



Our Last Meeting

Venue	Public Schools Club
Event	Andrew Reilly
Chairman	Mavis Martin
Apologies	Sheila Evans, Colin Schirmer, Heather Kilsby
Guests	Haytham Raslam
Visiting Rotarians	Judy Cleggert (RC Adelaide South)
Attendance	18 members, 1 honorary member, 32 guests

Rotary Club of Unley Inc.

District 9520 - Chartered 17 April 1935

President: Greg McLeod: 8271 8409
or 0417 811 838

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

Vice President Wendy's Greetings

Vice President Wendy stood in for an absent interstate President Greg and welcomed members to this meeting of the Rotary Club of Unley.

VP Wendy welcomed Haytham Raslam whose friendly and ever helpful service we warmly remember from our time at Tiffins on the Park (or was it Triffids, Stephen B?).

Also welcomed was Judy Cleggert visiting from the Rotary Club of Adelaide South.



Vice President Wendy

Guest Speaker - Andrew Reilly: "Youth Opportunities"

Chairman for the evening Mavis Martin introduced speaker Andrew Reilly, Chief Executive Officer of Youth Opportunities Association (SA) Inc. She gave a brief outline of his professional career embracing economics, project management, strategic planning and marketing, both in Australia and the Asia Pacific Region.

Youth Opportunities exists for 15 year olds in lower socio-economic areas. Its aim is to enable them to complete their schooling and Year 12; also to embrace them prior to their early adult life. 25% people between the ages of 16 and 24 suffer from anxiety disorders. Approximately 1000 students participate each year.

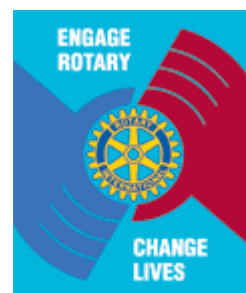
The Youth Opportunities Personal Leadership Program provides tools for students to develop their own strategies for confidence, communication, problem solving, goal setting, getting and staying motivated, developing positive relationships, self-esteem and resilience. The program is conducted 1 day weekly over 10 weeks. Each group has 18 students and 2 trainers. The format is workshop style and 1 on 1 counseling. At the completion of the program, student evaluations are indicating the progress students consider they have made in areas such as self-esteem, confidence, attitudes, school and other key areas of the program content. In recognition of their work and achievements, a graduation ceremony is held at the end of each program. Students make personal affirmations and goals in front of their families, community members and school staff.

Outcomes of the program indicate 97% of graduates are still positively engaged in school, or further studies, 2 years after program completion, display improved communication and social skills, report improved relationships with families, friends and teachers, decrease in bullying and harassment and have higher hopes for the future. Teachers say that without the program many students would not complete Year 12 and 87% of parents agree that the program is essential for high school students.

Youth Opportunities exists in 20 schools; the northern, western and southern suburbs, Willunga, Strathalbyn, the Riverland, Port Augusta, Whyalla, Cummins and Tumby Bay.

Youth Opportunities has no core government funding. Schools contribute one third of the cost of each program. There is extensive business and community support and networking with donations, fund raising and grants making up the remainder of necessary income.

Andrew concluded with the question – Why is Youth Opportunities a charity to support? The outcomes speak for themselves! The program is SA focused and collectively we are investing in SA's future. The community is getting a return of \$8 for every \$1 invested.



Following several answers to questions Andrew was presented with a Rotary pen for signing the numerous letters that cross his desk daily!

Spots

Joan Reed asked for someone to cover her Thrift Shop roster this Saturday. Wendy Andrews offered to fill-in for her.

Hat Day is approaching and this would be a good time to get work colleagues involved and donate money raised to the Rotary Health Foundation. More next week.

