



Number 18

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

29 October 2018

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

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

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

CLUB PROGRAM

29 Oct	Bucatini Night		
5 Nov	A walk to the toilet <i>Mark Balla</i>	Bob Laslett	Chris Tuck
12 Nov	MEMBERS NIGHT	Warwick Stott	Ron Brooks
19 Nov	Anger Management <i>Keith Maxwell</i>	Mike Finke	Sue Ballard
26 Nov	Youth Achievement Awards <i>Thomas Yakubowski</i>	Bill Marsh	Ray Smith

CONGRATULATIONS

Congrats to Marg and John McPhee on their wedding anniversary on 31 October.

DUTY ROSTER

	OCTOBER	NOVEMBER
Recorder	Sue Ballard	John McPhee
Greeter	Ron Brooks	Warwick Stott
Emergency	Bob Laslett	Barbara Searle
Cashier	Bob Williams	Ray Smith

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

Mike's Musings



Several of my family members have suffered from mental illness, so I have a real interest in the work that Australian Rotary Health does in funding research on new, effective treatments and programs for those in poor mental health. It was great to hear Glen talk about how his own life experience motivated him to become a champion for the work of ARH. To some extent, the area of mental health is stigmatised and seen as less genuine than diseases or disorder of the body are.

In the dim and distant past, I worked on assaying brain chemicals for a biology project supervised by a psychology professor. The science is real. An imbalance of neurotransmitters can be every bit as dangerous and life-threatening as the inability to produce insulin. As with diabetes, sometimes treatment can take the form of lifestyle changes; sometimes prescription medicine is required. Mental health isn't less serious because the organ affected is the same one we use to think about our condition. If anything, it's much more complex.

Patton Oswald's late wife, Michelle McNamara, was an author and journalist who wrote about horrific, unsolved crimes. Despite, or perhaps because, she exposed herself to such darkness, she was reportedly a warm, caring person. We can never tell what others have gone through or are going to go through. If we can avoid adding to the negativity in their lives, we should. He quotes her short mantra to him in about the state of the world in his most recent comedy special: 'It's chaos, be kind.'

Letterbox Drop

Additional DL-sized invites to our volunteer night will be printed and available for members at the next meeting. I will be sticking some into mail slots in my neck of the woods and putting them on bulletin boards at nearby shopping centres this week. I ask that you do the same.

Mark your calendars with the following:

- Monday, 29 October Bucatini night
- Friday, 2 November FFFF (First Friday Film Fellowship)
- Monday, 12 November New Members Night (Good Potential Recruits Required)
- Friday, 16 November Peridot Night - *Sylvia*
- Monday, 26 November RCFH's Youth Achievement Awards
- Mon & Tues, 26 & 27 November RYDA
- Mon & Tues, 3 & 4 December RYDA
- Mon through Wed, 3-5 December Forest Hill College Mock Interviews

Club Meeting Report 22 October

We had 14 members plus John Elrington from Box Hill Central who reminded us of the International Women's Day breakfast on the 8th March 2019 and to please assist with numbers. Our guest speaker was our old mate Glenn Tippett on ARH so 16 in all for the meeting.

President Mike's reflection will feature in this Flyer and is about volunteering. He talked up the value of the new red wine bottles he is now bringing as one of our raffle prizes and as he can sell ice to Eskimos we were dutifully impressed. He is guest speaker at Glenn's club Boronia Tuesday and going to Croydon Swinburne College Wednesday to speak to their students about volunteering so making full use of any "free" time he has during the week.



As we were wearing hats for ARH he asked each of us in turn why we were wearing that particular hat which provided some fun to start the meeting.

Barb Williams chaired and kept the meeting running well so that we even finished ahead of time. Well done Barb.

Bob L told us that the "A" team of Robbie and Barb were on Forest Hill Secondary College breakfast duty the following morning.

Warwick put around the Whitehorse Farmers' market folder for volunteers, reminded us for more names for our Information night on the 12th November and also to bring him any spectacles as he wants to send off the stack he has soon.

