



Our Last Meeting

Venue	Public Schools Club
Event	Professor Elizabeth Handsley
Chairman	Briony Casburn
Apologies	Lindsay England, Sheila Evans, Geoff Hill, Bob Laws, Nino Malvetti, Jim Newall, Nathan White
Guests	Rotarian Alan Bartram (Hyde Park), Vera Holt
Anniversaries	Birthday – Glenys Ferguson (5/5), Geoff Hill (9/5)
Almoner	Anne Newall is in hospital, Nino Malvetti has flu
Attendance	20 members and 3 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

Probus Connections: Last Wednesday I had the pleasure of opening the Probus Districts 9500/9520 Friendship & Information Day at Pasadena. This annual gathering was hosted by the Unley Probus club and serves a similar purpose to our Rotary District Assemblies. Then yesterday I was pleased to represent Unley Rotary at the Unley Probus club's 30th Anniversary meeting at which there was a packed house of Unley Probians, Probians from several other clubs and Unley Mayor Lachlan Clyne. Our Honorary Member Ken Daly was recognised for his more than 22 years of service to the Unley Probus club.

GSE Team Presentation at RC Glenelg - Reminder: For those of you who missed seeing the Taiwanese Group Study Exchange Team at either the recent Group 6 function or the District Conference, the Rotary Club of Glenelg are hosting the Taiwanese GSE Team presentation **tomorrow** Wednesday 8 May at the Glenelg Football Club, Brighton Road, Glenelg. 6.15 for 6.30pm; cost \$20. If you can come and see this energetic group, please ring Glenelg President Connie Hartley on 8294 2210 to secure your seat. It promises to be a good night.

An Invitation for 100 Volunteers to join 10 School Refurbishing Teams in PNG during June to November - Your Opportunity to Volunteer on an International Project: RAWCS is organising ten teams to travel to Keaga Haus (a school) near Bomana (Port Moresby), PNG to refurbish several buildings for the Lasallian Foundation - a De La Salle non-denominational NGO which supports education for the empowerment of youth.

Each Team will consist of ten members and the duration of each team will be two weeks. All teams require one leader who must have led or been a team member previously, and one designated cook. The work is quite suitable for women. Tasks are painting, tiling, repairing guttering and timber work; building & fitting cupboards to a kitchen and bathroom plus cleaning, plumbing & electrical work. We will be training local people working alongside us. 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 change lives.

Travel Dates are (1)10th - 22nd June (2) 22/6 - 6th July (3) 6th- 20th July,(4) 20/7 -3rd Aug (5) 3rd-17th Aug, (6) 17th-31st Aug, (7) 31/8- 14th Sept, (8) 12th- 26th Oct, (9) 26/10 - 2nd Nov, (10) 2nd- 16th November

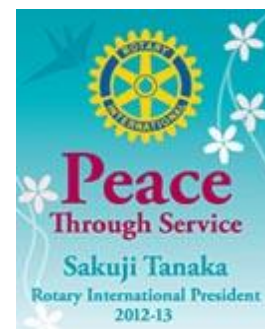
Cost will be approx. \$1,300 per person ex Brisbane all inclusive (food, travel visa, accommodation). Out of pockets extra. Be Passport ready. For more details contact PDG Terry Daley (e) tddaley@bigpond.com.

RSVP Expressions of Interest by May 14th latest and a RAWCS Application form will be sent for completion. This is a registered RAWCS NR Project No 11/2013-14.

Joint District Working Bee at Donations in Kind - 11 May 2013: Governors of Rotary Districts 9500 and 9520 have endorsed a joint district working bee at the RAWCS Donations in Kind (DIK) facility at Edinburgh on Saturday, 11 May 2013. DGs Marie Dorrington and Roy Armstrong encourage Rotarians and friends from all clubs in the two districts to attend this working bee. This event nominally starts at 9:30am and finishes 3:30pm.



President Stephen



As well as providing constructive help to the DIK programme, these working bees provide Rotarians and friends the opportunity for having fun while working together on a common cause and good fellowship during associated BBQ lunches on the site. We wish to expand on this type of engagement to all Rotarians in the two districts with the opportunity to meet and work alongside other Rotarians who you may not otherwise collaborate with. Equally it is an opportunity to meet up with old friends from other clubs as well as learn about other RAWCS programmes. Our DGs will be there to provide a BBQ lunch for all.

A similar joint district working bee was held several years ago which was very successful, both in the constructive work achieved and the enjoyment of Rotarians. Your support is keenly sought. Please contact Alex Jonson or DIK Chairman, Dave Cockshell for further details and/or map of how to get there (ph: 0401 995 996; david.cockshell@sa.gov.au).

