



# FOREST HILL HAPPENINGS

No 27

President: Stuart Williams

12 February 2020

## STU'S SCRIPT

Off improving the economy of Lakes Entrance. See you next week.

Stuart

## MEETING REPORT

We had 12 members plus our guest speaker Peter Whitbourn and David Murray from Mitcham RC, 14 in total plus Glenys who, as advised, came later.

With Pres Stuart away with John and Marg McPhee spending up big with their Probus club at Lakes Entrance, Bill opened the meeting. 11 at our recent film night with the next night 7 March. Thanks to all who worked at our two weekend markets.

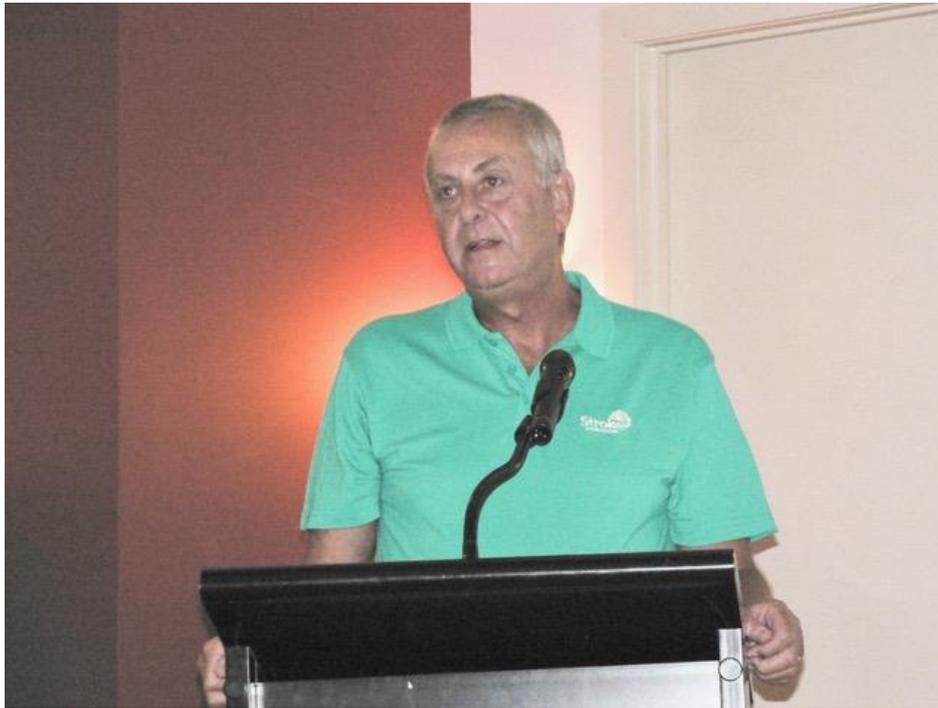
Barbara Searle chaired and from reports Bob L advised that breakfast club re-starts tomorrow. Chris advised that all scholarship monies have been expended from Community budget. Ron advised that further kilos of foreign coins on their way to UNICEF and he has some club banners in return for donations to go into Sergeant's funds.

Warwick thanked the workers on the egg and bacon yesterday and because both our bread and egg donors were away the costs were higher, but income gained from Ron obtaining/coercing orders from the stallholders. Final Peridot figure was approx.\$3,000.

Sue advised that our nominee, Anat from RYDA will be at the Shine On Awards 1pm 14 March so for us to attend. Cluster meeting Thursday with more ideas for the 100 year for Australian Rotary in 2021 to be discussed. 21 March there is a BBQ at Tiny Homes which clashes with our District conference so she will see if we can help with other clubs assisting. Any volunteers please advise Sue.

Ray advised we made \$644 for our Blackburn market.

Sergeant raised \$47-75 with assistance from donations from sold goods.



### **Our Guest Speaker – Peter Whitbourn - “How to Stay Stroke Safe”**

Peter Whitbourn from the National Stroke Foundation spoke on prevention and regular health checks being important. He and his group of volunteer speakers who are all stroke survivors have spoken to around 100,000 since the speaking program started.

Strokes can be caused by clots or bleeding. Arteries carrying blood to the brain can block the supply getting to our brain and cause a stroke. 475,000 Australians have had a stroke with 65% experiencing ongoing incapacity of some kind.

TIAs are Transient Ischaemic Attacks and can be a warning of a stroke so get an ambulance if experienced. The impact can be to any area of the brain with subsequent imbalance, speech impediment, posture problems and fine motor skills upset.

FAST stands for Face (drooping etc) Arms (if both arms can't be raised the same), Speech (slurring) and Time (call 000 immediately)

Other symptoms are breathing issues, heart-beat elevated, alertness issues, swallowing difficulties, high blood pressure, sweating.

Peter told his story of three years ago having a TIA but ignoring it then overnight having a stroke with him eventually being admitted to Box Hill hospital who fortunately have a good stroke team so finally he was correctly diagnosed and recovery started.

Strokes kill more women than breast cancer and more men than prostate cancer with an estimated 1M affected by 2050 and 30% of working age.

Peter told us he is now more emotional with minor issues (as is this note taker), even with tv programs.

Ambulances now have clot busting injections on board as fast help is imperative for the best recovery with a 4 hour window.

Risks you can't change are gender (more men than women under 84 have them) age, ethnic background, family history and he mentioned (to Peters and my chagrin) that if you have had a stroke you have a 40% chance of another within 10 years.

Things to do that assist avoidance are regular health checks, blood pressure, cholesterol etc, stay active, drink more water.

