



Our Last Meeting

Venue	Damien on Fisher
Guest Speaker	Humour & History-onics Speakers
Chairmen	Valerie Bonython & Patsy Beckett
Apologies	Briony Casburn, Sheila Evans, David Middleton, David Payne, John Russell, Marlene Small, Pam Trimmer
Returning Rotarians	Patsy Beckett & Graham Beckett
Visiting Rotarians	Trevor McGuirk, Barbara Adams (Eastwood)
Guests	Sue Nudl, Diana Maneva, John Peacham, Glenyss Steedman
Anniversaries	Valerie Bonython's birthday on 11/11; Alex Jonson & Irene together for 27 years; and Graham & Patsy Beckett celebrating somewhere near 50 years of wedded bliss
Attendance	20 members & 6 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

Meetings: Tuesdays at 6.00 for 6.30pm

Venue: Damien on Fisher
123 Fisher Street, Fullarton SA 5061

President Stephen's Announcements

1. President Stephen asked who had not paid for the fabulous upcoming Christmas Dinner at the Kent Town Hotel on 24 November and further asked those who sheepishly raised their hands to pay their \$55pp to Valerie Bonython pronto.
2. Rotary International Director Jennifer Jones will launch OUR ROTARY LEGACY on the evening of Monday 23 November at the Naval Military and Airforce Club in Hutt Street; cost \$45pp.



President Stephen Baker

New Member Induction: Trevor McGuirk PHF

President Stephen Baker inducted Rotarian Trevor McGuirk PHF into the club. His classification is Marketing Education and he was welcomed into the International Committee by Chairman Graham Beckett.

Trevor has joined Unley from the Rotary Club of Stirling of which he is a Past President. He was warmly welcomed by all members present.



Secretary Greg McLeod (left) introducing Trevor McGuirk (right) prior to his induction by President Stephen Baker (centre)

Guest Comedians – Humour & Historyonics By Mavis Martin

Valerie Bonython introduced the format for the 'guest speaker' slot. There were 10 speakers, all club members, each having two minutes to talk about 'humorous incidents' during their time in Rotary. There were many such moments detailed, resulting in lots of hilarity from the audience, particularly at punch line times. The scribe, having a hearing problem, encountered much difficulty with accurate recording! Hence, only the three winners will be covered. The winners were chosen by the level of applause at the end of all presentations.

Wendy Andrews helped out at the recent Rotary membership promotion at Unley shopping Centre. Wendy was joined by a long haired visitor who decided to sit on the adjacent bench and was either inebriated, mad, or both. He informed her, plus anyone else within hearing, he had been born in Bethlehem, the Lord had been his Shepherd but was now his Landlord and his address was the oval. Wendy was most concerned the public would associate him with Rotary and what this would do to our public image. Wendy's fears were confirmed by the public avoiding both Wendy and the membership display. She was unable to distribute pamphlets, share the positives of the Shelter Box program, or indeed do anything to promote Rotary membership. Wendy kept her counsel and eventually he left, informing Wendy she was a tart in this world and would be in the next!! At least she was happy to state he had not called her 'an old tart'. Wendy's telling of this story was excellent. If we ever get to the happy state of too many members we can do a leave Rotary Drive and put Wendy in charge.

Geoff Hill recalled a RC Victor Harbor Golf Day in the distant past. Geoff provided a brief outline of the structure of years gone by, i.e. one district only, later divided into two and becoming 9520 and 9500. The clubs in 9520 would have regular golf days. Geoff, Bob Mills, Bob Mullins and Darryl Foote, a previous member, represented the Rotary Club of Unley on several occasions. On the occasion in question, between the four of them they won all the events of the day, these being (forgive the scribe if they are incorrect – she's no golfer) Bob Mills 'Longest Drive off the Tee', Darryl and Bob Mullins 'Closest to the Pin on Par 3', Geoff 'Individual of the Day' and all team events against the other clubs. They then proceeded to have dinner during which raffles were drawn. Guess what? They won all the raffle prizes too!!! Our team's actions must have been considered a far cry from one item in the 4 Way Test – will it promote goodwill and friendship? Apparently not, as the Rotary Club of Unley were not invited to the Golf Days ever again!!!! Good one Geoff.

