



Rotary
Club of Forest Hill



Weekly Newsletter

foresthillrotary@hotmail.com

President Bob Williams



Be a gift to the world

Number 16

19th October 2015

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary@hotmail.com

Website:

www.foresthillrotary.com

Meeting location:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
19 th Oct	Family History <i>Lady Teviot</i> <i>Board Meeting</i>	Ron Brooks	Stuart Williams
26 th Oct	Whither Sri Lanka post war <i>Pooja Stanlas</i>	Stuart Williams	Ray Smith
2 nd Nov	No Meeting	A. Nonymous	N. O'Need
9 th Nov	Cycling in Slovenia <i>Ron Brooks</i>	John Donaghey	Bob Laslett

THIS WEEK'S CELEBRATIONS

25 th Oct	Bev Baltissen	Birthday
26 th Oct	Bob Laslett	Club anniversary (37yrs)



DUTY ROSTER

	October	November
Cashier	Bob Williams	Warwick Stott
Recorder	Glenys Grant	Ron Brooks
Greeter	John Donaghey	Graham Sharman
Emergency	Gary Baltissen	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 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

Youth Service News

The 34th Rotary Club of Forest Hill **Youth Achievement Awards** will be held on the Monday 23/11 at Bucatini. We are hoping for 12 hosts, one for each family, so **please put the date in your diary**, and thank you in anticipation of your help. **Glenys**

BOB'S BANTER

What a privilege to hear what Mike Welsh had to say and didn't he keep us enthralled (and Graham Sharman and John Donaghey awake) with his address as he obviously loves what he does. He must be very proud when a client gives up smoking or any of the achievements he has influenced through positive thinking. Visualising is my buzzword from now on particularly as Glenys said how she visualised her raffle ticket numbers just before she won the raffle! Well done Merle as well, with the two ladies in attendance both being raffle winners!

I'm trying to visualise the Hawks premiership team players all in Demon jumpers - Hhhmmmmmm!

All who gave pledges to support Robbie and her RFD cause can now make the payments please as she and Ron are back from OS and she will organise receipts for all donors.

Remember that we will need extra help for our next Blackburn market on the 14th November as several of us will be away cycling for RYDA. We may need to recruit family and friends. Thank you to all our market organisers, John Mc and Ray at Blackburn and Warwick at the Whitehorse Farmers' market and thanks also to all our family and friends for assisting. Also thank you to Jenny Tuck for "saving our bacon" after we were let down by the market bacon man and top marks Jenny for trying, as well, as she first was reimbursed by Barbara who was looking after the money at Nunawading then as Warwick returned and asked Jenny if she had been reimbursed, she remained silent and nearly got a second helping, before she giggled. Thank you also to Barbara for washing the bbq equipment both Saturday and Sunday and also the aprons. She was able to give Ray a well deserved break as he usually does it all.

Good to hear that we have a group going to see "The Dressmaker" for RC Croydon supporting "The Big Red Kidney Bus". Don't forget to contact our fellowship team if you want to go to the Normie Rowe concert on the 23rd October and RC Mitcham Cup Day event, strangely enough, on Cup Day.

As mentioned, after our meeting on the 26th October I would like to video those members who spoke at our 40th re-doing their talks on the four decades and Ray has given me a full copy of the years so if anyone needs one I'll email it onto them.

We had the "B" team today (Tuesday) on breakfast duty with Barbara, B1 and B2. I had an appointment at 9 so I passed the toastie making over to Barbara and she and Bob L I'm sure kept the hungry hordes well fed for the last bit.

We will need some additional members on hand for the next Whitehorse market on the 8th November to assist with the membership promotion from 11am to 12-30, as well as our usual three members needed to shake the tins.

