

unley rotary



THE UNLEY ROTARIAN: Meeting 3881 – 22 October 2013

Website: unley.rotaryclub.org.au

Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Mandy Tanna (Resthaven)
Chairman	Wendy Andrews
Apologies	Reno Elms, Ken Haines, Bob Laws, Nino Malvetti, David Middleton, Bob Mills, Joan Reed, Pam Trimmer, Anne Wehr and Nathan White
Attendance	18 members and 1 guest

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

President Greg's Announcements

The Annual Quiz against Brownhill Creek last week saw the club lose by 'a small margin', but otherwise a great success.

The anniversary of Rotary's End Polio Now will be on Thursday. We are thankful for the assistance provided by the Bill Gates Foundation. Breakouts continue to prevail in Afghanistan, Pakistan, Nigeria and Somalia.

New management of the Public Schools Club had expressed a strong desire to have Unley Rotary continue to meet here.

Bob Laws had sent a postcard from Istanbul....which was circulated.

Mavis Martin had sent a card to the family of Carol Bristow (Police Officer of the Year 2011) who is ill with cancer.

Our AGM will be on December 3 and Christmas dinner on December 10.

The Board will be meeting on Thursday evening next at the Casburns



President Greg

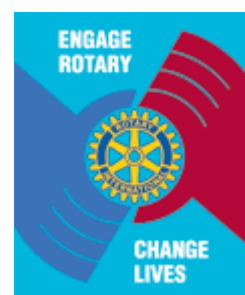
Guest Speaker - Mandy Tanna 'Aged Care Alternatives'

Wendy Andrews introduced Mandy who is the Coordinator of Resthaven's Aged Care Alternatives Office. Mandy was born near Birmingham UK and in her adult working life specialised in management information systems. Her last job before migrating to Australia to join her sister in Adelaide was as IT adviser for community colleges. In 2010 she joined Resthaven's ACA office.

Governments, for financial and other sound reasons, place emphasis on keeping people in their own homes rather than becoming institutionalised. Resthaven has established an office with many volunteers to assist people make sound decisions on their living arrangements. It is often as simple as older people needing help with gardening and maintenance. Resthaven ran a survey over 3 years to gain a sound understanding of people's needs and motivations when experiencing deterioration in physical and mental well-being. The task of the volunteers at the office is to listen to needs and issues, and provide guidance.

A quarter of enquiries come from people wanting help with everyday tasks such as showering, banking and shopping. An aged care assessment (ACAP) must be undertaken before home services can be provided. There are also many with short term needs when for example being released from hospital. Often a few hours of assistance per week can be vital in keeping people in their own homes.

Residential aged care consultations can be quite complex. A major concern is the provision of a bond for hostel accommodation, and the financial implications for the person and family. Many people are unaware that the decisions on eligibility for hostel (low) or nursing (high) home care are made in Canberra....not in the nursing homes. Some families employ a consultant to help them to understand all the options and to assist with the assessment. There is a vast amount of helpful information on government and other websites. Centrelink has a unit devoted to providing professional financial advice.



Consumer Directed Care (home help) tailors assistance to need. There are for example many carers who need respite because they are being worn down by relatives with dementia. Alarms and alerts are commonly required. Affordability of home help is often an issue. Downsizing is one of the prime options if the major issue is inability to maintain a large property. When opting to live in a retirement village, there should be a clear understanding of the financial risks.

Mandy was thanked by acclamation.

Spots

Jerry Casburn announced that the team for the Bunnings BBQ on Monday was complete. He reminded members of the visit to Calperum which will include 2 Rotaractors – he would be happy to have more members attend (a great experience!).

Briony Casburn announced that:

- The Caring Choir will be performing at the Fullarton Park Centre tomorrow afternoon.
- The next senior citizens afternoon entertainment is scheduled for Sunday week (same time as Calperum visit) – BC will check on the support needed from Unley
- Linen from the Thrift Shop had been given to *Rufus* to assist with accommodation at a women's shelter

Stephen Baker informed members of the OSSAA film afternoon (screening *The Butler*) at 5.30pm next Sundaycost of \$20. The Program Committee for the 2015 District Conference is meeting after this meeting.

Alex Jonson showed the certificate he had received for the club's donation of two shelter boxes last Rotary year; it will be displayed in Thrift Shop.

Mavis Martin urged members to open and read the meeting program she had sent.