Mavis Martin spoke about being a The Rotary Foundation volunteer. This was many years ago at a Buddhist Monastery in the foothills of the Himalayas in India. The monastery included a small hospital and there was dire need for its updating. Mavis put her hand up for the project. We all know Mavis loves scotch and soda. She arrived at the monastery with her allocation of duty free. This must have been noted and reported to Rimpoche (means head monk) and he was also a doctor (Indian quals for rural medicine). Within the first week and throughout her time there one of the monks would appear at her room and say "Madam, Rimpoche wishes you to go upstairs and take whisky with him". Mavis always willing to oblige, did so! She had to sit cross legged alongside him, his Personal Assistant, and the whiskey bottle on a massive bed. There was never any shortage of whiskey. The young monks soon realized she was a good 'touch up' for a 'wee dram' because of the ample stores in her room (= to \$10 per bottle). She never carried her luggage/shopping when she had been to Darjeeling or Siliguri. She was always met by a monk or two so they would get their reward. Not really what volunteering is about but very happy memories.

The winners were Wendy Andrews, 1st, Geoff Hill, 2nd and Mavis Martin, 3rd.



Popular winner Wendy Andrews receiving her prize and scroll from Patsy Beckett



Second placed Geoff Hill receiving his mystery prize from Patsy



Third placed Mavis Martin receiving her glittering prize from Patsy

Spots

Mavis Martin relayed a message from our sister club up above (opposite to down under) - RC Aireborough – relating to Australia's performance in the World Rugby Cup and to their experience with Rotary Peace scholars. Valerie offered to scribe in Mavis's absence next week.

Alex Jonson is looking for volunteers to load the 40' container for DIK on 28 November. The Shelter Box 12835 funded by the club was used in Kurdistan.

Lindsay England advised that David Payne was still recovering from a leg operation and John Russell was in hospital with a minor operation. The Thrift Shop back toilet has now been cleaned of unwanted material and woe betide anyone who parks material there.

Geoff Hill asked for members to each volunteer to distribute Rotary Down Under magazines into local waiting rooms.

Stephen Westgarth reported that the Member's Directory had been updated and could be accessed on the club's website.

Jerry Casburn advised that Bunnings had again allowed us to run the BBQ on the last Monday of each month except for Anzac Day in April. He urged everyone to take a few of the new membership brochures for friends and acquaintances.

Valerie Bonython needs to finalise numbers ASAP for the Christmas Dinner in two weeks' time.

Sergeant's Session

Sergeant Joan Reed colluded with Trevor to draw out Stephen Westgarth's marble for the shocking squares. Joan raised heaps of money with a masterly Sergeantial performance. There were Beckett and Jonson anniversaries to celebrate. Perhaps the key moment of happiness was hearing about Graham B swanning in business class with only Koranic video in Arabic to keep him amused for 12 hours.

The meeting closed at 8.16pm.

Another reminder of our upcoming Annual General Meeting

Get your nominations in!!

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) | • Treasurer | • Director (Vocational & Youth) |
| • Vice President | • Director (International) | • Director (Membership) |
| • Secretary | • Director (Community) | |

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 1st December 2015.

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.

Rotary News

Heroin's comeback

By Meaghan Ferringier – The Rotarian – 14 Sep 2015

One Friday evening four years ago, Elizabeth Solomonson was at home. Her husband, John, was away on a fishing trip. An ice storm had swept through her small Michigan, USA, town, and the phones and power were out. It was about 6 p.m., and she wasn't expecting a knock on the door. She opened up to find a police officer, who asked if she had a daughter named Raven.

"I was always worried I'd get that knock on my door," Solomonson says. "But you're never prepared for it. Raven battled heroin for three years until I lost her."

Raven's overdose in 2011, at age 20, was one of several in Tecumseh that year. Over the next four years, heroin-related incidents began siphoning more of the local police department's resources.

"Once we realized we had a heroin problem, we had to play catch-up," says Lenawee County Sheriff Jack Welsh, whose team monitors heroin-related cases. "Nobody is protected from this addiction. It's hitting every age group, every economic group." In 2014, six heroin-related deaths occurred in Tecumseh – the highest number ever recorded in the community of 8,500. As of June, the Lenawee County medical examiner had reported four more heroin-related deaths in the town in 2015.

