



Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Janet Weir
Chairman	Ken Haines
Apologies	DG Jerry & Briony Casburn, Graham & Patsy Beckett, John Russell, David Middleton, Sheila Evans, Marlene Small
Guests	Hiroyuki Yamamoto
Returning Rotarians	John Russell
Attendance	18 members, 2 guests

Rotary Club of Unley Inc.

District 9520 - Chartered 17 April 1935

President: Joan Reed: 8379 8470
or 0411 714 499

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 Joan's Announcements

Group 6 Christmas Breakfast will be held at 7am on Wednesday 10 December at the Royal Coach Motel.

District 9520 AGM: Copies of the minutes of the meeting were provided to members.

Christmas Hamper cards with requests for donations are still available. Date when needed to be announced.

Board Meeting: This Thursday at 7pm at President Joan's home.



President Joan

Guest Speaker - Janet Weir: Stroke Foundation

Speaker Janet Weir from Stroke Foundation was introduced by Chairman Ken Haines.

What is a stroke?

People don't understand and think it is a heart attack. Young people quite often have strokes, even unborn babies. A stroke happens in the head due to a blood clot or a bleed which causes oxygen to be restricted to the brain, causing that part to die. It only takes 12 minutes for brain tissue to die, so treatment is needed as quickly as possible. TIA are also very prevalent. That is a small clot which does not do as much damage, but it is a strong warning.

Janet's daughter suffered from migraine headaches and one day had a turn at work and was advised to have a brain scan which confirmed a piece of her brain had died. It followed that she had a hole in the heart which filters clots to the lungs and through to the brain.



Chairman Ken Haines with Janet Weir

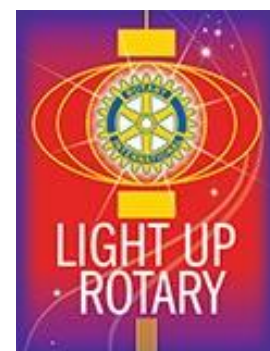
Each part of the brain controls a part of the body, therefore any part of the body can be impacted by stroke. A stroke can impact mobility, daily activity, relationships and family, emotional and psychological wellbeing.

Impairment of short term memory can be a result of a stroke – don't remember what just happened.

It is the 2nd biggest killer after heart attack. One in six will have a stroke. Someone has a stroke every 10 minutes, kills more women than breast cancer and more men than prostate cancer.

What can be done: More money needed; many are preventable; lower blood pressure; avoid tobacco; reduce blood cholesterol; control diabetes; maintain weight; make healthy food choices; be physically active every day; limit alcohol intake; control irregular heartbeat; send children to school with fresh food for lunch and don't binge drink. Change lifestyle to prevent stroke.

What are signs? **F A S T**



If face has changed – RING 000

Have they dropped a cup or glass – RING 000

Is speech is slurred or can't be understood – RING 000

Acting quickly is vitally important; the timeline for a chance of recovery – 2 ½- 3 ½ hours.

Remember: **F A S T** = **F**ace **A**rms **S**peech and **T**ime

To support the National Stroke Foundation, call the Strokeline 1800 787 653 or 1800STROKE.

Ken Haines thanked Janet for a very comprehensive presentation and presented her a Rotary pen in appreciation.

Spots and Sergeant's Session

Liz Christie reported that on Monday Alex Liz Chandra and Briony packed 40 boxes of uniforms which will be later sized and sent to East Timor.

Ken Haines reminded everyone of BBQ at Bunnings next Monday and asked for volunteers.

He also reported that landlord of Thrift Shop was agreeable to helping with the cost of air conditioner and electrics. Still discussing rent.

Sergeant Bob Mills coordinated the drawing of Wendy Andrews' unlucky squares marble, again. John Russell was welcomed back from London. Mavis celebrated her induction in 2003 and Stephen Westgarth his induction in 1995, Ken Haines, Linda England and Joan Reed had Birthdays. Colin Schirmer was reminded of an upcoming anniversary on 24th October. Liz Christie reported her irrigation had blown up which sounded like a Meth Lab.; Stephen W. said he was surprised she knew what a Meth Lab sounded like. John Russell visited the British Museum in Russell Street and was disappointed that he was not duly recognized.

President Joan closed the Meeting at 8.29 p.m.

Rotary International News

Creating works of art helps refugee children repair their lives

By Daniela Garcia - Rotary News -- 17 Oct 2014

When asked to describe his future, a refugee child from Iraq draws a picture of himself as a doctor. Another child uses colorful paints to depict happy memories of his former life in Iraq. Both children are among the 200,000 displaced Iraqis who now live in Jordan, a country that has become a safe haven for those fleeing oppression and war in neighboring Palestine, Syria, and Iraq.

Alexandra Dawley, a former volunteer with the Collateral Repair Project in Jordan, emphasizes how something as simple as an art project can help young refugees adjust to their new lives in a foreign country. With the support of Rotary clubs across Vancouver Island in British Columbia, Canada, and the help of teenage refugee volunteers in Jordan, Dawley implemented a children's' art program to give refugee children a creative outlet for their dreams and ambitions.

