



Our Last Meeting

Venue:	Damien on Fisher
Guest Speaker:	Suzanne Carigianis & Dr. Tim Proudman
Chairman:	Heather Kilsby
Apologies:	Briony & Jerry Casburn, Lindsay England, Sheila Evans, Geoff Hill, Mavis Martin, Bob Mills, Joan Reed, Pam Trimmer
Visiting Rotarians:	Kevin Stevens (Eastwood)
Guests:	Robyn Carnachan, Sachin Dewan
Attendance:	19 Members 5 Guests

Rotary Club of Unley

District 9520 - Chartered 17 April 1935

President: Stephen Baker: 08 8377 7156
or 0403 687015

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 Stephen's Announcements

1. An email was received from Suresh Kumar informing of his resignation from the club due to a family tragedy.
2. At the last Board meeting it was resolved that the club would gratefully accept the offer of Margaret Bosisto to take responsibility for the day-to-day running of the Thrift Shop, including pricing policy for items of over \$10 in value.
3. The outside painting of the Thrift Shop will happen in the next few weeks, depending on weather. David M, Ken H, Trevor and Graham volunteered to help.
4. The club will be shortly moving to a new system called Club Runner for managing our website and the bulletin. Our new PC is operating here tonight.
5. A new system for handling our meals will be trialled in July. Payment of \$25 will be made direct to the counter when the meal is ordered and note will be taken of attendance when badges are collected and squares purchased. Visiting guests will be noted at the counter and settled after.
6. There was a surplus of \$7000 from the Ballarat District Conference and PDG Jerry Casburn has indicated that he would like \$5000 to be provided to Trevor's Peru project.
7. The Unley Council citizenship ceremony last Thursday was again an enjoyable occasion.
8. The Katherine Street Park is progressing apace.
9. Our Changeover is in 3 weeks and District Changeover on Sunday 3 July.
10. Sheila Evans will be taking off for Ireland in 2 days.....we wish her a safe and enjoyable journey.



President Stephen Baker



Guest Speaker – Suzanne Carigianis & Dr Tim Proudman: Interplast

Heather Kilsby introduced the two guest speakers before calling firstly on Suzanne Carigianis. Suzanne is an experienced hand therapist who has worked in many countries, is a member of her professional association here and in the USA, and lectures at the University of SA. She established 'Helping Hands in Bhutan' seven years ago and eighteen months ago she and Dr Philip Griffin approached Interplast for assistance.

Interplast sends teams of volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region. They do this in partnership with local organisations, including hospitals, universities and local NGOs. Interplast was founded by Rotary and the Royal Australian Collage of Surgeons in 1983.

Bhutan is nestled cozily in the Himalayas on a plot of earth the size of Switzerland between India and China. They aim to maximize the gross level of human happiness and being a very poor country in rugged terrain between two mega powers who could squash them like flies, their human spirit is their greatest asset. Much of the cooking and heating is still done by lighting a fire and burns are common. There's also a lot of falling down in the rugged terrain and damage to hands and limbs is easily done.



Dr Tim Proudman, Heather Kilsby and Suzanne Carigianis

The goals of Helping hands in Bhutan are to implement a sustainable hand rehabilitation programme, train orthopedic surgeons and, supply surgical and hand therapy equipment. This year's trip lasted for three weeks and comprised two doctors and a support team. As well as running clinics, they met with the Minister of Health and had dinner with the Rotary Club of Thimphu – the capital of Bhutan. There have been nine of these expeditions, they have run five training courses, and sponsored a Bhutanese surgeon and two hand therapists. They have also supplied a lot of equipment. Suzanne has raised \$120,000 and the Rotary Club of Kidman Park have donated \$10,000.

Dr Tim Proudman is a Plastic and Reconstructive Surgeon, trained locally and internationally. He currently is the head of the department at QEH and also practices privately in Wakefield Street. He has been involved in three Interplast trips. He advised us that Bhutan is a new region for Interplast that has previously spread its services across much of the South Pacific and also into the sub-continent. They have mainly been focused on cleft palates but have branched out into head surgery and now hands.

As well as providing service to those in need they also train local operatives. The doctors and support teams are all volunteers and Interplast provides and transports the required equipment and resources.

Dr Tim then regaled us with the graphic and often confronting case studies that invariably accompany these presentations and that always provide an odd intellectual entrée for the meal to follow.