Ride to Conquer Cancer: Just recently Nick Shipp signed up to do The Ride to Conquer Cancer, a two-day, 200km cycling event that raises funds for cancer research and treatment. Money raised from this event will help the Flinders Medical Centre Foundation support the vital work of the researchers and clinicians based in the Flinders Centre for Innovation in Cancer (FCIC). The FCIC is a world leading cancer centre focused on the science of cancer prevention, improved patient care and survivorship research. He will be raising funds and training hard so he can make a huge impact in the fight to conquer cancer.

Why is Nick doing this? It was about 4 years ago that his father, PDG Peter Shipp, was diagnosed with a rare and difficult-to-treat leiomyosarcoma, and almost 3 years since his cancer took him from us. Nick is doing this ride not only for his father, but for all of those who treated him, and made life for him comfortable and happy when treatment was no longer an option. The funds raised from this event will put us closer to finding better treatments or hopefully even a cure for this disease which will affect us all in some form during our lives.

But Nick is not doing this alone! He has enlisted the help of his work colleague Richard Henderson who has never ridden a bike this sort of distance before. They will be training together and Nick has promised he will ride every kilometre with him. Big or small, you can donate to this worthy cause and follow Ride to Conquer Cancer for updates on preparations for this event at http://ad13.conquercancer.org.au/site/TR/Events/Adelaide2013?px=1289885&pg=personal&fr_id=1150.

Barossa Conference – How to download your pictures from the conference: Jan Vade and Jenny Kelly took more than 400 pictures at the conference. These are now available for download from the District Picasa Album at: <https://picasaweb.google.com/RotaryDistrict9520/> The pictures are in two folders – Conference and the Friday Capers.

You are free to download any of the pictures to your computer and print them yourself. It is free. Just follow the menus on the screen – under “Actions” there is a section for download. The resolution is reasonable for the web-based pictures; however, if you want a high resolution picture for printing, please, contact Jan Vade jan.vade@internode.on.net. You will need to identify the pictures on the website as above and then email Jan with your order and your payment. There will be a cost associated with mailing, prints etc. -- 6 x 8” (15 x 21cm) prints are available at the cost of \$2 each – this will include postage, package etc.). Any profit after the cost is deducted will be donated to the Rotary Foundation.

Guest Speaker - Professor Elizabeth Handsley: “The Australian Council of Children and the Media”

Chairman Briony Casburn, using her ventriloquist talents, introduced Elizabeth who is a Professor of Law at Flinders University. Elizabeth came to Adelaide in 1966 to take up the position of Senior Lecturer in Media Law. Since that time she has furthered her career, is raising two children and is President of the ACCM.

ACCM has been operating from Adelaide for 50 years. It believes in ‘better choices, stronger voices’ for children. The main areas of concern for children across all media and digital formats include:

- Portrayal of violence
- ‘Scary stuff’
- Commercialisation of kids
- Food advertising
- Sexualisation of kids
- Age appropriate TV classification and programming
- Available on-line services
- Consumer protection
- Cyber bullying and inappropriate social networking
- Media overuse

Hyper-sexualisation and adultification of children is growing. Sex is becoming a central influence through role model stratification, image obsession, gender stereotyping and consumerism. Kids are being forced to grow up too fast. They lose their latency period and an open childhood.

In relation to food, there is confusion on how to best guide children’s eating habits and whether there should be greater controls on junk food advertising.



Briony, Elizabeth, the Rotary pen and bad photography ...time to replace the editor

Real life and 'heroic' violence are proven to have more negative behavioural impacts than for example violent cartoons. Prolonged exposure to violence on TV and video games contributes to a desensitization to violence and increases aggressive behavior. ACCM had had recent success with reclassification of video games.

ACCM prepares submissions on all of the above areas for consideration by relevant authorities. It issues press releases on issues as they arise. It undertakes research, both local and international, and disseminates information. It conducts parent and professional seminars. A prevailing challenge is the lack of clear oversight responsibility. Rules and regulations, penalties and sanctions are messy. There is little or no monitoring.

ACCM can be assisted with donations, word of mouth, and support for their seminars.

Elizabeth was warmly thanked for her presentation.

Spots

Jerry Casburn asked for further assistance for the Detmold BBQ on 17 May – the early shift (5-7.30am) is filled, but the midday (11am-2pm) and evening (6-8pm) shifts need more volunteers.....several members responded.

Wendy Andrews confirmed that the new polo shirts would cost \$50 or \$35 (with or without pocket) and a list was being circulated for members to specify sizes and pocket preference.

Alex Jonson asked for more assistance next Saturday to load the East Timor container and assist with the DIK cleanup.

Joan Reed called for volunteers to distribute the Community Links newsletter in the local area.

Briony Casburn thanked those that had helped with the successful Senior Citizens concert last Sunday, and advised that the club would be assisting with afternoon tea at the same venue on 5 November. In relation to Operation Cleft (being managed by Judy Shipp), our club had contributed sufficient resources for 16 children to have cleft operations.

