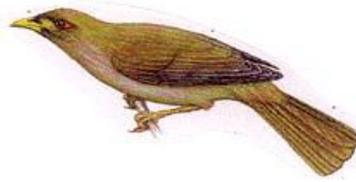


Rotary
Club of Forest Hill



**The Flyer
2016-2017**



President: John McPhee

Number 35

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

10 April 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

CLUB PROGRAM

| Date | Event | Chair | Thanks & Meeting Report |
|-------------|-----------------------------|--------------|------------------------------------|
| 10 Apr | Royal Flying Doctor Service | Glenys Grant | Chris Tuck |
| 17 Apr | No meeting- Easter Monday | | |
| 24 Apr | No meeting- Anzac Day | | |
| 1 May | New members evening | Bill Marsh | Warwick Stott |
| | | | |
| | | | |
| | | | |

CELEBRATIONS

Another quiet week

DUTY ROSTER

| | APRIL | MAY |
|------------------|-----------------------|----------------|
| Recorder | Martine Macleod-Craig | Ron Brooks |
| Greeter | Barbara Searle | Bob Williams |
| Emergency | Warwick Stott | Glenys Grant |
| Cashier | Mike Finke | Gary Baltissen |

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

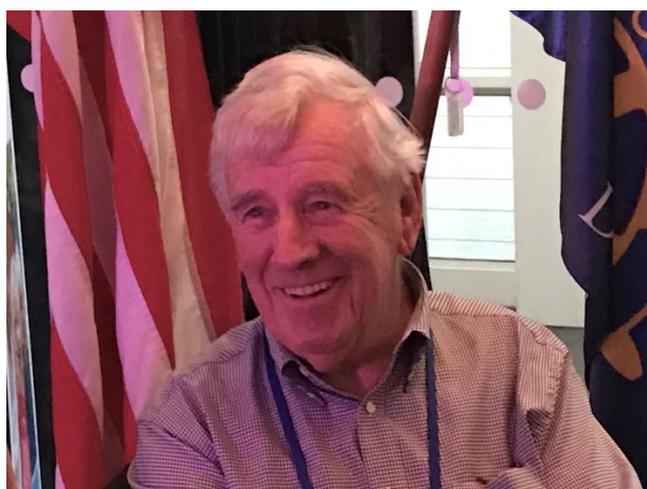
Bucatini Restaurant on 9873 0268

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



Conference is now history but what a great weekend it has been and the job now is to put into effect the challenges raised. Well done Carol and your conference team.

Conference 2018 will be in Bendigo in the recently re-invented Jail. Accommodation has been booked at Lakeview Motor Inn (we think that is the same place as last Bendigo visit.)

A few reminders:-

6th April our monthly film fellowship midst the school holiday selection.

Should there not be a film of interest on that night. I extend an invitation to anyone interested to join me at East Doncaster Baptist Church where Assistant Commissioner Dean Mc Whirter from the Family Violence Command will be the guest speaker. Please let me know if you are coming.

April 28th RAMs fundraising dinner. Also on the same night Nunawading have a Men's Health Dinner

April 29th Rotaract Whitehorse Clubs Giant Monopoly

May 1st Our Membership night -.names needed from all. Great effort by Martine

7th June Peridot Theatre. Ticket sales are needed.

Our next meeting our guest speaker is from the Royal Flying Doctor Service. We will also have a representative from the Berengarra School to outline the project which is under consideration for funding by the club.

To not take away from our presenters, yes Bob I think that we can do away with the fines session, and pass the Bowl for loose change. but your reflection is a must.

Thank you sergeant Bob for an enjoyable and profitable fines session last Monday. John

THIS WEEK'S MEETING

District 9810 Conference 2017 – Geelong



There will be several reports on sessions- some this week, some later.

Friday pm

Conference this year took on a different feel in an unusual setting. Right at the end of Cunningham Pier, Geelong. It probably put pressure on participants—perform / behave or become fish food.

Singer Mike Brady opened up with a song he had penned for Rotary.

Very little pomp and ceremony. Low key introductions of officials (appreciated). A welcome from the City of Geelong but no membership tickets or blue and white footballs for us. The District Governor – Carol Lawton welcomed us and set out her goals for the conference.