We in the Rotary Club of Unley can be of assistance if someone would like to fill the position of District Chair for 9520 that is currently vacant, and the club can also provide financial support.

Rotary News

Altruism: Individual serving

By Carol Hart Metzker – The Rotarian – 1 June 2016

The sun rises on a new school day. In rural Ganguli, India, 450 students climb aboard school buses. Five years ago they couldn't have gone to school because the distance from their village was too far to walk.

In San Agustín, Ecuador, students used to attend classes in the town morgue when it rained, because their school had no roof. Since 2012, hundreds of children there have learned to read and write in a real classroom.

Quietly orchestrating these and other projects was Vasanth Prabhu, a member of the Rotary Club of Central Chester County (Lionville), Pa. When he was growing up in India, education was not free, and he saw how hard his father worked to pay for schooling for eight children. Understanding how school can change a person's life keeps Prabhu working to provide education to those with no access to it, he says.

"I feel that everyone is a diamond in the rough," he says. "But it must be cut and polished to show its brilliance." So instead of spending his money on luxuries, he is using it to bring out that brilliance.

There are three ways we can deal with enormous problems and our emotional responses to them. We can let them overcome us until we feel too paralyzed to act. We can bury our heads in the sand. Or we can act. And when we help others, we often find that we benefit as well.

"Taking action allows me to exercise passion," Prabhu says, "to give it a good place to go."

James Doty, director of the Center for Compassion and Altruism Research and Education at Stanford University, wrote *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*. "We're adapted to recognize suffering and pain; for us to respond is hard-wired into our brain's pleasure centers," says Doty. "We receive oxytocin or dopamine bursts that result in increased blood flow to our reward centers. In short, we feel good when we help."

Caring for others brings other benefits, too. "When we engage in activities that help, it also results in lowering our blood pressure and heart rate," he notes. Research shows that it can help us live longer. And the good deeds we do can inspire others.

On the flip side, Doty says, "People can create mistrust or fear by implying that another group is threatening our safety. When that happens, fear or anxiety makes us want to withdraw into our own group and not care for others. Hormones are released that are detrimental to long-term health. But generally speaking, most people will be kind and compassionate to other people."

For years, Peggy Callahan has told stories that are hard to hear. A documentary producer covering social justice issues, she's also a co-founder of two nonprofits working to help people who are enslaved or caught in human trafficking. But perhaps paradoxically, her difficult work brings her happiness, and, thanks to neuroscience research, she understands



Lighting the Way

why. "When you do an act of good, you get a neurotransmitter 'drop' in your brain that makes you happy," she says. And there's a multiplier effect: "Someone who witnesses that act also experiences that, and remembering that act makes it happen all over again." She wondered how she could leverage that.

The result was Anonymous Good, a virtual community and website where people post stories or photos of acts of kindness they've carried out, observed, or received. For each act posted, website sponsors make a donation to feed the hungry, free people who are enslaved, plant a tree for cleaner air, or dig a well for clean water.

"One act of good is much more than simply one act of good," says Callahan. "It's part of a much bigger force."

Like Prabhu and Callahan, P.J. Maddox – a member of the Rotary Club of Dunn Loring-Merrifield, Va. – has felt the joy of tackling issues that seem too big to face. Rotary projects she has supported include funding a nurse-led clinic in war-ravaged rural Nicaragua. She has also mentored and made a Youth Exchange trip possible for a student otherwise unable to participate because of hardships at home.

"Some problems are so complicated and huge, it could be easy to say, 'Why bother?'" Maddox says. "But in addition to Rotary's power of collective talents to make something happen, I realized that the outcome of these projects wouldn't have been what they were if I wasn't there. I realized that a single human being can change the world."

As the sun sets around the globe – as students in India head back home on the school bus, as pupils in Ecuador close their books for the day, and as people in many places are well-fed, free, and happy – the world looks a little different. Because one individual extended a hand, there are people newly ready to change the world tomorrow.

Carol Hart Metzker is the author of Facing the Monster: How One Person Can Fight Child Slavery and a member of the E-Club of One World D5240.

Spots

Trevor McGuirk reported success in raising \$17,500 to date for the Peru project as well as attracting the interest of the Greenbridge Club in Toronto.

Reno Elms asked us all to dig a little deeper to help him reach his Red Shield target.

Patsy Beckett spoke of the upcoming changeover dinner and asked that we register early.

Bob Mullins sought a replacement for his Thrift Shop gig on the last Saturday in July and Lachlan obliged.

Alex Jonson advised that places are still available for the OSSAA luncheon at the Glenelg Golf Club on June 19th. The guest speaker is Dr Brian Spain and the tariff is \$55 per head.

Sergeant's Session

Sergeant come Chairman Heather Kilsby organised Suzanne to draw the fateful marble for her mate Wendy to win the atrocious squares. It was a hard task for Heather to initially elicit happy fines.....but there was unanimous approval (almost) for Sturt's continued good form. Trevor was genuinely pleased with his outstanding fundraising effort for the Peru project. And David M was happy with the performances of Trevor and Robyn who had been unceremoniously ordered by the President to uphold the honour of the club in the annual debate.....only to be thwarted by the critic!

The meeting closed at 7.58pm.....another brilliant effort.



At the upcoming

ROTARY CLUB OF UNLEY INC. CHANGEOVER DINNER

we will acknowledge the contribution of
retiring President Stephen Baker
and induct Ken Haines as President for 2016-2017

Members, partners and friends of Unley Rotary
are invited to attend this important annual Club event
to be held on Tuesday, 28th June 2016
at Damien on Fisher Restaurant, 123 Fisher Street, Fullarton
6pm for 6.30pm
2 course dinner

Cost: \$27 per person (payable on the night); Open bar

Dress: Business casual/after five wear;

Guests are invited to wear something **purple**

RSVP* by Sunday, 19th June, 2016 to Ken Haines
(kj.haines@bigpond.com)

Note any dietary restrictions with RSVP

(* only those who advise in advance can be accommodated on the night)

Diary Dates

Year	Month	Day	Date	Activity Details	Venue
2016	Jun	Sat	11	Annual D9520 Youth Exchange Ball	Rydges, South Terrace
		Sun	19	OSSAA Annual Luncheon	Glenelg Golf Club
		Tue	28	Unley Rotary Changeover Dinner	Damien on Fisher
	Jul	Sun	3	District 9520 Changeover Lunch	Marche Club, Paradise

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set-up & Welcome	Sergeant	Attendance
14 Jun	Damien on Fisher	6 for 6.30pm	Bob Cooper: "Helena Goldie Hospital, Munda, Western Province, Solomon Is."	W Andrews	G McLeod	J Reed	S Kumar D Maneva
21 Jun	Damien on Fisher	6 for 6.30pm	Club Discussion: "Creating a Roadmap for our Club for the Next Three Years"	S Baker	R Mullins	J Reed	D Maneva R Mills
28 Jun	Damien on Fisher	6.30 for 7pm	Club Changeover Dinner Partners & Guests Night	TBA	P Beckett V Bonython	J Reed	R Mills T McGuirk

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

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 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 wendyjjoyandrews@gmail.com or in an emergency on 8377 7830

Saturday Thrift Shop Roster

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
2	11 Jun 16	Greg McLeod & Stephen Baker	Wendy Andrews & Mavis Martin
3	18 Jun 16	Joan Reed & Nathan White	Pam Trimmer & Ken Haines
4	28 May 16	Bob Laws & Pam Trimmer	Sheila Evans & Ken Haines
5		Bob Mullins & David Pisoni	TBA & Reno Elms
1	4 Jun 16	David Middleton & sub for Jerry Casburn	Bob Laws & TBA

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

Joan Reed (T) 8379 8470; (M) 0401 714 499; e-mail: joan.reed@internode.on.net

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 27 June

Morning shift: 8.30am – 12.30pm

Afternoon shift: 12.30 – 5pm

The Back Page

The Talking Centipede

A single guy decided life would be more fun if he had a pet. So he went to the pet store and told the owner that he wanted to buy an unusual pet.

After some discussion, he finally bought a talking centipede, which came in a little white box to use for his house. He took the box back home, found a good spot for the box, and decided he would start off by taking his new pet to the pub for a drink with him.

So he asked the centipede in the box, "Would you like to go down the pub with me today? We'll have a good time." But there was no answer from his new pet.

This bothered him a bit, but he waited a few minutes and then asked again, "How about going down the pub with me?" But again, there was no answer from his new friend and pet.

So he waited a few minutes more, thinking about the situation. The guy decided to invite the centipede one last time. This time he put his face up against the centipede's box and shouted, "**Hey, in there! Would you like to go to the pub with me?**"

This time, a little voice came out of the box, "*I heard you the first time! I'm putting on my bloody shoes.*"



Rotary



Be a gift
to the world

