



## Our Last Meeting

|                     |                                                                                                                                                                         |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Venue               | Damien on Fisher                                                                                                                                                        |
| Guest Speaker       | Dr Reg Nixon                                                                                                                                                            |
| Chairman            | Bob Mullins                                                                                                                                                             |
| Apologies           | Graham & Patsy Beckett, Sheila Evans, Mavis Martin, David Middleton, David Payne                                                                                        |
| Returning Rotarians | Briony Casburn, David Middleton, Stephen Westgarth                                                                                                                      |
| Visiting Rotarians  | Trevor McGuirk                                                                                                                                                          |
| Anniversaries       | Stephen Westgarth inducted 20 years ago (10 Oct); Ken Haines celebrated his 70 <sup>th</sup> birthday in fine style; Greg McLeod & Briony Casburn had birthdays in Oct. |
| Attendance          | 18 members & 2 guests                                                                                                                                                   |

## Rotary Club of Unley Inc.

**District 9520 - Chartered 17 April 1935**

**President:** Stephen Baker: 8379 7105  
or 0403 687 015

**Secretary:** Greg McLeod: BH 8223 3999  
or AH 8271 8409 or 0417 811 838

**Address:** PO Box 18, Unley SA 5061

**Email:** [unley.secretary@rotaryclub.org.au](mailto:unley.secretary@rotaryclub.org.au)

**Meetings:** Tuesdays at 6.00 for 6.30pm

**Venue:** Public Schools Club  
207 East Terrace, Adelaide

## President Stephen's Announcements

1. How far did we scatter last Tuesday while I was hosting a reunion?
2. Many thanks for those who helped with **The Polio Ute Relay** last Wednesday and the Bunnings BBQ yesterday.
3. **Jerry Casburn** has organised a membership recruitment event at Unley Shopping Centre for 30-31 October; a roster is being circulated.
4. The next **Board meeting** will be this Thursday 29 October at the house of the President.
5. Chandra Sluggett needs help at 9am this Thursday to collect chairs, tables and other goods for **Donations In Kind**, most of which are headed for East Timor. The address is Regis at Linden Park, 6 Booth Ave  
A **District Grant** of \$2000 has been approved for educational and related materials for East Timor; \$1500 is being provided by the club.
6. The **Rotary Leadership Institute** will be holding its highly accredited leadership program on the weekend of 28-29 November – the \$180 fee will be met by the club.....Ken Haines indicated his intention to attend.
7. **In the Mail:** Mavis Martin's postcard sent in July from Cracow has arrived; the Broughton Art Exhibition at Fullarton Park Centre is being launched 30 October; a letter of thanks has been received from Denise Roscrow, Friends of Nepal.



President Stephen Baker



## Notice of Annual General Meeting

The **Annual General Meeting** of the Rotary Club of Unley Inc. will be held at 6.30pm on Tuesday, 8 December 2015 at Damien on Fisher, 123 Fisher Street, Fullarton. The business of the meeting will include the election of the following officers to fill vacancies on the Board for the 2016-2017 year:

- President (2017-2018)
- Vice President
- Secretary
- Treasurer
- Director (International)
- Director (Community)
- Director (Vocational and Youth)
- Director (Membership)

Nominations signed by the proposer and the nominee are to be forwarded to the Club Secretary at PO Box 18 Unley SA 5061 not later than seven (7) days prior to the election date.

Nomination forms are downloadable by members from the [Members Area of the Club's website](#) or can be obtained on application to the Club Secretary or the Club President.

## Guest Speaker – Dr Reg Nixon: Post Traumatic Stress

You know you're getting old when Professors of Psychology look young, and the youthful demeanor of Dr. Reg Nixon of Flinders University, originally a New South Welshman and now living in Marino with his family, certainly confirmed the passing of the years.

Reg showed a short video about how traumatic experiences can affect people and proceeded to give a cogent lecture that we could probably get credit for if any of us choose to embark on a new career in psychology.

Traumatic experiences are part of the human experience and some would suggest that if an experience doesn't kill you it makes you stronger. Reg suggested the reverse can be true. They can be like bee stings, the more you have, the more vulnerable you may become to PTSD (see topic in the headline to work out the acronym). But unlike other psychological issues, it's not that simple. The vulnerability to PTSD may be influenced by our nature (genetics) and our nurturing. If we generally view half a glass as heading towards fullness or emptiness it may be important, as can our personal processes for dealing with memories.