Stephen Baker mentioned the two POOTY award ceremonies on May 21 and advised that an attendance sheet was being circulated for the dinner.

Bob Mullins needs a replacement for his May 17 shift at the Thrift Shop.

Sergeant Bob Mullins with the assistance of Elizabeth Handsley, chose guest Alan Bartram's marble for the infernal squares....but because of his earlier departure...then chose Jerry Casburn who did the honourable thing by donating his ill-gotten gains. Bob's two more interesting fines were for failure to buy Mum flowers for Mother's Day and for inadequacy in completing the Naplan test.

President Stephen announced that there would be 15 minutes devoted to Thrift Shop Occupational Health and Safety (mainly Fire Drill) after next week's meeting for those who had been unable to attend the previous briefing. He then closed the meeting at 8.11 pm.

Rotary News

May is Australian Rotary Health Month ... Continuing the story

Current Projects

Bridging the Gap through Indigenous Health Scholarships - Supporting Indigenous Australians to obtain qualifications in the fields of health and medicine is one way of helping to close the gap between the health of Indigenous and non-Indigenous Australians. Indigenous Health Scholarships assist students with their day-to-day expenses and help to ease family and financial pressures.



Gari Watson is a 4th year dental student at James Cook University, Qld.

"I want to work with Indigenous Australians because there are next to no Indigenous dentists and oral health professionals. There's a need for more culturally appropriate services and I want to see better communication."



Ashley Jayne Skilleter, 2011-13 Ian Scott PhD Scholar - UNSW

Ashley has been using a relatively new brain stimulation technique called 'transcranial Direct Current Stimulation (tDCS)' to reduce auditory hallucinations, impairments in cognition and negative symptoms in patients with Schizophrenia - all of which are non-responsive to existing antipsychotic medication treatments.



Dr Christopher Lee, 2011-13 Mental Health Researcher - Murdoch University, WA

Borderline Personality Disorder (BPD) is a chronic condition affecting between one and two percent of the population. A treatment specifically developed for BPD, Schema Therapy, has been found to be more effective than existing treatments. This study is part of a large scale international study to investigate the efficacy of the treatment programme across six countries and five languages.



Professor Jeanette Milgrom, 2011-13 Mental Health Researcher – University of Melbourne. Around 30,000 women annually experience Post Natal Depression (PND) and the majority of women (50-70%) do not accept help. Professor Jeanette Milgrom has been examining the efficacy of a brief motivational interviewing intervention delivered in the context of a routine postnatal screen to improve the uptake of treatment when women experience PND. Motivational Interviewing has shown enormous success in other fields of healthcare.



District 9830 is helping **Sarron Randall-Demillo** at the University of Tasmania to find the cause of Bowel Disease and its links to Bowel Cancer.



The Rotary Club of Liverpool West and District 9690, NSW co-fund a Scholarship for **Rayan Saleh Moussa** at the University of Sydney to test new treatments for melanoma.



The Rotary Club of Strathmore, Victoria uses funds for **Anna Devlin's** research at Deakin University where she investigates the driving behaviour of older drivers with cognitive impairment and looks at how families can help these drivers on the road.

Addressing rural staff shortages through Rural Nursing and Medical Scholarships - These Scholarships provide incentives and support for nurses and doctors in-training to undertake a year-long placement in a rural hospital. Nurses and doctors who study rurally are more likely to stay working rurally when they graduate.

Our Focus is Mental Health Research – Australian Rotary Health funds a number of mental health research projects through Post-Doctoral Fellowships, Research Companion PhD Scholarships, Mental Health Research Grants and Ian Scott PhD Scholarships.

Partnering Rotarians and Research through Funding Partner PhD Scholarships – A large portion of our expenditure goes towards this program. Many Rotary Districts, Clubs and Individual Rotarians are able to fund a particular area of health research through these Scholarships.

Events happening in Australian Rotary Health Month

Wednesday 1st – Friday 3rd May: The Australian Rotary Health Symposium - International House, ANU, Canberra
This year's title is 'Prevention of Mental Disorders Across the Lifespan: Setting New Directions for Research'. The Symposium will see 25 researchers, 5 policy makers and 3 funders come together for presentations and discussions on Mental Health during five phases of life: prenatal and early childhood, childhood (5-12 years), adolescence, adulthood and old age. The Symposium will end with sessions on putting prevention into practice and discuss how Rotary Clubs might be engaged in preventing mental disorders.

Sunday 12th May (Mothers Day): Risky Distance - Point Danger to Mount Warning, QLD
Darryl Hill, a 26-year-old from Mooloolaba, Qld has organised to run a 'Risky Distance' marathon raising money for Australian Rotary Health. He will run from Point Danger to the top of Mount Warning, which is 51km.

