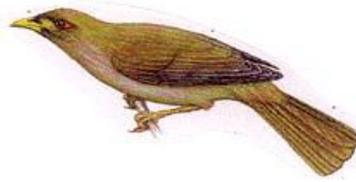


Rotary
Club of Forest Hill



The Flyer 2016-2017



President: John McPhee

Number 32

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

13 March 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

CLUB PROGRAM

Date	Event	Chair	Thanks & Meeting Report
13 Mar	No meeting- Labour Day		
20 Mar	Person Behind the Badge- <i>Martine Macleod-Craig</i>	Ray Smith	Bob Laslett
27 Mar	Genealogy- <i>Jenny Harkness</i> Box Hill High Awards	Mike Finke	Chris Tuck
3 Apr	Conference Review	Stuart Williams	John McPhee
10 Apr	Royal Flying Doctor Service	Glenys Grant	Chris Tuck

CELEBRATIONS

Photos of young Savannah are coming thick and fast via a besotted new grandfather.- however we need her permission before we publish.

DUTY ROSTER

	MARCH	APRIL
Recorder	Bob Laslett	Martine Macleod-Craig
Greeter	Martine Macleod-Craig	Barbara Searle
Emergency	Gary Baltissen	Warwick Stott
Cashier	Ray Smith	Mike Finke

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

DON HULLAND

Don is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409**

530 435. Please give him a call or phone the office 5770-2100 and ask for Don.

PRESIDENT JOHN'S JOTTINGS

No meeting next Monday 13th March, but back as usual on Monday 20th when we will be captivated by the guest speaker, our own Martine Macleod-Craig presenting the Lady behind the badge. Will it be oral, dance or both. Be there to enjoy.

After 16 years of providing sausage sizzle services at the Whitehorse Historical Society open day, it is disappointing that they have decided not to call on us this year.

However, we are in the process of expanding our fundraising activities with the sale of seats at Peridot's production on the 8th June 2017. The beneficiary of this activity is yet to be named, but let's get behind Mike and the fundraising committee to ensure it is a great success.

This weekend the pressure is again on with our own Market on Saturday and followed up on Sunday with the Farmers Market. Thanks to all who have indicated they will staff the April egg & bacon stall on April 9th- 15 volunteers, a great effort.

It is lovely to hear from Nancy and our thoughts are with her.

Preparations for the conference dinner are in hand for those attending conference later in the month.

JOHN

Fellowship courtesy the Baltissens March 2



Note the concentration- must be lunch time

THIS WEEK'S MEETING

Chairman:

President John pulled double duty this week, with the additional role of Chairman proving no excessive burden for him. A few members were away this week, but the attendance at Gary and Bev Baltissen's was reportedly well-attended. The usual toasts to Rotary and Australia opened the meeting, and eleven members and our guest speaker, Bernard Dragon, were welcomed to the meeting.

Sergeant's Session:

The usual sterling job by Bob Williams, including some jokes at the expense of those who might have found a scenic route to Gary and Bev's house, and some rather atrocious puns. He managed to raise \$44.70, and one cent. There was no raffle this week.

Reports:

With no Youth or Fellowship representation this week, the reports section was quite brief.

International:

The opportunity to meet up and arrange another discussion about the Hope Katolo school is on the cards, but must be scheduled when the sisters have time and a new project for us.

Community:

Work is underway to negotiate a brief presentation by a member of the Berengera School, even if this is a ten minute session to discuss the AV studio which we propose to assist them with.

Finance:

A brief note from Warwick about the difficulties with direct deposits and the Bendigo Bank may have caused a delay in payment from the LRA, but all that now looks to be resolved. The markets for this month look reasonably well-rostered, and RCFH is on its way to sorting the requirements for June's egg and bacon stall.

Secretary:

The receipt of the letter from the Whitehorse Historical society was mentioned, and an official response will be sent. Breakfast club is back on and all rostered are in the know as to their schedules.

Fundraising:

RCFH is officially on the waiting list for a Vermont South Bunnings sausage sizzle, but this is likely ten months away. An offer has been made for a cake sale at the same location, and some investigative work is planned to determine whether this looks to be a good opportunity. RCFH will have 180 tickets to sell for the Peridot Theatre's preview night in June.

