



Our Last Meeting

Venue	Public Schools Club
Event	Aireborough Rotary Club Quiz
Chairman	Mavis Martin
Apologies	Briony and Jerry Casburn, Geoff Hill, Bob Mullins, Anne Wehr
Guests	Vera Holt, Nino Malvetti
Anniversaries	Wedding – Linda and Lindsay England 40 th (20/4) Birthday – Glenys Ferguson (5/5)
Departing Rotarians	Lindsay England, Sheila Evans
Attendance	16 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

Sangluaia Peace Fellow Dinner postponed: Because of possible delays in visa approvals, the District has decided to delay the Burmese Peace fellow's visit and Foundation Celebration to August 2013. A date is being negotiated with Sangluaia at the present time and it is expected will be announced in the next few days. I regret any inconvenience caused. The knowledge of his visit has caused some excitement within UNHCR Australia and we may invite their members in SA to join us at the dinner.

Because of the human risk in the region where Sangluaia is currently working, we have agreed for Sangluaia's wife and six month old daughter to accompany him to Adelaide at their expense. A generous donation of \$500 has been received from a Rotarian this week towards the cost of Sangluaia's airfare and a number of clubs are considering support. The District appreciates this generosity to assist the promotion of the Peace Fellow program and the sometimes dangerous but wonderful work that Peace fellows do. Sangluaia's story at the dinner will not only be memorable but unforgettable.



President Stephen

RYLA/RYPEN – Would you like to work with our future community leaders? The District RYLA/RYPEN Committee would like to hear from people who are keen to be involved in the running of RYLA and RYPEN programs in 2014 and beyond. Specifically, the roles we seek to fill are as follows:

- RYPEN Administrator, late April 2014 (date not yet finalised). Responsible for planning and implementing a weekend Seminar in conjunction with the District Committee and the 2013 Administrator. Ideally you will have good planning and teamwork skills, and love working with young people.
- RYLA Administrator, late September, 2014. As above, but for a 6½ day seminar.
- Registrar (from July 1, 2013). Must be comfortable with Excel spreadsheets and/or database. Should be well organised and love working with young people.
- Live-in host parents (one set for RYLA 2014, another for RYPEN 2014). Will appeal to people who have experience in caring for young people, and enjoy working with them.
- Committee Members – starting anytime soon. Must be prepared to get involved in various facets of planning and implementing the program. Unlikely that it would appeal to anyone who does not enjoy working with young people.

If you value the work that Rotary does in providing leadership training to our developing young community leaders, and want to contribute to its ongoing success, please call or email District Committee Chair, Peter Poulton. 0439 805640 or poultonpj@internode.on.net



Community Forum: Blackwood Rotary is holding a Community Forum addressing "Mental Health in Your Workplace", on 1st May 2013 – 7pm for 7.30pm at Blackwood High School Auditorium, 4 Seymour Street, Eden Hills. This is an open meeting of the Rotary Club of Blackwood. Light refreshments will be provided. Bookings are essential. Gold coin donation appreciated. Phone: Jeff Hunter 0433 149 977 or email jpchunter16@bigpond.com. Speakers' topics are:

Professor Malcolm Battersby:	<i>Mental health in your workplace</i>
Professor Cherrie Galletly:	<i>Domestic Mental Health</i>
Dr Tom Paterson:	<i>Recreational Mental Health</i>
Dr John Callary:	<i>Mental Health while you learn</i>

School of St Judes: The Rotary Club of Flagstaff Hill has advised that Kim Saville from the School of St Judes, will be speaking at their meeting on Wednesday, 15th May, 2013. As we are aware that many Rotarians have an interest in supporting the School, they are extending an invitation to join them at 6.30 pm for a 7.00 pm start on that evening at the Flagstaff Community Centre, Coromandel Street (off Black Road), Flagstaff Hill for Dinner and an interesting talk. If interested in attending, please contact President Pam St Claire on pstclaire@adam.com.au or 8322 0444 prior to 7th May so they can make catering arrangements.