East of Tecumseh, Monroe County has a similar story. In April 2015, three people died of heroin overdoses in 24 hours. With about 40 deaths attributed to drug overdose just last year –15 of them related to heroin – Monroe County health officials say the area is facing a heroin epidemic.

Michigan is only one part of a larger story. In the United States, fatal heroin overdoses nearly tripled between 2010 and 2013, from 3,036 to 8,257, according to the U.S. Centers for Disease Control and Prevention. Vermont has seen a more



Roland von Kaler and his family gather inside the mausoleum where granddaughter Raven was laid to rest.

than 770 percent increase in people receiving treatment for opiate addiction since 2000. During one week in 2014, 22 people died in Pennsylvania after injecting heroin laced with fentanyl, a drug that can be 100 times stronger than morphine.

When Oscar-winning actor Philip Seymour Hoffman died of a toxic combination of heroin and other drugs in 2014, reports on the country's growing heroin problem made headlines. President Barack Obama's "drug czar" at the time, Gil Kerlikowske, warned the public of a nationwide resurgence of heroin and noted a gateway drug: prescription painkillers.

Between 1999 and 2010, U.S. sales of opioids such as Percocet, Vicodin, and OxyContin quadrupled. Makers downplayed the risk of dependency, and the drugs were relatively easy to obtain through a prescription – or from a friend or relative. In 2010, the National Institute on Drug Abuse reported that 8.76 million Americans were abusing prescription medicine, with 5.1 million misusing painkillers.

"Too often, opioid painkillers were prescribed to excess," wrote Sam Quinones, author of "Dreamland: The True Tale of America's Opiate Epidemic," in the New York Times in April. "After I had my appendix removed a few years back, I received 60 Vicodin, when four might have been enough."

In response to prescription painkiller abuse, the Drug Enforcement Administration (DEA) began shutting down "pill mills" – clinics where doctors prescribe narcotics inappropriately. Those arrested faced criminal charges, including conspiracy to distribute a controlled substance. Purdue Pharma, the manufacturer of OxyContin, redesigned its pills, encasing them in a stronger shell so they would be more difficult to misuse by crushing, chewing, or snorting. The DEA also tightened control on major national pharmacies by regulating the amount of OxyContin, Percocet, and Vicodin they were allowed to sell. The combined efforts led to a sharp decline in availability.

The cost of black-market painkillers soared, and some addicts turned to heroin, which was available at one-tenth of the price. Heroin, a derivative of opium, has a chemical effect similar to that of opioid painkillers. A CDC study found that three out of four new heroin users report previous abuse of narcotic painkillers.

"If these [overdose] deaths are the measure, we are arguably in the middle of our worst drug plague ever," Quinones wrote. "Prescription pain pills have created a new home for heroin in rural and suburban middle America."

Raven's family first suspected something was wrong when her grandmother, Janet von Kaler, noticed that painkillers she had been prescribed were disappearing from her medicine cabinet in large amounts. Raven was about 16 then. The von Kalers believe that around the same time, Raven's boyfriend introduced her to heroin at a graduation party. By the time she turned 17, the family says, she was using regularly.

"I talked to her about marijuana and drinking; everything but heroin, because I thought it was a big-city problem," her grandmother recalls. I said, "Anyone who offers you drugs, don't do it." But when they are that age, and at a party, they do it."

After Raven died, her grandfather, Roland von Kaler, a member of the Rotary Club of Tecumseh, Michigan, needed a way to cope with his grief. So he decided to take a closer look at the drug problem in the community. He researched death certificates in Lenawee County and found that, in an 18-month period, heroin and opioids caused more overdoses than cocaine or methamphetamines. He also learned that abuse of these drugs was the leading cause of hospital admissions for overdoses in Lenawee County. "I knew our town had a growing heroin problem, and my research and personal experience with Raven led me to believe that prescription painkillers were the gateway," von Kaler says.

To keep kids from taking pills out of medicine cabinets, von Kaler, a retired engineer, came up with the idea of building a drug locker – a lockable plastic box large enough to hold three or four pill bottles, where families could safely store their medications. He brought the concept to his Rotary club.