Marg is still in hospital for some extra attention by some excellent doctors, and all club members pass on their best wishes to her.

A call was put out for two RYDA volunteering dates, one this month in March, and one in a couple of months' time. Additional volunteers will likely be needed to fill the slots later this year.



Bernard Dragon

Bernard is a volunteer educator with The Australian Heart Foundation. He became involved after losing a father and brother to cardiac disease, and subsequently receiving medical advice to look after his own heart health. Bernard spoke about the three steps to better cardiac health and what each of us can do to decrease our chance of heart attack and stroke, which are still the number one killers in Australia.

- 1) See your GP, answer some questions about your family history of heart disease and your lifestyle. While there's nothing that can be done about a genetic predisposition to heart disease, it's important to know whether we may have to be more careful in our lives than somebody with no family history. Most Australians are recommended to have a cardiac health risk check starting at age 45, some groups, such as indigenous Australians, are advised to seek this advice as young as 35. Make sure you get (and understand) your risk rating. A doctor should give you a risk rating of low, medium, or high. A person with a "high" risk of cardiac disease could have a one in seven chance of a stroke or heart attack in the next five years. A medium rating reflects a ten per cent chance, and a low risk means you have a less than ten per cent chance of a cardiac incident.
- 2) Manage your risk: The lifestyle factors which increase (dramatically) our risks are well understood. Smoking, inactivity, poor diet, and being overweight or obese are all things which CAN be changed. Genetic factors cannot. Age cannot. There may be underlying health issues such as hypertension, but most heart attacks and strokes are preventable, and by reducing the risks, we have a much better chance of avoiding serious heart disease.
- 3) Have a plan. The guidelines are comparatively simple:
 - Quit smoking.
 - Increase your physical activity. It doesn't have to be marathon-running, but a minimum of 30 minutes of exercise a day dramatically decreases your risk of cardiac illness.
 - Replace fatty and/or processed meats with legumes, lean meats and oily fish.
 - Reduce saturated fat intake. Baked goods, fried foods, and high-fat dairy should be consumed rarely. These fats contribute to plaque formation inside the arteries, and can constrict blood flow or lead to clots.
 - Increase consumption of fruits and vegetables (2 and 7 serves daily, respectively), and whole grains along with seeds and nuts. Use unsaturated fats for cooking when necessary.
 - Decrease salt intake, particularly if hypertension is a contributor to your risk.
 - Decrease sugar intake.
 - Keep taking any medication which has been prescribed to treat risk factors for heart disease.
 - Reduce your alcohol consumption to two standard drinks per day, with two alcohol-free days per week.

Use these guidelines to create your own plan to improve your heart health and stick to it. Set goals for yourself based on what you know your risk factors to be. You can find the "Managing my Heart Health" resource on the Heart Foundation website.

The "tick" from the Heart Foundation on packaged foods indicate that, for a specific category, the food is a better choice than an alternative. It may have lower sugar or fat, higher fibre, or some combination of factors that make it a healthier option than a similar product from a different manufacturer. It is hoped that by assisting consumers to make better choices, the market will be encouraged to produce less unhealthy options.

Mike

Sergeant Reflection 6 March 2017

Water and Sanitation

March is Water and Sanitation theme for Rotary and many Rotary clubs, including ours are helping many people across the world towards this human right.

2.5 billion people, world-wide live without basic sanitation and $\frac{3}{4}$ billion don't have access to clean safe water. From Rotary's web site, 23 million people now have safe water and 21 million have access to sanitation and hygiene thanks to Rotary projects.

At the weekend's multi District President elect training we heard of a great many water and sanitation projects across the 4 Districts represented.

One of our Cluster clubs Box Hill Central has a major project, Operation Toilets after one of their members identified that many girls stop going to school in India when they reach puberty simply because of a lack of adequate toilet facilities. With the help of an Indian Rotary club and a growing number of Australian clubs, they have managed to build many toilets in schools in India.