Heather Kilsby is visiting the auditor with the books on Thursday.

Sergeant Alex Jonson cajoled Guest Speaker Mandy to draw out Heather Kilsby's number for the infernal squares. He auctioned the \$15 dinner vouchers provide by BarZaar, which were purchased by Mavis. Members of the worst performing tables at the Quiz challenge were rightly fined. Happy fines were abundant. The Prez told a story of how an idiot had thrown his mobile phone through his firm's office window last Thursday.

The meeting closed at 8.19pm.

Rotary International News

Rotarian Action Group helps countries grow indigenous crops

By Diana Schoberg and Katie Hills, August 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



Wendy, Mandy & the pen



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

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."

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2013	Dec	Sunday	15	Carols at the Rotunda	Unley Road

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman & Scribe	Set up & Welcome	Sergeant	Attendance Desk
29 Oct 13	PSC	6 for 6.30pm	Dr. Elaine Saunders: Why I Chose Hearing	M Martin	D Middleton	K Haines	N White W Andrews
5 Nov 13	PSC	6 for 6.30pm	Nambawa Bullyyaba: Hope Foundation	V Holt	R Mills	K Haines	W Andrews S Baker
12 Nov 13	PSC	6 for 6.30pm	Stephen Westgarth The Rotary Foundation	P Trimmer	R Mullins	K Haines	S Baker B Casburn

Venue: PSC = Public Schools Club

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

October - November 2013

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
4	26 Oct 13	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	S Westgarth & David Pisoni
1	2 Nov 13	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth
2	9 Nov 13	Greg McLeod & Stephen Baker	Joan Reed & Mavis Martin
3	16 Nov 13	Glenys Ferguson & Wendy Andrews	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

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: 28 October 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



October – November 2013 Program

29 Oct 13	PP Dale Manson (Mobilong)	District 9520 Conference 2014
5 Nov 13	PP Jeff Cluse (Prospect)	The Premier's Service Club Awards
12 Nov 13	PP Val Kirk (Walkerville)	Child Slavery
19 Nov 13	Pres Frank O'Neill (Adelaide)	90 Years of Rotary
26 Nov 13	RI President 2013/14 Ron D Burton (Norman, Oklahoma)	Voice of Rotary Broadcast No.1000

The Back Page

Ralph

A farmer has about 500 hens, but no rooster, and he needs chicks.

So, he goes down the road to the next farmer and asks if he has a rooster that he would sell.

The other farmer says, "Yep, I've got this great rooster, named Ralph. He'll service every chicken you got, no problem."

Well, Ralph the rooster costs \$3,000, a lot of money, but the farmer decides he'd be worth it. So, he buys Ralph.

The farmer takes Ralph home and sets him down in the barnyard, but first he gave the rooster a pep talk. "I want you to pace yourself now. You've got a lot of chickens to service here, and you cost me a lot of money. Consequently, I'll need you to do a good job. So, take your time and have some fun," the farmer said, with a chuckle.

Ralph seems to understand, so the farmer points toward the hen house and Ralph takes off like a shot.

WHAM! Ralph nails every hen in the hen house - three or four times, and the farmer is really shocked.

After that, the farmer hears a commotion in the duck pen and, sure enough, Ralph is in there.

Later, the farmer sees Ralph after a flock of geese down by the lake.

Once again - WHAM! He gets all the geese. By sunset he sees Ralph out in the fields chasing quail and pheasants.

The farmer is distraught and worried that his expensive rooster won't even last 24 hours.

Sure enough, the farmer goes to bed and wakes up the next morning to find Ralph on his back out in the middle of the yard, mouth open, tongue hanging out and both feet sticking straight up in the air. Buzzards are circling overhead.

The farmer, saddened by the loss of such a colourful and expensive animal, shakes his head and says, "Oh, Ralph, I told you to pace yourself. I tried to get you to slow down, now look what you've done to yourself."

Ralph opens one eye, nods toward the buzzards circling in the sky and says, "Shhhh! They're getting closer."

Yesterday

I was chatting to this girl in the beer tent over the weekend and telling her of my uncanny ability to be able to tell the day any woman was born by holding their breasts in my hands.

She thought I was having her on but was curious none the less. Eventually curiosity got the better of her and she said, "Go on then, give it a go!" I stood there feeling her breasts for about a minute before she could contain herself no longer and asked, "So, go on, when was I born then?"

I replied, "Yesterday."

