



Number 25

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

17 December 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			
Date	Event	Chair	Thanks & Meeting Report
17 Dec	Prison & families at Christmas time <i>Rick Hunt</i>	John McPhee	Bob Williams
7 Jan	Barbecue at the Finkes		
14 Jan	The Story of Hangan Constructions <i>Indi Hangan</i>	Mike Finke	Sue Ballard

CONGRATULATIONS

Congratulations to Graham Sharman on his birthday (26 Dec) and also his club anniversary (22 Dec).

DUTY ROSTER

	DECEMBER	JANUARY
Recorder	Bob Laslett	John Bindon
Greeter	Bob Williams	Ron Brooks
Emergency	Warwick Stott	Ray Smith
Cashier	Sue Ballard	John Donaghey

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

Birthdays

We recognised the birthdays of Judy Laslett and Sue Ballard on the 9th and 11th of this month, respectively. Wishing you both many happy returns.

Raffle and Sergeant's Session

We had another fantastic sergeant's session, courtesy of our in-house tumbler Bob Williams. A couple of fines and some quiz questions, and the inevitable painful jokes, perhaps one or two at somebody's expense. 'Sick burns made fresh daily' indeed. It raised \$33.70.

The raffle raised \$59. Sue, Ray and Barbara Williams walked away with the prizes.

Mike's Musing:

It was excellent to hear our RYLA attendee, Louis Xia, at the meeting on Monday. Leadership is so important and it is never solely the responsibility of people in charge. We all play a part in leading by example, being thought leaders and in leading discussions when trying to come up with new ideas or improving existing ones.

It can also be fun, sometimes, to lead people on.

FOOD DRIVE

Don't forget that we're collecting shelf-stable food to donate to those in need. Add a line to your shopping list right now!

[I've just done it myself]

Then run to the pantry and grab a couple of things and put them in a bag near the door so you don't forget to add to it and then bring it with you on Monday.

[Done]

Club Growth

The cat is now out of the bag. John Bindon is the former club member who will be returning to us. John will be welcomed formally on our first meeting at Bucatini's in the new year, on the 14th of January.

Please continue to ask people to join our club in any one of the several ways they can. They can join us for our weekly dinner meeting, they can see if the satellite club is more appealing or they can ask to receive our emails and newsletters as one of our non-Rotarian auxiliary members. There are no barriers. We'll take somebody for a couple of hours a week, a month or a year.

The 14th of January is an EXCELLENT meeting to invite prospective members and friends to. Indi Hangan is such an incredible example of the long-lasting effects of the opportunities we have provided to students and apprentices throughout the Whitehorse area and around the world.

Markets debrief

Excellent work by all who participated in the market. Hard work and an optimistic attitude were demonstrated by Rotarians, former Rotarians, spouses, relatives and friends of the club.

As a reward, we're going to give Blackburn Market staff the month of January off. You've earned it.

Mark your calendars with the following:

- Friday, 14 December Bunnings Sausage Sizzle
- Monday, 17 December Christmas meeting—Rick Hunt speaking.
- Mondays, 24 and 31 December NO MEETINGS
- Monday, 7 January Barbecue, Finke House
- Monday, 14 January First dinner meeting of the new year—Indi Hangan

CHRISTMAS HAMPERS

It is that time of year when we distribute hampers to needy local people. This is the **last** opportunity to bring to our meeting suitable Christmas food items and toys?

Use your imagination - possible gifts could include movie gift cards, Kmart and other shopping cards as well as many other ideas.

Keep them coming!

Club Meeting 10 December

Speaker Louis Xia - RYLA

Louis Xia was Rotary Club of Forest Hill's 2018 RYLA attendee. RYLA, the Rotary Youth Leadership Awards, is a program that develops leadership skills in young people. Louis's talk was on what he saw as the highlights of the program, the speakers who inspired the attendees and the changes he saw in himself.

The first speaker at RYLA this year, Charles Kovess, described leadership as composed of a set of traits: courage, passion, vision, integrity and humility. While all are vital, Charles regards passion as the one trait that should be prioritised over the others for a leader to be successful. The second speaker was Don Elgin. Don was born with dysfunctional limbs and faced repeated medical and other challenges in his life with a can-do attitude and characterises himself as being open to opportunities. Don's basic approach to risk-taking in analysing a challenge is to ask himself what the worst possible outcome could be. If the result isn't going to kill him or hurt others, he is willing to take the challenge as an opportunity and go for it. Don's addition of risk-management to Charles focus on passion is worth considering.