Saturday 18th - Sunday 19th May: Banish the Black Dog Ride - Townsville to Ayr, QLD
The initiative of District 9550 and the Rotary Club of Townsville Central where proceeds will support Australian Rotary Health. Participants will ride from Townsville to the Ayr Showground, camping outside with light entertainment in the evening. In the morning they return to Townsville via the base of Mount Elliot which is approximately 260km round trip.

Sunday 19th May: The Parra-Amble - Parramatta, NSW
The Parra-Amble is part treasure hunt, part 'Amazing Race'. Teams get a list of clues and a map to find Checkpoints around Parramatta, and then they must complete a Checkpoint Challenges to get points. It's a fun event for EVERYONE raising money for mental health research through Australian Rotary Health. Visit www.parra-amble.com to register or volunteer.

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2013	May	Tues	21	Police Officer of the Year	Glenelg Golf Club
	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. **NEXT 27 May Morning shift 8.30am – 12.30pm Afternoon shift 12.30 – 5pm**

Proposed Board & Committees for 2013-14

by President Elect Greg McLeod

BOARD

President	Greg McLeod
Past President	Stephen Westgarth (Rotary Foundation)
President-Elect	Joan Reed (Fundraising)
Vice President	Wendy Andrews (Club Administration)
Secretary	Mavis Martin
Treasurer	Heather Kilsby
International	Alex Jonson
Vocational & Youth	Nathan White
Community	Briony Casburn
Membership	Stephen Baker

COMMITTEES

International Service	Alex Jonson (Chair) Chandra Sluggett Reno Elms John Russell
Vocational & Youth Service	Nathan White (Chair) Bob Mullins Colin Schirmer David Payne
Community Service	Briony Casburn (Chair) Ken Daly Nino Malvetti Geoff Hill Bob Mills
Membership	Stephen Baker (Chair) Jim Newall David Middleton Heather Kilsby

SUB-COMMITTEES

Reporting to **Club Administration**

Sergeant	Ken Haines Bob Mills Alex Jonson
Fundraising & Fellowship	Joan Reed Jerry Casburn Reno Elms Jim Newall Colin Schirmer
Thrift Shop	Lindsay England Anne Wehr Glenys Ferguson Ken Haines Briony Casburn Bob Laws Glenys Steedman
TS Volunteers Roster:	
Attendance & Club Property	Bob Mullins David Payne Lindsay England
Catering	Stephen Westgarth
Bulletin	Stephen Baker Stephen Westgarth
Program	Nathan White David Middleton Geoff Hill
Public Relations	Sheila Evans Janet Singh Mavis Martin
Risk Management	Janet Singh Rohan Singh Sheila Evans
Website	Stephen Westgarth
Almoner	John Russell
Club Historian	Bob Mills
Legal Officer	Nathan White
Rotary Foundation	Stephen Westgarth Chandra Sluggett

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
14/05/13	Public Schools Club	6 for 6.30pm	Club Assembly	S Westgarth Scribe S Baker	G McLeod	J Reed aka K Haines	J Russell C Schirmer
21/05/13	Rundle Mall (at the silver balls near DJs)	12 for 12.30pm	SA Police Officer of the Year Award	D Middleton Scribe S Baker		N/A	C Schirmer
	Glenelg Golf Club	7 for 7.30	POOTY dinner		R Mills		A Wehr
28/05/13	Public Schools Club	6 for 6.30pm	Speaker TBA Joint Meeting with Prospect Rotary	TBA	J Newall	R Mullins	A Wehr W Andrews

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



May 2013 Program

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

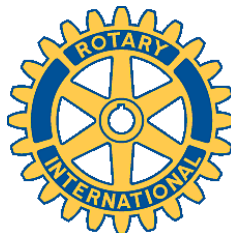
May - June 2013

Week No.	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
3	18/05/13	Glenys Ferguson & Joan Reed	Neesha Nandasena & Nathan White
4	25/05/13	Wendy Andrews (for Bob Laws) & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	Joan Reed & David Pisoni
1	01/06/13	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth
2	08/06/13	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: lengland@senet.com.au

175th Anniversary of the South Australia Police Force



INVITATION TO 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 - \$45pp

The Back Page

They call me John



THE CHIEF

The Navy Chief noticed a new seaman and barked at him, "Get over here! What's your name sailor?"

"John," the new seaman replied.

"Look, I don't know what kind of bleeding-heart pansy crap they're teaching sailors in boot camp these days, but I don't call anyone by his first name," the chief scowled. "It breeds familiarity, and that leads to a breakdown in authority.

I refer to my sailors by their last names only: Smith, Jones, Baker, whatever. And you are to refer to me as 'Chief'. Do I make myself clear?"

"Aye, Aye Chief!"

"Now that we've got that straight, what's your last name?"

The seaman sighed. "Darling. My name is John Darling, Chief."

"Okay, John, here's what I want you to do"

