



President: John McPhee

Number 11

12 September 2016

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary1975@gmail.com

Website:

www.foresthillrotary.com

Meeting location:

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

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

Forest Hill Rotary

CLUB PROGRAM

Date	Event	Chair	Thanks and Meeting report
12 September	DG visit and Club Birthday <i>DG Carol Lawton</i>	Stuart Williams	Mike Finke
19 September	One Year as a Health Volunteer in Mongolia <i>Lynette Phuong</i>	Mike Finke	Bob Laslett
26 September	Membership Night	Ray Smith	Chris Tuck
03 October	Prison World & Ministry <i>Rev Ian Whitehill</i>	Warwick Stott	John McPhee

THIS WEEKS CELEBRATIONS

It's Warwick's club anniversary on the 13th of September, so please remember to congratulate him on his return from important farm business.

DUTY ROSTER

	September	October
Recorder	Ron Brooks	Chris Tuck
Greeter	Mike Finke	Stuart Williams
Emergency	Ray Smith	Glenys Grant
Cashier	Nancy Notman	Mike Finke

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 9878 4891 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

DON HULLAND

Don is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409**

530 435. Please give him a call or phone the office 5770-2100 and ask for Don.

SERGEANT'S SESSION, COURTESY OF BOB WILLIAMS

A somewhat light hearted look at the meaning of life.

On the first day God created the dog and told him he can sit and sleep all day at the door of his house and bark at strangers and for this I'll give you 20 years of life. The dog said that's too long barking at strangers so how about 10 years and I'll give you back the other 10. God agreed and on the second day created the monkey and told him to entertain people doing tricks and make them laugh and for this I'll give you 20 years of life. The monkey said 20 years doing tricks was too long so like the dog, asked for a life span of 10 years and gave the other 10 back. God again agreed and on the third day created the cow saying you must go into the field all day long and suffer under the sun and rain, have calves and give milk and for this I'll give you 60 years life span. The cow said that's a really tough life and I think 20 years is all I can stand so I'll give you back the other 40 years. God agreed and on the fourth day created humans telling them to eat, sleep, play, and enjoy life and for this I'll give you 20 years. The human said only 20 years? Could you possibly give me my 20 years plus the 40 you got back from the cow plus the 10 from the monkey and finally the 10 from the dog to make 80 years life span. Okay said God if that's what you want.

So that is why for our first 20 years we eat, sleep, play and enjoy ourselves. For the next 40 years we slave in the sun and rain to support our family. The next 10 years we do monkey tricks to entertain our grandchildren and for the last 10 years we sit and sleep and bark at everyone. Life has now been explained to you and if you're looking for me I'll be having a nap.

Bob W

JOHN'S JOTTINGS, COURTESY OF OUR PRESIDENT

It continues to amaze me at the quality of speakers our Program chairpersons keep provide to us each week, and Monday evening was no exception. A lovely lady who kept our full attention on an unusual subject, with her enthusiasm and presentation.

The weekend ahead will be a very busy one with our Blackburn Market on Saturday in its new temporary location in the Gardenia Street West car park. When arriving by preference please park in an all-day carpark near the IGA store and not take up space in the customer carpark behind the main shopping area.



Sunday of course is the Whitehorse farmers market plus the Schwerkolt cottage open day and we will, weather permitting, be flat out with sausage sales if past years' efforts ensue. A full-on effort required here.

Monday night is the DG's visit as well as our club's birthday. Then again we front up on Thursday for the Primary School Speech contest at Burwood Heights Primary School - another great project in which we are involved.

We can then have a rest until the following Monday when we hear from Lynette Phuong on her year as a health volunteer in Mongolia. In the meantime, don't forget, the membership drive and information night, on the 26th. Please advise details to Warwick of guest you have invited.

To all have a great week in whatever you do.

