



Our Last Meeting

Venue	Public Schools Club
Event	Debate with RC Hyde Park
Chairman	Stephen Baker
Guests	Barbara Russell, Robin Genders; <u>Hyde Park Rotarians</u> : President Andrew Sullivan, Bernie Boxer, Gerry Greenway, Peter Griffiths, Robert Handley, Sandy Matz, Colleen Ragghiarti, Gordon Wilkinson
Apologies	President Joan Reed, Graham & Patsy Beckett, Briony Casburn, Liz Christie, Sheila Evans, Bob Laws, Bob Mills, Marlene Small
Returning Rotarian	Heather Kilsby
Attendance	18 members 10 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

Announcements

Stephen Baker who chaired the meeting in the absence of Joan Reed reported that Sheila Evans was slowly recovering from her ordeal.

Andrew Sullivan, President of Hyde Park Rotary opened his meeting No.1646 and introduced the members of his club.

The Great Debate - Unley V Hyde Park

Debate Topic: *'That the mediocre coverage of women's sport is because men hog the television, radio and newspapers'.*



The colourful Hyde Park team of Gordon, Sandy and Peter

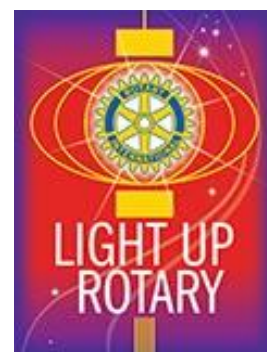
Chairman Stephen Baker introduced adjudicator Robin Genders and outlined the debating rules. The affirmative side comprised the outstanding Unley talents of Wendy Andrews, Valerie Bonython and Pam Trimmer. Hyde Park's team, fully equipped for battle in opposition to the motion, comprised Gordon Wilkinson, Sandy Matz and Peter Griffiths.

Wendy opened with a powerful display of batting, hitting sixes on issues of male

domination of TV ownership and reporting.....and male selfishness in the home. Valerie continued the good form with reference to radio and newspapers, and Pam was in devastating form with both bat and ball. The minnows from Hyde Park rallied bravely but often exposed their wickets by supporting the affirmative side of the argument.



President Joan



Wendy on lead



The trophy deservedly stays with Unley



Ned Kelly deservedly stays with Hyde Park



And the gladiators - Pam, Valerie, Wendy, adjudicator Robin, Gordon, Sandy, Peter

Our esteemed adjudicator awarded the debate to Unley by a narrow margin.....the editor thought it was more like the South Africa–Sri Lanka quarter final result. Congratulations to both teams for their research and effort in what was a most enjoyable struggle by two 'devoted enemies' (Adjudicator's words).

President Andrew Sullivan of Hyde Park presented the debating trophy to Stephen Baker who modestly accepted it on behalf of the Club and our outstanding winning team. He was less modest when he presented the runner's up Ned Kelly trophy (maybe reminiscent of a guy who got shot full of holes) to President Andrew who accepted it on behalf of the losing team.

Spots and Sergeant's Session

Alex Jonson presented a Shelter Box certificate to PE Stephen Baker.

Stephen Westgarth reported that his trip to Ballarat over the previous 3 days on conference business was very successful; update emails would shortly be sent to club members with organisational responsibilities.

Sandy Matz from Hyde Park asked Unley to support its dance and quiz night to be held at the Unley Primary School Activity Function Hall on Friday 2 May.

Sergeant Ken Haines brilliantly organised Stephen B's marble to be drawn for the excellent squares.....the most deserving recipient for a long while. Stephen W expressed satisfaction for the productivity of the Ballarat trip, and that David Middleton did not accompany Jerry and he over there; David M was equally thankful he did not go. Heather was delighted to report the arrival of her grand-daughter (to break the run of males).

The meeting closed at 8.22pm

NOTE – If members, partners or friends have a little time to spare, and can help Margaret and Sandy in the sorting of Thrift Shop material, it would be much appreciated – please liaise through Lindsay England.



The shelter box certificate



Greg and Bob uplifting at the Thrift Shop

Rotary International News

Monrovia club's Ebola fight not finished

By Ryan Hyland - Rotary News – 9 Mar 2015

After the first cases of Ebola reached Liberia's capital, Monrovia, last June, local Rotary members feared that the city's limited health care system wouldn't be able to contain the highly infectious, often-deadly disease.

Those fears were realized when infections quickly multiplied, underscoring the speed with which Ebola can spread in an urban center. It was the first time the hemorrhagic fever had threatened a major city since it erupted in West Africa last March.

Now, after months of crisis-level response, and with the number of new cases declining, club members are looking to the long term, planning three projects that will have a sustained impact in the Ebola fight in their community.