After hearing von Kaler's proposal, the Tecumseh club started the Raven Project, and began collecting donations to cover the \$14,000 cost of making the custom mold needed to produce the plastic lockbox. They raised enough money for 50 boxes, which were distributed to local pharmacies and schools. But three years after the effort started, the free boxes were sitting unused. People didn't grasp why they needed to lock up their prescription medications.

"After a few years of working on this project, I realized people didn't understand how heroin addiction starts," von Kaler says. So he began a campaign to inform community members that it often traces back to prescription medication. Working with the Tecumseh school district, city hall, and community organizations including his Rotary club, von Kaler helped form the Tecumseh Coalition for Youth. Its members meet monthly and work with medical professionals to distribute information on prescription drug abuse at school and community events.

Their pamphlets are available in doctors' waiting rooms and accompany prescriptions filled at local pharmacies. The coalition also focuses on the Michigan Automated Prescription System (MAPS), a program created to track prescriptions. April Demers, a regional prevention coordinator for the group, is working with Michigan State Senator Dale Zorn and Representative Jason Sheppard to draft a bill that will require doctors and pharmacists to register to use MAPS when prescribing or filling medications. This will make it easier to track prescription medication misuse.

Despite their efforts, progress is slow and frustrating, von Kaler says, noting that he wishes people realized how vulnerable they are. He says he still gets angry when people don't pay attention to the drug problem until it hits their own family and they find out the pain firsthand. "We need more public awareness," he says.

Quinones believes the community must play a role in dealing with addiction. "One thing families of addicts say is that when someone has cancer, neighbors bring casseroles," he notes. "When someone has an addict in the family, the family is ostracized."

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set-up & Welcome	Sergeant	Attendance
17 Nov	Damien on Fisher	6 for 6.30pm	Hon. David Wotton AM: 'Mt Lofty Botanical Gardens'	G Beckett	R Mills	J Reed	A Jonson H Kilsby
24 Nov	Kent Town Hotel	6.30 for 7pm	Unley Rotary Christmas Party	S Baker	R Mullins	J Reed	H Kilsby R Laws
1 Dec	Damien on Fisher	6 for 6.30pm	Sheree Sullivan: 'Udder Delights'	H Kilsby	D Payne	J Reed	R Laws M Martin
8 Dec	Damien on Fisher	6 for 6.30pm	Annual General Meeting + Preparation for Carols at Rotunda	S Baker	J Russell	J Reed	M Martin D Middleton
13 Dec	Unley Soldiers Memorial Gardens	4.30pm	Carols at the Rotunda	D Middleton	NA	NA	NA
16 Dec	TBA	7 for 7.15am	Group 6 Christmas Breakfast	TBA	M Small	TBA	S Westgarth
12 Jan	Rymill Park BBQ Area	6.00pm	Welcome to 2016 Casual Get Together; BYO everything	S Baker	NA	H Kilsby	NA

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 Greg McLeod on BH 8223 3999 or M 0417 811 838 or email to 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 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
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 - February 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
1	6 Feb 16	David Middleton & Jerry Casburn	Bob Laws & Stephen Westgarth

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

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	Nov	Tue	24	Unley Rotary Christmas Party	Kent Town Hotel
	Dec	Sun	13	Carols at the Rotunda	Unley Soldiers Memorial Gardens
2016	Feb	Wed	17	Schools Youth Program Presentation	Royal Coach Hotel (Breakfast Meeting)
		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 & Kooyonga Golf Club

The Back Page

The small brown bottle

The other day I went over to a nearby pharmacy.

When I got there, I went straight to the back of the store to where the pharmacists' counter is located.

I took out my little brown bottle along with a teaspoon and laid them both onto the counter.

The pharmacist came over smiled and asked if he could help me.

I said, "Yes! Could you please taste this for me?"

Being I'm a senior citizen, I guess the pharmacist just went along with me.

He picked up the spoon and put a tiny bit of the liquid on his tongue and swilled it around.

Then with a stomach-churning look on his face he spit it out on the floor and began coughing.

When he finally was finished, I looked him right in the eye asked, "Now, does that taste sweet to you?"

The pharmacist, shaking his head back and forth with a venomous look in his eyes yelled, "HELL NO!!!"

So I said, "Oh thank God! That's a real relief! My doctor told me to get a pharmacist to test my urine for sugar!"



"Should I get you a shopping cart?"



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