Friday 20th November Bob L and Bill will need extra help with the Hand Brake Turn display at Etihad stadium for the Rotary Zone Institute and also on November 23 we have our annual Youth Achievement Awards and so we will need a member at each of the tables as hosts and Glenys will update us as the date gets closer. Raffle raised \$64 and Sergeant Stu \$35.05

This week we have as our guest speaker, Lady Teviot talking about family history so that should be interesting.

We will have our Board meeting at the conclusion of our dinner meeting.

President Bob

Remember "Be a Gift to the World".

DIARY DATES

Fri	23 rd Oct	Normie Rowe concert for RC of Croydon
Thurs	29 th Oct	RC of Croydon fundraiser film night "The Dressmaker"
Tues	3 rd Nov	RC of Mitcham Cup Day Carnival at Redbox Winery
Mon	23 rd Nov	Youth Achievement Awards night
Wed	9 th Mar	Women in Rotary Forum
Sat/Sun	30 th Apr/ 1 st May	MUNA weekend

LAST WEEK'S MEETING

Sergeant Stu opened with his weekly reflections. The mind is maybe a new frontier for humankind to conquer and understand. Many might believe that it is a characteristic of humans, but do other life forms have a mind? What is the connection between the brain and behaviour? Will computers and those who understand the mind exploit us, manipulate us or help us to uncover our true potential? Is it too late to learn about mindfulness or has the alcohol preserved the brains so that we can benefit? Tonight might just be another good reason to belong to Rotary. I'm looking forward to mindfulness.

Mike Welsh gave us a presentation about **Mindfulness and Hypnotherapy**. He told us that dealing with the many temptations that modern western life presents is quite



challenging, especially for the young. Addictions abound, stress and anxiety are contributing to modern health epidemics and irrational fears and phobias ruin many people's enjoyment of the one life opportunity they have. But he said it doesn't have to be this way. Understanding and managing our minds can change everything. With the right approach and armed with good knowledge you can shift behaviour significantly.

Hypnotherapy can plant suggestions into the subconscious mind and bring about profound change in a relatively short time frame. For instance he

told us that he had a 91% success rate in persuading people to stop smoking.

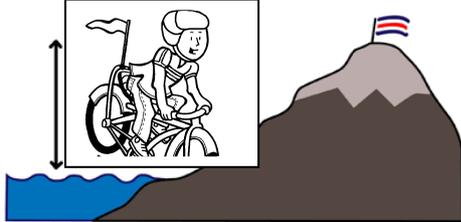
Being mindful, formally and informally, in your everyday practices can reduce stress and anxiety and make the life you have more inspiring and blissful. He covered: what hypnosis is, how it compares to conventional medicine, how the mind is structured, how it works, what mindfulness is, the aspects of mindfulness, how it works, mindfulness meditation, presence of mind, controlling thinking, an emotional intelligence exercise and some aspects of therapy.

Interestingly, he wasn't always a practitioner. He started life in printing and ran his own design/marketing business for 30 yrs. He is on the METEC board. But over the last 10 years he has practiced meditation and became interested in the power of the mind and has been using hypnotherapy for the last 3 ½ years. He suggested some reading by Eckhart Tolle (vast amount of stuff on google and You Tube, editor). Mike also suggested that it is worth watching the Shannon Harvey You Tube or reading about her. She had problems with her autoimmune system which were fixed just using her mind.

On the subject of the raffle, I was doing a cut and paste job on my last newsletter and noticed that in the last one I did, I had written "*The raffle was won by Ray who took the chocolates..... Again!*" Well, the Smith's won them yet AGAIN. It could save me some typing if Ray could just win them every week (though Merle & Ray's diet will have to be adjusted). Let's just give up with Glenys, why do we bother drawing a ticket. We could save time by just giving her the bottle of red each week!