He hasn't smoked for 35 years but medically is still classed as a smoker so stopping is good as that halves your risk but still best to not start.

Bob W presented him with another of Ray's creations, a pen made of wild cherry wood.

If you weren't a "John" bad luck in our raffle as winners were John Bindon who selected red wine and John Donaghey, white wine. The raffle raised \$53.

Bill closed another good meeting thanking Barbara Searle for chairing the meeting.

Bob W



**Hard at work on the Egg & Bacon Stall at the WFM**

## **HOPE KATOLO OLIVE OIL**

If you would like a bottle of very good olive oil, and help a fantastic project at the same time, contact Ian Teese (0427 358 987) and arrange to collect a bottle, or two. \$12 per bottle.

## BREAKFAST CLUB

How lucky are we to have such dedicated members who are dab-hands with a whisk or a toast-maker. FHC benefit from their skills every week.

On the 18<sup>th</sup> John McPhee and Bob Laslett will do the honours, with Barb Williams and Ian Teese on the 25<sup>th</sup> and Barb Williams and John McPhee on the 3<sup>rd</sup> March.

## CONGRATULATIONS & BEST WISHES

No birthdays at the moment so let us all celebrate the rain that has extinguished so many of the fires down the east coast.

## DUTY ROSTER

Recorder Greeter Cashier Emergency	<b>FEBRUARY</b> Ron Brooks John McPhee Chris Tuck Ray Smith	<b>MARCH</b> Glenys Grant Barb Searle John Bindon Barb Williams
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## COMING UP

Date	Event	Chair	Thanks & Report
17 Feb	Sue Ballard "Super Aussie Quiz"	Sue Ballard	Ray Smith
24 Feb	Linda Black – "Thriving at Every Age"	Bob Laslett	Warwick Stott
2 Mar	Ray Shuey – "Road Safety"	Chris Tuck	Barb Williams
9 Mar	No Meeting – Labour Day		

## ATTENDANCE

If you are not coming to the meeting or if you wish to bring a guest please contact Ray Smith by 10.00am Monday on 0412 807 585 or [rcssmith@optusnet.com.au](mailto:rcssmith@optusnet.com.au)

Please ensure Ray is aware of any special dietary needs.

If you need to cancel after 10.00am please contact Bucatini Restaurant directly on 9873 0268.

## CONTACT DETAILS

Address: PO Box 116, Nunawading, 3131  
Email: [foresthillrotary1975@gmail.com](mailto:foresthillrotary1975@gmail.com)  
Website: [www.foresthillrotary.com](http://www.foresthillrotary.com)  
Facebook: ForestHill Rotary  
Meetings: 6.30pm, Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

## MARKETS

Our Blackburn Market is on 14<sup>th</sup> March while the Whitehorse Farmers' Market is on the 8<sup>th</sup> March. Contact John McPhee and Warwick Stott to offer your help for one, or both, markets.

## ARTICLES

Articles, notices and photos for inclusion in **FOREST HILL HAPPENINGS** to [bjmarsh@bigpond.net.au](mailto:bjmarsh@bigpond.net.au) no later than 10.00am on Wednesday each week.

## WEBSITE

Keep up-to-date by checking our website at [www.foresthillrotary.com](http://www.foresthillrotary.com)

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## ROTARY MONTHLY THEME

In February Rotary is highlighting its work in Peace & Conflict Resolution.

How can your club help? Do you have any interesting projects to share with other

# DISTRICT CONFERENCE



## 9810 District Conference

### Interplast, a Rotary Success Story Celebrating Achievements

**Interplast, a Rotary Success Story**

Jeremy Richardson  
Plastic Surgeon and  
Interplast Volunteer



**Polio – nearly gone, but not quite**

Ian Riseley, Past Rotary International President



**From an idea to a successful Rotary Project**

Roger Daniel, Maroondah Rotary Club,  
Billy Cart Marathon Chair



**Rotary Health - Suicide Prevention**

Nicole Hill, Rotary Health Scholarship recipient talking about suicide risk factors and suicide clusters in young people in Tasmania

**Reducing food waste - one meal at a time**

Lille Giang, Refugee, TV Chef and Food Affectionist



**Driverless Cars**

Gerard Waldron, former CEO Australian Road Research Board (ARRB)



**\$100,000 of hay, capitalising on Rotary's credibility**

Lilydale Rotary Club



## WHEN?

• Saturday 21<sup>st</sup> March 2020 commencing around 8.30 am

to

• Sunday 22<sup>nd</sup> March 2020 ending around 1.00 pm

## REGISTRATION

- Try Booking online <https://trybooking.com/BCVRD>
- **Contact Details:**
- Tim Lynn  
9810rotaryconference@gmail.com  
c/- PO Box 59, Box Hill VIC 3128
- Manual form available if unable to access Try Booking
- Options – Paddle steamer ride plus Saturday night only

## Conference Golf Day – Friday 20<sup>th</sup> March

- This will be held prior to the District Conference in Moama, NSW, in March 2020.
- Rich River Golf Club.
- Arrival 12.30-1 pm. (Light lunch will be provided).
- Shotgun start 2 pm. (Remember it's daylight savings.)
- Stableford
- Prizes will be announced at the conference on Saturday or Sunday subject to the timing.
- Opportunity to attend any Club dinners on the Friday evening
- Should you have any questions, please do not hesitate to contact:  
**Wil Cornelissen** [wil.cornelissen358@gmail.com](mailto:wil.cornelissen358@gmail.com)