



2012-2013

Weekly Bulletin of the Rotary Club of Forest Hill

Edition 5: 16 & 20 August 2012

The Rotary Club of Forest Hill meets at 6.15 pm for 6.30 pm on Mondays at Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132.

Meal cost \$27.00

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CLUB PROGRAM

Date	Event	Chair	Thanker and Meeting Report	Member Talk on an aspect of peace
13 August	See 16 August			
16 August	Cluster Foundation Roadshow			
20 August	Geoff Limmer Conference Partners night Board meets	Ron Brooks	John Donaghey	Warwick Stott

THIS WEEK'S CELEBRATIONS



15 August Wedding Anniversary –Doug and Tracey Berwick

DUTY ROSTER

August	
Cashier	Glenys Grant
Recorder	John McPhee
Greeter	Chris Tuck
Emergency	John Donaghey

ATTENDANCE

Apologies - **Please contact Ray Smith by 10.00 am MONDAY** on 9878 4891 or rcssmith@optusnet.com.au. Any cancellation after 10.00 am should be made direct with the management of Bucatini Restaurant on 9873 0268

BOB'S BELLBIRD BLOG

Sad news continues unfortunately with the loss of both Raeoni's Dad and Jim Stevenson the first executive director of the Siemens Science program. Our thoughts and prayers go out to these families and also to Bob and Heather Neilson as Bob's treatment continues.

Those that could not attend last Monday missed out on a stimulating meeting as Lisa Renn discussed what we should and should not do with our eating. There were many questions about nutrition and the directions we should go before and after leaving work.

Doug did a great job as chairman and has offered to liaise with other interested parties for the Whitehorse Spring Festival. Sergeant Stan not only raised \$40.10 for the Foundation but presented a moving personal story about a family dedicated to peace during World War 2 and after.

Reminders

- Annual fees will be \$190 and can be paid in full or half-yearly
- Meeting on 13 August cancelled
- Peridot-17 August
- This month is Membership Development & Extension month
- Appropriately there is the Charter meeting of the Rotary club of Greater Melbourne- 19 August-\$20- Sky High Restaurant

With our Monday night cancelled, we meet for the D9810 Cluster Foundation Roadshow on Thursday 16 August at the Dorset Gardens Hotel. Please ask your wife/partner to come the following week on Monday 20 August to hear about the exciting conference at Wangaratta.

Let us all get behind Ron and his team in the search for new members- we may even have to send him to Mars.

More gold at the Olympics should challenge us to seek new ways to Peace through Service.

President Bob Laslett

LAST WEEK'S MEETING

Rotary Club of Forest Hill Meeting Report for Monday August 6th 2012

Once again we were treated to an excellent night of food, fellowship, fun and a fascinating Guest Speaker.

Stan Harper began with a reflection about peace and later gave us a most interesting account of some prisoners of war that he met during his days in the Army toward the end of the Second World War. Stan also, in his role as Sergeant, with his usual wit and insight, managed to extract \$40.10 in fines.

Our Guest Speaker was Lisa Renn. Lisa is an Accredited Practising Dietitian with a Bachelor of Applied Science in Physical Education and a Masters degree in Nutrition and Dietetics. She is also the Media spokesperson for the Dietitians Association of Australia. She has contributed her clear message about nutrition to newspapers, magazines, radio and television, and has appeared on Channel Nine's show "What's good for you"

Her talk was entitled "Healthy Eating in Retirement" and covered Heart Health, Bone Health, and Digestive Health. Her remarks about diet gave us all some food for thought and gave our minds a workout as she outlined the importance of exercise. Obviously her remarks were close to the bone and got to the heart of the matter as Chairman Doug tried in vein to cut off the flow of (b)leading questions at the end of Lisa's address. It provided many of us with an excellent reality check as we were confronted with what it takes to have an expectation of a healthy long life in retirement. Several Rotarians purchased the book which she wrote, entitled "Body Warfare, the secret to permanent weight loss". A fitting conclusion to a most informative and enjoyable night. Watch this space. Some Rotarians may occupy less of it for longer in the days ahead.

G.S.

PEACE



Stan related the story of his friends the Sorianos family that he met while serving in the Philippines in 1945. The family quit Spain in 1939 seeking a peaceful future in Manila. They replicated their food importing business and prospered. In 1942 the Japanese invaded and promised special privileges. These turned out to be working in an internment camp and no contact with their 8 years old son who had been sent to a nearby island.

After a 37-month internment the religious couple opened their home to any soldier, sailor or airman for prayers in a specially-designated room for that purpose. All round the room were signs and messages of thanks from the internees. However, the large central hand-embroidered hanging simply said "Thank you. May peace be with you always".

When the Aussie units packed up to go home the Sorianos displayed a large painted sign "Thank you for restoring peace to the Philippines". Stan's prized possession is a rather tattered copy of the final day issue of the bulletin from the internment camp which the Sorianos gave him and is a true account of life in that camp. Stan also displayed a copy of the August 15, 1945 Melbourne Herald with its Peace headline.

(Ed. Thanks Stan -hope this abbreviated version does justice to your stimulating talk.)

