



Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Sue Sheppard
Chairman	Mavis Martin
Apologies	Sheila Evans, Heather Kilsby
Attendance	22 members 1 guest

President Joan's Announcements

Sheila Evans collapsed last Wednesday and is in the Renal Unit at the RAH recovering after dialysis.

Promoting Rotary's youth programs to school principals will be at a breakfast at the Royal Coach Motel next Wednesday 11 March – members welcome.

Unley's 80th birthday celebrations, which the President is hosting, will be held in Ballarat on Friday 17 April – a brief history lesson from Bob Mills on this occasion would be good.

Almoner: Former Rotarian Don Douglas (who was with the club from 1970 – 1986) died on 20 February, and Vic Poke died last year. Rotarian Peter Grove-Jones from RC Brownhill Creek died earlier this week.

Ken Haines will be looking after the increasing number of BBQs, and Lindsay England will be chairing the Thrift Shop Committee.

Board meeting will be held after this meeting to look at an 80th birthday project, namely the provision of shade and seating at Fraser Park.

Weekly Herald contains the up-to-date picture of D9520 events – please check it.

Last week's bowling competition result in losing to Mitcham was disappointing but played (and lost) in the best of spirit.....what more can be said!

Guest Speaker: Sue Sheppard - Lifestyle Changes

Chairman Mavis Martin introduced Sue who runs a business called Beyond Potential which aims to improve the physical and mental well-being of its clients. Sue comes from a sporting family and has been an elite runner who triumphed in the Stawell Gift, and many other events. After leaving school she studied and was employed by an IT firm, maintained her passion for running and took up other pursuits such as boundary umpiring.

In June 2000 she looked in the mirror and noticed her mouth was drooping and her right eye would not close – the diagnosis was Bell's Palsy, which affects a cranial facial nerve. For most people, the virus remains dormant, but not for Sue. This came as huge shock given her level of fitness and sound eating habits. Sue explained how this affliction caused her to become anti-social, avoiding family, friends, and camera shots. Her speech was slurred and simple tasks like eating ice-cream became difficult.

She then dedicated herself to rebuilding her lost life, and was helped by "Sports Minds" written by Jeffrey Hodges and yoga. Through sheer determination she got back on track and won 6 races in a year including a personal best over 400 metres. In 2008, she left her IT job and took a personal trainer course at The Australian Institute of Fitness. The key to success is a holistic approach which encompasses mind, body, spirit and emotion. What she discovered was that it is beneficial to release anger in a safe way, get more sleep, eat sensibly (stay away from crash diets), exercise as your body dictates and meditate. She now only runs twice a week, visits the gym twice, and goes to the beach for yoga and relaxation. As a personal trainer she uses these successful ingredients to achieve lifestyle changes for her clients, and stresses the importance of each individual setting goals and values. Her next workshop is on 28 March. A book "Complete Health" containing contributions from 12 trainers was presented to the club.

Sue was thanked by acclamation and presented with the fabulous Rotary pen.

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

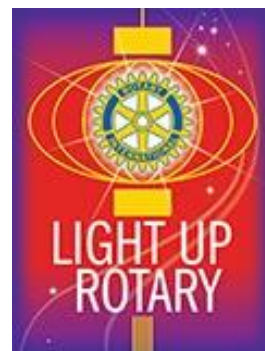
Email: unley.secretary@rotaryclub.org.au

Meetings: Tuesdays at 6.00 for 6.30pm

Venue: Public Schools Club
207 East Terrace, Adelaide



President Joan



Spots and Sergeant's Session

Wendy Andrews announced that Sally Charlton will be with us next week for the assembling of 10 hand prosthetics. For practical reasons, only a few visitors are to be invited.

David Middleton extolled the virtues of the Conference and thanked members for their support. Arrival on Wednesday night would enable the Thursday commitments of bag preparation, function ushering and registration to work smoothly. A Conference-sponsored dinner would be held on Sunday night after packing up.

Geoff Hill asked the club to look at ways to specially thank the two hardest working Thrift Shop volunteers, Margaret Bosisto and Sandy Dundon.

Mavis Martin reported on her visit to Sheila, whose medicine is being reviewed to identify the cause of renal failure.

Ken Haines alerted members to the Bunnings BBQs on March 30 and April 11, and Flossie's Fair on May 3.

Lindsay England thanked members who helped with the Thrift Shop changes – a TS meeting will follow this one.

Sergeant Ken Haines managed to snare Glenys Ferguson's marble for the appalling squares....but there was no money in the box. There were a number of happy fines, including for the removal of Graham's (toilet brush) moustache and Joan's subtle criticism of the Frome Rd bike track. Equal top scorers were Stephen W who explained that Susan had put up with him for 40 years and the grannies....Mavis for her second great grandson and Wendy reporting the birth of Heather's first grand-daughter (Lois....as in Lane).

President Joan closed the meeting at 7.57pm with the words.....*We are never too old to change.....*tongue firmly planted in cheek.

Rotary International News

Event at Indian racetrack nets \$350,000 for service projects

By Arnold R. Grahl - Rotary News -- 20 Feb 2015

Rotary members in India selected a popular racecourse in Mumbai to promote Rotary to the tens of thousands of racing aficionados who gather there daily, raising more than \$350,000 for club service projects in the process.

And between races, spectators at the Mahalaxmi Race Course were also treated to the Rotary members' attempt at a Guinness World Record as 650 members, 75 of them dressed in white and 575 in black, formed the shape of a horse -- with the Rotary wheel as its eye -- on the lawn of the members' area.

District leaders in western India chose the Mahalaxmi Race Course for their Race for Humanity event because it draws people from all segments of Indian society. They reached out to Gulam A. Vahanvaty, a member of the Rotary Club of Bombay who also is a member of a track committee, to facilitate a deal that enabled Rotary clubs to name seven of the eight races run on 23 November after their respective service projects.