-John

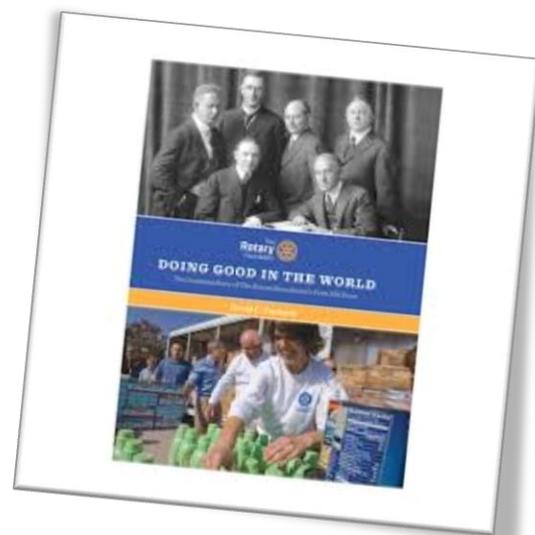
DOING GOOD IN THE WORLD

A Review by Stuart Williams

Fascinating reading in the book –Doing Good in the World, the inspiring story of The Rotary Foundation’s First 100 years. I did not know that Rotary had almost run out of money in 1914. Secretary Chesley R. Perry disclosed that the association was insolvent. Every club was asked for a one-time contribution to save the organisation. Arch Klumph suggested that a reserve fund be set up. Not long after, the Rotary Club of Kansas City sent \$26.50 to Rotary headquarters. They asked it be “deposited to the Endowment fund” Klumph had suggested. Sadly, that money sat there for years and the was only a trickle of money added to it.

I loved the story of Klumph during an audience at Buckingham Palace with King George V and Queen Mary, talking about Rotary with the king. The king said, “Well, Mr Klumph, I believe I should like to be a Rotarian.” Without hesitation, Arch Klumph responded, “I see nothing to stop you, sir. Your eligibility is certain, for a search of the membership lists of London Rotary clubs will find no member whose trade, calling, or occupation is that of King.”

In 1914, Rotary kept going on two activities –Club Service and Community Service. Later they went ahead with adding Vocational Service, Boy’s Work, Crippled Children Work, and International Service.



Paul Harris planted a seed. Klumph defined the very essence and true aspirations of Rotary and Rotarians. Those roots quickly sprouted and grew into what today is a majestic tree – what the world knows today as The Rotary Foundation. Its branches extend right across the world. Think about buying this fascinating book.

You can order it from the website at <https://shop.rotary.org/doing-good-in-the-world-hardcover-929>.

LAST WEEK’S MEETING AND SPEAKER (5th of September)

Sergeant Bob W opened the meeting with the usual two toasts to Australia and Rotary International. There were 9 members in attendance plus Judy M & Robbie to hear how Margaret Cunningham is changing the lives of so many people through the “Days for Girls” programme in her “retirement” from teaching.

We heard from Pres John that our club is going to rattle some tins at Blackburn Station on Hat Day when we have been urged to “Lift the Lid” (see Pres John’s information in this Flyer). All members have heard about this focus day by email from District. Bill Marsh has taken over the job of Fellowship and asked everyone to contact him with ideas on what we should do. He plans to resurrect going to Peridot theatre and going to the Forest Hill First Friday cinema night plus have Home Hosting start up again. Ron announced he has booked in a Partners Control Night for Mon 7th Nov which are always good fun fellowship nights. We heard that this coming weekend is very busy as we have the Blackburn Market on the Saturday (relocated and NO electrical power) and both the Whitehorse Market on Sunday but also Schwerkolt Cottage Whitehorse Historical Society Heritage Family Day. Ray asked as many people as possible to be there by 11am as from then ‘til 1:30pm it gets VERY busy cooking sausages (depending on the weather). Bob W said he had the Youth Speech night under control. There were no reports from Community Service, Youth Service, Treasurer or Secretary as Chris, Glenys, Warwick and Bob L respectively were not in attendance. We were reminded that it is a new members night on 26th Sept so Warwick wants to hear from everyone as to who they have approached to come along on that night. [Just look at the quality and enthusiasm and hard work our last four members have brought with them into the club- Glenys, Bill, Mike and Nancy. Where would we be without them?]

After a great meal of very creamy soup and chicken with a mildly spicy tomato sauce we then settled down to a great talk from Margaret Cunningham.

Margaret is a teacher and a she sews. She went overseas with SewAid, a programme run by the Sydney eClub. She went to Tanzania with 3 sewing machines and based herself at St Judes while she taught the teachers to sew. By the time she left three of the ladies could also use an industrial overlocker she took with her. Many of the students wanted to be taught. They said to her “we are the future of Africa” but she explained that the people she was teaching would then teach them.

