



**Rotary**  
Club of Forest Hill



## Weekly Newsletter

[foresthillrotary@hotmail.com](mailto:foresthillrotary@hotmail.com)

**President Bob Williams**



Be a gift to the world

Number 2

13<sup>th</sup> July 2015

Club address:

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Email address:

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Website:

[www.foresthillrotary.com](http://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>
13 <sup>th</sup> July	<b>Interact Clubs</b> <i>Daryl Moran</i> <i>Committee meetings tonight</i>	<b>Glenys Grant</b>	<b>Bill Marsh</b>
20 <sup>th</sup> July	Nepal Earthquake <i>Sonia Downie</i>	Bill Marsh	Ron Brooks
27 <sup>th</sup> July	Recent Trip <i>Bob Laslett</i>	John McPhee	Ray Smith
Wed 5 <sup>th</sup> Aug	Primary School Speech contest At Burwood Heights		John McPhee (report)

### THIS WEEK'S CELEBRATIONS

14<sup>th</sup> July Gary Baltissen Club Anniversary **20 years!!!**



### DUTY ROSTER

	<b>July</b>	<b>August</b>
Cashier	Stuart Williams	Glenys Grant
Recorder	Warwick Stott	Chris Tuck
Greeter	Gary Baltissen	Bill Marsh
Emergency	John McPhee	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 9878 4891 or [rcssmith@optusnet.com.au](mailto: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

**THINK POSITIVE: ONE NEGATIVE THOUGHT NEGATES FIVE POSITIVE THOUGHTS (quote from our guest speaker Jacqui**

## BOB'S BANTER

What a "Great Start" to the year (A Tony Greig breakfast cereal ad if I remember rightly) and wonderful to have honorary member John Bindon with us plus Gary safely back from his travels with Bev. We also had our other MWRMPA (member who resides many postcodes away) with us in John Donaghey. The effort you both put in to come to so many meetings is appreciated.

I was able to commence my first Pres bit with reading the lovely thank you card from Alison (and David) Tolstrup thanking all of us for our hospitality at Changeover and that they really enjoyed our first class Jazz Quartet (thanks Kevin).

We have nine going to the Interplast fund raiser movie this Friday night at the Nova theatre as a result of the sheet I passed around so that's wonderful.

Both John McPhee and Warwick were able to fully fill the shifts required for both our Blackburn market Saturday and the Sunday Farmers' market so thank you to all concerned. We can now hope that the weather is kind.

Ray spoke of our upcoming club birthday in September and the suggestion to divide our 40 years into 4 decades and ask two people to briefly speak on each decade, drawing on the couple of club historical publications for the first 25 years then annual reports to now. He suggests 3 to 5 minutes for each decade mentioning the President for each year and a summary of projects with the speakers to take turns during the address.

We all agreed it was the way to go and also good to have any photos that we can run on the screen during the presentations and I am happy to scan and title these and make them into a memory stick presentation.

As it is also our official DG visit I'm sure that Alison and David will learn something further about our club.

Wow how good was Jacqui Chaplin, our guest speaker? She captivated us all with her very courageous address and giving us an insight into her bipolar issue that she takes in her stride.

What an inspirational lady and you could tell the level of interest from the many questions that were asked and it took our ex headmaster Ray to remind us that we needed to finish or otherwise we may still be there.

Warwick, as usual provided an insightful thanks and Ray's hand crafted pen was well received.

I went to see Stan today and he was chuffed being able to chat with both Ray and honorary member Norm on the phone today.

He was having his right leg dressed and then attached to the machine while I was there so I was able to stay past the 5pm curfew/meal time as the nurses said it was good to keep his mind off what they were doing. I asked him about if he had any photos from the early days in his collection and he didn't think he had but would put his mind to work on it and let me know next time I call in.

Remember to phone him or call in as he appreciates any contact.

With Daryl Moran speaking on Interplast as our next speaker it would be good to have any questions ready as with our committees following we need to discuss our options.