District 9520 Conference 2013 Report

President Stephen presented a report on this year's District Conference which was held at the Barossa Arts and Convention Centre at Faith Lutheran College, Tanunda in the Barossa Valley. Attending from Unley Rotary were Briony and DGN Jerry Casburn, IPP Sheila Evans, PP Bob Laws and Glenyss Steedman and Pres. Stephen Westgarth. The theme for the conference was "From Vine to Wine": Everything worthwhile must have a beginning; nothing is achieved until something is begun; and the quality of the outcome depends on the thought, care, commitment and effort that go into producing it.



Conference Venue: Barossa Arts and Convention Centre

Speakers included:

- Conference Host **DG Roy Armstrong**,
- **Barossa Mayor Brian Hurn** who welcomed everyone to the Barossa and opened the conference
- Barons of the Barossa Grand Master **Stephen Henschke** who promised that this year's vintage would be superb
- Southern Cross Care CEO **Andrew Larpent**,
- **Judy Shippe** for Operation Cleft,
- **Mark Martin** Deputy Chair of the Rotary Youth Exchange Committee, and
- Several Rotarians who described their 'Rotary Moments'



Des & Jenny Kelly

Keynote speakers at the conference were:

Des and Jenny Kelly, Rotarians from RC Marion who spoke about their motorbike adventure riding from Ushuaia, the southernmost city in the world in Tierra del Fuego, Chile to Prudhoe Bay on the north coast of Alaska. They told us about the "speed humps" they encountered, the wonders they saw, the kindness, warmth and generosity of the many people they met along the way, and the perils of bureaucracy. Would they do it again? In a heartbeat!



Ashleigh Moore

Ashleigh Moore OAM is a triple cancer survivor (throat, lung and chest) who learned from Lance Armstrong (other sins aside) how to "Live Strong" to survive cancer. Ashleigh is the Chair of Cancer Voices SA, an organisation he established to provide advocacy for cancer sufferers and to campaign for funding for cancer research, particularly into unpopular cancers, such as lung cancer. He is unpaid in this role and so needs support for travel to conferences and events.



Nola Sharp

Nola Sharp is a Past President of Inner Wheel from Wandin in Victoria. She is an enthusiastic and most entertaining advocate for Inner Wheel in which membership is open to women from 18 to gorgeous. Nola demonstrated making the recipe for Inner Wheel Cake which consists of a Rotary bowl to contain the mixture, self-raising flour (obviously), sugar, because Rotarians are so sweet, eggs for hatching new ideas and projects, there's always some nuts and colour which makes no difference to flavor of the cake. Then it's baked in a Rotary oven for all to taste and enjoy.



Terry Daly

Terry Daly is a Past district Governor and the current Chair of Rotary Australia World Community Service. He hails from Queensland. Along with an excellent audio visual presentation on RAWCS projects, Terry made the pointed out that community service is the rent you should pay for the space you occupy on this earth and that RAWCS needs people who can teach how to knit, sew, weave or garden, and needs plumbers, electricians, carpenters and willing hands. He also gave an example of how even small clubs can make a big difference to RAWCS projects; i.e. the Rotary Club of Childers which, with just nine members is underwriting a \$500,000 hospital project in Vietnam.



Stuart Heal

Stuart Heal is a Past Director of Rotary International (Zone 8) and a Past District Governor from Cromwell in New Zealand's South Island. In a talk described as "Winds of Change – Part 2", Stuart reported on recent public perception surveys commissioned by Rotary International which found that there is a huge gap between how we Rotarians see ourselves and how non-Rotarians see us and that Rotary is seen as staid, boring and expensive. He believes that the rate of change in Rotary is too slow and pointed out that Paul Harris said Rotary must always be changing. Stuart feels that RI President Elect Ron Burton has next year's theme back to front; it should be "Engage Lives, Change Rotary".

On membership, Stuart cited the statistics that seven years ago there were 1.2 million Rotarians, today there are 1.2 million Rotarians and over the last seven years 1.2 million Rotarians have been inducted; the rate of churn in membership is simply far too high. To help reduce the churn, Stuart recommended that new Rotarians be involved in service projects asap after joining, new Rotarians should be assigned to leadership roles asap to take advantage of their fresh ideas and enthusiasm, and we should use social media to engage young people.