"We were at the mercy of Ebola," recalls David Frankfort, a member of the Rotary Club of Monrovia and chair of its Ebola committee. "We didn't have enough trained health personnel or proper medical equipment to handle the onset of the epidemic here."

The Monrovia club quickly stepped up efforts to control the spread of the disease in the city. By October, members had donated 220 noncontact infrared thermometers, 10,000 examination gloves, 100 plastic buckets with spouts for hand washing, 120 pairs of rubber boots for health care workers, 80 mattresses, fuel coupons for Ebola response vehicles, and books for students who had to stay at home after the government ordered the closing of all its schools in June.

The 53-member club is also working directly with the Ministry of Health and Social Welfare to enhance local support for Ebola patients, health workers, and support staff. "When this crisis hit, we weren't going to stand by and wait for help to arrive; we created our own emergency action plan," says Frankfort. "We felt a responsibility, as a Rotary club, to show our community that responding to disasters like this is what we are all about."

The Rotaract Club of Monrovia also pitched in, conducting a door-to-door outreach campaign aimed at raising awareness about Ebola prevention and home management. The effort was co-sponsored by the Liberian Nurses Association.

In addition, Frankfort says that dozens of clubs worldwide have assisted Rotary members in Monrovia, including the Rotary Club of Marlow, in Buckinghamshire, England, which raised more than \$113,000 for the effort.

Cases drop, response stays strong

The Ebola epidemic, the worst on record, has claimed more than 3,600 lives in Liberia. In the three worst-hit countries -- Liberia, Sierra Leone, and Guinea, -- the death toll is more than 8,620, according to the World Health Organization. However, the rate of new cases has declined in recent months, prompting the government to end the country's state of emergency in November. But William Martin, senior adviser to Liberia's Health Minister and a member of the Monrovia Rotary club, says more has to be done to end the epidemic.



Members of the Rotaract Club of Monrovia conduct a door-to-door outreach campaign aimed at raising awareness about Ebola prevention.

"Our biggest concern is that this disease doesn't stop at the border. The boundaries of these three countries are poor. People migrate back and forth all the time," says Martin, who serves on the Presidential Advisory Council on Ebola. "Eliminating cases in Liberia isn't enough. We [the government] must continue to prepare for cases."

His club, which is celebrating its 50th anniversary this year, is also ready to continue the fight. "I'm extremely proud of what we've been able to accomplish so far. Every one of our members agreed that this outbreak is something we must take on as a challenge," he says. "But we can't stand down."

The Monrovia club plans to institute three major projects for long-term relief. Members will donate \$80,000 to an orphanage caring for children who lost parents to the disease. They are buying an oxygen machine for the John F. Kennedy Medical Center, one of Liberia's largest and oldest medical facilities, which lacks proper equipment for Ebola patients. Martin says the machine will be crucial to the hospital's treatment of infected patients. The third initiative is to provide scholarships for people to study health and social work subjects.

Ebola's impact on Liberia was magnified by its deadly reach into the health care system. More than 300 medical workers contracted the disease, and 178 of them died from it. This was a significant blow in a country whose population of 4.4 million was served by only one doctor for every 100,000 people before the outbreak started, according to WHO. That compares with WHO's recommendation of at least one doctor for every 600 people.

As the club's efforts transition from emergency response to long-term relief, members will focus on filling gaps the government can't address, Frankfort says.

"There is going to be a strong focus on community outreach and awareness," he says. "It's crucial that people are educated on Ebola, because taking even a small step back can be disastrous for this country."

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set up & Welcome	Sergeant	Attendance Desk
24 Mar 15	PSC	6 for 6.30pm	Julia Weaver Birthing Kits & <i>Unley's Young Professional Group</i>	V Bonython	G McLeod	K Haines	L Christie R Elms
31 Mar 15	PSC	6 for 6.30pm	Club Assembly	J Reed	D Middleton	K Haines	R Elms L England

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 Paolo, Brazil

Saturday Thrift Shop Roster

March – April 2015

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
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
1	4 Apr 15	David Middleton & Lalita Lopez	Bob Laws & Stephen Westgarth
2	11 Apr 15	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:

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

24 Mar	DI Sandy Morey (SAPOL)	Measures to Counter Terrorism
31 Mar	Hon Rtn David Squirrell (Hallett Cove)	The Challenge of Visual Impairment

On the Back Page

Sound advice

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart only good for so many beats, and that's it... Don't waste on exercise.. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. My philosophy is: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for your figure, explain whale to me..

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

Remember Grasshopper:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Coffee in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!" Master Chen