*President Bob*

Remember "Be a Gift to the World".

## DIARY DATES

14 Sept          DG visit

## LAST WEEK'S MEETING



*Jacqui Chaplin and Pres Bob & "Black dogs, roller coasters & pink elephants"*

Following Sergeant Stuart's very thoughtful and appropriate opening words (see transcript below) involving the tragic death of an AFL football coach and other matters, he introduced President Bob who thanked everyone for the success of the Changeover night and also mentioned about Rotary Youth Driver Awareness (RYDA). Then Chairman Ray introduced Jacqui Chaplin and John Bindon. Ray then reminded us that our 40<sup>th</sup> birthday would be in September when DG David would be also visiting our club, but we needed to organise our format for the night possibly with four club members giving a brief summary of each decade.

Jacqui, originally a primary school teacher, but now a radio speaker and author on a book of Black Days, Roller Coaster and Pink Elephants, then told us a little about herself as a person suffering the highs and lows of clinical depression, and more specifically, bipolar disorder. She discussed the upset of her marriage breakdown in 1993 when she appeared to be stuck in a hole but someone helped her to get out. For her depression she went onto medication, but started going on and off it whilst doing two jobs and then she would crash, making the highs and lows worse, but was lucky enough to have a good psychiatrist. During one low she did many artistic drawings over about 6 weeks. She then talked about a number of research-based strategies (which are not necessarily evidence-based) which help patients with bipolar disorder, being:

- a) 30 minutes daily exercise builds resilience
- b) Good food with plenty of protein and water, whereas alcohol is bad
- c) Sleep
- d) Good relationships
- e) The way you think – one negative thought negates five good thoughts
- f) Level-headed approach to life – good deep breathing, and concentrate on counting up to 100 breaths
- g) Volunteering – taking a selfie with "Elphie"
- h) Spirituality of whatever is your form
- i) Noticing the little things, eg., beautiful roses, dew on the grass, etc.,
- j) Creativity playing, eg., splashing in water puddles, or having fun with the grandkids

In general, people will discuss physical wounds and problems but not mental illnesses. And the statistics are that one in seven people live with depression, and one in four have at least a single or more episodes.

President Bob then closed the meeting

*Report by Warwick Stott*

Sergeant Stuart moment of reflection.

*Do we go over the top with our adulation of sportsmen? Should the football tragedy of Friday morning have dominated our news for the last 3 days? Yes we love our sport in Melbourne and even Australia.*

*The world has many huge issues and balance is required. What of Greece and their future. What of China turning back a shipment of coal. What of drugs and alcohol abuse in our society. What about asylum seekers- world wide.*

*Our national broadcaster attempts to keep us informed. We need that. But those who read the paper from the back do want to have our taste buds tested. Many of us are sick of Tomic and petulant Kyrios. Maybe the sight of football combatants arm in arm – in a circle – as a show of respect might bring about changes and remind us that some things are much bigger than winning and losing.*

At the end of the meeting we heard that Stuart's fine session had raised \$32.70. The raffle raised \$45 which was won by Chris Tuck who chose the bottle of red wine. It was great to see John Bindon at our meeting though the underlying reason he was with us was not so great. He was heading to hospital the next morning to have an operation to reattach some muscles in his shoulder that he had torn. I am sure our best wishes go with him from all the club members and friends. He was telling us that he goes for a walk every day and when he wears his Rotary cap, half the people he meet say hello whereas when he wears his other cap nobody lets on to him. He deliberately alternates his cap day to day to measure the effect. So, perhaps we do not realise just how strong the Rotary wheel and brand is in generating that trust.

Oh yes! Our guest speaker said everyone should have **13 11 14** in our mobile phones as this is the **Lifeline** crisis support number which we should all know and be able to pass on to anyone who needs help or just advice about a friend. She said 90% of calls they get are from people seeking advice on what to do for others and they are happy to get those calls.