Stuart pointed to comments by RI General Secretary John Hewko that Rotary's future needs Continuity, building on the gains of the past, and Sustainability, providing the means for doing projects in the future and doing projects that are sustainable long after the initial project has been completed. He recommended that Rotarians follow John Hewko on Twitter @JohnHewko.

Recent Council on Legislation decisions were highlighted including the adoption of Satellite Clubs following successful trials, and allowing participation in rotary activities to count as meeting make-ups.

David Rusk is a Past President of the Blackwood and Brownhill Creek clubs. He reported on the Blue Sky School, Kathmandu Nepal and a new project to build a new school adjacent to an orphanage for 'untouchable' children, also in Kathmandu.



David Rusk

Alan Hannaford, a cattle breeder and horseman from Braidwood in NSW, brought tears of laughter as he described a cattle drive taken by him, his wife Kathy and their two daughters during the drought of the 1980s to graze the long paddock down into northern Victoria to save their herd. Alan related some of the valuable lessons he has learned from life's journey including: Trust your experience, rely on your gut feeling, be decisive, there's no downside to being nice, and being neat and tidy always pays off.



Alan Hannaford

Carole Whitelock, well known ABC radio presenter, told her fascinating story from her beginnings in London through working with British Military Intelligence in Singapore to her long ABC broadcasting career. Carole described how retirement brings freedom to say what you really think (and she did) and how she is now living in "Holidayland". In something of a coup, Sheila Evans convinced Carole to open our upcoming Art Show to raise money for The Rotary Foundation.



Carole Whitelock

Rotary Youth Exchange was on show including the current group of inbound long term exchange students and the current group of short term exchange students from New Zealand and our District 9520 (all sponsored by RC Murray Bridge).

We were introduced to the **Group Study Exchange Team** recently returned from Taiwan and the recently arrived team from Taiwan, who gave us an abridged version of their presentation about Taiwan and their sponsoring district to the recent Group 6 meeting.

Then we were (re)introduced to the **G-Train**; District Governor Elect **Wendy Gaborit** (RC Mobilong) and husband John Jury, DG Nominee our very own **Jerry Casburn** and Briony, and **Dick Wilson** and Liz (RC Stirling) who has been confirmed as DG Nominee "Nominee" (2015-16).

Free afternoons were happily spent touring a number of the many excellent wineries in the Barossa Valley. Evening activities included "Friday Frolics" involving karaoke and other tomfoolery, which most of us avoided, and Saturday night's Conference Dinner at the Wolf Blass Function Centre which had a Great Gatsby theme and was attended by about 400 party animals.

The **next District Conference** will be held at Warrnambool in Victoria from 20th to 23rd March 2014.

A truly excellent conference was greatly enjoyed. Going to next year's conference is highly recommended.



DGN Jerry Casburn & Briony



Visiting GSE Team from Taiwan



Sheila, Stephen, Bob & Glenyiss



At the Great Gatsby Dinner

The Royal Quiz with Aireborough Rotary Club

Mavis Martin announced that the annual quiz with Aireborough comprised 25 questions devised by each club and sent to the other under strict confidentiality provisions. The subject matter comprised Rotary International, Cricket and facts about the other country (i.e. UK for us).

Guest Vera Holt was seconded to act as the Quiz Master.....or is it Mistress? Mavis mentioned that Aireborough had already answered our questions and scored 13/25.

It must be said that their questions were fair to the extent that one of our two tables, headed by the Prez, scored an impressive 16/25..... a winning performance after the disappointment of last year. The other table produced far more impressive, innovative, but often incorrect answers.

President Stephen thanked Mavis for her organization of this fun event.



Quiz mistress Vera

Spots

Wendy Andrews informed members that 10 new aprons had been purchased and displayed a polo shirt suitable for Unley Rotarians. Members liked the colour and about 12 indicated an interest in purchase. Through Angus Kline the cost would be \$40 for the shirt and \$50-\$55 for a pocket and Rotary embroidery. President Stephen suggested that the club could pay for the setting up costs of the embroidery. Ken Haines is to look into a cheaper embroidery option. *Next week members are to inform Wendy of their chest sizes (presumably centimetres) to determine shirt sizes to be ordered.*

Stephen Westgarth asked for and noted driver and cookie-cooking volunteers for the senior citizens concert next Sunday. Briony Casburn would know the actual driver requirements by Friday.