Jerry Casburn sought help from the club requesting support for BBQs over the next few months, this is in addition to our normal scheduled sessions at **Bunnings**. Please check your diaries and let him know if you can help with the following:

- **Trinity Sessions; Sunday September 15th (5.30pm to 8pm)**

These are a series of folk concerts held in the Trinity church on Goodwood Road. Periodically they run a concert in aid of charity, this one is in support of Lifeline. Our profits will be donated to Lifeline also.

Jerry needs about five people to cook, serve, clear up and take money. The interval is from 6.45pm to 7.30pm, so there will be one rush. No drinks, they deal with these themselves.

- **Detmold Insights Friday 20th September (5am to 8pm – separate shifts)**

We run three separate sessions. Breakfast for night staff, start setup and cooking at 5am, service at 6am, finish by 8am. Lunch for day staff, start cooking and setup at 11am, serve at 12pm and finish at around 2pm. Evening session, start cooking and setup at 5pm, service at 6pm, finish at 8pm, includes clearing up. We serve muffin, bacon and eggs for breakfast, plus orange juice and this time tea and coffee. Sausage sizzle at lunch and dinner plus soft drinks and tea/coffee. There is no money taking but it is full on, particularly at lunchtime.

Ideally we need about five people at each session. Detmold are great to work with and we are remunerated well for our time.

Jerry would be grateful to hear from anyone has access to urns to boil up water.

Briony Casburn advised the club that there may be an opportunity to help an elderly lady in Lourdes Nursing home to take her out once a month. Wendy and Stephen Baker were going to check to see if there were volunteers at the home!!

Briony is starting to put a few ideas forward regarding the accommodation needed for next year's District Conference in Warrnambool. We all agreed it would be nice to stay together in one motel and decided to book ASAP. The second choice was good value and just another five minutes walking distance, which no-one was worried about.

Mavis Martin advised that we will be "Skype-ing" the Aireborough Rotary club after next week's meeting. All welcome. They have asked will our Directors please give a summary of their projects for the year and vice versa. Also, cricket enthusiasts you may wish to share some light hearted cricket banter with them. If you are a Director and will not be there please will you get a committee member to do this for you?

The Rotary Down Under magazine's August edition has an interesting letter from PDG Euan Miller, District 9520 which I commend to your reading.

Wendy Andrews reminded members about ordering club polo shirts and had samples available for members to check their sizes (especially the men).

Bob Laws asking for cover for his shifts in the Thrift Shop on 28th Sept (kindly taken by Briony Casburn) and the 5th of October.

Nathan White sought assistance in interviewing contenders for the RYLA and RYPEN.

Also, there would be a meeting of the Vocational New Generations committee following tonight's meeting.

Sergeants Session

Sergeant Alex Jonson ably kept order tonight. Bob Laws won the square (again??!!), and there were many happy, sad and "Did you Know" fines paid.

The meeting closed at 8:06 pm.

Rotary News

Rotarian action group helps countries grow indigenous crops

By Diana Schoberg and Katie Hills – The Rotarian – 6 Aug 2013

Australian Bruce French has been eating locally for 35 years– long before it became a culinary trend. Now he's working with Rotary members to help countries struggling with food security do the same. French founded the not-for-profit Food Plants International, which maintains a database of 25,000 edible plants that includes descriptions, lists of countries and climates where they grow, photos and drawings, and cooking methods.

"There are thousands of nutritious plants, but people don't have any information about them," says Buz Green, an agriculturalist and member of the Rotary Club of Devonport North in Australia. "We're trying to bridge some of the gaps." Green launched the Learn Grow project with French in 2007 to help people in developing countries grow local food that suits their nutritional needs.

The project receives support from the Devonport North club and Rotary District 9830. Early last year, the RI Board recognized the Food Plant Solutions Rotarian Action Group, whose 195 members are helping support Learn Grow efforts.

Past RI Director John Thorne chairs the group. "Rotarian teams in developing countries inevitably identify hunger, malnutrition, and food security as critical issues," Green explains. "They tend to look to Western solutions to address food production issues."

