

Rotary
Club of Forest Hill



**The Flyer
2017-2018**



ROTARY:
MAKING A
DIFFERENCE

President: Bill Marsh

Number 10

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

11 September 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

CLUB PROGRAM

Date	Event		Chair	Thanks & Meeting Report
11 Sep	DG's Visit <i>DG Malcolm Chiverton</i>	CLUB BIRTHDAY	Bob Williams	Martine McLeod Craig
18 Sep	Shrine of Remembrance <i>Shirley Devery</i>		Warwick Stott	Ray Smith
25 Sep	WHITEHORSE- Our future <i>Mayor Denise Massoud</i>	BOARD	Ray Smith	Warwick Stott
2 Oct	Bob & Stuart Williams <i>Footy night</i>			John McPhee

CELEBRATIONS

Congrats to Warwick Stott- club anniversary (13 Sep)-42 years of dedicated service!!

DUTY ROSTER

	SEPTEMBER	OCTOBER
Recorder	Bob Laslett	Glenys Grant
Greeter	Mike Finke	Martine Macleod Craig
Emergency	Ray Smith	Sue Ballard
Cashier	Barbara Searle	Chris Tuck

ATTENDANCE

APOLOGY – IF A MEMBER IS NOT GOING TO COME TO THE MEETING or you intend

bringing a guest please contact Ray Smith by 10.00 am MONDAY on 0412 807 585 or rcssmith@optusnet.com.au

.SPECIAL DIETARY NEEDS to Ray by 10am at the LATEST

Any CANCELLATION AFTER 10.00 AM *should* be made direct with the management of

Bucatini Restaurant on 9873 0268

BILL'S BYLINES

It is good to be back! Well almost. I am still coming to terms with the change from 29° to 6° and shorts and t-shirt to jumpers, coats and waterproofs. Blue skies and gently rolling waves to grey skies, rain and hustling traffic. These things aside it is good to be back.

Monday night was an excellent evening. Only a small number of members because half a dozen are still off sunning themselves in foreign climes but an excellent speaker – Leon Moore from LAARF - and two prospective new members Ed & Denise. The general meeting was followed by sub committees meeting to plan their programs.

Next week we are looking forward to DG Malcolm's visit and our birthday celebrations -42 years. Malcolm will present his report on the club to the meeting, (not sure if he is going to jump out of the cake – we are still negotiating) and also present two PHF awards. Certain to be a great night and I would encourage all members and Honorary Members to attend if possible.

Our new club polo shirts have arrived and will get their first airing at the weekend with our market at Blackburn on Saturday and then the WFM on Sunday.

The club wishes Mike Finke well tomorrow when he goes in for surgery to replace a hip that has decided to quit on him. Mike is approaching the op with his usual positive outlook and I'm sure he will be up and about very quickly.

It was great this week to be able to give the go-ahead to further work at Hope Katolo Nursery School in Kenya. This is a fantastic story and one that the club is proud to be able to support. This year is the first time we have been able to commit funds early and on a long-term basis due to the support of the Davis family. This regular funding will make a huge difference to the school and the children they are preparing for a bright future.

Some dates for your diaries.

Friday 8th - Film Night

Saturday 9th – Blackburn Market

Sunday 10th - WFM

Monday 11th - DG's visit to the club

And looking ahead:

Monday 30th October – Partners night at Bucatini

Wednesday 15th November – Visit to Roger Davis' farm.

Remember - Rotary: Making a Difference - is not just a theme it is what we do.

Did You Know?

Treasure Island in Lake Mindemoya on Manitoulin Island in Lake Huron is the largest island in a lake on an island in a lake in the world? (Try saying that 3 times quickly!)

Meeting report September 4

Leon Moore spoke about the Rotary Club of Doncaster and their project, the LAARF Singers.

Leon is a music teacher, public speaker, and music composer who has a strong belief in the social and physical benefits of singing in a group. His success with a choir for stroke sufferers, started in 2010 with 37 singers, most of whom could not speak, encouraged him to expand the program to include those with other medical conditions, or no medical condition at all. Every one of the original choir members, whether capable of speaking or not, could sing.

