



# FOREST HILL HAPPENINGS

No 29

President: Stuart Williams

26 February 2020

## STU'S SCRIPT

*How often do you reflect on the time we live in? While watching the history of Country music I had cause to think, "Wow! that was not that long ago." Maybe a significant birthday can also bring on such thoughts. Transport changes... horse and cart to comfortable cars, home entertainment – record players, radio ..to streaming, huge TVs, entertainment on mobile phones. Obvious poverty, massive unemployment to people eating out for breakfast or dinner. Racism and religious bigotry to a more aware and relaxed society.*

*We seem also to be living in the time of EVERYTHING WE KNOW TO BE TRUE MUST CHANGE. You know, whatever you thought to be right and healthy and common-sense overnight gets discredited, discarded and very quietly substituted for the opposite and later substituted for the original, in shiny new packaging. Bread, potatoes, rice and pasta are just the latest blameless normal to be reinstated, having taken their time in the wilderness.*

*Change is the new normal but I never say—Stop the world I want to get off.*

Rotary gives so much back to its members. Monday's meeting was a fantastic example of that. It was wonderful to listen to the presentation by Linda Black. Thriving at any age. So much to think about, so many practical examples to use as inspiration. Such a talk and its ideas surely keep us young.

Changeover will be on 29<sup>th</sup> June at Bucatini.

This month's WFM raised \$6,108, an increase of around \$700 on the same time last year. A good result and more funds for clubs to use on projects within Whitehorse.

Stuart

## MEETING REPORT

As members were very prompt tonight having completed all their afternoon activities early, President Stuart commenced the meeting on time with the wine drinkers and the just-in-timers seated earlier than usual. His reflection covered a number of topics, ranging from music, newspapers, bigotry, change and reinstatement of those aspects and situations that may have been discarded earlier.

Announcements. President elect Sue would like volunteers for the local and the Australian celebrations of Rotary centenary. Also, our own changeover this year will be on 29<sup>th</sup> June. Volunteers are also required for the BBQ at Indi Hangan's business premises. Secretary Bob said we are invited to the Mitcham Community House and he will tell you the date (because the writer missed it.) Barb W and Ian are on the roster for FHSC breakfast. Glenys mentioned that MUNA will be in the State Library this year instead of Victorian parliament (the latter's quote was too great possibly because of tunnelling costs elsewhere!!!—I might get into trouble over this!) Ron mentioned the 650kms of bike ride to Conference which he is doing, and that next week's speaker is Dr Ray Shuey, the Victorian Australian of the year candidate who is talking on Road Safety. Bill mentioned the photographic competition.



### **Our guest speaker – Linda Black**

Our guest speaker tonight was Linda Black, a hypnotherapist and a coach for women, whose subject was “Thriving at Every Age” but her comments were applicable to both men and women, with a very interesting commentary and clarity of speech. She started by discussing aging what with sore joints, loneliness and other possible negatives. And the polities assume that the older generation are not relevant and a cost to the community. However, ageing is an accumulation of wisdom, but the peoples in the category are not in a homogeneous group. Nowadays the people of 35 to 65 are considered mature and there are many centenarians (who are getting older and healthier) and the number of them is increasing every decade. She used the example of a beauty company which was now wanting to use older women in their advertisements. Judy Dench at 84 did a documentary on trees in England (which the writer saw and was excellent) whilst we all would have seen some of those done by Sir David Attenborough on animals, and he is ageless.

Age is just a number, and it is really just the way we look at life. Research shows that emotional needs are intimacy (which is one-on-one) and community (which is a larger group for discussion). If you have negative thoughts, the best remedy is to substitute wonderful thoughts. Finally consider mindfulness. Just remember that chronological age can be different from biological age.

All in all, a very interesting and thought-provoking talk, enjoyed by all.

Sergeant raised \$35.20 and the raffle \$47

Warwick

## 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.

Barb Williams and Ian Teese will have their aprons on for the 25<sup>th</sup> and Barb Williams and John McPhee on the 3<sup>rd</sup> March.

## CONGRATULATIONS & BEST WISHES

To everyone who has a birthday this week. Enjoy!



## DUTY ROSTER

Recorder Greeter Cashier Emergency	<b>MARCH</b> Glenys Grant Barb Searle John Bindon Barb Williams	<b>APRIL</b> Bob Williams Sue Ballard Bob Laslett Bill Marsh
---	---	--

## COMING UP

Date	Event	Chair	Thanks & Report
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		
16 Mar	Ron Brooks – “Cycling Across Spain”	John McPhee	Ian Teese
23 Mar	Delegates Report On Conference	Stuart Williams	
30 Mar	Bucatini Dinner Night		
6 April	Committee Meetings	Stuart Williams	

## 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)

## 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.

## 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 others?

## LAARFS CHOIR

The Laughing All Abilities Really Friendly Singers (LAARFS) choir meets every Monday as follows:

Time: 2pm-4pm

Address: Templestowe Baptist Church, 103 Andersons Creek Rd, Templestowe

Parking: ample parking underneath the Church Gold coin donation, tea, coffee, sticky-buns and biscuits at 'half-time'

All welcome, come and enjoy.

LAARFS is a choir aimed at people with chronic illnesses such as strokes and where singing is used to ease pain and discomfort and bring joy to all.

Just sing - no negativity - no criticism - laughing - have fun

Come and join us

Yours in Rotary

Leon Moore



## SAVE THE DATE

### Rotary District 9810 Training Assembly



**Sunday 24<sup>th</sup> May 2020 08:30 am – 12:00 pm**

**Deakin University, Burwood Campus**

**221 Burwood Hwy, Burwood VIC 3125**

The District Training Assembly is an annual event aimed at informing club office bearers of the latest developments in Rotary in order to better prepare for their role. It's not just for new office bearers. It's an opportunity for the more experienced Rotarians to share their experience in a mutually supportive learning environment, aimed at strengthening all our clubs. It's also a great opportunity for newer Rotarians to network and learn more about the "bigger picture" of Rotary and what happens beyond their club.

This year we're offering a range of both role-based and topic-based workshops. It promises to be a dynamic day of learning and development, so be sure to register early to secure your workshop booking.

Register online here =>

**Attend Event**

[eventbrite.com.au/e/94935543767](https://eventbrite.com.au/e/94935543767)

**PDG Tony Monley OAM**

2020-21 District Learning & Development Coordinator

[acmonley+Rotary@gmail.com](mailto:acmonley+Rotary@gmail.com)

0438 5151 273



## **CAN ANYONE HELP?**

As some of you already know we are Foster carers with Anglicare.

We need a sponsor to help us find a space/ warehouse/ shop etc for our Carers Share Centre.

This is where we have clothes, equipment etc for children who come into care, who often arrive without anything.

We were lucky enough to be supported by a storage company in Croydon for the last 2 years but it is now closing.

Does anyone know of a place we could rent for minimal cost: or know of a sponsor ideally in the Ringwood/ Mitcham /Croydon area.

Many thanks

Louise 0456806788