



Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Rod Gamlin
Chairman	Wendy Andrews
Apologies	Reno Elms, Briony and Jerry Casburn
Departing Rotarians	Heather Kilsby
Anniversaries	Induction – Lindsay England (25 th)
Attendance	22 members and 1 guest

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

Rotary Connect Mentoring Program 2013: Flinders University, in partnership with Rotary, is delivering a mentoring program to international students to offer them the opportunity to access advice and support of Rotary Mentors.

20 suitable international students commit to the program and are matched to a Rotary Mentor to undertake a one to one mentoring relationship.

Mentees will be selected from the discipline areas of Allied Health and Business/Commerce and where possible, matched to Mentors from related professional backgrounds.

The Program will commence in early April 2013, run across six months and consist of a minimum of six meetings (including at least 4 face to face). This enables Mentees to fully benefit from the experience, insights and knowledge of their Mentors. The length of the meetings will be at the discretion of the Mentor and determined by the purpose and goals set for each meeting.

The objectives of the Mentoring Program include:

- Professional role modeling and vocational guidance to Mentees
- International students increasing their understanding of local workplace practices and employer expectations
- Mentors contributing to the professional communication skills of international students and offering them the opportunity to improve their English language proficiency during face to face meetings
- Increased profile of Rotary on campus, specifically targeting membership of the Flinders University Rotaract club
- Potential for Mentors to provide Mentees with professional contacts and act as a possible referee (where appropriate)

The Careers and Employers Liaison Centre will fully support the Program, manage all operational aspects and be the primary point of contact for the Mentees.

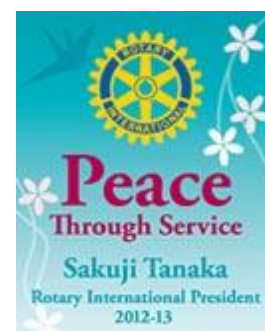
If you are interested please contact Mike Massey on 0419 922 767 or mikemassey@netspace.net.au.

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 also 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 all 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.



President Stephen



There will be alternative PENTS/District Assemblies held at Broken Hill on 24 March 2013 at the University of Sydney and at Mildura on 25 and 26 May at a venue to be advised. For further information please contact District Trainer (2013-14) Damian Leach on 0438 294 563, or email d9520.training@gmail.com.

District Conference: A reminder that the early bird promotion of the conference finishes on February 28th so, if you want the cheaper registration, BOOK NOW!!! Please also note that the Friday Frolics are limited to 250 people, so book in now.

District Facebook Page: We need Rotarians who are on Facebook to visit and "Like" the D9520 Facebook page (accessible from the district website) and use it to advertise upcoming events. It is there for all D9520 Rotarians to use. Ideally each club should have a member on Facebook who can be their club's representative to post to the site. AG Mark Huddleston has offered support to anyone wishing to use the facility.

Adelaide Harmony Choir will present "To the Fallen", a concert to celebrate peace, to be conducted by Rosemary Nairn OAM with guest choirs Illumina, Lobethal Harmony Club and Al Kidney's Brass Ensemble, on 25th April 2013 at 2:30 pm – Anzac Day Wesley Uniting Church, Fullarton Road, Kent Town. For bookings, contact Ticket Secretary Margaret - Phone 8352 8348 or 0408 528 349 - marluc@picknowl.com.au. Prices: \$20 Adults - \$18 Concession - \$10 children. Website: www.adelaideharmonychoir.org.au.

Guest Speaker - Rod Gamlin - Managing Mental Health and Stigma

Chairman Wendy Andrews Rod was born in King Williams's Town South Africa to Adelaide parents and came to live here when he was 12, with an older brother and sister.

He studied at Flinders University, at different times; social work, health counselling and drug and alcohol counselling, and worked for 15 years in diverse hospital and community settings in Adelaide and country areas.