The problem, he says, is that Western crops don't have the right nutritional profile for people in the developing world, whose diets often have little variety. Indigenous crops can allow them to eat more nutritiously and are already adapted to local pests, diseases, and climatic conditions.

"Virtually every woman in the tropical world is anemic," French adds. "We go there with cabbages and make the situation 10 times worse."

In 2010 Learn Grow launched a pilot project in the Solomon Islands, producing a compendium of local edible plants, field guides for growers, and a book on crops for schools and community groups. Local organizations provide support and distribute information while a qualified agriculturist serves as a technical support specialist. The project team has received inquiries from 20 developing countries; another effort is underway in North Korea where a Canadian Rotary member will serve as the specialist.

The principles of eating locally are gaining momentum in the Western world, French says. "My children and lots of other people thought I was eccentric for 35 years. Now I've become fairly trendy in my old age."



Bruce French at a market in the Solomon Islands, where Learn Grow launched a local foods project.

Couple venture outside comfort zone to bring aid

By Stephen Yafa – The Rotarian – 6 Aug 2013

Seated in a circle of men, women, and children at the base of a sprawling fig tree in the remote Ugandan village of Oduworo, Rotary members Steve and Vicky Wallace ask the villagers about their needs. At least a thousand people have come together at this "meeting tree," and agree that everyone wants clean water, better food, medical care, and vocational training, especially for the young.

The journey that led Steve and Vicky to Oduworo began with a polio immunization trip to northern Nigeria in 2005. The Wallaces—members of the Rotary Club of Lake Elsinore, California, and Rotary Foundation Major Donors—had rarely traveled outside the United States, but the experience would change their lives. "We were not ready for it in any way," Vicky recalls. "Polio sufferers crawling in the dirt, children digging through garbage for something to eat." When they returned to their sunny California suburb, they stayed home for four days and revised their plans for the future.

Two years later, the district's multiyear project committee asked the Wallaces to get the district involved in an international service effort. There was a single stipulation: They had to choose a village that had never received any outside help. After seeing five other potential project sites in four countries, the couple traveled to Oduworo, where the need was great.

The villagers were sick, malnourished, and so lethargic, Vicky says, "They just sat there all day with their heads in their hands." Malaria was rampant. The villagers existed on scraps of food and drank from a contaminated water supply. The nearest potable water source was two miles away on foot. They had no farming tools and no livestock. The village still had not recovered from devastating raids of the past decades, after which anyone who knew how to raise crops either had been killed or had run off. The Wallaces learned that the survivors of Oduworo called their home "the forgotten village."

Tapping into local knowledge: "Vicky and I were determined to respect and to help preserve the culture of people wherever we went, and to not rush to impose solutions," says Steve. "Our first goal for Oduworo was a fresh water supply, but the elders had to decide on it, not us. In time, I offered a proposal: If they'd dig 10 latrines, we'd provide two boreholes for new wells. The elders met for half a day, then came back and announced, 'We accept your deal.'"

So began Oduworo's transformation. With support from Mark Howison, 2007-08 governor of District 5330, the Wallaces helped start a Rotary Community Corps in the village, which has advised the Rotary members on local needs. Clubs in the district have raised about \$23,000 for projects in the village. A portion has gone toward agricultural training; villagers have learned how to use farm tools and 40 people enrolled in an organic farming class last year. "When we arrived in Oduworo," Steve recalls, "they were digging seed furrows with sticks and twigs."

Throughout the process, the Rotary Club of Kampala-West has provided critical support. Club members have worked with District 5330 to obtain Rotary Foundation grants for water and sanitation projects, including one to repair nine broken borehole wells and to provide vocational training to villagers so they could construct water tanks.

The Wallaces return to Oduworo every year. In 2009 when they arrived with Howison and his wife, Barbara, and Rotary members Gerry and Paula Porter, over 1,500 people turned out to greet them. A party erupted. An elder told the Wallaces that he had never expected to see a celebration in his village. And he had something to say about the numerous villager projects under way: "You didn't bring us a fish," he told them with a broad smile. "You brought us a fishing line. We thank you."