SUPPORTING ROYAL FLYING DOCTORS

Robbie Brooks was unable to row her boat in the annual Darling River Marathon this



year supporting this fantastic cause so instead she is cycling up hills in Slovenia. Club members have so far donated \$260 towards the RFD and in response, Robbie tells us she rode 96% up Mount Everest. Yes, over the 17 days of cycling, she rode up 8,533 m of elevation covering 851kms (that's 50kms/day). Good preparation for her Bass Coast Challenge ride

with Barbara & Bob, Stuart and I in November. She plans to come along on the 19th October to issue official receipts for the money to all those who donated as donations are tax deductible and go and see honorary members. Thankyou for donations received so far.

WHERE ARE THEY NOW?

Our President Bob has come up with yet another idea! The Newsletter would love to tell it's readers about your latest holiday and holiday plans. His hope is that we can have a regular weekly segment words & photo or two plus a list of what dates you will be away. So whether it's a week in Williamstown, a month in Manila, a trip to Tamworth, a holiday in Hanoi, or a cruise to Crete – let's hear about it.

Ron & Robbie 22nd Dec to 13th Jan South Africa [Cape Town – East London]

So let's hear from you. Tell us where you are going and tell us how the holiday went when you come back..... then give Ron your foreign coins when you return !! EASY.

Ron & Robbie Cycling in Slovenia

Come along in three weeks time (Mon 9th Nov) and hear all about this wonderful country. All the people we met were so friendly. Part of the European Economic Community so it has the euro. It's the size of Wales with 2 million people, third most forested country on the planet with a little bit of everything. The peaks of the Julian mountains tower above alpine pastures and lake filled valleys and Planica, the world's highest ski jumping hill north to Austria, more caves than anywhere else in the world including a huge UNESCO registered one in the cave studded limestone to the west, lush Mediterranean vegetation southwest to Italy, with a short Venetian style coastal region, rich agricultural flatlands east to Hungary.& Croatia. Castles everywhere. And a very economical country to stay, eat and drink – their wine is very good. As I said, come along and listen to our talk on the 9th Nov.

OUT AND ABOUT IN MELBOURNE

[I would love to receive reports from any readers of visits to exhibitions, cinema, theatre, ballet, days out in the country – I promise they will be published to give ideas where others might like to go].

FOREIGN COINS for UNICEF

A BIG THANK YOU to the Rotary clubs of

- Donvale-Warrandyte
- Boronia,
- MASH,
- Waverley,
- Sandringham,
- Emerald & District,
- Hampton,
- Doncaster,
- Oakleigh
- Nunawading



120kgs of coins have been sent off to UNICEF so I am starting the next batch. I have just received 2kgs from Pres Bob's mate and DG David is coming along in two weeks to hand over RC of Braeside's foreign coin and note collection.

Report by Ron Brooks

STAMPS



Even if you only get a few stamps a week, collect them and give them to me. John McPhee, Bill Marsh, Joan Harper do. Please collect your stamps. It's a no cost project, easy to do. Just cut around the stamp by about 1 cm and pop it in a spare used envelope and bring them along to me on club night then Robbie drops them off at Carol Farmers when I have a large batch..... Easy!!

HOPE KATOLO CINEMA NIGHT FUNDRAISER FRI 9th OCT

Last Friday Leanne and Melanie organised to show "The Intern" at the Balwyn Cinema. There were 65 attendees so our club did very well by having 10 of us there (Pres Bob & Barb, Ron & Robbie, Bill & Judy, Stuart & Pooja, Chris & Jenny). Bill & Judy, Ron & Robbie, and Stu & Pooja had some great fellowship at Colombo's restaurant before the film. We all loved the film and would certainly recommend you see it.

Stu wrote

"A two hour long movie that is pleasant , amusing and has some good acting from Robert de Niro (a softie for a change) ,Anne Hathaway, and Renee Russo (not seen for many years). Not sure about the ending but it starts with Tai Chi and ends with it as well. The intern proposition turns up some amusing and fun incidents. Well worth the price of a ticket.