Dawley cites as her inspiration the 10 life skills deemed essential by UNICEF and WHO for those coping with forced displacement. Those skills include problem solving, creative thinking, effective communication, empathy, and the ability to cope with emotions and stress.

Dawley, a Rotary global grant scholar from Nanaimo, Vancouver Island, recently received a master's degree in social development from the University of Sussex in Brighton, England. Her three months of volunteer work in Amman, Jordan, in 2014 counted toward her graduate research.

Dawley says the art program not only helped kids be kids but it also enabled the teenagers who helped her implement the classes, giving them the chance to develop and practice their leadership skills. "These teenagers genuinely care about their community, and developed important mentorship roles with children who need it," she says.

The teens also helped brighten up the community center in Jordan where the Collateral Repair Project hosts community-building activities and educational programs for refugees. As part of the art program, Dawley organized a mural project for the teens, who painted a wall at the center in vibrant colors.

"Due to the generous Rotarian donations, I was able to leave a wealth of supplies for the teens to use as they continue running the art program," she says. "The mural on the side of the center was a source of stress relief and a source of pride for the teens who designed it and the children who volunteered with us as we painted it."

Founded in 2006, the Collateral Repair Project is a nonprofit organization that helps refugees create a sense of community in Jordan. It runs an emergency assistance program to ensure that basic nutrition and housing needs are met, and through the community center, offers a variety of programs and learning opportunities including computer courses, English classes, and a women's craft co-op.

"The Collateral Repair Project is working hard to overcome sectarian tensions, building community ... and promoting life skills that can help children and youth cope with the challenges they face," Dawley says.



Alexandra Dawley (second from right) with teen volunteers in front of the mural they painted on the community center. The supplies for the mural and other art projects were funded by Rotary clubs in Vancouver Island, British Columbia, Canada.

Dawley traces her interest in helping refugees to her time as a Rotary Youth Exchange student in Budapest, Hungary. While there, she volunteered at a local orphanage, using art and drama to connect with children. She also helped to lead an English class for American Corner, a nonprofit organization that promotes the development of English-language skills. "The [Youth Exchange] program sparked my interest in global issues and shifted my life trajectory," she says.

Having completed her studies in England, Dawley is back in Canada, planning to work with refugees and recent immigrants while continuing to raise awareness and support for the Collateral Repair Project. She hopes someday to return to the Middle East and pursue a doctorate in forced migration studies. And ultimately, she wants to help formulate policies to support holistic development programs that expand the capabilities of refugees, rather than leave them reliant on government aid.

Our Upcoming Meetings

Date	Venue	Time	Occasion	Chairman	Set up & Welcome	Sergeant	Attendance Desk
28 Oct 14	PSC	6 for 6.30pm	Committees	J Reed	S Westgarth	K Haines	A Jonson H Kilsby
4 Nov 14	TBA						

Venue: PSC = Public Schools Club, 270 East Terrace, Adelaide

Apologies To: Wendy Andrews by **e-mail** to unley.attendance@rotaryclub.org.au or in an emergency on 8377 7830

Meeting Chair Enquiries To: Secretary Mavis Martin 81780076 0408 399 834 or email to unley.secretary@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 2014

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
4	25 Oct 14	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	Stephen Westgarth & David Pisoni
1	1 Nov 14	David Middleton & Lalita Lopez	Bob Laws & Stephen Westgarth
2	8 Nov 14	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin
3	15 Nov 14	Glenys Ferguson & Joan Reed	Nathan White & Mavis Martin

Rotarians, who are unable to attend as rostered, please arrange a swap or as a very last resort contact:

Ken Haines 83325138; (M) 0417 896 261; e-mail: kj.haines@bigpond.com

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: Monday 27 October

Morning shift: 8.30am – 12.30pm

Afternoon shift: 12.30 – 5pm

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2014	Dec	Sun	14	Carols in the Rotunda	Unley Rotunda
2015	Apr	Thu-Sun	16-19	District 9520 Conference	Ballarat, Victoria
	Jun	Sat-Tue	6-9	Rotary International Convention	Sao Paulo, Brazil

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 Program

28 Oct	PP Rodger Thomas (Hyde Park)	The Rotary Club of Bandung
4 Nov	Rtn Mike Galea (Strathalbyn)	The Great Strathalbyn Duck Race
11 Nov	Rtn Ron Rogers (Regency Park)	The Club's Annual Swap Meet
18 Nov	Rtn Wade Bekesi (Port Adelaide)	The Golf Day Fundraiser
25 Nov	PP Kevin Roberts (Rtd)	A Long Term Experience in Rotary

The Back Page

The Bagpiper

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together.

When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

A Collection of Zen Teachings to help Rotarians

1. Sex is like air. It's not that important unless you aren't getting any.
 2. No one is listening until you pass wind.
 3. Always remember you're unique. Just like everyone else.
 4. Never test the depth of the water with both feet.
 5. If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.
 6. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
 7. If at first you don't succeed, skydiving is not for you.
 8. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
 9. If you lend someone \$50 and never see that person again, it was probably well worth it.
 10. If you tell the truth, you don't have to remember anything.
 11. Some days you are the dog, some days you are the tree.
 12. Good judgment comes from bad experience ... And most of that comes from bad judgment.
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