



FOREST HILL HAPPENINGS

No. 19 President: Bob Laslett

29 November 2023

BOB'S BANTER



Another memorable meeting as we met and got to know our DG for 2025-2026.

Sadly, John Donaghey is no longer with us, and we remember his legacy.

Some interesting items at the Presidents meeting– see below.

Hamper time-donations through Uniting Care East Burwood.

AGM next week and the chance for an update on ROMAC after the impact of Covid.

Book for Conference.

Remember the Convention in Singapore.

NEXT WEEK

4 December Diane & Gavan McIntyre ROMAC and AGM

Chairperson: Bill Marsh

Greeter: Barbara Searle

Notes for "Happenings" Ron Brooks

Thanks John Bindon

COMING UP

5 December Dementia Café Christmas Party

9 December Blackburn Craft Market

10 December Whitehorse Farmers Market

11 December Rev Rod Brown Christmas Meeting

November is
Rotary Foundation
Month

CELEBRATIONS



Congrats to Barbara Searle for 7 years in Rotary on November 24. Celebrate too only 2 countries with wild Polio virus.



MEETING REPORT November 27, 2023

Chair and President Bob Laslett began meeting with Welcome to Country. The chair opened meeting by welcoming guest speaker DGN Peter Behm to our meeting. Members welcomed back John Bindon. A minute's silence was held in memory of past President John Donaghey followed by members sharing stories of John including his dedication to Rotary and RCFH.

Reports

Warwick reminded all of the upcoming Farmers Market and has volunteers for the day. Bob has reminded all of the upcoming Christmas dinner where we will host long time stall holders. Ron is compiling a list of attendees and dietary requirements. Bob also reminded us collection is being made for Christmas Hamper items. Please bring items by early December. Presidents' meeting included mention of speakers on Regionalisation and the plan that districts will now be each state in Australia, North and South Islands in New Zealand and countries in Oceania. Mention was also made of the Rotary Club of Lilydale who are preparing care packages for Maroondah Hospital. Suggestion by Peter Dempsey of Blackburn Lake to stage first meeting of 2024 BBQ with guest speaker was accepted with enthusiasm. Reminder from Sue that the Dementia Cafe Xmas morning tea is next Tuesday at the One Community Centre. Members need to contact Sue by Friday if they are attending. Also, a call for volunteers to wrap the presents (thanks to Bob L, Barb and Glenys) and write card messages (thanks Stuart).

Glenys talked about MUNA. This year's contact has left so search was made for new venue which is Lilydale Secondary College which has a large capacity so that Rotary and families can be accommodated. Next year's MUNA will be held on Saturday 17th August. John Mc talked about the December Blackburn market with Santa, the jazz band and choir. Ron talked about program We currently have schedule booked to 15th April. Next week we have speakers from ROMAC and AGM.

Speaker

Peter Behm our guest speaker spoke of his early years in Rotaract and Rotary. He spoke of his search to find something as a 20 year old that gave him the chance to do community work, meet likeminded people, create opportunities and have fun. He talked About the culture of Rotaract and Rotary and the support they give each other.



Peter talked of the roles he has had including committees he has served on and his focus on the growth possibilities especially around marketing and imagery. As DGN he talked about the challenges ahead including the merging of districts to become D9815 and the opportunities that will come from the merger. He challenged us to develop ideas and strategies on how to reach our community including growing our membership.



Warwick thanked Peter for joining us. The raffle money was \$39, and the winners were John McPhee and John Bindon. Bob closed meeting.

A great opportunity to hear from the person who will be our leader when the club turns 50.

Sue

International Women's Day Early Bird Prices

The date for 2024 is March 13. Contact me for details.

Report from Presidents' Meeting

- \$35k has gone to Ukraine from our district.
- Likely last case of polio is 2026.
- Rotary beyond the club- December 3 -for new members
- Great RYDA presentation from Anton & Bob W
- Inspire meeting 10 and 11 February 2024
- Regionalisation
 - 8 or 9 communities
 - 20 Districts → 12 districts
 - New name for district governor → district leader
 - Victoria will be one district.
 - Change is in district support.
- Mental health project by new member from RC Lilydale
 - Care package tailored for people with nothing-1500 inpatients.
- Glenda Stahl wants to know of significant projects from our club for district conference (can be old ones

HAMPERS

It is that time of year when we especially think of the needy. Items such as toys, Christmas, shortbread/biscuits, custard, long life milk, canned ham/salmon/vegetables, soft drinks, fruit juice, chocolate/sweets, coffee/tea, pasta and pasta sauce, and family toiletries are always very useful. Bring them to our December meetings.

KNEE PAIN PROJECT



Knee pain & over 45?

Recruiting 2023-2024

Join our research project and benefit!

- FREE physical and functional assessments
- FREE dietary advice
- FREE DEXA scan
- FREE blood test

To register, scan the QR code.



LA TROBE UNIVERSITY

Chief Investigator: Dr Adam Culvenor
Email: a.culvenor@latrobe.edu.au
Ethics Approval: HEC 22044

If you have **knee pain** and are **over 45 years of age** you may be eligible for a research study testing the effects of two different nutrition programs to reduce your **knee pain**, improve quality of life, and lower inflammation in your blood.

For more information: <http://semrc.blogs.latrobe.edu.au/feast-study/> | P: 0481439563 | E: feast@latrobe.edu.au

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

Jeremy & Mary Ann Furness are locals from Croydon. They sell children's books, oil paintings on gum leaves, and knitted toys in markets at Nunawading, Yarra Junction and of course the Rotary Blackburn station markets. Jeremy started writing and illustrating his Barry the Bike series of children's books over 10 years ago. It is one of the very few children's books that feature classic motorcycles, cars, and trucks. Go to Barry the Bike on Facebook to see all the books in the series.

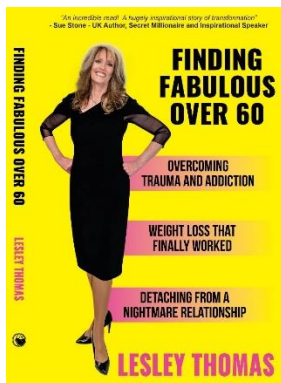
Mary Ann started **oil paintings on gum leaves** as a 15-year-old inspired by paintings by her grandparents. Her grandfather was William Beckwith McInnes who won the Archibald Prize seven times. These gum leaf oil paintings are as unique as they are beautiful. She paints on specially prepared Tasmanian Blue Gum Eucalyptus leaves which when painted are sealed to ensure a long life. She has been a professional illustrator for the last 40 years working for some of the world's leading publishing houses but now Mary Ann runs Wattle Gum Studios nestled in the Croydon Hills.

Mary Ann started **knitting toys** as a girl and now has turned that pastime into a commercial venture with her beautiful, cute range of animals, fish and birds.

Jeremy and Mary Ann can be contacted on 0403 310 032 or mafurness@bigpond.com or via Instagram [mafurness_arts](https://www.instagram.com/mafurness_arts). But better still, come and talk to them at one of their regular markets to see the full range of their talents.



SOME OF OUR BLACKBURN MARKET STALLHOLDERS



Come and frequent the Market next month- December 9

Disclaimer: Articles and reports do not necessarily reflect Rotary Club of Forest Hill opinions.