Most people with bi-polar are diagnosed between 26 -28. Depression he believes builds up and sometimes compensated by bringing on a high. He believes there are triggers that bring on this illness, such as being asthmatic, whereby sufferers are not able to go out and play and become isolated, or in his case the illness of a parent. Where these issues are not addressed, depression can be activated.

A bi-polar management plan can help stabilise the condition of bi-polar where as other conditions are ongoing.

The impact of the illness means spending years getting your life together, the lose of friends, isolation, difficulty in finding accommodation and work, and short of money. Life changes completely. Physical health is ignored when mental health is diagnosed, which impacts on activities.

Employers need to educate themselves and pass this onto workers. It is new ground for workers to accept and understand.

There is no direct link that the disease is heredity, but mostly a chemical imbalance. He believes that illegal drug use can cause mood swings

He believes there is still a stigma attached to the disease, with limited information for family and friends even from psychiatrists.

Progress has been slow. Medication has remained the same since the 50s. Help is now available from Beyond Blue, Black Dog and Sane. Rod acknowledges the Rotary's help in Mental Health Research.



Wendy, Rod and the pen

SPOTS

Stephen Westgarth announced that:

- The Membership Committee chaired by Geoff Hill would be meeting on Tuesday week.
- The roster for the Bunnings' BBQ on Monday 25 February comprises – morning shift (8.30am – 12.30pm) Wendy, Briony & Jerry, the two Kens, himself and Jim – afternoon shift (12.30 – 5pm) Wendy, Briony & Jerry, Ken H and Sheila.
- Attendees for the Hyde Park 30th birthday celebration on Saturday March 2 are Wendy, Briony and Jerry, Sheila, Bob and Glenys, and Joan.

Lindsay England announced that:

- He needed more volunteers for the thrift shop with the retirement of Heather Weston and unavailability of others.
- The annual rental increase was due in February but the landlady had deferred the increase of \$624.48pa until July. There was discussion as to whether Unley Road rents are actually falling.

Nathan White ascertained that there would be 20 attending the vocational visit to the Snake Charmer next week – cost of \$20pp.

Sheila Evans reminded members of the Art Exhibition Group of the forthcoming planning meeting and invited any other interested members to attend; she is still looking for a person to share her accommodation at the District Conference.

Sergeant's Session

Sergeant Bob Mullins somehow extracted Joan Reed's marble to win the infernal squares. There was no award this week for the best fine, although penalising those who didn't wear their name badges was a good move. The farmer's-daughter-in-the-army joke passed muster.....almost.

The President almost closed the meeting at 8.11pm

Rotary News

Swim marathon, crocus sale to mark Rotary's anniversary

By Arnold R. Grahil - Rotary News -- 11 February 2013

Thousands of participants around the world plan to swim 100 meters or more on 23 February in a global swimming event that is just one of many activities celebrating Rotary's 108th anniversary.

The global event is being organized by the Rotary Club of Grantham, Lincolnshire, England, which has held an annual swim fundraiser to support local charities since 1990. Participants swim laps in a pool to earn pledged money during the "swimarathons."

Last year, in addition to their local event, the Grantham Rotarians decided to spearhead a worldwide swim the week of Rotary's anniversary, in an effort to set a new world record. Guinness World Records officially recorded 4,546 participants ages 8 to 93 synchronizing their 100-meter swims to the exact same hour across 15 time zones. The effort raised more than US\$100,000 for polio eradication.

This year, the organizers are hoping to create the biggest same-day global swimming event and are inviting clubs to hold swimming fundraisers throughout the day, with proceeds going to PolioPlus and local club-supported charities. Already, more than 180 clubs in 43 countries on six continents have signed up.

Paul Wilson, one of the event's two coordinators, says his most gratifying Rotary moment came last year, watching 14-year-old Moin Junnedi, India's youngest national Paralympian, complete his swim.

"Junnedi suffers from a severe brittle bones condition which has meant he's suffered with over 200 fractures during his young life," says Wilson. "Just a day or two before this swim, he suffered four fractures, but was so determined to take part. It was pure inspiration."