*Report by Ron Brooks*

### **DON HULLAND - UPDATE**

Don is now permanently in a nursing home and Vic Roads have taken his driving licence off him because he is a diabetic and so he cannot drive. He was telling me it is his 50<sup>th</sup> year since joining Rotary and he is 80. He is in Kellock Lodge, 15 Bon Street, Alexandria and his mobile number is **0409 530 435**. Please give him a call. He is really fed up that he cannot get down to the Blackburn Market and really wanted to come to Cangeover. He misses the fellowship and wants to be remembered to everyone. As I say, give him a call.

### **ROTARY INTERNATIONAL EXPO, QUEEN VIC MARKET SUN 12<sup>th</sup> JULY (report next week)**

### **WHITEHORSE FARMERS MARKET VIDEO**

A promotional video has been produced on the market. Here is the link.

<https://www.youtube.com/watch?v=NLUyZ04PGcY>

### **INTERPLAST FUNDRAISER AT THE NOVA FRI 10<sup>th</sup> JULY at 6:45pm**

Ian Armstrong, is a Past District Chair of Interplast, and RC of Nunawading. His sister is Gillian Armstrong the celebrated Film Producer/Director. Ian has been able to obtain a pre release screening for our Club of her Documentary/Film called "Women He Has Undressed" recently written up in the Daily Papers. It is about an Australian Costume Designer, Orié Keller who won three Academy Awards. No one in Australia heard about

or recognised him for this achievement. It will be screened on **Friday 10<sup>th</sup> July at Cinema One, at the Nova Theatre, Carlton at 6.45 for a 7PM start.**

The Theatre holds 240 seats and it is proposed to sell the tickets for \$20 each.

Potentially, \$4000 plus! All profits will go to Interplast.

**Pres Bob has organised nine of us to go. Well done Bob.**

### **District Governor Partner's Project 2015/16:**

When Alison Tolstrup came to our Changeover Night she spoke about her projects for this year. You will read more about them in the DG's first Newsletter but as a reminder this is what they were. Remember they were about **Food security for Indigenous school children in the Kimberley area**

The first is in Broome where an emergency food relief charity Feed the Little Children (FTLC) provides a hot evening meal to 300 of the neediest children, mostly under 10 years old. There has been a marked reduction in offences as well as positive trends in health and education.

[www.feedthelittlechildren.org.au](http://www.feedthelittlechildren.org.au)

The second is at the Purnululu Independent Aboriginal Community School, only 1km off the Great Northern Highway, Bungle Bungles. The school is creating a Stephanie Alexander Kitchen Garden to provide the fresh produce needed. The project will fund a worker from the local community to maintain this garden so it can produce optimally. This person will officially be called an Aboriginal Education Worker. Not only will the school save on food purchase but an extra job is being created within the community.

[www.purnululuschool.com.au](http://www.purnululuschool.com.au)

### **NOBEL PEACE PRIZE FOR JAPAN**

Let me state at the outset that I have no wish to influence your actions over the following information which came into our club as correspondence and may have gone to the 53,000 odd clubs in the world. I simply put it in the Newsletter verbatim.

*"Friends of the beloved Rotary Club,*

*My name is Toru Mori, and I am a member of the Ogawara Rotary Club of the 2520<sup>th</sup> district of Japan. I have introduced the activities of the executive committee for "The Nobel Peace Prize for Article 9 of the Japanese Constitution" that began with a proposal from a housewife in Japan. I have also presented a letter requesting your sincere support for these activities.*

*After defeat in World War II, my homeland enacted the Constitution of Japan, which is commonly called a peace constitution as a reflection on the aforementioned conflict.*

*Article 9 of our constitution states "Aspiring sincerely to an international peace based on justice and order, the Japanese people forever renounce war as a sovereign right of the nation and the treat or use of force as a means of settling international disputes." Japan has never utilised force of arms over the past 68 years up to the present and has never taken a single human life. I firmly believe that this fact is worthy of the Nobel Peace Prize; thus, I am supporting the executive committee's actions. If the Nobel Peace Prize were essentially to be awarded to Japan, I believe it would certainly contribute significantly toward the promotion of world peace, which is also the goal of the Rotary Club.*

