

Rotary

Club of Forest Hill



Weekly Flyer 2016-2017



President: John McPhee

Number 17

24 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
24 October	Communicating with the Intellectually Disabled <i>Dr Joanne Watson</i>	Bob Laslett	Chris Tuck
	WORLD POLIO DAY	Board	
31 October	No Meeting (Cup Day)		
7 November	YMCA in theatres of war- the unsung heroes <i>John Bindon</i>	Chris Tuck	Bob Williams
14 November	A recent visit to Japan <i>Judy Laslett</i>	Marg McPhee	Jenny Tuck

THIS WEEKS CELEBRATIONS



More action this week . Bev Baltissen has a birthday on 25 October, Bob Williams celebrates his on 28 October and Bob Laslett has his club anniversary on 26 October.

DUTY ROSTER

	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 0412 807 585, 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

John is enjoying a week's break

Last Week's Meeting

Sergeant Bob opened the meeting with his reflections centred around an antique car rally which passed through Inverloch this last week. They were raising funds for Motor Neurone Disease (which afflicts Neale Danaher). It lasts for 4 days, costs each car about \$1000 and they hope to raise more than last year's \$1.1mill.

Glenys was the chair for the night and Acting President John D talked about the by-laws which will require amending, whilst Pres John, Sec Bob and Glenys are to attend a D9810 meeting re amendments to the Child Protection Act.

Sergeant Bob extracted fines for some fairly suspect stories but all in good fun. However a good news story of Ron and Robbie becoming gramps and gran soon was a pleasant surprise and the news that Ray and Merle will be moving soon (possibly so he won't have to go up and down those front steps and driveway) was good to hear.

Committee reports were

- i) International – a cheque for \$1200 to Disasteraid for Haiti
- ii) Next year's District Conference in March in Geelong – accommodation requirements please
- iii) Youth – one Youth Achievement Award nomination so far
- iv) Mike was going to a District media seminar
- v) Warwick announced that he would be bringing the last 3 cartons of eggs next week



We were then introduced to our guest, being Clay Tucker, our RYLA awardee for 2016. He was an excellent and interesting speaker, who said he knew very little about it, but learnt much very quickly and found it excellent. Some of the seminar speakers were concerning RYLA and some motivational. He learnt about being adaptable and about good teamwork, and so the groups of attendees grew together as teams especially when they had to work in hut-building, which occurred in an hour with two members not allowed to talk. Another exercise was in public speaking for one minute on a topic that they were passionate about.

Another theme was learning to step outside your comfort zone – it was a challenge by choice, and it was good to get involved, even to the extent of learning salsa dancing. The course became more interesting as the week went by, and because the leaders were past students, it was easy to learn from them, and he realises that the lessons he learnt there will live with him for a long time. He was very grateful for getting the opportunity to go on the course.

Bob Williams won the raffle, the sergeant collected \$31.90 whilst the raffle raised \$47. Next week Dr Joanne Watson is speaking
Warwick

SEARGENT'S REFLECTION

As preamble, Barbara and I spent last week at our Inverloch place attending to a neighbour's tree that had come down on our roof.

While we were there we bought the local paper and read that "Daniher's Drive" was on the way to Inverloch on Saturday and so as we are getting in practice for our Bass Coast charity ride with Ron and Robbie Brooks and a few hundred others next month, we rode our bikes to the Angling club where the lunch was to take place and waited for the convoy.

There were 70 vehicles including a bus with the "Daniher's Drive for MND" logos over it and vehicles including a Ferrari, Porsche, a Thunderbird and other special cars all with stickers of sponsor logos plastered over them. We spoke to several on the drive including a guy who was a passenger in the open topped Thunderbird wearing his Western Bulldogs scarf. He said that there were 250 people and all had donated \$1,000 to the cause and as well all paid for their accommodation and meals and with sponsors and fund raising events at each stopover they hoped to beat the \$1.1m raised in the event last year. He spoke of the courage of Neale Daniher who told them that he knows he will die soon but hopes to have raised the profile of the disease and as much money as he can for research before the disease claims him.