Alex Jonson announced a profit of \$654.87 from the Bunnings BBQ on Monday.

On 11 May, Donations-in-Kind is holding a District wide cleanup day at the Salisbury depot. Alex was looking for at least three volunteers to assist him load a container for East Timor.

Lindsay England said that we needed more than three people to look after the Bunnings BBQ – Ken Daly was cutting onions all day and no-one had time for a break.

Glenyss Steedman has volunteered to look after the Thrift Shop roster but Lindsay would have preferred a member taking on this task. While he is away in China for a month, volunteers have been asked to contact members if any issues arise.

Sheila Evans congratulated President Stephen on his Conference presentation and informed that planning for the Art Exhibition in June was progressing well, particularly with the securing of Carole Whitelock for the opening. Members of the art group would be convening after this meeting.

Stephen Baker reminded us that the Police Officer of the Year award ceremonies would be in three weeks time.

Greg McLeod exhorted members to purchase the Entertainment Books.

Sergeant Bob Laws with the assistance of Vera Holt chose Ken Haines' marble for the unfortunate squares. He skillfully captured all members with his fines – top fine for the night was leveled on Ken for his flash shirt. Bob needs some new joke material if anyone can assist.

President Stephen closed the meeting at 8.42 pm.

Rotary News

May is Australian Rotary Health Month



Rotary Clubs and Districts will this month celebrate the largest national, multi-District project they have embarked on in Australia. Over 210 countries in the world have Rotary organisations and Australia is the only one to have its own health fund, in their own name.

Australian Rotary Health has been funding research into SIDS, Bowel Cancer, Breast Cancer, Motor Neuron Disease, Diabetes and a variety of health areas for over 31 years – expending over \$31 million in the process. In 2000 they directed funds into Mental Health research; as 45% of the Australian population will suffer a mental health difficulty during their lifetime and mental illnesses are now the leading cause of the non-fatal disease burden in our country.

As the financial year comes to an end, we encourage all Rotary Clubs to consider making a donation to the work of Australian Rotary Health. Your funds will be used to help us improve the lives of those least able to assist themselves.

Research Equals Results

Preventing Sudden Infant Death Syndrome – Ian Scott's founding vision accomplished!

One of the first studies to be funded by Australian Rotary Health was led by Professor Terry Dwyer studying cot death. Keeping records of 4,200 babies born in Tasmania between 1988 and 1991, Professor Dwyer's research linked the deaths of 35 of these infants to their sleeping position. Public health authorities now recommend that babies be placed on their backs to sleep – a universal guideline leading to a dramatic reduction in SIDS deaths worldwide.

Reducing Domestic Violence – a Victorian Rotary vision accomplished!

A study led by Professor Thea Brown in 2008 revealed that men's behaviour change groups have a positive effect on reducing instances of domestic violence in Australia. 69% of clients who enrolled in the behaviour change programs stopped all forms of violence and a further 22% reduced the level of violence they inflicted. This was an Australia-first study to assess the relevance of male intervention programs, and a step forward in understanding what drives men towards domestic violence.



Breast Feeding to Maximise Nutrition & Growth – a WA Club's vision accomplished!

Gemma McLeod was funded by the Rotary Club of Thornlie, WA to conduct her PhD study at the University of Western Australia. Human milk is the preferred and recommended feed for infants however its nutrient composition is sometimes insufficient to meet a preterm infant's needs for growth. Postnatal growth failure can cause irreversible and adverse health conditions later in life. Gemma tested the process of commercially fortifying human milk to improve and maximise its nutrition and promote healthy growth for babies.