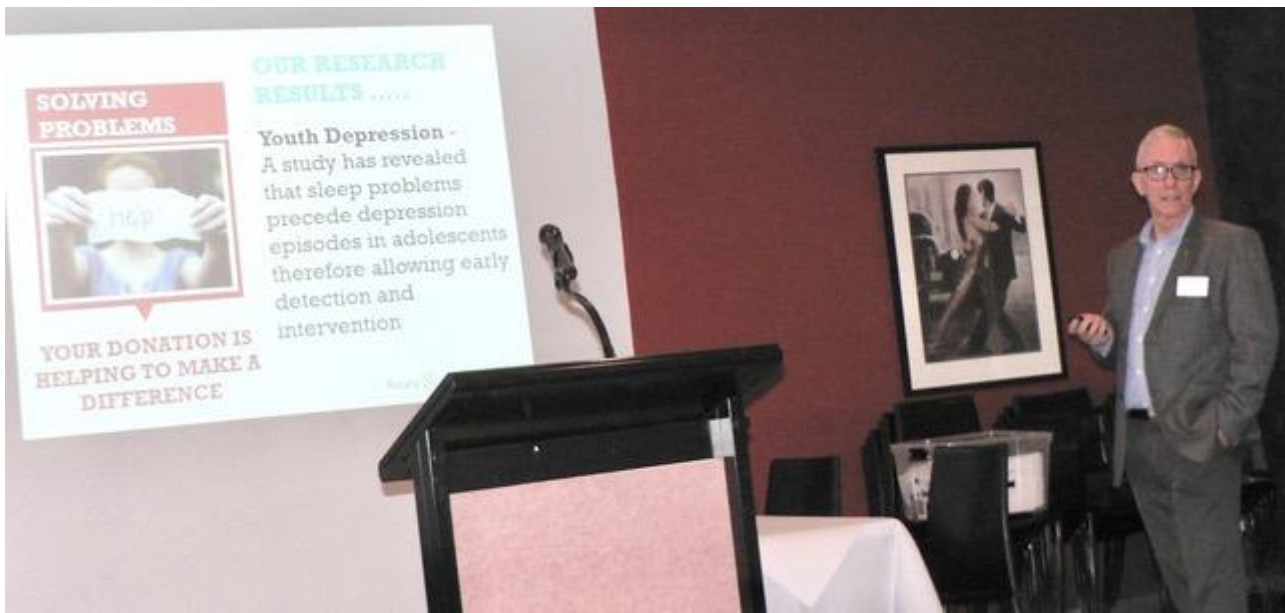
Sue was pleased with our last Blackburn Station market day and that Bendigo Bank will take a stall at our next one. She and Mike are still "developing" (get it) our photographic comp.

Glenys and her team have the Youth Achievement Awards night in hand.

Mike spoke of our upcoming movie night and with 15 plus coming to Peridot so far.

Ron's programs are as per the Flyer and he has received more foreign coins so a total of 420 kgs since birth of the project. He has sent out 77 emails to previous club guests inviting them to our 12th Night (Shakespeare?)

Our hat day donations were combined with the usual sergeant stuff and raised \$77-45 which the club will augment and send off to ARH. Raffle raised \$63 and good that Glenn had one of the three winning tickets.



Glenn spoke and showed us statistics of the work of ARH which he is most passionate about. He too has experienced black times in the past so has been able to help others on a first-hand basis. The first major project of ARH was research into SIDS which has resulted in an 80% reduction of incidences. ARH has researched studies into depression and found that even poor diet can affect those vulnerable. Reports suggest that one in four Aussies are affected by mental health but as Glenn pointed out most people are really affected as most know of friends or relatives who have suffered this. ARH has funded research into cancers such as pancreatic and bowel (Rotary bowel scan kits). He was proud to tell us our District 9810, although being one of the smallest as far as geographical size goes, raised the second highest amount in funds in Oz for ARH last year.

The ride to Conference for ARH has raised over \$1M since inception and Ron has been a regular rider before he wised up and now nicks off OS so he does “virtual” rides. Ron’s “Well Intentioned Mobile Performance” rides, otherwise known as “WIMP” rides do still raise valuable “actual” funds for ARH. The ARH Conference ride organisers as usual have absolutely no sense of direction as this year it starts in Nar Nar Goon and finishes in Grantville which by the direct way is about 50kms but the ride goes for 700kms so obviously none of the money raised goes into a GPS.

ARH also funds many scholarships such as Indigenous Health, Rural medical and Nursing plus many others and has a new initiative “Adopt a Scientist” for say a mental health project. In answer to a very smart question from Chris about can a donor track where their donation goes and what it has achieved, Glenn answered that they can receive a report showing all this and of course that every dollar raised goes to a project.

