



Our Last Meeting

Venue	Public Schools Club
Guest Speaker	Colin Eves
Chairman	David Middleton
Apologies	Stephen Westgarth, Liz Christie, Mavis Martin Stephen Baker and someone else (for the life of me I can't remember – sorry!)
Guests	None
Returning Rotarians	None
Attendance	Three tables of members and no 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

Joan announced they took \$376 at the thrift shop on Saturday and received lots of positive comments about the shop.

She reminded members that entertainment books are available at the Thrift Shop in the secret cave and they should stop by and buy one or two.

Money will be collected for the changeover night next week. \$45 per head.

Guest Speaker – Colin Eves: How to age proof your Life

David Middleton introduced Colin Eves, an expert in natural fitness.

He started by depressing the audience with tales of decline. From age 30 we lose ¼ kg of muscle per year and our brain cells disappear. We get slower, our strength wanes and we get aches and pains. We experience a loss in the quality of life and get frailer. If someone over 65 breaks a hip there's an 80% chance they will never be independent.



Chairman David Middleton with guest speaker Colin Eves

People age because they make poor lifestyle choices, and because they fall for the social norms of what it means to be old. The golden rule is; if you don't use it you will lose it. People who do some muscle training put muscle on. Brain cells are being created all the time if you learn new things.

The solution is to go back to our childhood years and learn how to play again. Learn physical movement and skills. It also helps the brain. We can learn new things and when we stop playing we start losing. He believes in playtime for adults. Firstly individual games that practice and teach balance, co-ordination and reflexes. And also group games.

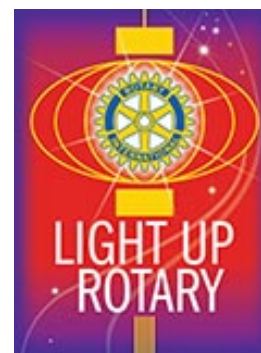
The benefits of play are, a better brain, building of cognitive reserves, better moods, a positive outlook, becoming physically active, building a zest for life, being more youthful and visibly younger.

Colin had the members stand and juggle pens. He had us stand on one leg with our eyes closed and our arms outstretched. All good fun and when we finally looked around we'd become an Apex Club.

David Middleton celebrated by tossing a pen to Colin as a gift. Colin caught it well and the audience applauded vigorously.



President Joan Reed



Spots

Patsy Becket had three spots (this time we were pre-warned)

1. Final numbers for the Taillem Bend Music Hall are needed. She will book the pub for Noon and the show starts at 2.00pm. Come along, it will be a bit of fun.
2. Partners are welcome on Bastille Day 14th July. Special two course meal at the same price but numbers must be known in advance. Come and join in – wear red white and blue – be prepared to hop like a frog.
3. Put 21st July in your diary for a visit to the Food Bank in Edwardstown.

Jerry Casburn presented President Joan with a banner from the Dili club passed to us by the recently departed Vocational Team from East Timor.

Alex Jonson reminded people about the OSSA Fund Raising Lunch.

Closing Moments

Sergeant Ken Haines elicited lots of happy fines. Bob Laws won the money.

Joan created a world record by closing the meeting at 7.53 pm. The crowd murmured in appreciation.

Rotary International News

Alumni Award Winner Helps Others Overcome Mental Illness

By Dan Nixon – Rotary News – 8 June 2015

Dr. Geetha Jayaram has dedicated her life to helping people in her native India and the United States overcome the torment of severe depression, bipolar disorder, panic attacks, and other mental illnesses. She is a psychiatrist and associate professor at the Johns Hopkins School of Medicine and the Armstrong Institute for Patient Safety and Quality. Her work expanding access to mental health services is much needed.

Depression affects at least 350 million people and is the leading cause of disability worldwide, according to the World Health Organization.

"In India, there is no mental health care available to people in rural areas," says Jayaram. "In southern India, for young women in particular, suicide is a huge issue."

In 1997, a year after joining the Rotary Club of Columbia, Maryland, USA, Jayaram founded the Maanasi Clinic in Mugalur, Karnataka, India, "as a way of giving back to the country of my origin," she says. The clinic, whose name means "sound mind," provides mental health services to indigent women in the region. Over the years, she has been deeply involved in the clinic's development, supplying it with medications, training health care staff and caseworkers, and raising funds. The clinic has also become a gateway to primary care, affording patients access to comprehensive health services.

In 2004-05 Jayaram taught psychiatry at St. John's Medical College in Bangalore and at the clinic through a Rotary Grant for University Teachers.



Dr. Geetha Jayaram (far left) with Rotary members and staff at the Maanasi Clinic in Mugalur, Karnataka, India. Jayaram founded the clinic, which provides a range of mental health services.

The Rotary Foundation Trustees have chosen to recognize Jayaram with the 2014-15 Rotary Foundation Global Alumni Service to Humanity Award. She was honored at the [Rotary International Convention](#) in São Paulo.

The clinic, which operates in partnership with St. John's Medical College, has received funding from the Columbia club and Rotary grants. It has become sustainable through the efforts of the Rotary Club of Bangalore Midtown, which provides administration and oversight. Jayaram's husband, Past District Governor Jayaram Kumar, has helped the clinic acquire a jeep and two mopeds to transport health care practitioners and caseworkers to patients.

Geetha Jayaram believes the clinic can be replicated in other countries to serve people with

mental illness. She has helped produce teaching videos about the clinic for the World Health Organization's website and Medibiz TV, a health care channel that broadcasts in 130 countries.