Professor Reg Nixon with Chairman Bob Mullins

Psychologists engage in a series of steps in diagnosing PTSD and irritability, angry outbursts, reckless or self-destructive behavior, hypervigilance, an exaggerated startle response, concentration problems, and sleep disorders, any of which persist for than a month may indicate a problem that will make it difficult to function normally. Somewhere around 5% of people per year can experience some level of PTSD.

There are various treatments that fall into three broad categories; talking about it, popping pills (with a prescription), and eye movement therapy that uses eye tracking exercises to try and take the emotion out of memories may also be useful. If ordinary people (and there were some at the meeting) can help others but like being on a plane that's leaks you need to get yourself organised before you try to do so. Surprisingly it seems that suggesting people toughen up and build a bridge to just get over it may not work. Being prepared to listen and helping people get back to their normal routines certainly will help. And if symptoms persist, gently suggesting professional input will also be useful.

The potentially complex and dry material was engagingly presented by Professor Reg. There were questions and effusive compliments during and after Chairman Bob Mullins' motion of thanks and gift giving.

## Spots

**Ken Haines** told us the team had a good time cooking sausages at Monday's Bunnings BBQ and announced takings of \$1,470 with a profit of around \$1,000.

**Jerry Casburn** filled the roster for the membership promotion at Unley Shopping Centre on 30-31 October (next Friday and Saturday) where we will have flyers, a shelter box and pull-up banners. Anyone showing interest in Rotary should be invited to our next meeting.

**Geoff Hill** sought volunteers to approach three close professional rooms and ask if RDU could be left in their foyer and then to refill supplies with new additions.

Alex Jonson needs volunteers to help with loading of the East Timor consignment at DIK on 28 November.

**Briony Casburn** asked if it was OK if she buys what is needed for the hamper and those who were yet to make a contribution will give her \$10 towards the cost. (This caused someone within earshot of your scribe to suggest that this would be a good process for the whole exercise).

**Lindsay England** reminded members of the Thrift Shop Committee of their meeting after this one.

**Stephen Westgarth** successfully sought to fill some spots in the Saturday Thrift Shop roster.

## Sergeant's Session

Bob Mills aced the appalling squares with the selection of Lindsay England, and his stories were A grade. The visitation to other clubs last week was not an overwhelming success and those that failed were rightfully fined. Perhaps the two moments of greatest happiness were Bob Mills' brother scooping all the art prizes at Julia Farr and Briony and Jerry celebrating their third wedding anniversary.

**President Stephen emphasised the importance of members attending next week's Club Assembly when our three RYLA Graduates will be presenting.**

If you haven't already done so, please let President Stephen know you'll be attending next week's meeting.

Meeting closed late at 8.15 pm.

# Rotary News

## Rotary network puts books into the hands of children in Ecuador

By Arnold R. Grahl - Rotary News -- 19 Oct 2015

Schoolchildren in Ecuador are improving their reading, and their teachers are receiving additional professional development through a collaboration between Rotary and the Organization of American States (OAS).

The effort began three years ago when Richard Carson, RI representative to the OAS, and other Rotary members met with staff at the agency to discuss a set of literacy requirements for schools. They briefed the ministers of education of Central and South American countries on an approach to improve reading skills. Ecuador adopted the plan.

"We flew to Ecuador and met with the vice president of the country, who happened to be a Rotarian, and with many different teaching professionals," says Carson, a member of the Rotary Club of Bethesda-Chevy Chase, Maryland, USA. "It's a very successful project involving three Rotary districts and eight clubs."

To achieve the new academic standards, the program called for additional training for teachers, including how to incorporate new technology into the curriculum. Rachael Blair, who coordinated a global grant project for the Rotary Club of Annapolis, Maryland, USA, said she was moved by how much the teachers appreciated Rotary's involvement.

"They could not believe that Rotary clubs would take such an interest in their professional development, especially clubs from overseas," she says. "They reminded me that when you nurture and support others, they shine and bring their very best skills and talents to the table."

For the past three decades, a network of RI representatives has been strengthening ties with the United Nations, its agencies, and other international organizations, like the League of Arab States and the European Union. The result is bigger projects, like the one in Ecuador.

In Lebanon, Rotary clubs have partnered with the UN's Economic and Social Commission for Western Asia to teach high school students about the UN Millennium Development Goals, the progress Arab states have made toward reaching them, and the obstacles that remain. The aim is to better educate the younger generation on how they can help achieve the goals.