MND is short for Motor Neurone Disease which is the name given to a group of diseases which affect the neurones or nerve cells controlling our muscles. They degenerate and the person stumbles due to weakness in leg muscles, they find it hard to hold objects due to weakness of hand muscles, slurring of speech and difficulty of swallowing occurs due to weakness of tongue and throat muscles plus cramps and twitching and the body will ultimately give up and the person will die.

Neale was born in 1961 and was a respected AFL footballer at Essendon along with three of his brothers Terry Anthony and Chris and Terry was also on the convoy with Neale on Saturday. Neale also coached Melbourne then became General Manager at West Coast before standing down in 2013 as his disease started to take over.

He has dedicated the rest of his life to educating Australians about the disease and raising money for research and I'm pleased that our club donated \$1,000 to the cause last financial year.

Good on you Neale.

Bob

Social Media Missive

The district 9810 Social Media 101 Workshop on Saturday, the 15th, covered a bit of ground. The top few tips for the club that stood out for me included.

For the club as a whole:

- Make sure your club's Facebook presence is a page, rather than a personal profile. (People will be far more willing to interact if this is the case.)
- Have at least four people in your club with some control, at least two with Admin status.
- Post at least three times a week.
- Avoid the "clichés of death". Make photos interesting and have them tell a story.

For individual Rotarians:

- Set up a page for your role as a Rotarian, keep this separate from your personal profile and use the posts on that personal Rotarian page to market yourself and your club while still being able to keep other areas of your life separate.
- Join the Rotary Zone 7+8 Groups, share posts from other clubs and use this group to promote your own club and "steal" ideas from other clubs.
- Find and join business, educational, community Facebook groups in the area and use these to promote the club, but also to find out what concerns are affecting the residents and use those to develop projects.

There are also ways to boost specific posts to targeted demographics. It's not free, but it's not expensive.

Podcast:

I'm a week late in providing the URL to the most recent episode, due entirely to human error and an email stuck in the outbox.

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

As I'm running somewhat behind on my podcast recording, I'll be attempting a "two birds, one stone" manoeuvre.

Can I create a thematic link between Clay Tucker's talk this past Monday and Stuart Williams discussing footy the previous week? Yes. Yes, I can. Will it make sense? Stay tuned.

INTERNATIONAL Report

A number of club members assisted the Hope Katolo School Film Night fundraiser. It was successful. The Girl on the Train was a challenging film, and there were many diverse opinions and reactions afterwards.

On Monday we sent off a cheque for \$1,200 to Disaster Aid International. Our money to be used to rebuild Haiti, after the devastation of Cyclone Matthew. Over 1,000 people have been confirmed dead in one of the world's poorest countries.

Disaster Aid will use the money for Family Survival Packs, Home repair kits and most importantly, Skyhydrant Water Purification systems and Sawyer water filters.

Tax deductible donations can be made by direct credit : BSB 633 000, Account number :1400 38993. Acc Name: Disaster Aid Australia Overseas Aid Fund. Make sure you put in your name.

Stuart

ROYAL FLYING DOCTOR ROWATHON

A very big thankyou to the club members who donated \$180 towards Robbie's rowing effort this year as part of the crew in an Octo which rowed over 90kms on the Darling River on Saturday 8th October. Robbie has the tax deductible receipts which will be handed out at the club meeting on Monday 24th October. An Octo is an eight rigged so everyone has two oars. It's the first time she has ever rowed with such a configuration. Robbie rowed two (about 45kms) of the four legs, the 1st and 3rd, and had a few (but very few) blisters on her fingers at the finish. About 20 boats from NSW, SA, ACT and Victoria took part with about 80 crew members

DIARY DATES

Friday 18 November	Peridot
Monday 28 November	Youth Achievement awards

FOREST HILL COLLEGE BREAKFAST ROSTER

25/10/2016	Robbie	Glenys
1/11/2016	Cup Day	
8/11/2016	Robbie	Kevin
15/11/2016	Robbie	Glenys

Robbie and Judy L turned 6 loaves of bread into toasties last Tuesday. Numbers were a bit lower as year 12 students have now finished but some of the other years made up for it by having seconds.

ROTARY MONTHLY THEMES

October	Economic and Community Development/ POLIO AWARENESS MONTH
November	Foundation

ARTICLES

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