*I would like to express my sincerest hopes that you can lend your understanding and support to the ideals of Article 9 of the Constitution of Japan and to the activities of the executive committee for "The Nobel Peace Prize for Article 9 of the Japanese Constitution."*

*Details regarding the executive committee's activities are provided in the following URL: <http://chn.ge/1bU0pay>, and you can sign our petition at same URL.*

**I have just looked on the web, so far 76,370 people have signed their petition**

*Report by Ron Brooks*

### **FOREIGN COINS for UNICEF**

So far, the Rotary clubs of Boronia, MASH, Waverley, Sandringham, Emerald & District, Hampton, Doncaster, Donvale-Warrandyte, and Nunawading have supplied us with foreign coins to join with ours. At District Changeover I was given 2.9 kg of coins and a large number of notes which included \$45 in NZ and Canadian, a very worthwhile contribution from Glen Waverley plus 0.6kg from Mordialloc and at our changeover hand another 0.4kg from Nunawading. The total now is **115.1 kgs plus an even larger wad of notes** is getting much larger. The list of clubs participating in this project is growing and clearly more are collecting and not telling me. It seems like this District project will continue in DG David's year.

*Report by Ron Brooks*

### **STAMPS**

John McPhee gave me a large envelope of stamps. Please collect your stamps as well. 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..... Easy!!

### **FOREST HILL'S FANTASTIC FARE AND FELLOWSHIP !!**

This is the plan. Each month I will be looking to publish a recipe with photograph of an entrée, or main course, or dessert. I want them submitted from the Newsletter readership of members, honorary members, and friends of Rotary. I am asking for 4 entrees, 4 mains and 4 desserts. Then next June we will choose one of each by vote. The winning three will then be prepared by the cooks who submitted them at a combined dinner and **the invitees will be those people who submitted recipes that appeared in print and a partner of their choice.** Costs for the night will be shared by attendees.

**SO IT IS OVER TO YOUSE LOT. THE FIRST 12 RECIPES ARE THE WINNERS.**

(The photo can be scanned from a recipe book if you like)

### **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].**

### **CINEMA**

Robbie and I went to the Nova in Lygon St (probably for the first time in 30 years). It tends to show less "commercial" films but really excellent ones. There are 15 smallish cinemas in the one complex. The film was "Walking the Camino- Six ways to Santiago". It was very true to life and an excellent portrayal of what it is like. It followed the fortunes of 10 real life walkers walking in ones or twos over the 800kms that we did.

**Recommended** whether or not you'll ever be stupid enough to try it yourself. After all, I enjoyed the "Titanic" but have not been on a cruise ship or crossed the Atlantic by boat.

500 miles on foot. Bunk-beds. Blisters. Stunning landscapes. World-class snorers. Hot searing sun, freezing cold rain. Kindness from strangers. Debilitating injury. Unexpected romance. No toilet paper when you really need it. Profound grief and deep doubt. Hunger. Laughing with new friends. Total exhaustion. You are guaranteed to experience all of this when walking the ancient pilgrim path, the Camino de Santiago.

Across Spain, this sacred path stretches westward to the city of Santiago de Compostela where the bones of the apostle St. James are said to be buried. The Camino is world-renowned; UNESCO named it a World Heritage Site and the Council of Europe declared it the first European Cultural Itinerary. Millions of people from all over the world have travelled this trail for over 1,000 years – in 2010 alone, over 270,000 people attempted the arduous trek – each one a seeker of something.

In the Middle Ages, pilgrims sought forgiveness of their sins and admission to heaven. The Camino remains, for many, a quest of faith. Others begin with no spiritual impetus in mind, but nevertheless are drawn to examine their personal beliefs and life purpose. And others are in it simply for the intense physical challenge. Whatever their motivation, no one can predict just how their path will unfold, who they will meet, what personal demons or angels they will face, or what transformations they will undergo by the trail's end.