Then she went to Uganda for two weeks where she taught 20 ladies to sew. From 7am to 6pm, she left her barbed wire enclosed hotel by bus and returned every evening. It was unsafe to go out of the hotel. She set up a crèche so the ladies were free to learn. She learned about Days for Girls and she experienced firsthand the problems that girls have every month. The girls she was

teaching were grabbing any material offcuts they could and were making up pads in their spare time. She found out that girls there did not have access to any sanitary supplies so missed school a week a month, missed working a week a month often sat in their hut for that week reliant on other girls to come and give them food. Many did not even know what it meant. It was often considered shameful. So now she explains to them about how wonderful as without it there would be no babies. By the time she left Uganda, 8 of the ladies had jobs and the other 12 set up to sew commercially, to earn a living. Fantastic Success. She also found patterns on the internet that the ladies could use to make sanitary pads. These gave them Freedom, gave them Dignity, made them feel worthy.

She then realised what she wanted to do in “retirement”. She wanted to give Days back to Girls. So since then this has been her full time job, apart from bowls twice a week. She has built up a team of 16-20 ladies who regularly meet at her home to put together the kits. She brought along a kit which is inside a waterproof ziplock bag inside a brightly coloured cloth carry bag. The waterproof bag is used to store the used sanitary pad which can be washed and reused. She only uses cotton material which when dried out in the sun is sanitised. Each kit contains a block of soap and two pairs of panties. She has learned that material should be brightly patterned to hide stains, but no saffron colour and no pictures of insects, animals etc. for cultural reasons. Her team produce over 1,000 kits per year at a cost of about \$6 per kit and sometimes down to \$4.50 per kit depending on how cheeky/lucky she can be when buying material... she will never pay more than \$3/m even for flannelette. So her financial needs are small, \$6,000 to \$7,000 per year. She has arranged with a local high school so the 15/16-year-old girls volunteer to pack and label the kits in their lunchtime, including putting on the panty size on the outside. Most useful sizes are 10-12-14. She buys packs of panties 8-12 in a pack when Target or Big W are having a sale so often they cost only \$0.25 a pair. Two go in each pack as she found that most of the girls she is supplying do not wear panties. She has been sending kits to a number of African countries and also Myanmar, Thailand, and even Fiji.

This programme has over 500 teams worldwide who have sent out over 100,000 kits to over 79 countries which last for three years.

How can you help? You can collect hotel soaps, buy panties (size 10-16), donate, fabric such as quilters cotton, cotton flannelette in floral & geometric patterns in dark bright colours (Robbie is coordinating the



collection as she meets Margaret regularly), join a team, start a team, if you cannot sew you can pack or cut or iron. Tell other groups you belong to about us and tell them we are happy to provide a speaker. Sew Days at Donvale contact Margaret 0417-532-847 margaretdccunninigham@gmail.com. Visit www.daysforgirls.org

There was no raffle this week so Glenys did not miss out on winning. Our sergeant collected \$28 from 11 of us.

PRIMARY SCHOOLS SPEAKING CONTEST THURSDAY 15TH SEPTEMBER

A reminder that if you haven't advised Marg McPhee of what you are bringing for supper then please do so as soon as possible.

Esther Wood, the principal of our host school Burwood Heights Primary emailed me to advise that the large room we looked at last time but declined to use because it wasn't heated, now is heated and so we will have a much larger room and an adjacent kitchen.

I am meeting Esther tomorrow (Wednesday) to check but all seems to be going well.

With a 6-30 start to proceedings we will need members and partners to please be there at 6pm to assist and I'll raise this again at our meeting on the 12th September.

Our ever lively Mike (remember to listen to his podcasts via our website as they are brilliant) has asked the Leader newspaper if they will print an article afterwards so hopefully we may also receive some publicity.

I still haven't received all the speakers' names and topics and once all received and our chief judge, Deborah has put them into order I'll prepare a running sheet and email everyone and this will include their duties.

