



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:	Charlotte Bampton
Chairman:	Briony Casburn
Apologies	Ken Haines, Robyn Carnachan, Lindsay England, Bob Laws, Dennis Liddle, Mavis Martin, Joan Reed, Lachlan Reid, Pam Trimmer
Visiting Rotarians :	Gordon & Sue Brown (RC Surfers Paradise)
Returning Rotarian:	Reno Elms
Attendance:	19 Members 3 Guests

Sergeant Bob Mills toasted the Rotary Club of Encounter Bay in recognition of their efforts to help at risk students at the Victor Harbor High School.

Vice President Trevor McGuirk's Announcements....on trainer wheels

- Trevor reflected on the successful visit to the Hutt Street Centre last week; felt that using micro breweries as a catalyst for water purification in developing countries had merit; and urged members to dial up the District Governor's newsletter.

Rotarian Gordon Brown from RC Surfers Paradise explained that his club is 62 years old, and has 24 members. Its major achievement has been the building and management of 22 villas for pensioners using funds generated from a big race meeting on the 1st Saturday in October.....the punters obviously run slower in Qld.

Guest Speaker : Charlotte Bampton Science Trip to Germany

Chairman Briony Casburn introduced Charlotte who is 18 and a year 12 student at St Johns Blackwood. She was sponsored by our club to attend a National Youth Science Forum in Auckland in 2016, and had then been invited to join an International Science Symposium in Germany (which our club also supported). Charlotte has set her sights on becoming an aerospace engineer, loves to travel and play basketball.

International forums (fora) for talented secondary science students are conducted in a number of countries. Her symposium in Germany takes only 19 students and runs for 3 weeks while one in England takes 600 students and runs for a week.....I think. The University City of Gottingen in Saxony played host. There were two other Australians attending. Of the topics available, Charlotte chose *laser physics* for the first week, *physics of flying* the second week, and *molecular biology* the third week, and it was hard slog working from 9am-5pm each weekday. The quantum physics was a



Gordon & Sue

bridge too far but the laser laboratory amazing. Charlotte readied for space travel with her choice of the flying module but was disappointed that it was all about the aerodynamics of birds without the bees. Fun was had with the mechanical birds and the wind machineobviously not driven by baked beans. Molecular biology comprised genetics, gene technology and bacteria modification. This was high-powered stuff and quite daunting at times. But relief/enjoyment (?) was provided by the social program which included a visit to the Aldi museum (wow), a visit to the farm animal zoo (double wow), and a nearby old concentration camp. The University food was wholesome. An unforgettable experience!

Listening to Charlotte it was clear that she was participating well beyond her natural comfort zone, that comprehension varied according to the quality of delivery and topics covered at her own school, and that the course operated with Germanic precision. Perhaps it gets down to tough love.....but friendships last a lifetime.

Charlotte was thanked by acclamation after presenting the club with a small plaque of appreciation.



Briony and Charlotte examining the plaque

Outstanding main course and sweets were served.

Spots

Patsy Beckett strove for more bottoms behind the wheels for the biggest Country Car Cruise in Australia on 23 October.

Jerry Casburn requires more help for the *Days for Girls* membership recruitment at Unley Shopping Centre; \$1000 for this project has been set aside from the Ballarat conference surplus . He noted with pleasure that already 30 on-line submissions had been received for Pride of Workmanship Awards.

Valerie Bonython provided a summary of the *Days For Girls* workshop conducted monthly and involving about 30 people under the direction of Sue Harris From RC Flagstaff Hill. **Briony Casburn** has organised a *Days for Girls* presentation in the Auditorium here on 25 October.

Stephen Baker announced that due to the absence for 3 weeks of Bob Laws in the wilds of PNG, there was a need to fill a Thrift Shop roster on the morning of 24 September (David M volunteered) and the afternoon of October 1. Pam Trimmer will also be away for afternoon of 17 September and morning of 24 September.

Sergeant's Session

Sergeant Bob Mills managed to have Charlotte squeeze out David Payne's marble for the atrocious squares, thereby preventing some habitual offenders from continuing to win. Wendy was obviously delighted with her interaction with the international exchange students.....perhaps the most striking story was about a student from Germany who came bedecked with banned appearance improvements like multi-coloured hair and a pierced nose. You wonder what Rotary is coming to when they prevent such natural self-expression?? David M confidently asserted that most people hate political parties.....now that is hard to believe! Sergeant Bob related a heart rending story about an Irish para Olympian.

Trevor closed the meeting at 8.02pm.....Ken may never leave him in charge again for finishing LATE!

Rotary News

Ironman triathlete Minda Dentler challenges world to end polio As told to

David Goodstone 9 Sep 2016

I was born in 1978 in Mumbai to a domestic worker and single mother. At six months old, I was paralyzed from the hips down by polio. The chances of surviving in India until your 18th birthday with a disability are very slim. My mother was unable to care for me and left me at an orphanage. I don't remember much about my time there because I was so young, but I know the conditions were primitive. I had no real hope that my life would become anything of note or that I would have the opportunity to be independent and overcome the burden of a very preventable disease.

I didn't know it then, but several years after I was born, a revolution in the way the world approached polio prevention came to India. That revolution was the [Global Polio Eradication Initiative](#), which has reduced global polio cases by 99.9 percent since 1988. But like millions of others in India, I never received the two drops of oral vaccine that protect against the virus. In India, your health is vital to your social and economic opportunities. If you are healthy, you can get a job, and if you have a job, you can get married. Unfortunately, this simple passage of convention seemed beyond my reach. But then my life changed irrevocably once more.

At age three, I was adopted by Bruce and Ann Dentler and joined their family of two children and another adopted son, from Korea. I moved to Spokane, Washington, USA, shortly after my third birthday. Over the next few years, I underwent a series of surgeries on my hips, legs, and back to straighten my body, and I could eventually walk with leg braces and crutches. My parents had the same expectations of me as they did of my siblings and set the tone that having a disability



Minda Dentler becomes the first woman hand cyclist to complete the 2.4-mile swim, 112-mile cycle, and 26.2-mile marathon of the Ironman World Championship in Kailua-Kona, Hawaii

should not prevent me from doing whatever I wanted to do with my life. I had to do the same chores and do my homework. It was a very happy childhood.

I loved to compete, so I threw myself into many activities, from debating at school to playing the piano. I graduated from high school and moved to Seattle to study business at the University of Washington. While in college, I interned at the White House and IBM. I studied abroad in Spain and backpacked through Europe by myself, wearing my leg braces and crutches. Upon graduating, I moved to New York City for a management consulting job. I pursued an MBA, got married, and now work at a large multinational insurance company. Through my example, I hope people can see that a disability shouldn't hinder someone from living a full and productive life.

While living in New York, I met Dick Traum, the first amputee to complete the New York City Marathon in 1976. Dick later founded a nonprofit, Achilles International, which provides free training and support to help people with disabilities participate in sports. He gave me a hand cycle, which is a three-wheeled recumbent bicycle propelled by the arms, and encouraged me to train for a marathon. This opened up a new world of opportunity for me, and I completed the New York City Marathon in my hand cycle in 2006.

My next challenge was thought to be impossible for a female wheelchair athlete: the Ironman Triathlon. I made the transition to triathlon and finished my first Ironman in Louisville, Kentucky, USA, and qualified for the world championship in Kona, Hawaii, in 2012.

The Ironman Triathlon requires a wheelchair athlete like me to swim 2.4 miles, hand cycle 112 miles, and push a racing wheelchair 26.2 miles, all within tight time limits for each stage of the course. But at the Kona Ironman, I failed to make the 10½-hour cutoff time for the cycling portion. I was disappointed, but I'd faced harder setbacks before. The failure steeled my determination, and I decided to regroup and try again the next year.

By October 2013, I was back at the starting line for the Kona Ironman in Hawaii for the second time. I was bidding to become the first woman hand cyclist in history to finish the Ironman World Championship. Just as my parents had insisted that I complete the same chores as my siblings, the Ironman event demanded that I complete the course within the same strict time limits as every other able-bodied competitor. I had qualified for the race and earned the right to compete on a level playing field, but if I did complete the race, it would mean something more than achieving another personal goal.

Every stroke in the water and crank forward on my hand cycle were movements for those who could not lift limbs paralyzed by polio. With every rotation of the wheels on my racing wheelchair, I was moving forward for the millions of polio survivors who would never get this opportunity. When I finally crossed the finish line 14 hours and 39 minutes after I started, I was overwhelmed with joy and excitement. It was a storybook ending and the realization of a dream that seemed impossible to achieve.

I'd followed Rotary's polio eradication efforts for some time when I had the honor of being invited to speak at a World Polio Day event in 2014. Since then, I've been one of Rotary's polio ambassadors, helping to raise awareness for the End Polio Now campaign. In this role, I was offered an opportunity to return to India for the first time since I was a child.

Last year I set off for the country where most people said polio could never be eradicated. But against the odds, one year after my first successful Ironman World Championship, India did eradicate polio – despite the challenges of crowded slums with poor sanitation, the second largest population in the world, the weakened immune systems of millions living in poverty without proper nourishment. Despite all this, Southeast Asia was certified polio free in 2014.

The enormity of this achievement is clear if you consider that less than a decade ago, India reported almost half of the world's new polio cases. But until the disease is eradicated everywhere, it could easily return. So on my trip, I participated in a National Immunization Day, when 172 million children through age five are immunized against polio.

One of the most memorable moments for me was meeting a polio survivor named Parveen at St. Stephen's Hospital in New Delhi. It was a stark reminder of a tale of two worlds. Here she was, the same age as me, but we are living very different lives. I was adopted and catapulted into a life of privilege. At age 37, Parveen is illiterate, without resources, and has been a burden on her family.

I do not want to see other children become victims of polio and suffer the lifelong effects of a preventable disease. It was heartbreaking to me, and, as a mother, I want for her and all children in the world, no matter their circumstances, to have a chance at a healthy life. Rotary is changing the world, one child and two drops of vaccine at a time.

I've had good fortune at various stages of my life. I was adopted by a loving family after three years in an orphanage. I was given my first hand cycle by Achilles International in New York. I had the support of my family to push me across the finish line in Hawaii. But I hope readers realize that my story is also one of empowerment and personal choice.

Whether you are a polio survivor, a supporter of the polio eradication effort, or even someone who is surprised polio is still a threat – we all have an important choice to make. We can choose to have our children vaccinated and ensure that other parents in our communities do the same. I know what it is to miss out on this life-changing vaccine, as my childhood wasn't the same. In India, I also met Rukhsar Khatoon, the country's last documented polio victim, and it made me realize that when we finally do end polio, our work will not be over.

There are 10 million to 20 million polio survivors worldwide, and they need more than physical rehabilitation. It will be another lifetime's work to ensure that every polio survivor has access to a good education and to prevent stigmatization in communities or the workplace because of a physical disability. The least we can do in the present is to make the choice to prevent more needless suffering by vaccinating our children. And soon, our children, and their children, will live in a world without polio. Just imagine.

Our Upcoming Meetings

Date	Venue	Time	Speaker/Occasion	Chairman	Set-up & Welcome	Sergeant	Attendance
20 Sep	Damien on Fisher	6 for 6.30pm	Kayla McLean Women's Community Centre Partner's Event in the Auditorium	VBonython	BCasburn	Mavis	AJonson
27 Sep	Edinburgh Hotel	6 for 6.30pm	The Quiz Challenge with RC Brownhill Creek	BHC	JCasburn	n/a	LKewen

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

Apologies to: Wendy Andrews by **e-mail** to wendyjoyandrews@gmail.com 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 – 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 13 – 15 October: Days for Girls membership drive at Unley Shopping Centre

Sunday 23 October: Car cruise trial.....for those with brains and driving skill

Starting where? Unley Shopping Centre near Coles
 What time? From 9.45am – 10am (staggered starts)
 What cost? \$20/vehicle (this includes bikes/quads/roller blades/horses/camels etc.) Payable by 18 October 2016
 What to bring? A great sense of humour (and rosary beads if you think they will help)
 What is provided? Morning tea of tea/coffee/sweet treats for energy to 'carry on'!
 A sealed envelope with final destination details.....penalty \$5 if opened in emergency
 What is not provided? The answers to the quiz - and lunch (purchase own)
 Finish time? Concludes with lunch **REV REV REV**

16-21 March 2017: Terrific Trip to Tassie is a winner and is happening.....sign up****

Saturday Thrift Shop Roster

Week	Dates	Early Shift: 10am to 12.30pm	Late Shift: 12.30pm to 3.00pm
1	1 Oct 16	David Middleton & Jerry Casburn	Bob Laws & Robyn Carnachan
2	8 Oct 16	Ken Haines & Vera Holt (Greg McLeod & Stephen Baker)	Wendy Andrews & Mavis Martin
3	17 Sep 16	Nathan White & Vera Holt	(Pam Trimmer) & Ken Haines
4	24 Sep 16	David Middleton & student (Bob Laws & Pam Trimmer)	Sheila Evans & Ken Haines
5		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 the **last Monday** of the month from 8am to 5pm

Next Date: Monday 26 September Morning shift: 8.30am – 12.30pm Afternoon shift: 12.30 – 5pm

Detmold BBQ

We mobilise for the Thursday shift 4 – 7.30pm Thursday 22 September. We resume at 5am – 7.30am Friday 23 September, and finalise 11 – 1.30pm.

Saving stroke victims as supplied by Mavis

A neurologist says that if he can get to a stroke victim within 3 hours he can *totally* reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours! If you notice strange behavior such as increasing speech difficulty, unsteadiness or disorientation, just do the following:

*Ask the person to SMILE.

*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

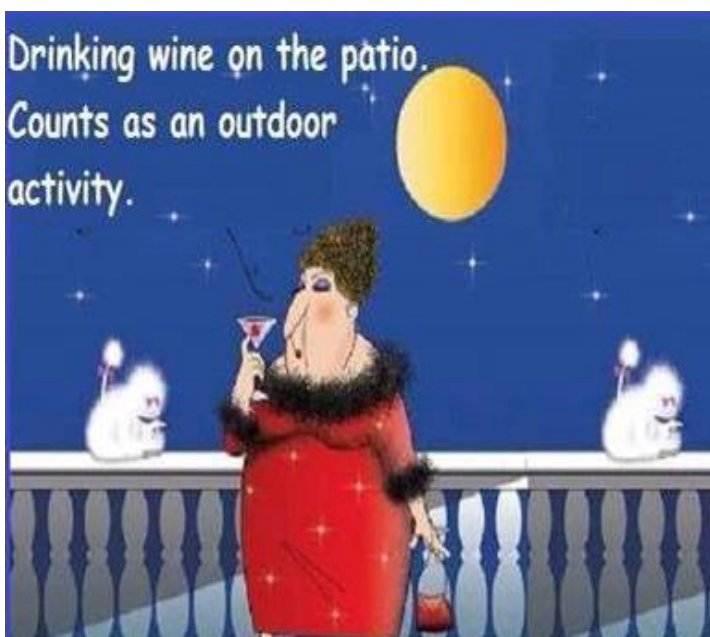
*Ask the person to RAISE BOTH ARMS.

*Ask the person to 'stick' out his/her tongue [A 'crooked' tongue, to one side, is an indicator]

If that person has trouble with ANY ONE of these tasks, call the emergency number 000 immediately and describe the symptoms to the dispatcher.

The Back Page

INSPIRATIONAL MESSAGES



More Inspiration

1. I like long walks, especially when they are taken by people who annoy me.
2. I was going to wear my camouflage shirt today, but I couldn't find it.
3. If at first you don't succeed, skydiving is not for you.
4. I sometimes wake up grumpy; other times I let her sleep.
5. If tomatoes are technically a fruit, is ketchup a smoothie?
6. Money is the root of all wealth.
7. No matter how much you push the envelope, it will still be stationery. LE FINIS