Walking the Camino is an up-close look at one of humanity's most time-honoured traditions. By following pilgrims from all walks of life as they attempt to cross an entire country on foot with only a backpack, a pair of boots and an open mind, we witness the Camino's magnetic and miraculous power to change lives. Driven by an inexplicable calling and a grand sense of adventure, each pilgrim throws themselves heart-and-soul into their physical trek to Santiago and, most importantly, their personal journey to themselves.

## For all you cyclists out there

### MELBOURNE TO INVERLOCH DREAM ROLLS ON

A dream to build a continuous bike path from Melbourne to Inverloch continues to take small leaps forward. Earlier this year Bass Coast Shire completed the section from Potter Hill Road to Punchbowl Road in San Remo (see photo to the right). This section includes an impressive boardwalk section to navigate some property boundary issues and difficult grades. In April works started on the next stage from Punchbowl Road to the Anderson trailhead of the Bass Coast Rail Trail. Works have started from the Punchbowl Road end while council and VicRoads finalise the path alignment between Clifford Road and the trailhead. The final stage of this project linking Phillip Island and Anderson will see an off-road trail constructed between Potter Hill Road and Back Beach Rd. Works are scheduled for completion by the end of **2016**. Other missing sections of the Melbourne to Inverloch trail are from Baxter to Sommersville, some missing gaps on Phillip Island and from Wonthaggi to Inverloch.

## CLUB OFFICERS & COMMITTEES

	2014-15	2015-16
<b>President</b>	Bill Marsh	Bob Williams
<b>Vice President</b>	John Donaghey	Stuart Williams
<b>Secretary</b>	Ron Brooks	Ron Brooks
<b>Treasurer</b>	Warwick Stott	Warwick Stott
<b>President Elect</b>	Bob Williams	John McPhee
<b>Sergeant</b>	Stuart Williams	Stuart Williams
<b>Foundation/International</b>	Chris Tuck	Chris Tuck
Members	John Donaghey, Stan Harper,	John Donaghey, Stan Harper,
<b>Youth Service</b>	Glenys Grant	Glenys Grant
Members	Ray Smith, Bob Williams, Graham Sharman	Ray Smith, Bill Marsh, Graham Sharman
<b>Community &amp; Vocation</b>	Bob Laslett	Bob Laslett
Members	Stuart Williams, Gary Baltissen, Ron Brooks	Stuart Williams, Gary Baltissen, Ron Brooks
<b>Membership &amp; Publicity</b>	Doug Berwick	John McPhee
Members	John McPhee, Warwick Stott, Jenny Coburn	Warwick Stott, Bob Williams,
<b>Fellowship</b>	John McPhee	John Donaghey
<b>Primary Schools Speech Night Programme</b>	John McPhee	Bob Williams
<b>Programme</b>	Ray Smith, Gary Baltissen	Ray Smith, Gary Baltissen
<b>Bulletin Editor</b>	Ron Brooks	Ron Brooks
<b>Web page &amp; Facebook</b>	Ron Brooks	Ron Brooks
<b>On to Conference</b>	Stuart Williams	Stuart Williams
<b>Historian</b>	Stan Harper	Stan Harper
<b>Almoner</b>	Graham Sharman	Graham Sharman
<b>Public Officer</b>	Bill Marsh	Bill Marsh

Newsletter articles to the editor at [ronbrooks1@optusnet.com.au](mailto:ronbrooks1@optusnet.com.au) by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.

### FOREST HILL WEBSITE-107 visitors in June

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](http://www.foresthillrotary.com)



From the recent District Changeover PDG Tony, DG David, DGE Carol, DGN Malcolm



# International Public Expo

Showcasing Rotary's amazing projects and programs to the public!

- Club projects
- Rotary programs
- International aid
- Disaster recovery

**Queen Victoria Markets**  
**Sunday 12<sup>th</sup> July 9am to 4pm**

Come along and see the large amount of floor space devoted to Rotary projects.