Bob W

DIARY DATES

Saturday, 10 September	Blackburn Market (new location as per map attached)
Sunday, 11 September	Whitehorse Farmer's Market
Sunday, 11 September	Schwerkolt Cottage (Roster Follows)
Monday, 12 September	DG's visit
Thursday, 15 September	Primary Schools Public Speaking Contest

If it isn't already in your diary, please put the 12th and 15th in as we will need good support for the sausage sizzle on Sunday, as well as members on the Thursday as per the duty sheet handed out on Monday.

The speaking contest will be the same format as last year and the same venue, Burwood Heights Primary School (Hawthorn Rd & Mahoneys Road, East Burwood VIC 3151).

SCHWERKOLT COTTAGE SUNDAY 11TH SEPTEMBER

ROSTER AS FOLLOWS:

Stuart, Ray, Ron and Robbie, Mike, Bill, John Mc, Hans, Barbara and Bob from 1pm onwards.

The convenor, Vicki Jones-Evans has asked us to park at the rear of the complex which is as follows- "From Deep Creek Road turn into Edgerton Road which becomes Wattle Valley Road and Irene Crescent is the second street on the right. The entrance to the complex is at the end of Irene Cres. Please do not park vehicles in Irene Cres as we wish to remain on friendly terms with our neighbours."

We will have drinks to sell as well as our "world renowned" sausages in bread and as the weather should be ok we will probably be BUSY!

Thank you for your commitment.

Bob

FOREST HILL COLLEGE BREAKFAST ROSTER

13TH of September: Robbie and Kevin

ROTARY MONTHLY THEMES

September	Education and Literacy
October	Economic and Community Development
November	Foundation

MEMBERSHIP

Please pass any and all details of invitees to Warwick Stott no later than this upcoming week.



OUR INTREPID CLUB MEMBERS

Bob and Judy Laslett have been travelling in Japan, and have made contact in Yokohama with a former exchange student hosted by the Forest Hill club in 1983, Hiroko Ohno. You can see her in this picture with Bob, Judy, and Hiroko's towering edifice of a son, Kippei.

A RECIPE? YES.

If you're like me, you may have discovered that a temperate winter and plenty of rain provided you with an abundance of lemons. I collected this bucket on the weekend, but there remain many not-quite-yet-ripe ones left on the tree, threatening to add to the harvest.

What to do? Give them away to friends and co-workers? Drink a lot more Mexican cerveza? Possibly. But here's a recipe for lemon curd which I used many times in my former life as a chef. Spread it on toast, fill tart cases, whack a dollop on your early-harvest strawberries and cream.



LEMON CURD

The zest and juice of 3 lemons
180 g white sugar
4 eggs plus 2 yolks
225 g butter, chopped

Place all ingredients in a large metal bowl over simmering water and stir, slowly and thoroughly. This will take some time. You will have ample opportunity to consider things, or listen to the radio, through an entire concerto. Do not despair, your reward will be worth the effort. Eventually, the mixture will thicken. Keep stirring until the mixture coats the back of a spoon and a finger, dragged through this coating, leaves a permanent line in the thickened mixture. Then, strain through a sieve to remove the zest, any stray pulp, and any “eggy bits” that have formed. Get it into jars and let it cool somewhat before putting it into the refrigerator. Congratulations.

BREAKFAST FOR 70 AT FOREST HILL COLLEGE TUESDAY THE 8TH OF OCTOBER

We had the “A” team of Robbie and Barbara on duty for our weekly Tuesday morning breakfast this week. They made ham and cheese toasties and thought they were busier than usual so after a count of empty plastic bread bags they realised they made about 70 breakfasts. Great work ladies. The two also have arranged to cycle together somewhere the following day and I bet they don’t have a toasted ham and cheese sandwich with their coffee.

A further example of the amazing work of our wonderful partners.

Bob

EXTRA BITS

- Episode three of the Five-Minute Forest Hill podcast has been uploaded. RSS feed link for your podcasting software here:

<http://feeds.soundcloud.com/users/soundcloud:users:248951819/sounds.rss>

Or direct link to the MP3s here: <https://soundcloud.com/mike-finke-167583478>

Any and all ideas for future episodes will be gratefully and graciously received.

mmfinke@gmail.com.

- This thing here is a QR code. With an app, this image will take a smartphone user directly to our club’s website. Hunt down an appropriate app for your android or fruit-based phone and give it a go.





Blackburn Market Temporary Relocation