A wonderful presentation that opened our collective eyes even more to the wonderful work of ARH.



The winner



The grinner

Meeting closed at 7-50 which from my reckoning must be some sort of a Forest Hill record.

Bob W

President's Reflection:

I do some writing in my spare time. Some of it is fiction, some of it is biography. I've been working on a set of scripts for about a year now as well. I'm not working on them very quickly. Every couple of weeks I open one up and have a bit of a dabble. I might write something new or I might fix something up that I think needs some work. I have gotten better about coping with imperfection in my writing. I used to agonise over a sentence, rewriting it multiple times in the first draft. It took forever. Worse, it turned something I thought I enjoyed into a chore.

Writing is rewriting. Very few things are perfect in their first iteration; thinking that they should be can stop us from doing anything at all. The mantra in Silicon Valley was 'fail faster'. I think that had less to do with wanting to fail than wanting to move forward and to learn enough, quickly, what was working and what wasn't to make the next attempt better.

Volunteering gives us a chance to make the world a bit better. The reality is that this need will always be with us. Things will never be perfect, so we have a lot of opportunities to nudge things in the direction of 'better'. And if our approach or our angle of attack isn't quite right, we can take a couple of breaths and have a stretch and plant our feet again to have another go at nudging it in the right direction.

Rotary Youth Driver Awareness days

Catherine Smith from RYDA has asked if we are able to assist with volunteers for some upcoming days at Sandown Greyhound Racing Track.

The main day is the 3rd December and she seeks 4 or 5 volunteers to assist students from Wellington Secondary College get to the various sessions within the complex. As usual morning tea and lunch provided and our day would start at 8-30am to help with set up and finish at around 2-30pm.

The other requests are for two volunteers for 26th and 27 November and another two for the 4th December, all at the same venue.

As the club is also assisting with mock job interviews around that time we are stretched so Barbara and Bob W can do the 3rd and 4th December and our friends of Rotary couple, Anna and Hans can also help on the 3rd December so if we can grab one more for that day that would be good. The remaining days are 26th and 27th November with 2 for each day sought so if you can help on either (or both) of these days please let Bob W know by Monday 29 October so he can advise Catherine.

As always, we volunteers will also learn more about how to be better drivers.

Thanks

BobW

Multi district conference in Melbourne 2019

<http://www.rotaryconference.org.au/home.html>

Registration is now open for next year's conference in Melbourne.

Some information is available on the website. Early bird before October 30

Sue

MEMBERSHIP NIGHT IS ON MONDAY 12 NOVEMBER

VOLUNTEER INFORMATION EVENING

Monday 12th November 2018

6.15 for 6.30pm

As we will be focussing on both membership for our club, and membership of a satellite club, we will be explaining that the former is as we all know it of a weekly meeting with a meal, whilst the latter will be probably a fortnightly meeting with tea and coffee, and possibly a monthly more formal meeting – these details will be finally decided by the new members.

Therefore, I need you members and honorary members to encourage your neighbours, sons and daughters, and anyone else to come and find out, at no cost to them. For further information and bookings, contact Warwick (wstott@netspace.net.au) or Bill (bjmarsh@bigpond.net.au)

Art Show

**Box Hill Rotary
Whitehorse**



Art Show 2018

**2nd - 6th
Nov. 2018**
10am - 6pm
(Tue 6th close 4pm)
Show admission \$10
including full catalogue

**BOX HILL
TOWN HALL**



Beneficiaries
 **Whitehorse
Community Chest**
 **Blue Ribbon
Foundation
project for
Box Hill Hospital**

Gala Opening Night Dinner

Thur 1st Nov.
6pm - preview all art
7pm - 3 course dinner
\$75 inc. refreshments.

Show will be opened
by celebrity singer
**MIKE
BRADY**



\$10,000 awards presented to show winners.
Quality art auctions, door prizes, music,
silent auctions, demo artists & much more

*For full details Google **Whitehorse Art Show***

Breakfast Club

Robbie and Glenys man the hotplates on Tuesday 30 October

ROTARY MONTHLY THEMES

October Economic and Community Development
November Rotary Foundation

ARTICLES

Please forward your prize-winning articles and others to rlaslett@optusnet.com.au by 5pm Wednesday.