We were introduced to RI president John Germ's special representative. –known to us as “The RIPPR”. Karen Wentz- A Rotary International Director, 2016-17. She and her husband come from Tennessee. She was very pleasant, spoke well and genuinely seemed pleased and happy to be part of our conference.

The first keynote speaker on Friday afternoon was Julian Burnside AO and QC. A regular QI guest I was expecting something special. He said he “almost felt uncomfortable here amongst Rotarians.” There was not a lot of passion but some strong opinions. He defined refugees, gave a disturbing history of the Tampa incident. He pointed out that Nauru, the island, is no bigger than the area of Tullamarine airport. He gave details about the treatment on Nauru and Manus Island. He said the treatment was worse than any prison in Australia. BUT... he said all politicians believed –“ it would be political suicide to take a “soft line” on boat people”. He questioned the term “illegal” boat people/refugees. All these people have done is to try to escape persecution. He stressed that they are held out of sight. He also pointed out that by rebadging Customs- Border Protection, the citizens assume we are under attack. He was decidedly unimpressed with Scott Morrison.

All speakers were asked to suggest what Rotary could do about each issue.

Burnside suggested – Question the government and the opposition about what they are doing. He believes we need to do it better – it is cruel and very expensive. Half a million dollars per person detained a year.

He concluded by saying, “We are destroying our character as a country.”

Keynote Speaker TWO – Euan Ferguson, recently retired head of the CFA.

He spoke of bush-fires and the aftermath of cyclone Debbie and what community organisations could do in the aftermath. An interesting comment –“We have not mastered fire the way the indigenous people do”. He commented that we need imagination to assist after disasters. For recovery, we need to work with the community NOT for the community. He said over 50 agencies get involved in recovery after bush-fires. He stressed that the Fukushima disaster in Japan was “beyond their imagination.” An earthquake, a tsunami and a nuclear meltdown.

His final point- Communities need to be self-determining and they need to build resilience in the community before disasters.

Mike Brady sent us off with stories and ditties related to musical advertisements. Of course “Up there Cazaly”.
Stu

Saturday a.m

PDG of 9710, and past Board Member of Australian Rotary Health, RI Director Noel Travaskis AO, opened the session, discussing the challenges of membership in Service clubs, and the need to talk about all the services being run. He advised

- not to discuss finances and fundraising as a major part of the club meetings, but only where necessary.
- be interested in all newcomers and try to make them feel welcome in every way.
- Never talk in the past 'yes we used to do this, but with our numbers now...', but proudly of the future and our plans.
- Forget shortcuts like NYSF, RYLA etc and spell out each program in easily understood language.
- Be proud of all our programs
- Don't be inflexible in the 'rules' – do what suits the club - meeting times, numbers, etc.
- Don't worry re attendance – if workers can only get there once a month that is ok
- Rotarians need to talk about Rotary story, history and dedication, people and what they are doing and will do to make a difference in the world.

Session about Notable Rotary Projects .

Dr Laura Hart - Teen Mental Health.

Dr Hart is a Research Fellow working at both Melbourne and La Trobe Universities in Mental Health for the past 10 years. She focuses on developing and evaluating training courses for the public, aiming at improvement of these courses so that prevention, and help can be given to those with mental health issues. She is currently working on two projects funded by Australian Rotary Health. One is the Confident body, Confident Child Project based at La Trobe. The other is the teen Mental Health First Aid Program at the University of Melbourne. This project she discussed in detail

- Project is a new, evidence based training program for students in years 10-12 to teach them how to assist a peer who is developing mental health problems or crisis.
- 1 in 4 teenagers suffer from mental health issues, mainly depression. This can have life long repercussions, both mental and physical.
- Only 65% seek appropriate help services, so this needs improvement.
- Peers can help, if trained.
- 3 X 75 min Training courses are available through Aust Rotary Health mental health
 - Session 1. - noticing change in behaviour and discussing it, with a view to help. Videos are run on seeking help.
 - Session 2. - helping a friend in a crisis – learning using videos and role playing, etc. Recognising a problem and using mates to help.
 - Session 3. - teens helping teens when noticing subtle changes. How to get appropriate help with both Councillors and websites.
- These courses are being evaluated through consensus study for the first time.. 2013 study evaluation shows increase in good results. Evaluation is on safety, efficacy and engagement. Year 10 students are those used.
- 4 x public schools in Melbourne are included.
- Multicultural areas and issues are part of the program.
- 989 students have trained via MHFA
- program can also involve physical aid.