Jayaram's connection with Rotary began when she joined Rotaract at age 19. Her father, a philanthropist and Rotary member, and her mother both set an example of serving others and instilled in Jayaram the belief that, as she puts it, "We have much to give and learn from giving."

Jayaram has also volunteered in National Immunization Days to combat polio in India. And she and her husband were founding members of the [Rotary Club of Howard West](#), Maryland, USA, chartered in November.

"We feel very strongly about global participation [to help others]," she says. "We need to put the word out more about Rotary, because lots of people have no idea what Rotary does."

Rotary month themes

At its October 2014 Meeting, the rotary International Board modified the Rotary International calendar of special observations, to highlight the Areas of focus. The new calendar of monthly themes is:

July	No theme	January	Vocational Service
August	Membership & Extension Month	February	Area of Focus: Peace & Conflict Prevention/ Resolution
September	Area of Focus: Basic Education & Literacy	March	Area of Focus: Water & Sanitation
October	Area of Focus: Economic & Community Development	April	Area of Focus: Maternal & Child Health
November	The Rotary Foundation	May	Youth Service
December	Area of Focus: Disease Prevention & Treatment	June	Rotary Fellowships

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set up & Welcome	Sergeant	Attendance Desk
23 June	PSC	6 for 6.30pm	Club Assembly: "Reviewing the Year's Achievements"	Pres. Joan	J Russell	K Haines	B Mills R Mullins
30 June	Damien on Fisher	6 for 6.30pm	Change Over Night Partners Event	D Middleton	J Singh	TBA	R Mullins D Payne

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	Jun	Tue	30	Unley Rotary Change Over Night	Damien on Fisher, 123 Fisher Street, Fullarton
	Jul	Tue	14	Bastille Day Dinner 	PSC a la Francais
		Tue	21	Visit to Food Bank	Edwardstown
	Aug	Sun	9	Tailem Bend Variety Show	Tailem Bend Pub & Community Hall
	Sep	Sun	27	Bay to Birdwood Classic	Barrett Reserve, Adelaide Shores

Saturday Thrift Shop Roster

May - June 2015

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
3	20 Jun 15	Glenys Ferguson & Joan Reed	Nathan White, Neesha Nandasena & Hiro Yamamoto
4	27 Jun 15	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5	29 Aug 15	Wendy Andrews (for Bob Mullins) & TBA (for Reno Elms)	Stephen Westgarth & David Pisoni
1	4 Jul 15	David Middleton & Lalita Lopez	Bob Laws & Stephen Westgarth
2	11 Jul 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.co

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



June 2015 Program

23 Jun	PP Milton Lewis (Campbelltown)	Burnside Concert July 15 for Rotary Against Malaria
30 Jun	Dr Mark Moore (Women's & Children' Hospital)	Overseas Surgical Specialists Aid

Bunnings Mile End Barbeque

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

Next Date: Monday 29 June

Morning shift: 8.30am – 12.30pm Afternoon shift: 12.30 – 5pm

The Back Page

Groaners of a Punny Kind

- I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the signs were there.
- A German man walks up to the immigration desk at Warsaw airport. The immigration officer asks: "Occupation?"
The German replies: "No, just a holiday."
- A Briton walks up to the immigration counter at the Sydney Airport. The officer asks, "Do you have any felony convictions?"
The Briton replies, "I'm sorry, I didn't realise that was still a requirement."
- Two blokes are in a boat with three cigarettes. They had no fire, so they threw one of the cigarettes overboard, and the entire boat became a cigarette lighter.
- The creator of the knock-knock joke should get a Nobel Prize.
- Two guys were out walking their dogs on a hot day, when they pass by a pub. The first guy says "Let's go in there for a pint." Second guy, says, "They won't let us in with our dogs." First guy: "Sure they will, just follow my lead."
He goes up to the pub, and sure enough the doorman says, "I can't let you in here with that dog." He replies, "Oh, I'm blind and this is my seeing-eye dog." The doorman says, "Okay then, come on in."
The second guy sees this and does the same thing. He goes up to the pub, and the doorman says, "You can't come in here with a dog." He replies, "I'm blind and this is my seeing-eye dog." The doorman responds, "You have a Chihuahua for a seeing-eye dog?" The second guy stops for a second, and exclaims, "They gave me a Chihuahua?"
- A man walks into a bar with a newt on his shoulder. The barman says "What an interesting pet, what's his name?"
"Tiny" the man replies.
"What an odd name, why do you call him Tiny?"
"Because...*he's my newt.*"
- A teenage boy is getting ready to take his girlfriend to the prom. First he goes to rent a tux, but there's a long tux line at the shop and it takes forever.
Next, he has to get some flowers, so he heads over to the florist and there's a huge flower line there. He waits forever but eventually gets the flowers. Then he heads out to rent a limo. Unfortunately, there's a large limo line at the rental office, but he's patient and gets the job done.
Finally, the day of the prom comes. The two are dancing happily and his girlfriend is having a great time. When the song is over, she asks him to get her some punch, so he heads over to the punch table and there's no punchline.
- The other day I was driving by a prison and I saw a midget climbing down the wall to escape. When he reached the bottom he sneered at me and I thought, "That's a little condescending."
- What do Kermit the Frog and Attila the Hun have in common? They both have the same middle name.
- Bacon and eggs walk into a bar. The bartender said, "Sorry, we don't serve breakfast."