NEWS FROM ANTII

We have just returned from a trip to Finland and Scandinavia (and a few days in Indonesia) and are trying to beat off the jet lag. We spent a few weeks with Antii



Leppanen and his family, where we were treated like royalty. I've included a couple of happy snaps of him with his parents and son (and us) in his original 20 year old Jacket. He is a full time student again, enrolled in Physiotherapy, as I think having 2 artists in the family was a financial strain. His wife wasn't with him at the time of the photos as she was at work at the Museum of

Modern Art in Helsinki. We were at his sister's place in Tampere in the centre of Finland. He still reads the Rotary Bulletin. We head off on a cruise to New Zealand in 4 weeks, of course I'm the organiser



LIMELIGHT SPORTS WANT HELP !!!

Limelight Sports is organizing the Australian Adventure Festival and this is the first time it will be held in the East Gippsland Region. It's an excellent opportunity to promote all the region has to offer through The Shire community, the natural beauty of the land and coast, and the adventure training available to bike riders, runners and kayaking.

We need around 70 Course Marshals on the weekend of the 24-25th October to come on board and help us run the festival. This role is to usher competitors through the courses so check points can be established, no one gets lost and injuries can be properly addressed. We are hoping to get the word out to as many people as possible so perhaps this message could be raised, posted online or the attached flyer posted on the notice board.

We are paying for people to come work with us for whenever they are available:

\$80/day + 2 lunches - standard

\$150/day + 2 lunches - remote location (can bring car and whatever)

That money can be used to contribute back into the club or use for themselves. We only ask that participants are available for the day and that they have their own transport to get them to the event.

To make things easier on prospective volunteers the flyer suggests that they can register their details with yourselves. They just need a name and contact phone number. You will need to edit the flyer so it includes your name before it is printed.

Please visit the website below to view the festival and CONTACT DGN MALCOLM CHIVERTON if you can help. malcolm.chiverton@noeljones.com.au
0417 355 592
<http://adventurefestival.com/>

FOREST HILL WEBSITE

Have a look, give me some ideas, send me a story to put on, give me some photos, give me some feedback, tell me what is missing. www.foresthillrotary.com

DON HULLAND - UPDATE

Don is now permanently in a nursing home and he told me that Vic Roads have taken his driving licence off him because he is a diabetic and so he cannot drive. He is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409 530 435**. Please give him a call as he misses our fellowship.

ROTARY MONTHLY THEMES

October	Economic and Community Development
November	Rotary Foundation
December	Disease Prevention and Treatment
January	Vocational Service
February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Services
June	Rotary Fellowships

Thu 29 October 6:30 for 7:00 pm
Rotary Club of Croydon
Movie Premier



Money raised will fund the fit out of a "Big Red Kidney Bus" which is a mobile dialysis unit

Croydon Cinemas 3-5 Hewish Road, Croydon
Cost is \$15 per person

Contact either Kathy and John Donaghey or Glenys Grant if you wish to attend

CLUB OFFICERS & COMMITTEES

	2015-16
President	Bob Williams
Vice President	Stuart Williams
Secretary	Ron Brooks
Treasurer	Warwick Stott
President Elect	John McPhee
Sergeant	Stuart Williams
Foundation/International	Chris Tuck
	Members
Youth Service	John Donaghey, Stan Harper, Glenys Grant
	Members
	Ray Smith, Bill Marsh, Graham Sharman
Community & Vocation	Bob Laslett
	Members
	Stuart Williams, Gary Baltissen, Ron Brooks
Membership & Publicity	John McPhee
	Members
	Warwick Stott, Bob Williams,
Fellowship	John Donaghey
Primary Schools Speech Night	Bob Williams
Programme	Ray Smith, Gary Baltissen
Bulletin Editor	Ron Brooks
Web page & Facebook	Ron Brooks
On to Conference	Stuart Williams
Historian	Stan Harper
Almoner	Graham Sharman
Public Officer	Bill Marsh

Newsletter articles to the editor at ronbrooks1942@gmail.com by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.