Purple crocuses, polio advocacy

Rotarians in the United Kingdom are also behind another global fundraising effort aimed at marking Rotary's anniversary by elevating the public's awareness of Rotary and raising money for polio eradication. Twenty Rotary districts in Great Britain and Ireland are selling purple fabric crocuses, which can be worn in jacket buttonholes, for an average donation of US\$5.

The crocuses have an End Polio Now label on the stem and are purple to represent the dye used during National Immunization Days to mark the fingers of children who have been immunized. Lynn Mitchell, a past governor of District 1120, thought of the idea, inspired by the Thanks for Life Campaign in 2011, in which Rotarians and volunteers planted hundreds of thousands of real crocuses throughout the United Kingdom. Last year clubs ordered 25,000 of the fabric crocuses as a trial and raised more than \$40,000.

This year, the districts have ordered 150,000 of the crocuses, launched a Facebook page, and used social media such as Twitter (@rotarycrocus) to spread the message. They hope to raise \$250,000 for polio eradication.

Mitchell says Rotary clubs in Canada, Nigeria, and the United States have ordered boxes of the fabric flowers, and inquiries have come from Gibraltar, Guinea, India, Israel, Japan, Romania, and South Africa.

In Canada, Rotarians are inviting parliamentary representatives to Rotary club meetings in the days leading up to the anniversary, to advocate continued support for polio eradication.



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

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
26/02/13	Snake Charmer Restaurant 60 Unley Rd Unley	6 for 6.30pm	Vocational Visit - Snake Charmer Restaurant Partners Event	Nathan White Scribe S Baker	W Andrews	n/a	L England
05/03/13	Public Schools Club	6 for 6.30pm	Local Business Awareness	TBA	L England	G McLeod	S Evans G Ferguson
12/03/13	Sturt Bowling Club	6 for 6.30pm	Annual Bowls Challenge – Mitcham Rotary Partners Event	Scribe S Baker	n/a	n/a	G Ferguson G Hill
19/03/13	Public Schools Club	6 for 6.30pm	Nick Secombe: SA Feral Camel Management Project	TBA	S Evans	R Mullins	G Hill A Jonson

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

26/2/13	PP Don Will (Eastwood)	Rotary in the Maldives
05/3/13	Pres. Pam St Clair (Flagstaff Hill)	The Mungo National Park Expedition
12/3/13	PP Rob McLennan (Adelaide Light)	Latin Fiesta
19/3/13	Pres. Cecilie Christensen (Flinders Rotaract)	Rotaract Activities
26/3/13	Roshni Thattengat (Prospect)	Rotary Against Malaria

Bunnings Mile End Barbeque Dates

ALL the Bunnings Mile End Barbeque dates are the **last Monday** of the month from 8am to 5pm. **NEXT 25 February**
Morning shift 8.30am – 12.30pm Afternoon shift 12.30 – 5pm

Saturday Thrift Shop Roster

February - March 2013

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
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
3	16/03/13	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White

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: lengland@senet.com.au

The Back Page

Love and affection

A couple was Christmas shopping at the mall on Christmas Eve and the mall was packed. As the wife walked through the mall she was surprised to look up and see her husband was nowhere around. She was quite upset because they had a lot to do.

Because she was so worried, she called him on her mobile phone to ask him where he was.

In a calm voice, the husband said, "Honey, you remember the jewellery store we went into about 5 years ago where you fell in love with that diamond necklace that we could not afford and I told you that I would get it for you one day?"

The wife choked up and started to cry and said, "Yes, I remember that jewellery store."

He said, "Well, I'm in the bar right next to it."

A woman goes out shopping with her husband and spots a pair of boots she loves.

The husband says, "No chance love, they're way too expensive."

Later on in bed, the wife is just falling asleep when the husband tries his luck and places his hand on her hip and then lower on to her thigh.

She turns to him and says, "I don't think so mate. If you're not prepared to shoe the horse then you sure as hell ain't riding it!"



He: If I could see you naked, I'd die happy.

She: If I saw you naked, I'd probably die laughing