Louis spent some time recognising the RYLA leadership team, who emphasised the concept of servant leadership, which he described as a mindset that places service above self. That focus on others was identified as being important in dispelling doubts about moving forward. In concentrating on others, we can be bolder than we might be when thinking only of ourselves. This focus on the wellbeing of others, however, should not come at a risk to ourselves. Louis described the airplane oxygen mask approach. In order to help others, we must make sure we are in a safe position to do so. Just as adults are encouraged to put on their own oxygen masks before assisting younger people to put theirs on, we must make sure we're strong enough to take on the burden of offering help to those around us.

Louis described the RYLA team's focus on reflecting on our own psychology and using that to understand others. He mentioned that our traits and preferences are not unchangeable. With a growth mindset rather than one which assumes our attitudes to be fixed, we can change and adapt. Better understanding ourselves also assists in improving our ability to be empathetic to others, and to use that to better figure out how we can help them.

Louis talked a bit about the late nights and fellowship, which he described as particularly useful in loosening up and becoming comfortable in front of the other attendees. Teamwork activities fostered a sense of trust, as many of the tasks required cooperation and a reliance on teammates to provide information or necessary assistance. A blindfolded canoe obstacle course, where rowers were directed by a navigator, and an escape

room were among the activities that helped in developing communication skills. The team dynamic grew and evolved over the week.

Every person who attended had positive things to say about their experience and felt they'd benefited from it. Louis is open to joining Rotaract at a future date but has some short and medium-term obligations to meet before he takes on any additional responsibility.

Louis thanked Rotary International and the Club of Forest Hill for the opportunity.

President's Reflection 10 December 2018

I want to talk briefly about dams and reservoirs. People have strong feelings about whether more should be built, where they should be built and what they should be used for.

When you divert and store water, there are a few different objectives you might have. You might want to have a buffer for a river prone to flooding. If that's the case, you want it to be at least a little bit empty. If you want it as a water supply for agriculture, industrial or residential use, you'd prefer it was as full as possible, particularly if you're looking ahead to drier times. If you're using it to generate electricity, you want enough water so that you can generate electricity when it's needed and when people are willing to pay you enough money to make it worthwhile. There's also recreation, but that's usually a side-effect.

It's the same thing when we design a project to help people. It's important to know what the project is supposed to do when we design it, it's important to know what it's for when we run it and it's a good idea to question ourselves regularly and make sure we're all aiming at the same target.

Whitehorse Farmers' Market

Egg and Bacon Stall

9 December 2018

RC Forest Hill manned the egg and bacon stall this month, and all 10 or so helpers did a wonderful job especially as it was the pre-Christmas market which is always busier than usual, and we did more egg and bacon sandwiches than we have ever done before.

The financial results are at present unknown, but should be good and will be reported in the next week or so, but the professional rubbish collectors have been relieved of their job which has been returned to Mad Dog (whose name I can't remember, but did the job better and cheaper until he developed a heart condition about 18 months ago, and has now recovered).

A very special thank you for those RCFH members, partners and friends who came around for a second shift of cooking and selling on the day

Membership

We have stressed that prospective members may be interested in the current dinner meeting concept, or may be interested in a satellite concept when members meet, say, over a cup of coffee monthly, and communicate at other times electronically, and this may be more suitable to people who are working or are more time-poor, but it still allows them to support their community.

Therefore, please think of the acquaintances or family members who this may suit. Please ask them and let them decide rather than you saying "Oh, no, they wouldn't have time" or "live too far away" or some other reason. Don't be negative, because we need to show district that we can increase our membership.

For heaven's sake, think **membership**

Warwick

Multi district conference in Melbourne 2019

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

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

The early bird date has passed but there is still room.

ROTARY MONTHLY THEMES

December	Disease Prevention and Treatment
January	Vocational Service



Hamper of Hope

Hope Katolo Nursery School, Kenya

A Hamper of Hope this Christmas

Just \$700 will provide a "hamper" of much-needed food for every family and staff member of Hope Katolo Nursery School.

Please donate \$5 or more and by entering you could WIN a Christmas Hamper, jam packed with goodies

Here's How....

Transfer \$5 (or multiples of \$5 if you prefer) to:

Hope Katolo Nursery School BSB 033349 Account 411858.

Email us at hopekatolo@hotmail.com or text Mel at 0412187353 or Leanne 0402114877 to confirm your donation.

You will automatically be in the running for your own Christmas Hamper jam packed with goodies, including movie tickets! The prize winner will be announced on the 16th December. In the event that more than \$700 is raised then any additional funds will be put towards the feeding program for 2019.

We will keep you updated on our progress via email and Facebook

ARTICLES

Please forward your prize-winning articles and others to rlaslett76@gmail.com by 5pm Wednesday.