit - Snake Charmer Restaurant Partners Event	TBA Scribe S Baker	W Andrews	n/a	L England S Evans
5/03/13	Public Schools Club	6 for 6.30pm	Local Business Awareness	TBA	L England	R Mullins	S Evans G Ferguson
12/03/13	Sturt Bowling Club	6 for 6.30pm	Annual Bowls Challenge – Mitcham Rotary	Scribe S Baker	n/a	n/a	G Ferguson G Hill

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



February 2013 Program

19/2/13	PDG Roberta Waterman (Woodville)	RAWCS and the future
26/2/13	PP Don Will (Eastwood)	Rotary in the Maldives

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2013	Feb	Sat	23	9500/9520 Community Peace Forum	Adelaide Uni + Dinner at Adelaide Oval
	Mar	Sat	2	Hyde Park 30th Birthday Celebration	Clarence Park Community Centre
	Apr	Thu to Sun	25-28	District Conference	Tanunda
	Jun	Sun to Wed	23-26	RI Convention	Lisbon, Portugal

Bunnings Mile End Barbeque Dates

ALL the Bunnings Mile End Barbeque dates are the **last Monday** of the month from 8am to 5pm.

Saturday Thrift Shop Roster

February - March 2013

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
3	16/02/13	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White
4	23/02/13	Wendy Andrews & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	Joan Reed & David Pisoni
1	02/03/13	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth
2	09/03/13	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin

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

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

On the Back Page

A Sure Bet

A strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of Morris, one of the older workmen. After several minutes, Morris had enough.

"Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the braggart replied. "It's a bet! Let's see what you got."

Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

Just Borrowed Your Car

After shopping for most of the day, a couple returns to find their car has been stolen. They go to the police station to make a full report. Then, a detective drives them back to the parking lot to see if any evidence can be found at the scene of the crime. To their amazement, the car has been returned.

There is an envelope on the windshield with a note of apology and two tickets to a music concert. The note reads, "I apologize for taking your car, but my wife was having a baby and I had to hot-wire your ignition to rush her to the hospital. Please forgive the inconvenience. Here are two tickets for tonight's concert of Garth Brooks, the country-and-western music star."

Their faith in humanity restored, the couple attend the concert and return home late. They find their house has been robbed. Valuable goods have been taken from throughout the house, from basement to attic. And, there is a note on the door reading, "Well, you still have your car. I have to put my newly born kid through college somehow, don't I?"

The best of excuses

This incident, is supposed to have happened in real life.

The head of Human Resources at a very large bank, says that the best excuse for absenteeism, which he had ever received in his career of almost 22 years, was from a female Indian employee, at their bank's head quarters at Mumbai, India in July 2010. He says when the lady was questioned on why she remained absent the previous day, she simply replied:

"But sir, I had no option. My husband was on casual leave yesterday and was at home. By mistake he took pills from the wrong bottle in our medicine cabinet and ended up consuming an over-dose of Viagra! Now how could I have left him, all alone at home, with the house-maid? "