ROTARY CLUBS PLAY A VITAL ROLE IN KIDS EDUCATION

Lavena pre-school update

As you know, last year RC Forest Hill made a very generous donation to help ABCD and RC Templestowe build a new pre-school next to the Lavena Primary School on Taveuni Island. The project turned out to be an outstanding success. One of the main reasons for the success was the involvement of the Deakin University Global Citizenship Program - and in particular the 9 amazing students who came with us to help build the school .



On Wednesday 8 August at the RC Templestowe meeting the students presented their experiences working in a remote location with ABCD, with Rotary and how they - and the children of Lavena - have all benefited from the experiences.

It was an inspiring evening and the five Forest Hill representatives thoroughly enjoyed themselves. Templestowe thought it was a take-over bid.

Ken Wall gave us a copy of the video shown on the night and we will use this at a meeting soon.

More from Ken

Many thanks to you and your colleagues for attending the Deakin UNI students presentation at RC Templestowe last week.

I wanted to share some good news with you - last week I received an email from the Grants Co-ordinator at TRF letting me know that our application for a matching grant to complete the fit-out of the new pre-school at Lavena had been approved! It was a condition of the matching grant that we could demonstrate that we had completed the building first.

Getting the grant means that the wonderful building that you helped to construct can now be fully equipped with desks and chairs, whiteboards and cupboards - and more importantly that we can fill the cupboards with a good range of learning materials, drawing materials and equipment to give the pre-schoolers a great start to their education before they move on to the primary school.

I also wanted to remind you and thank you - the success of this ABCD project conducted by RC Templestowe has been dependant to a very large extent on the contributions from RC Forest Hill and your individual members. For example - your club donation itself paid for the entire roof!

In round figures we ended up with 44 children supported at the primary school for one year at \$250 per head and a little over \$12,000 donated towards the building of the pre-school. Deakin Uni students added another \$5k we have a DDF contribution of \$3k and the TRF matching grant for \$6k.

Angela and I are going back to Taveuni and to Savusavu at the end of September and of course one of our visits will be to Lavena. I'll make sure we capture some good images of the school so that your members can see what they have achieved.

We will also be visiting a number of other schools that have asked to be involved in future ABCD projects. I'm hoping to come back with around 10-12 schools identified and 'qualified' as being suitable candidates to the extent that we can be sure they will benefit from a project and can manage their role in the project effectively. The size and scope is likely to range from say, support for maybe 10 children at one of the smaller schools - right up to a Lavena scale project complete with maybe 40 children supported and a building project involved as well. Rotary Club support and future partnerships with organisations like Deakin Uni are going to be critical to our success.

I think I might have already shared my dream of maybe having 100 schools with 100 Rotary clubs involved supporting 10,000 children...! That might take a few months... I guess it's a big dream but thanks a million for your part in making it happen!

Cheers

Ken

CLUSTER FOUNDATION ROADSHOW

The Rotary Club of Croydon is organising the Cluster Dinner Meeting for the Northern and Eastern Region Clusters. Our meeting is in lieu of our normal meeting that week.

When:	Thursday, August 16, 2012
Where:	335 Dorset Rd, Croydon VIC 3136
Time:	6:30 for 7:00pm
	Finish 9:00 pm
Cost:	\$28 pp (Drinks at Bar prices)

Please advise if there are any special dietary requirements.

FOREST HILL'S MEMBERSHIP CHALLENGE

We publish the table below to keep us aware of the challenge.

Membership at the beginning of the year	Current Membership	Change
18	17	-1

INTERESTING THOUGHTS

See everything; overlook a lot; deal with a little - Pope John XXIII

Learning is a treasure that accompanies its owner everywhere- Chinese proverb

THE ROTARY WHEEL MOVES ON



Megan Taylor makes acquaintances on behalf of her mum Mari Cross (exchange student 1982).

IMPORTANT UPCOMING CLUB AND DISTRICT EVENTS

16/08/2012	District Cluster Roadshow for Rotary Foundation
17/08/2012	Mt Evelyn Camp Awakenings
19/08/2012	Youth Exchange -Inbound Student Orientation
19/08/2012	e-Club Charter
20/08/2012	Club and Board meeting
24/08/2012	College of Governor's meeting
27/08/2012	Club meeting

ROTARY E-CLUB OF GREATER MELBOURNE



Dear Club Presidents,

President Gael and the Charter Members of the Rotary eClub of Greater Melbourne, have pleasure in inviting you and other members of your Club to our Charter Event.

This will be 'High Tea' and held at the Sky High Restaurant, 26 Observatory Rd Mount Dandenong on Sunday 19 August from 3.30 to 5.00pm. The cost is \$20 per person - \$10 each for children 5-12 years old.

In addition, there is a \$5 cost per car to enter the park, however, as you are attending an event you will receive a voucher for free entry next time you visit the park.

Please could you complete and return the booking form by no later than Friday, 10th August, 2012.

Kind regards
Philip Hedley
Secretary
Rotary eClub of Greater Melbourne

Please have FOREST HILL FLYER articles to the Editor at rlaslett@optusnet.com.au by **5 pm next Wednesday** (in Microsoft Word format please)