A young man installs a solar panel on a thatched roof, which when connected to solar lights inside the hut, will extend the villagers' day by three to four hours.

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2013	Sep	Friday	20	Detmold BBQ	Detmold Group, Brompton
	Oct	Tuesday	15	Quiz with RC Brownhill Creek	Public Schools Club

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Plaque Board	Sergeant	Attendance Desk
17/9/13	Public Schools Club	6 for 6.30pm	William Russell – Billy Teen Support Network	V Holt	K Haines	One of 3	J Russell C Schirmer
24/9/13	Public Schools Club	6 for 6.30pm	Amanda Muir – Novita Services for Youth	M Martin	G Hill	One of 3	C Schirmer C Sluggett
01/10/13	Public Schools Club	6 for 6.30pm	Adrian Vorbach – Australian Investors Assn	D Middleton	V Holt	One of 3	C Sluggett P Trimmer
08/10/13	Public Schools Club	6 for 6.30pm	TBA	TBA	A Jonson	One of 3	P Trimmer A Wehr

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

Saturday Thrift Shop Roster

September-October 2013

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
2	14/09/13	Greg McLeod & Stephen Baker	Wendy Andrews (sub for Joan Reed) & Mavis Martin
3	21/09/13	Glenys Ferguson & Wendy Andrews	Neesha Nandasena & Nathan White
4	28/09/13	Briony Casburn (sub for Bob Laws) & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	S Westgarth & David Pisoni
1	05/10/13	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth

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

Bunnings Mile End Barbeque Dates

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

NEXT DATE: 30 September 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



September 2013 Program

17/9/13	Rtn Akhtar Rahman (Burnside)	A Musical Psychologist
24/9/13	Pres Catherine Macleod (Adelaide Uni Rotaract)	A New Rotaract Club

October 2013 Program

01/10/13	Pres. Rob Eley (Gawler Light)	A Motor Cycle Expo
08/10/13	Pres. Judy Shipp (Holdfast Bay)	The Helping Hands Project
15/10/13	PP Don Law (Yankalilla)	The Yankalilla Car Cruise
22/10/13	PP David Admason (Elizabeth)	The Science Experience
29/10/13	PP Dale Manson (Mobilong)	District 9520 conference 2014

The Back Page

For Lexophiles (Lovers of Words):

1. A bicycle can't stand up alone; it is two tired.
2. A will is a dead giveaway.
3. A backward poet writes inverse.
4. In a democracy it's your vote that counts; in feudalism, it's your Count that votes.
5. A chicken crossing the road: Poultry in motion.
6. If you don't pay your exorcist you can get repossessed.
7. With her marriage she got a new name and a dress.
8. Local Area Network in Australia: The LAN down under.
9. A lot of money is tainted: 'Taint yours, and 'taint mine.
10. A boiled egg is hard to beat.
11. He had a photographic memory which was never developed.
12. A plateau is a high form of flattery.
13. There was the short fortune teller who escaped from prison: A small medium at large.
14. When you've seen one shopping centre you've seen a mall.
15. If you jump off a Paris bridge, you are in Seine.
16. When she saw her first strands of grey hair, she thought she'd dye.
17. Bakers trade bread recipes on a knead to know basis.
18. Santa's helpers are subordinate clauses.
19. Acupuncture: A jab well done.
20. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
21. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
22. No matter how much you push the envelope, it'll still be stationery.
23. A dog gave birth to puppies near the road and was cited for littering.
24. Two silk worms had a race. They ended up in a tie.
25. Someone made a hole in the nudist camp wall. The police are looking into it.
26. Atheism is a non-prophet organisation.
27. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here, I'll go on a head.'
28. I wondered why the cricket ball kept getting bigger. Then it hit me.
29. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
30. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
31. Don't join dangerous cults: Practice safe sects.