Rotary also supports career minded professionals' studies related to water and sanitation and supports programs that enhance communities' awareness of the benefits of safe water, sanitation and hygiene.

Our club also has been involved in water and sanitation projects over the years with the latest being the school building project in Rumbek South Sudan where assisted by our donations, not only is a school being constructed but also a water bore and pump and toilets that the whole village can use.

The challenge will be there for a great many years to close the gap between people like us with access to water and sanitation and those who don't.

Bob

Blackburn Station Market 11 March 2017

Ray and Bob W doing the three shifts plus

8 to 10 Stuart, John Mc and Bob L

10 to 12 Barb Searle, John Mc to 11-30 and Barbara W from 10-30 onwards

Noon onwards, Mike. Barbara W

Another from 10-30 would be great as John and I will be collecting from the stallholders from around then until John goes.

Thanks

Bob W

The Forest Hill website www.foresthillrotary.com had 115 visits last month with 56 looking for information about the Blackburn market.

Ron

WHITEHORSE FARMERS' MARKET ROSTER

Sunday 12th March

7.30 to 9.00 Stuart

9.00 to 11.00 Mike

11.00 to 12.30 Martine

Please sign in and our "station" this month is nearest the Whitehorse Centre

OUR ACCOUNT WITH BENDIGO BANK

With cheques written or depositing in person at the bank, the BSB number is 633 108. However if a member is direct depositing via Internet it is 633 000.

Crazy and I don't know if any other bank does this, but remember it if you direct deposit your membership dues in July, or else the deposit will probably bounce.

Rotary Youth Driver Awareness (RYDA) program days

Catherine Smith, the RYDA Program Coordinator has asked us to help with a 9 person, group day for 250 plus students from Wellington Secondary College on Tuesday 21st March from 8-30am to 2-30pm.

We have been asked to supply four people to work with five from Ringwood Rotary club with the venue being Sandown Greyhound Racing Track, View Road Springvale.

We have four willing volunteers being Stuart, Ray, Barbara and myself and I'll transport us all there and back.

Catherine has also asked if we can supply six of us to help out at a further day on Tuesday 13th June, this time at their Lilydale venue which is Box Hill TAFE's campus in Lilydale, for 200 students from Vermont Secondary College.

For this day some of our people will be away (Stuart, John M, Bob L, Bob W and our club's Rotary friends Hans and Anna who helped last time).

Martine is the only one who has said she is able to assist to date so we need a further five please.

(Stop Press- Ron and Robbie can assist- many thanks)

As we are helping students from Vermont Secondary College and using Box Hill TAFE's Lilydale campus, both organisations we already have ties with, it would be good if we can field a full team of six.

RYDA shows the mainly "L" drivers how to be aware and how to manage various issues that crop up while driving or being a passenger on the road. The six from our club who went to the day last time not only assisted 200 Vermont Students learn a lot but also we learned a few valuable tips ourselves.

Our duties are to help put out and then pack up the equipment, the stopping distance bollards and marquee outside (although last time that was all done before we got there) and generally show each group of 25/30 students plus their teacher to the next room as there are six sessions of about 40 minutes each, run during the day.

We are each given a colour and folder and given 25/30 students plus teacher, with the sequence of sessions for that colour in the folder as one group may do the outside stopping distance session while the other five do one of the five inside sessions which include hints on a range of issues given by driving instructors plus RYDA people and also last time we had a heart wrenching session by a victim of a road accident who tried to avoid an animal and is now a paraplegic and how the crash has dramatically changed her life. I suggest if she is again speaking to bring extra tissues in your pocket as the group I was with were absolutely silent for the whole time she spoke and I could see that they were all visibly affected by the difficulty she had speaking and moving. The rooms or areas are all well marked so all we do is at the end of a session herd the group to the next room or area and sit and take in the session then move onto the next room etc.

Morning tea and lunch provided and as above you will learn some valuable tips yourselves.

A really feel good day helping young “L” drivers be safer and more aware on the roads which is good when they may be on the same road as yourself one day.

So, please check your diaries and see if you can help out on the 13th June and let me know at our next meeting on the 20th March and I can advise Catherine.