Michel Jazzar, a member of the Rotary Club of Kerosan, Lebanon, and an RI representative to the UN agency, has also been instrumental in bringing Lebanon clubs together to form a National Rotary Lebanon Fund to coordinate their efforts.

RI representatives monitor activities and advocate for Rotary's causes within most of the major international institutions. They regularly attend functions at the White House, United Nations, the Commonwealth, and European Union, and they arrange private meetings and organize special events.

### Rotary Day at the UN

One such special event is the annual Rotary gathering at the United Nations building in New York City. This year's event, 7 November, will celebrate 70 years of partnership and give roughly 1,000 members and guests a chance to hear from experts at the UN and exchange ideas on water, sanitation, hunger, poverty, education, and other topics. A morning youth session is open to high school students, including members of Rotary's Interact and Youth Exchange programs.

"Just by having a presence at the United Nations building and in meetings of [nongovernmental organizations]; it's given Rotary much greater credibility," says Joseph Laureni, the primary representative to the UN in New York. "We're not just a name you see on a billboard."

### Deep roots

The roots of the RI representative network actually predate the formal chartering of the UN after World War II. In 1942, Rotary clubs from 21 nations organized a conference in London where ministers of education developed ideas for advancing education, science, and culture across nations. This meeting was the seed of what is known today as UNESCO, the United Nations Educational, Scientific, and Cultural Organization.

Delegations of Rotary members helped draft the UN Charter in San Francisco in 1945 and gave the organization strong support during its early years, until the Cold War turned it into an ideological battleground. Rotary's participation decreased over the following decades in keeping with its policy against political involvement.

The spark that restored Rotary's interest in the UN was the launch of the campaign to eradicate polio in 1985 and Rotary's ensuing partnership with the World Health Organization and UNICEF.



Students in Ecuador read books they received through an international project sponsored by the Rotary clubs of Annapolis, Maryland, and Quito Occidente, Ecuador.

## Our Upcoming Meetings

| Date   | Venue            | Time         | Speaker/Occasion                                          | Chairman                 | Set-up & Welcome | Sergeant | Attendance           |
|--------|------------------|--------------|-----------------------------------------------------------|--------------------------|------------------|----------|----------------------|
| 3 Nov  | Damien on Fisher | 6 for 6.30pm | <b>Club Assembly and RYLA Graduates</b>                   | S Baker                  | M Martin         | J Reed   | K Haines<br>G Hill   |
| 10 Nov | Damien on Fisher | 6 for 6.30pm | <b>Humour &amp; History-onics</b><br>(Club Fun Night)     | V Bonython<br>& K Haines | P Beckett        | J Reed   | G Hill<br>A Jonson   |
| 17 Nov | Damien on Fisher | 6 for 6.30pm | <b>Hon. David Wotton AM: 'Mt Lofty Botanical Gardens'</b> | G Beckett                | R Mills          | J Reed   | A Jonson<br>H Kilsby |
| 24 Nov | Kent Town Hotel  | TBA          | <b>Christmas Party</b>                                    | S Baker                  | TBA              | J Reed   | H Kilsby<br>R Laws   |

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

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

**Meeting Chair Enquiries To:** Secretary Greg McLeod on BH 8223 3999 or M 0417 811 838 or email to [unley.secretary@rotaryclub.org.au](mailto:unley.secretary@rotaryclub.org.au)

**Venue Set-up/Bar Enquiries To:** Bulletin Editor – David Middleton on BH 8377 7795 or M 0417 835 564

**Attendance Desk Enquiries To:** Wendy Andrews by **e-mail** to [unley.attendance@rotaryclub.org.au](mailto:unley.attendance@rotaryclub.org.au) or in an emergency on 8377 7830

## Saturday Thrift Shop Roster

### October – November 2015

| Week | Dates     | Early Shift: 10am to 12.30pm                   | Late Shift: 12.30pm to 3.00pm                           |
|------|-----------|------------------------------------------------|---------------------------------------------------------|
| 5    | 31 Oct 15 | Bob Mullins & Nathan White (sub for Reno Elms) | Stephen Westgarth & Sheila Evans (sub for David Pisoni) |
| 1    | 7 Nov 15  | David Middleton & Jerry Casburn                | Bob Laws & Stephen Westgarth                            |
| 2    | 14 Nov 15 | Greg McLeod & Stephen Baker                    | Wendy Andrews & Mavis Martin                            |
| 3    | 21 Nov 15 | Joan Reed & Jerry Casburn                      | Reno Elms (sub for Nathan White) & Pam Trimmer          |
| 4    | 28 Nov 15 | Bob Laws & Pam Trimmer                         | Sheila Evans & Ken Haines                               |

