



President: John McPhee

Number 15

10 October 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
10 October	Footy night <i>The Williams duo</i>	Committees Bob & Stu Williams	Bob & Stu Williams
17 October	RYLA attendee <i>Clay Tucker</i>	Board Glenys Grant	Warwick Stott
24 October	Communicating with the Intellectually Disabled <i>Dr Joanne Watson</i>	WORLD POLIO DAY Bob Laslett	Chris Tuck
31 October	No Meeting (Cup Day)		

THIS WEEKS CELEBRATIONS

A quiet week apart from the rain and storms

	October	November
Recorder	Chris Tuck	Glenys Grant
Greeter	Stuart Williams	Ray Smith
Emergency	Glenys Grant	Bob Williams
Cashier	Mike Finke	Bob Laslett

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.

PRESIDENT JOHN'S JOTTINGS

Last week's meeting

The meeting was opened by Sergeant Bob with a reflection on the life of Max "Tangles" Walker, Test cricketer, League footballer and Rotary's Ambassador to ROMAC and Disaster Aid before the toasts and handing the meeting to chairman for the night Warwick.

Warwick welcomed our guest speakers, Rev Ian Whitehall and David Greer, and club guest Martine MacLeod. President John to the podium who thanked all for the presentations the previous week. He reminded all that this Friday is "Lift the Lid" for Aust. Rotary Health, that our 2 markets will be held over the weekend, and that Mike would be attending the District Media masterclass this Saturday at Deakin University.

Following soup, chairman Warwick called for reports

International. Support for Hope Katola film night Friday week film at Balwyn

Community- Chris reminded us of The Hat day on next Monday .

Secretary Bob advised that Rotary will be featured in tonight's A Current Affair show at 7 pm.

Bob & Warwick reported on upcoming markets, and Stu on next week's program.

After the mains, Warwick introduced our guest speakers Ian & David.

Ian provided some history on Prison Fellowship which began with Chuck Colson in 1976, after his release from prison following conviction for his part in the Watergate incident. This was followed by the founding of Angel Tree Christmas activity by Mary Kay Beard (also an ex prisoner). She was sentenced to 21 years for her activities with the " Mob". in 1982

The prison fellowship is a Christian based fellowship working throughout ALL prisons in Australia and in some 135 countries throughout the world.

The fellowship aims to bring a message of hope to prisoners and through this develop their individual talents and esteem, so that they may be re-habilitated for return into society.

David then outlined his area of work within the fellowship and shared with us a prisoners poem 'The Inside Story ' by Ramesh Kavdik. This can be found on google search as can the work of the fellowship and Angel Christmas Tree . Both gentlemen remained behind to enjoy fellowship and answer many questions.

After thanking the guest speakers and presenting pens to each one, John closed the meeting with the thought for the week

It is said that no one truly knows a nation until one has been inside its jails.

A nation should not be judged by how it treats its highest citizens, but its lowest citizens attributed to Nelson Mandela .

Fines raised \$23.00 and the raffle \$34.00.

John

3 October 2016 Sergeant Reflection

At the grand final Saturday one of Stuart's brothers, Neil came and chatted to us where we were sitting.

That reminded me that he and Max Walker played together for the MCC first eleven cricket team 45 or so years ago. Both their names are on the MCC honour board in the members for winning the club's bowling averages in several seasons.

Max, as we know passed away last week and all of us who love cricket are saddened by his passing as although not being what you could call a champion cricketer, he was a champion man.

He migrated from North Hobart in 1966 to play Aussie Rules footy for Melbourne and worked at the MCG as a maintenance man and scoreboard operator whilst studying architecture.

He played 94 senior games with Melbourne and also played for their first eleven cricket team from when he came across from Hobart until the 1976/77 season. He and Neil played with the likes of Paul Sheahan, Graeme Watson, Jeff Moss and Peter Bedford and Max represented both Victoria and Australia many times taking 200 first eleven wickets He played 34 tests for Australia taking 138 wickets with a bowling action that was far from perfect with his "right arm over left ear hole" approach as he called it. He wasn't called "tangles" for nothing.

After retiring from cricket in 1982 he became a cricket commentator on radio then on Channel nine and hosted their Sunday footy show for 5 years as well.

What some may not know is that Max was a wonderful supporter of Rotary, being a proud patron of both Rotary's Oceania Medical Aid for Children (ROMAC) and Disaster Aid programs and several of us heard him speak at our District conference on ROMAC a number of years ago now.

He was made a member of the Order of Australia in 2011 for services to cricket and to the community through a range of youth and social welfare programs, including Rotary.

There is a term for people like Max and that is a "lovable larrikin."

Vale Max.

Bob

Market Rosters for the weekend

Saturday Blackburn Market

8am to 10am we have Ray, Chris, John, Bob L, Stuart and Bob W

10am to midday we have Ray, John and Bob W so if anyone else can help that would be appreciated.

Midday to 1-30 we have Ray, Mike, Bob W so again if anyone else can help that would be good.

Please let me know, Thanks Bob W

Sunday Farmers' Market egg and bacon stand

7-30am to 9am we have Stuart, Bob and Judy and Bob W and Barb.