Bob W

CONFERENCE

Some more of this year’s fascinating speakers



Dr Laura Hart



Emma Dorn

Dr. Laura Hart is a Post-doctoral Research Fellow at the School of Psychological Science, La Trobe University. Laura has been working in the field of mental health research since 2007, when she began developing guidelines on how to provide mental health first aid to Australian Aboriginal and Torres Strait people. In 2011, Laura completed her PhD in the area of “Mental Health First Aid for Eating Disorders”. She was the recipient of the Australian Rotary Health Ian Scott Scholarship, and a Butterfly Foundation Top-Up Distinction Scholarship. Since 2012, Laura has been working across two research projects, one of which is the development and evaluation of the teen Mental Health First Aid program which is based at the Melbourne School of Population and Global Health, University of Melbourne, in collaboration with Mental Health First Aid Australia. This project received a 2014 Australian Rotary Health Project Grant, to run a pilot cluster Randomised Controlled Trial (RCT) with four Victorian High Schools.

Emma Dorn is a 23 year old Medical student with a passion for improving global health. She grew up in both regional and remote parts of Australia, before moving to Melbourne to study biomedical science where she was fortunate enough to participate in several research initiatives, one of which was the Monash University’s Undergraduate Research Opportunities Project (UROP). As part of this project Emma undertook a variety of research projects, ranging from novelty therapeutics for leukaemia patients, to mapping cell migration pathways during brain development.

During her studies Emma pursued volunteer work as an applied behavioural analysis (ABA) volunteer with Autism Partnership Australia. In this role she worked with a team of therapists to tailor individual programs that facilitated autistic children to develop social and everyday life skills. This work reinforced the drive she had to help others, and led her to study medicine.

Now studying at Deakin, Emma joined the global health group, UHAD, and has since become the Australian Medical Student’s Association Global Health representative for Deakin. In this position, she is in charge of coordinating events throughout the year to educate and raise money for areas where there is health inequity. UHAD’s vision is to think global, act local and they have achieved this through hosting a variety of events,

some of which include maternal health evenings where birthing kits are assembled, Close the Gap days, running conferences and state wide events to raise awareness about HIV.

Emma believes medicine provides her with the perfect platform to inspire change and hopes one day to join the ranks of Mediciens Sans Fronteirs, placing herself at the forefront of the global health movement.

In her spare time she is a state champion Latin and ballroom dancer and participated in the World Championships in America as a cheerleader representing Monash University.

FOREST HILL COLLEGE BREAKFAST ROSTER

Barb and Judy L sloshed around with pancakes this week and next week the team is the fabulous duo of Barb and Bob Williams

Footy tipping

Hi

I would like to invite you to have some fun over the footy season. Join our computerised footy tipping. One minute per week. You can even pick the whole season ahead if you wish. A default score if you forget

Log onto ESPN Footy Tips

Competition is named Kickgoals17

Password RFH17

cost is only \$30. Weekly prizes, end of season prizes.

We will collect your money later. Join in the fun. Take an interest in the games each week.

Season starts in 3 weeks. We would love to have you on board.

Regards

Stuart Williams

RAM

Malaria Awareness Day Fundraising Dinner

Friday 28 April 6.30 for 7 pm

Foundation Breakfast

[A Rotary Breakfast with Jeff Kennett to Celebrate 100 years of The Rotary Foundation](#)

Stimulating, Provocative, Challenging

Tuesday 2 May

Time: 7.15 am - 9.00 am

Place: Elizabethan Lodge,
604-610 Middleborough Rd
Blackburn North

\$45 inc breakfast

DIARY DATES

Sat 11 Mar	Blackburn market
Sun 12 Mar	Whitehorse Farmer's market
Fri 31 March -Sun 2 Apr	District 9810 Conference
Fri 7 Apr	Film night
Sat 8 Apr	Blackburn market
Sun 9 Apr	Eggs and bacon at Whitehorse Farmer's Market

ROTARY MONTHLY THEMES

March	Water and Sanitation
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ARTICLES

Newsletter articles to rlaslett76@gmail.com by 5 pm Wednesday please.