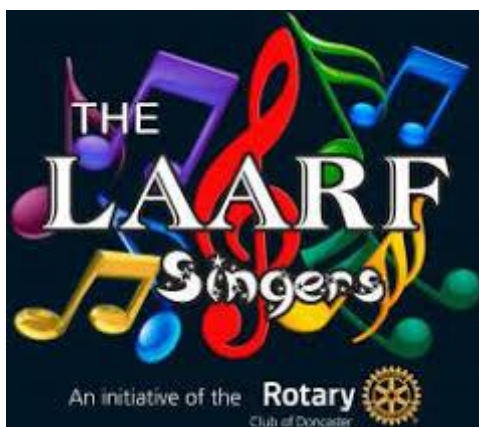
Leon has a strong belief in the power of group vocalisation, and research is available to back this up. Just as the presence and interaction with a dog provides tangible and quantifiable medical benefits to people, the effects of singing on the human body can also be measured. Blood pressure reduces, heart rate becomes more regular and slow, and endorphin levels (the so-called comfort hormone) rise. In addition to this, the thyroid is stimulated, and muscles are exercised and strengthened with regular singing.

Less immediately apparent, but measurable over time, there is a rise in mental acuity and an improvement in listening skills. The loss of listening skills can often be mistaken for a loss of hearing, and compound the social isolation felt by many seniors, or those who've suffered a medical event that has reduced their mobility or communication possibilities.

One patient, a man named Rob, went for five years without speaking, but was eventually able to use the skills developed in group singing to communicate and articulate his thoughts. This progress was remarkable because the areas of his brain normally associated with language processing had been severely damaged. The neuroplasticity of the brain means that we have tremendous potential to recovery. Music is such an integral part of human development and existence that it is a powerful tool in recovering the ability to learn lost skills.

With vocal music performance, we can help the brain regain faculty, delay dementia, and provide for a host of other medical benefits.

The 45 or so people in LAARF meet once a week on Mondays to sing as a group. All are welcome, and the CD produced with their voices can be used to encourage others to sing along as well.



LAARFS

Laughing, ALL - Abilities, Really Friendly Singers

SGT Session/Raffle

Sergeant session raised \$31 and the Raffle raised \$44.00.

MISC

Next week will be RCFH's 42nd anniversary, as well as the DG's visit.

RCFH has likely raised over \$1.2 M for projects over its life to date.

Martine's report of her presence at the Whitehorse Council dinner this week in her role as Community and Vocational chair provided her with the opportunity to speak with some of the councillors, as well as their spouses.

Mike

Sergeant's Reflection

How do we retain “humanness” in a digital age? Have you thought about what we need to do or preserve to protect ourselves if many of the decisions about our lives will be made by machines? Do we have to define what it is to be a functioning human? I wonder if this time has crept up on us very quickly.

Do we have a right to demand a say in the areas where autonomous machines might be controlling our lives? It is not that many years ago that automatic computerized selling of shares created a massive crash on the share market.

I used a Tom Tom to guide me into and out of Sydney, but there are many scary stories of GPS devices directing people into unsafe or dangerous places. Can we trust the people who will determine the way we interact with digital devices in our future? Will we see driverless cars mixing with us at roundabouts and in shopping centre car parks?

Are some areas of our life totally out of bounds to digital takeover or do we believe “intelligent machines” can make a better fist of our future than we have of our present?

Stuart

International Report

Hope Katolo Nursery School Fundraising Movie Night

THURSDAY 21/09/2017

PALACE BALWYN CINEMA

6:30 -9:30PM

TICKETS \$25 EACH

Preferably tickets should be paid for prior to the night by directly transferring money into the Hope Katolo Nursery School bank account. Notify the girls when you have paid or if you have any queries via Facebook or email hopekatolo@hotmail.com



Whitehorse Farmers Market

Sunday 10th September

RCFH Roster

7.30 to 9am Stuart Williams

9.00 to 11.00am Bill Marsh

11.00 to 12.30pm Barb Searle

Last shift attendees to help with putting away the portable signage and bins etc.

Social Media

Episode 22 of the podcast is ready for listening at <https://soundcloud.com/mike-finke-167583478/five-minute-forest-hill-episode-22>

Breakfast Roster

Barb and Bob Williams served up hot toasties this week in the snow. Next week is the last one for the term and Barb and Bob L will be on duty with pancakes.

ROTARY MONTHLY THEMES

September Basic Education and Literacy

October Economic and Community Development

ARTICLES

Newsletter articles to rlaslett76@gmail.com.au by 5 pm Wednesday please.