



FOREST HILL HAPPENINGS

No 07

President: Sue Ballard

12 August 2020

FROM THE PRESIDENT'S DESK

I was talking with my young neighbours this week and commented that their children aged 5 years old and 18 months old were adjusting well to the current circumstances. Like most children their age they are full of energy and curiosity for life. They are lapping up the contact they have with their parents, both high flying professionals working from home. While the extended family (grandparents, aunts and uncle) are not able to visit these children have adapted to technology and virtual meetings and parties. What impresses me most is as a family they set aside family time each day where they have a neighbourhood outing, usually down to the local parkland. They use this time to appreciate the simple things in life, watching ducks, riding bikes, kicking a ball. They have made a conscious effort to block out negative television reports, not concentrating on what they can't do but to take the opportunity to do the things they can do. The parents still work long hours at their respective careers, differently than 6 months ago and they have had to adapt to home schooling as well. But they are making it work.

On Facebook I have been watching Judy Laslett's post of their park walks. Watching birds and enjoying the sunny winter days in fresh air enjoying what nature is around us. Walking my dog and working in the garden gives me a break from being reminded of the troubles of the world. As a child I grew up knowing there were troubles in Australia and around the world. But we weren't bombarded with this news all day every day. We filtered the news, into manageable segments keeping informed and aware, for our own mental health. Like my neighbours and the Laslett's I have embraced and enjoyed the simpler things in life.

There are others around us struggling at the moment, neighbours, family, friends and others. We need to remind ourselves, and them that the current situation is only temporary, things will get better and if we look around us we will see the world really is wonderful.

Take care of yourselves.

Sue

MEETING REPORT

Secretary Stuart says not a great amount of mail this week, will be distributed in next few days.

Treasurer Warwick said most members have paid their dues but reminded those who hadn't they can do a direct transfer into club account. Also mentioned that the second seminar on membership hosted by Rotary in Canberra will be conducted on Thursday this week. Sue and Warwick are attending.

Glenys will be attending a seminar on Community and projects this week as well.

Sue will also be attending a committee meeting for the Centenary Cluster Project.

Vocational have put the presentation of the Apprenticeship Awards on hold. Winners have been selected and Box Hill Institute are putting together the tool kits.

Ron covered the programme schedule for the next 4 weeks. He reminded us that Alma will be visiting in September, and that we will have Hat Day coming after that.

Dr Daryl Moran, DGE, from Rowville-Lysterfield discussed what is happening around the district including activities like supplying coffee for hospital workers, buying vouchers from cafes and restaurants, He discussed that while a few clubs have closed down he is encouraged that our club has embraced Zoom and still conducting regular meetings. He suggested that maybe allowing extra time before and/or after our meeting for general chats.

Stephen Fisher presented the club with a summary of the history of Polio and the effectiveness of the Rotary project. While there were large numbers of cases in the years prior to the oral vaccine roll out, it dropped dramatically when the global roll out of the vaccine began. The most recent peak in the Pakistan region was as a result of the government pulling out of the program but when the government reversed the decision the figures again dropped quickly. Currently there are only a few new cases reported. It was pointed out that once they get down to zero cases for a number of years they will be confident of success.

CELEBRATIONS

Time to celebrate – because we can!

This will not go on forever and we are a lot better off than many others around the world. Be thankful.

Talk to family and friends, enjoy a walk and notice how much cleaner the air is with less traffic on the roads.



August is Rotary Membership month.

Have you found a new member?

NEXT MEETING

Our next meeting will be via Zoom on August 17th when Peter Malden will speak to us about the “rotaryeyesFiji” project.

A link to join the meeting will be sent out today.

Contact me if you have any problems.

COMING UP

17 th August	Peter Malden	- ‘rotaryeyesfiji’
24 th August	Kelly Donnelly	- Eating for a Healthy Heart
31 st August	Konrad Ermert	- Aphasia
7 th September	Martin Forrest	- End Hepatitis Now

ANNUAL CLUB MEMBERSHIP FEES

Oops!! Sorry Warwick I will send it off today – without fail. Trust me – it is in the ether.

Invoices have been sent out for this year’s fees.

Contact me if you haven’t received your invoice yet.

Payment to be made to:

RCFH General Account.

Bendigo Bank

BSB 633 000

A/c No. 1418 41288

Warwick Stott

FUNDRAISER

Dear All

Our fund raising has been curtailed by the virus.

Our expenses have been reduced by the virus.

There has been an increase in home violence particularly towards women and children by the virus.

The “Where will it be played?” GRAND FINAL SWEEP is one way to kill those three birds with one stone. See the attached flyer.

Ron Brooks

GRAND FINAL SWEEP



The  burning 

question 

**Where will the Grand Final
be held?**



Darwin? Wellington? Hobart? Gold Coast? Perth? ??????

Entry: \$10

Winner(s): 25% of the pot



All punters will get one of 20 grounds
chosen at random by an Excel
algorithm.

75% will be donated to a
Women's Refuge

in the

City of Whitehorse.

Send your money to

Rotary Club of Forest Hill Fundraising

BSB 633 000, a/c no. 1418 41338 Surname with initial as
reference

IMPORTANT: Email payment confirmation to
ronbrooks1942@gmail.com

AFL Grand Final
Sweep

1. MCG
2. Perth
3. Adelaide
4. Sydney
5. Gold Coast
6. Brisbane
7. Geelong
8. Canberra
9. Wangaratta
10. Freemantle
11. Darwin
12. Nowhere
13. Alice Springs
14. Launceston
15. Hobart
16. Ballarat
17. Shanghai
18. Wellington
19. London
20. Cairns



DID YOU KNOW?

District Resource Network (DRN)

The DRN connects clubs with resources that can help them to improve the quality and effectiveness of their service projects. Experts are grouped according to The Rotary Foundation's 6 Areas of Focus, as well as Project Planning and the Grants Process. Clubs can consult these experts to improve a project or grant application.

Through the DRN, clubs can obtain advice on:

- Project planning, design and implementation
- Aligning a project or grant with Rotary's areas of focus
- Grants processes
- Community assessments
- Finding project partners;—clubs and cooperating organisations
- Securing funding
- Incorporating sustainability
- Incorporating measurement and evaluation benchmarks
- Project publicity.

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.'

'Really,' answered the neighbour. 'What kind is it?'

'Twelve thirty.'



Don't leave home without your mask!!

KEEP SMILING

BLACKBURN MARKET – TRADER OF THE MONTH

The Hazelnut Tree is a small business based here in the eastern suburbs of Melbourne producing handmade soaps and body products. Hazel has been a regular with us at the Blackburn Craft Market for eight years and her products can also be purchased from the “Market Fair” 2/794 Burwood Hwy, Ferntree Gully. She lives just around the corner. At busy times she ropes in her children and husband to help on the stall making it a family affair.

As you can see from the photographs, there is a beautiful unique range of soaps poured and cut by hand. She makes her soaps using the traditional cold process method from olive oil, castor oil, coconut oil, avocado oil and hemp seed oil – no palm oil here. Hazel then uses natural colours, plant extracts and essential oils. The range also includes liquid soaps, shampoo bars, moisturisers, lip balms and more. She has an unscented range for people with sensitivities.

Hazel will be happy to talk to you about any of her products as she personally makes them. Come along to the Blackburn Craft market or email her. To make things simple, you can pay by EFTPOS.

Hazel can be contacted by email on hazel@thehazelnuttree.net and take a look at her website www.thehazelnuttree.net