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2013	May	Fri	3	GSE Team Returning from Taiwan	Norwood Town Hall
		Tues	21	Police Officer of the Year	Rundle Mall and Glenelg Golf Club
	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
07/05/13	Public Schools Club	6 for 6.30pm	Elizabeth Handsley: "Australian Council of Children and the Media"	TBA	R Laws	R Mullins	J Reed J Russell
14/05/13	Public Schools Club	6 for 6.30pm	Club Assembly	S Westgarth Scribe S Baker	G McLeod	R Mullins	J Russell C Schirmer
21/05/13	Rundle Mall Glenelg Golf Club	12 for 12.30pm 7 for 7.30	SA Police Officer of the Year Award	TBA	D Middleton	N/A	C Schirmer A Wehr
28/05/13	Public Schools Club	6 for 6.30pm	Joint Meeting with Rotary Club of Prospect	TBA	R Mills	R Mullins	A Wehr N White

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

Bunnings Mile End Barbeque Dates

ALL the Bunnings Mile End Barbeque dates are the **last Monday** of the month from 8am to 5pm. **NEXT 27 May Morning shift 8.30am – 12.30pm Afternoon shift 12.30 – 5pm**

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



May 2013 Program

7/5/13	Retd Rtn John McMillan	Experience of Rotary in South Africa
14/5/13	PP Trevor McGuirk	Clean water with the Point One Filter
21/5/13	Joanna Giles (Helping Others Grow Foundation)	Greening Nepal with Rotaract – Part 2
28/5/13	Rtn Jock Thornton (Burnside)	Rotary in the Long Term

Saturday Thrift Shop Roster

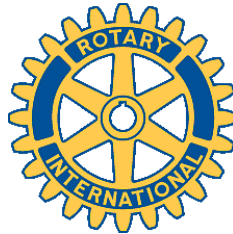
May 2013

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
1	04/05/13	David Middleton & Jerry Casburn	Wendy Andrews (for Bob Laws) & Stephen Westgarth
2	11/05/13	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin
3	18/05/13	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White
4	25/05/13	Bob Laws (for Wendy Andrews) & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	Joan Reed & David Pisoni

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

175th Anniversary of the South Australia Police Force



INVITATION ROTARIANS AND PARTNERS



A SPECIAL AWARDS NIGHT SOUTH AUSTRALIA POLICE OFFICER OF THE YEAR

**HOSTED BY THE ROTARY CLUB OF UNLEY
ON BEHALF OF SOUTH AUSTRALIAN ROTARY CLUBS**

**TUESDAY 21 MAY 2013
7 FOR 7.30PM
GLENELG GOLF CLUB
JAMES MELROSE RD, NOVAR GARDENS**

**SUPERB 3 COURSE MEAL
COST - \$45 pp**

The Back Page

The odd flirtation

A middle-aged couple had two beautiful daughters but always talked about having a son. They decided to try one last time for the son they always wanted. The wife got pregnant and delivered a healthy baby boy. The joyful father rushed to the nursery to see his new son. He was horrified at the ugliest child he had ever seen. He told his wife: 'There's no way I can be the father of this baby. Look at the two beautiful daughters I fathered! Have you been fooling around behind my back?' The wife smiled sweetly and replied: 'No, not this time!'

A man walked into a cafe, went to the bar and ordered a beer.

'Certainly, Sir, that'll be one cent.'

'One Cent?' the man exclaimed. He glanced at the menu and asked: 'How much for a nice juicy steak and a bottle of wine?'

'A nickel,' the barman replied.

'A nickel?' exclaimed the man.

'Where's the guy who owns this place?'

The bartender replied: 'Upstairs, with my wife.'

The man asked: 'What's he doing upstairs with your wife?'

The bartender replied: 'The same thing I'm doing to his business down here.'

A woman was in bed with her lover when she heard her husband opening the front door.

'Hurry,' she said, 'stand in the corner.' She rubbed baby oil all over him and then dusted him with talcum powder.

'Don't move until I tell you,' she said. 'Pretend you're a statue.'

'What's this?' the husband inquired as he entered the room.

'Oh it's a statue,' she replied. 'The Smiths bought one and I liked it so I got one for us, too.'

No more was said, not even when they went to bed. Around 2am the husband got up, went to the kitchen and returned with a sandwich and a beer.

'Here,' he said to the statue, 'have this. I stood like that for two days at the Smiths and nobody offered me a damned thing.'

Jake was dying. His wife sat at the bedside. He looked up and said weakly: 'I have something I must confess.'

'There's no need to,' his wife replied.

'No,' he insisted, 'I want to die in peace. I slept with your sister, your best friend, her best friend, and your mother!'

'I know,' she replied. 'Now just rest and let the poison work.'