Leading up to race day, each club had raised at least \$50,000 for the projects, which support literacy, children's health, and education, among other causes. Betting on the races was left up to the Rotary members but was not promoted as part of the event.

More than 6,000 Rotary members attended the Race for Humanity event, and club leaders distributed 1,500 membership kits to race goers. In addition, Rotary colors and flags lined the paths to the complex, banners hung in every available location, and a five-minute Rotary public service video was shown throughout the event as well as on video feeds to other racing sites throughout the country.

"This was a spectacular event for Rotary in terms of fellowship, bringing together Rotarians and their families in one grand open-air venue," says Vahanvaty. "Rotary's work was showcased across the racecourse through banners and audiovisuals. We also obtained immense public relations through newspapers, radio, and TV covering the event."

Adds Ajay Gupta, governor of District 3140, "It was a delight to be with so many Rotary members and sing our national anthem and unfurl both our nation's flag and the Rotary flag." District 3140 spearheaded the event along with the Rotary Club of Bombay.

The day at the racecourse also included a fashion show, an art camp, a play area for kids, a DJ, and an organized cleanup activity inspired by a nationwide campaign to clean up India's infrastructure.

"Truly, this has to be one of the most significant events that I have had the opportunity to witness in my 42 years in Rotary," says past Rotary Foundation Trustee Ashok Mahajan. "The event not only helped raise funds for Rotary, strengthen district fellowship, and reinforce Rotary goodwill but it also highlighted Rotary's reach and network in society."



The Race for Humanity held at the Mahalaxmi Race Course in Mumbai.

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set up & Welcome	Sergeant	Attendance Desk
10 Mar 15	PSC	6 for 6.30pm	A special night with invitees Assembling of Helping Hands	W Andrews	H Kilsby	K Haines	N White S Baker
17 Mar 15	PSC	6 for 6.30pm	Annual Debate with RC Hyde Park	S Baker	R Laws	K Haines	W Andrews G Beckett
24 Mar 15	PSC	6 for 6.30pm	Julia Birthing Kits	V Bonython	G McLeod	K Haines	G Beckett P Beckett

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

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2015	Apr	Thu-Sun	16-19	District 9520 Conference	Ballarat, Victoria
	Jun	Sat-Tue	6-9	Rotary International Convention	Sao Paulo, Brazil

Saturday Thrift Shop Roster

March 2015

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
1	7 Mar 15	David Middleton & Lalita Lopez	Bob Laws & Stephen Westgarth
2	14 Mar 15	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin
3	21 Mar 15	Glenys Ferguson, Joan Reed	Nathan White, Neesha Nandasena & Hiro Yamamoto
4	28 Mar 15	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & Reno Elms	Stephen Westgarth & David Pisoni

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 30 March (and a special extra on Saturday 11 April)

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

March 2015 Program

10 Mar	DG John Campbell (Adelaide Light)	The D9500 District Conference
17 Mar	Chandra Sluggett (Unley)	Vocational Training Team Project
24 Mar	DI Sandy Morey (SAPOL)	Measures to Counter Terrorism
31 Mar	Hon Rtn David Squirrell (Hallett Cove)	The Challenge of Visual Impairment



The Back Page

Begorrah!

Two priests decided to go to Hawaii on vacation. They were determined to make this a real vacation by not wearing anything that would identify them as clergy. As soon as the plane landed they headed for a store and bought some really outrageous shorts, shirts, sandals, sunglasses, etc.

The next morning they went to the beach dressed in their 'tourist' garb. They were sitting on beach chairs, enjoying a drink, the sunshine and the scenery when a 'drop dead gorgeous' topless blonde came walking straight towards themThey couldn't help but stare.

As the blonde passed them she smiled and said 'Good Morning, Father ~ Good Morning, Father,' nodding and addressing each of them individually, then she passed on by.

They were both stunned. How in the world did she know they were priests?

So the next day, they went back to the store and bought even more outrageous outfits.

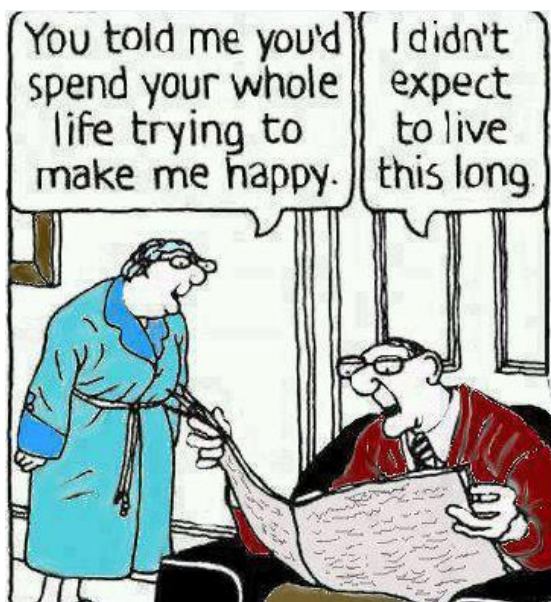
Once again, in their new attire, they settled down in their chairs to enjoy the sunshine. After a little while, the same gorgeous topless blonde came walking toward them. Again she nodded at each of them and said, 'Good morning, Father ~ Good morning, Father,' and started to walk away.

One of the priests couldn't stand it any longer and said, 'Just a minute, young lady.'

'Yes, Father?'

'We **are** priests and proud of it, but I have to know, how in the world did you know we are priests, dressed as we are?'

She replied, 'Father, it's me, Sister Kathleen.....'



Remember
in 2014-15
to:

