



Rotary Club of Unley Inc.

District 9520 - Chartered 17 April 1935

President: Ken Haines: 08 8332 5138 or 0417 896 261

Secretary: Greg McLeod: BH 08 8223 3999 or AH 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 5063



President Ken Haines

Our Last Meeting

Venue: Damien on Fisher

Guest Speaker: **Rotary HAT DAY – Barbara Wheatcroft**

Chairman: Geoff Hill

Apologies: Wendy Andrews, Stephen Baker, Briony & Jerry Casburn, Sheila Evans, David Middleton, Bob Mills, Joan Reed, Lindsay England, Nathan White, Jerry and Briony Casburn, Marlene Small, Alex Jonson, Pam Trimmer, Reno Elms, Lachlan Reid, Greg McLeod

Returning Rotarians:

Guests : Stephen Bone, Genese Mullins, Glenyss Laws, Vivian Liddle

Attendance: 16 Members 4 Guests

President Ken's Announcements

- Tuesday, October 25th- Days for Girls at Damiens demonstration.
- Thrift Shop duty: Bob Mullins and David Pisoni in morning then Lachlan Reid, Jerry Casburn and Reno Elms in afternoon
- The car trial was a great day, very successful. An amount of \$145.00 was raised and donated to the Foundation Centenary fund. Entrants in a car from Eastwood were the winners.
- The October Bunnings BBQ was allotted to us a week earlier than expected. It was rushed and the BBQ people were in charge of the site all day. It was a very successful day where everything was sold giving \$973 profit.

Notice of Annual General Meeting

The **Annual General Meeting** of the Rotary Club of Unley Inc. will be held at 6.30pm on Tuesday, 13 December 2016 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 2017-2018 year:

- President (2018-2019)
- Vice President
- Secretary
- Director (International)
- Director (Community)
- Director (Vocational and Youth)

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 - Barbara Wheatcroft: Addressing Mental Health

Chairman Geoff

Geoff Hill as Chair for the evening introduced Barbara Wheatcroft who informed us of the work of the Australian Rotary Health and in particular Mental Health Research.

Australian Rotary Health is a company limited by guarantee and is registered with the ASC with gift deductability. ARH is the largest non-government funded research organization and over the last 35 years has allocated over \$35M for research projects. ARH is a project of the Districts of Australia managed by a Board of 10 Directors covering the 21 Districts with membership made up of persons from Rotary Clubs and a Research Committee, which look after the selection of the scholarships.



The Research Committee, last week completed the selection of the recipients of the next round of Scholarships. There was a pool of 350 applicants and only 12 were selected from a short list of 30.

In 1981, Rotarian Ian Scott from the Rotary Club of Mornington (Vic) proposed the establishment of a charitable fund with the idea of raising \$2M. Over the next 5 years the fund raised \$20M before it began advertising the research scholarship to students. The initial scholarship was awarded for research into Cot Death (SIDS). Since 1985 cot deaths have decreased from approx. 140/year to less than 20/year.

In 2002 the Directors made the decision to focus the research on Mental Health. The other areas of research are other health areas, which are funded by Rotary Clubs with funding partners, Indigenous Health Scholarships and Rural Medical & Nursing Scholarships.

Since 2012 the programs have had an emphasis on prevention of mental health in young Australians. Funding partners for "all health areas" are through PhD scholarships where the Rotary Club(s) fund \$11,000/year, the University funds \$11,000/year and ARH funds \$700/year. A total of \$29,000.

Professor Michael Good has been researching a new immunization for Malaria under the funding partner program.

Here in SA we have Kristin Graham who is researching Post Traumatic Stress Disorder with a PhD Scholarship funded by RC Adelaide and Professor Jane Pirkis is researching media reporting of suicide. These are just a few of the many and varied areas of research and scholarships available.

Mrs Betty Kitchener AM has developed a "Mental Health First Aid" kit for people working in the health area. This program is now used all over the world.

Statistics tell us that 1 in 5 adults will have a mental health issue at some time in their lives and for children aged 7-14 the statistic is 1 in 4.

A recent medical publication has published an article regarding the National Health and Medical Research Committee funding of mental health research is very much smaller than all other areas of research. NHMRC is the largest research funding body in Australia. 11 times more funding is donated from the private and corporate sectors to cancer research than to mental health research. In addition, cancer research receives twice the funding from governments.

How can we or our Clubs become involved? Donations can be made personally or from Clubs, online or by Cheque to ARH, or, it is suggested that we may make a bequest to ARH. We could always hold an event to raise funds.

The Vision Statement of ARH is - "Supporting healthier minds bodies and communities through research, awareness and education."

Judging the best hat for Hat Day:

- Dennis Liddle won for cheekiness
- Patsy Beckett won for elegance

Spots

- GRAHAM BECKETT reminded members to bring along items for Christmas Hamper by next week.
- He commented on the success of Days for Girls this morning and gave a very good explanation of its reason to be. Our International Committee has put aside \$1000.00 for DFG.
- ROBIN and TREVOR Thanked Patsy and Valerie for their efforts in organizing the Car Trial.
- KEN thanked Vivian Liddle for her input into the Thrift Shop.
- JOHN told everyone that he will not be at the Thrift Shop in the future. The meeting gave him a round of applause to thank him for his long service.

Sergeant's Session

Sergeant Mavis Martin extracted money from members for not providing a mike for meetings as promised. Also from Valerie and Patsy for being efficient, Trevor for showing initiative and more. You know, sometimes it doesn't pay to be a positive person. Geoff Hill won the \$10 with the No,10, one from our reporter Valerie Bonython.

The meeting closed at 7.53 pm.

Rotary News

Skydivers raise thousands for polio eradication By Arnold R. Grahl 17 Oct 2016

The first time Noel Jackson jumped out of a plane at 14,000 feet, it had nothing to do with raising money for polio eradication.

The Michigan dentist had received a gift certificate to go skydiving from his staff because they knew he was into adventure.

"It is definitely a defining moment," says Jackson, a member of the Rotary Club of Trenton, Michigan, USA, of that first jump, done in tandem strapped to a professional skydiver. "The rush of the free fall is beyond anything I have ever experienced before. Just the speed and acceleration is unbelievable. You don't even have time to figure out if you are enjoying it or not -- it's just a sensation that happens."

But Jackson did enjoy the sensation. So much so that he agreed to do another jump, with Shiva Koushik, a Rotarian friend in nearby Windsor, Ontario, Canada.

The two men were waiting for this second jump when their wives came up with the idea of enlisting other jumpers and raising pledges for polio eradication.

So, in August 2014, a jump in the skies of northeastern Michigan raised \$15,000 for Rotary's polio eradication campaign. Matched 2-to-1 by the Bill & Melinda Gates Foundation, the effort contributed \$45,000 to the cause.

Since 1985, when Rotary committed to polio eradication, the organization has contributed more than \$1.5 billion and countless volunteer hours to immunize children against the disease. In that time, the number of polio cases has dropped 99.9 percent, and only three countries remain where the virus has never been stopped: Afghanistan, Nigeria, and Pakistan. While World Polio Day, 24 October, serves as an important opportunity to remind the world of the need to finish the job, raising money and awareness is a year-round effort for many.

Late-night recruiting

Julie Caron, a member of the Rotary Club of Toronto Skyline, heard about plans for the Michigan fundraising skydive after being invited to speak at a leadership training event in Koushik's district.

"We were in one of those friendship rooms after the conference ... when Koushik began talking about the skydive," Caron says. "We all got really excited and signed up."

"I don't like to back out on things I say I'm going to do, even if it's the middle of the night," Caron says. So she began raising money and drove down to Michigan to do the jump.



She also took the idea back to her own club, whose members are mostly young professionals looking for fun things to do. This past July, 10 members from Toronto Skyline and surrounding Rotary clubs plunged earthward in their own tandem skydive, raising several thousand dollars for polio eradication.

Caron hopes to make it a yearly event.

"Polio eradication is definitely something I am passionate about," she says. "It's not a hard fundraiser to put together at all. You just call around and pick a place, and then you begin asking people if they would rather jump or pay up in pledges."

Jackson, who'd jumped out of the plane in his "Captain Rotary" outfit, says he personally raised \$4,700 for the Michigan skydive using Caron's approach.

"I would go up to people and tell them we were skydiving for polio and give them two options," says Jackson. "I would tell them I was paying \$180 out of my own pocket to jump, so if you are *not* going to jump, you have to pay \$180. Most people would say, 'OK, you got it.'"

Floating like a bird

Koushik and his wife are active in other ways to rid the world of polio. They have been on several trips with their Rotary district to immunize children in Afghanistan, Pakistan, and India, and particularly enjoy showing off their native country, India, from which they emigrated to Canada about 30 years ago. They are planning to take part in another National Immunization Day in Pakistan next year.

Still, the skydive will hold a special place in Koushik's heart.

"This is one of the highlights of my polio eradication efforts," he says. "It's such a feeling of freedom. The first time out of the plane, you have very little idea what is happening; you are free-falling so fast. But once that parachute opens, you look around and say, 'Wow!' It's such a great feeling to be able to float like a bird."

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set-up & Welcome	Sergeant	Attendance
1 Nov	Damien on Fisher	6 for 6.30pm	CLUB ASSEMBLY	The Prez	L Kewen	Negotiable	M Martin
8 Nov	Damien on Fisher	6 for 6.30pm	Louise Bagger: Memories of WW2 Veterans	N White	H Kilsby	Only the best	D Middleton
15 Nov	Damien on Fisher LR	6 for 6.30pm	David Jones Indigenous Health Scholarship	R Mills	R Laws	A lady	A Mostaghim

Usual Meeting Venue: Damien on Fisher, 123 Fisher Street, Fullarton SA 5063

Apologies to: Ken Haines 0417 896 261 for this week

Meeting Chair Enquiries to: Secretary Greg McLeod on 0417 811 838 or email to unley.secretary@rotaryclub.org.au

Venue Set-up/Bar Enquiries to: Bulletin Editor – Stephen Baker 8377 7156 or M 0403 687 015

Attendance Desk Enquiries to: Wendy Andrews by **e-mail** to wendyjoyandrews@gmail.com or in an emergency on 8377 7830

Upcoming Events

Thursday 3-5 November: *Days for Girls* membership drive at Unley Shopping Centre

Saturday 12 November: *Donations in Kind Working Bee* 9:30 AM to 3:30 PM East Avenue Edinburgh

Tuesday 29 November: Christmas Function at the Bombay Bicycle Club.....book by 18 November with Valerie

Sunday 18 December: Christmas Carols at the Rotunda

Tuesday 20 December: Combined Group 6 Clubs Christmas Breakfast at Public Schools Club (7 for 7.15 to 8.30am

16-21 March 2017: Terrific Trip to Tassie, the journey of a life-time

Saturday Thrift Shop Roster

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
1	5 Nov 16	David Middleton & Jerry Casburn	Bob Laws & Robyn Carnachan
2	12 Nov 16	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin
3	19 Nov 16	Nathan White & Ken Haines (Vera Holt)	Pam Trimmer & Ken Haines
4	26 Nov 16	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5	29 Oct 16	Bob Mullins & David Pisoni	Jerry Casburn, Lachlan Reid, Reno Elms

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

Pam Trimmer (T) 8293 2612; (M) 0415 238 333; e-mail: pamela.trimmer@bigpond.com

Bunnings Mile End Barbeque

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

Next Date: Monday 28th November Morning shift: 8.30am – 12.30pm Afternoon shift: 12.30 – 5pm

The Back Page

MALE INGENUITY IS OUSTANDING!



Latest in coffee making and ironing



Lost a spoon?



Fixing the electricals



Washing relief