### December 2015

|   |           |                                 |                                                |
|---|-----------|---------------------------------|------------------------------------------------|
| 1 | 5 Dec 15  | David Middleton & Jerry Casburn | Bob Laws & Stephen Westgarth                   |
| 2 | 12 Dec 15 | Greg McLeod & Stephen Baker     | Wendy Andrews & Mavis Martin                   |
| 3 | 19 Dec 15 | Joan Reed & Jerry Casburn       | Reno Elms (sub for Nathan White) & Pam Trimmer |

### January 2016

|   |           |                             |                               |
|---|-----------|-----------------------------|-------------------------------|
| 2 | 9 Jan 16  | Greg McLeod & Stephen Baker | Wendy Andrews & Mavis Martin  |
| 3 | 16 Jan 16 | Joan Reed & Briony Casburn  | Nathan White & Briony Casburn |
| 4 | 23 Jan 16 | Bob Laws & Pam Trimmer      | Sheila Evans & Ken Haines     |
| 5 | 30 Jan 16 | Bob Mullins & David Pisoni  | Stephen Westgarth & Reno Elms |

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

Lindsay England (T) 8445 8552; (M) 0408 857 775; e-mail: [lengland@senet.com.au](mailto:lengland@senet.com.au)

## 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 30 November** Morning shift: 8.30am – 12.30pm Afternoon shift: 12.30 – 5pm

## Diary Dates

| Year | Month | Day     | Date  | Activity Details              | Venue                                                   |
|------|-------|---------|-------|-------------------------------|---------------------------------------------------------|
| 2015 | Oct   | Fri-Sat | 30-31 | Membership Promotion          | Unley Shopping Centre                                   |
|      | Nov   | Tue     | 24    | Unley Rotary Christmas Party  | Kent Town Hotel                                         |
|      | Dec   | Sun     | 13    | Carols at the Rotunda         | Unley Soldiers Memorial Gardens                         |
| 2016 | Feb   | Sun     | 21    | District Leaders Training     | Flinders University                                     |
|      | Apr   | Sun     | 10    | PENTS Seminar                 | TBA                                                     |
|      | May   | Sun     | 15    | District Assembly             | TBA                                                     |
|      |       | Tue     | 17    | SA Police Officer of the Year | Unley Soldiers Memorial Gardens<br>& Kooyonga Golf Club |



## The Back Page

### For the golden oldie connoisseurs

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patricia Whack.

"Miss Whack, I'd like to get a \$30,000 loan to take a holiday."

Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger, and that it's okay, he knows the bank manager.

Patty explains that he will need to secure the loan with some collateral.

The frog says, "Sure. I have this," and produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed.

Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

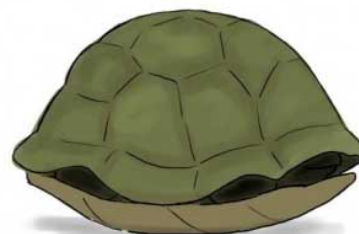
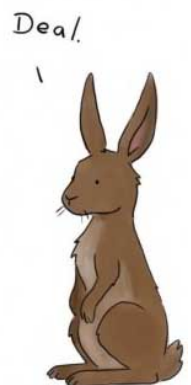
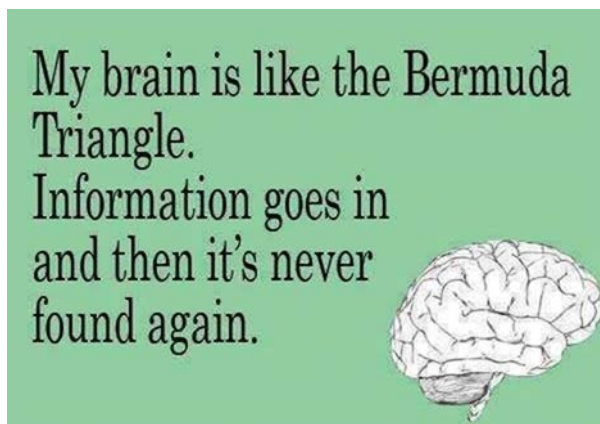
She finds the manager and says, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$30,000, and he wants to use this as collateral."

She holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says...

"It's a knickknack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."

(You're singing it, aren't you? Yeah, I know you are.....)



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to the world