9am to 11am we have Warwick, Chris and family members, Grant, Cathie and Ashleigh.

11am to 12-30 we have John and Margaret, Nancy, Mike plus one.

Thank you to all volunteers and we hope the weather is kind.

Bob W

HAT DAY

All the Australian offices of Isentia are on board for Hat Day/Lift the Lid, the Australian Rotary Health's mental health research fundraiser on the 7th of October.

Sydney, Perth, and Brisbane will probably be hosting a morning tea and crazy hat contest.

In Melbourne, we'll be doing the same, and I've ordered some of the pins to flog off.

Episode Six direct link for my podcast

<https://soundcloud.com/mike-finke-167583478/five-minute-forest-hill-episode-six>

Mike F

INTERNATIONAL Report

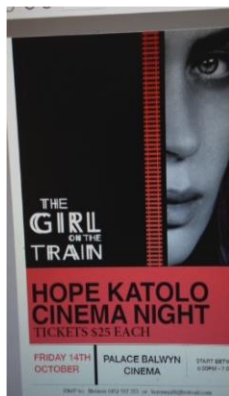
You heard in detail about the Hope Katolo Nursery School a Monday ago. Support their efforts by attending their fundraising night

The Girl on the just after

Enjoy the restaurants -

Tickets limited so

Stuart



Train -- at the Palace Cinema, Balwyn. Friday 14 October. Movie to start 6.30. Tickets \$25.

experience by having an early dinner at one of Melbourne's best Pizza/pasta Colombos.

Contact leannep28@hotmail.com or ring Melanie on 0412 187 353.

DIARY DATES

Friday, 7 October	HAT DAY/ Lift the Lid
Saturday, 8 October	Blackburn Market (new location)
Sunday, 9 October	Whitehorse Farmer's Market
Friday 14 October	Hope-Katolo Fundraiser " The Girl on the Train"
Friday 18 November	Peridot

FOREST HILL COLLEGE BREAKFAST ROSTER

11 October	Robbie	Kevin
18/10/2016	Robbie	Judy L
25/10/2016	Robbie	Glenys
1/11/2016		Cup Day

A big thank you to Robbie and Barb for launching the term on a really miserable day

FOREST HILL WEBSITE VISITORS

Last month we had 132 visitors to our website as follows:

Home Page 56

Blackburn Market 53

Youth page 14

Club programme 5

Board & committees 2

We regularly get half our visitors logging on to the Blackburn market page so my suggestion is that people need to send me fresh information- photos etc to keep it relevant. As most visit the home page I suggest if you want to interest visitors in your special project you talk to me about linking something on the front page to your page and that you send me something to inform our visitors. Each visitor could be a potential new member or helper.

Ron Brooks

ROTARY MONTHLY THEMES

October	Economic and Community Development/ POLIO AWARENESS MONTH
November	Foundation

Polio and its Late Effects

- Polio (poliomyelitis or infantile paralysis) is a viral infection that was common in the Western world until the early 1960s.
- Most cases of polio developed only mild symptoms while others were more severe and progressed to a paralytic form.
- In Australia there were major polio epidemics in the late 1930s, early 1940s and 1950s. The last epidemic was in 1956.
- Polio vaccines were introduced in Australia in 1956 (Salk) and 1966 (Sabin) and were followed by mass immunisation programs. With the continuing immunisation of children, the disease will be eradicated in Australia as well as in other parts of the Western world. It is estimated that a minimum of 20,000 – 40,000 people had paralytic polio in Australia between 1930s and 1960s. Actual figures for the number of people infected with the virus are up to a hundred times greater, 2 – 4 million Australians.
- While polio no longer threatens Australian society today, it is not forgotten. Thousands of Australians are now experiencing what is known as the late effects of polio or post-polio syndrome (PPS).
- The late effects of polio are a set of unexpected new symptoms occurring some 30 – 40 years after the initial infection.
- The late effects of polio are generally considered to be a second phase of polio. Some people will develop symptoms while others will not.
- Only people who previously had polio can experience the late effects of polio, although its symptoms may be synonymous with other conditions.
- Commonly reported symptoms include unaccustomed fatigue (either muscle fatigue or a feeling of total exhaustion); new muscle weakness (including muscles apparently unaffected at the time of the initial polio infection); joint and/or muscle pain; sleeping, breathing or swallowing difficulties, increased sensitivity to cold temperatures; and a decline in the ability to perform basic daily activities.
- The cause of these symptoms is as yet unknown, but research suggests there are a number of possibilities of which the “overuse of polio-weakened muscles” is the most common theory.
- The overuse theory suggests that post-polio muscles need to work harder than other muscles not affected by the virus to keep up with the demands of everyday living
- There is no definitive test for PPS. A doctor diagnoses PPS by eliminating other possible causes of the person’s symptoms. Referral to a specialist in Rehabilitation Medicine is desirable.
- Early detection of symptoms can help to alleviate ensuing problems and prevent further deterioration attributable to overuse.
- Energy conservation and pacing of activities appear to be quite successful in managing the symptoms of the late effects of polio.
- During the 1990s research into the late effects of polio and PPS was undertaken at Sydney’s Prince of Wales Medical Research Institute.

ARTICLES

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