Leon Moore - About music and how it makes people happy. Program was originally developed to assist recovery of stroke victims. Benefits for all are

- Singing grows brain cells,
- improves brain elasticity,
- produces relaxing serotonin,
- lowers anxiety,
- delays dementia

So listen to the man and sing your heart out!

End Trachoma 2020 for 20-20 vision. In 2020 – 100 years of Rotary in Australia will be celebrated. A project leading up to this will be a Trachoma prevention and eradication program

This is incoming President Ian Riseley's dream which he hopes will become a reality.

- Trachoma is an eye infection that can diminish eyesight or, in extreme situations, totally blind the sufferer.
- It starts in childhood and continues for many years unless treated.
- Australia is the only developed country in the world where trachoma is still endemic.
- A project team has been established, liaising with government, non-government and other organisations working in the field, while scoping potential avenues of funding and resourcing.
- Trachoma is found only in remote indigenous communities, and a number have already been visited to inform them of the project.

The incoming RI President Ian Riseley and all Districts in Australia showed strong enthusiasm and support for this initiative at the 2016 Rotary Institute. This is a way for all Rotarians in Australia to improve the lives of our own people, and raise Rotary's profile.

One way to assist with this is to fund washing machines, hygiene kits, toilet packs, running water and toilets with hand washing facilities, etc in remote outback Aboriginal centres.

Dr Deirdre Anderson has many hats. She is currently Deputy Vice Chancellor at Macquarie University. She is also currently chair of the Macquarie University controlled entity U@MQ, Director of Macquarie Graduate School of Management (MGSM), President of Australian University Sport (AUS), Independent Director of The Australian Rugby League Players Association (ARLPA), past President of Australian Women's Sport and Recreation Association (AWRA) and Director Sport Inclusion Australia (SIA), a national organisation established to increase the sporting and recreational opportunities for all people with an intellectual disability within Australia.

She has been a recipient of a Paul Harris Fellow for her contribution to international relations, a recipient of the Princeton International Business Leaders award, recipient of the Eunice Gill Coach Education award, an honorary member of the Golden Keys International Honour Society and a Justice of the Peace. She is the co-author of a number of books and has published extensively in the areas of athlete transition. (WOW!)

She is known for her involvement in sport and for helping athletes. She recently completed a PhD on Risky Drinking and was especially concerned at the findings on youth and youth in sport. These findings she shared with us, asking Rotary to be involved in the community push to defeat this problem.

History of alcohol use in Australia.

- Rum was originally used as a currency.
- Then Australians had the notorious 6.00 o'clock swill
- We now drink more PP per week than nearly any other Nation.
- Alcohol is used as a celebration, a sacrament, sophisticated entertainment, and originally a male and mateship thing
- It is used for celebrating success and social solidarity.
- It can disrupt Socially normal practices
- Young people are drinking too much.
- Alcohol and sport are connected. Alcohol is embedded in the way we view and enjoy sport and is used to fund sport.
- People want to play and be frivolous and alcohol is a way to do this
- It is socially acceptable to get drunk, perform bad acts and get away with it by blaming the alcohol.

So what can Rotary do? Rotary members need to be role models, introduce and fund research and advocate against overuse.

Mikaela Stafrace – The Big Red Bus Project.

Mikaela was trained as a lawyer, and practised in the areas of risk management and insurance law.

She is CEO, Kidney Health, Australia and spoke on current programs.

- 1 in 10 will have kidney disease. It is the 'silent killer', linked to diabetes and high BP
- Indigenous communities have a much higher risk of kidney disease
- Once a patient is hooked up to a machine 3-4 days a week half their life is limited to attending a hospital
- They cannot, for instance, go on holidays unless some other system is arranged for dialysis for their needs.

Hence Big Red Bus for kidney dialysis so patients can still go on holidays and give respite to them and their family.

The Rotary Club of Croydon had the idea to outfit a mobile dialysis bus. (\$175, 000)!!

- Bus is used at holiday parks in Victoria. Bus moves around from park to park on a schedule which patients can book in for.
- It is a flexible program to be used during a holiday break,
- Convenient and safe.
- Over 500 patients use this dialysis service, three times a week by 5 hrs whilst on holidays
- Monash hospital provides the nursing staff.
- A bus has also been purchased for NSW.
- A second Victorian bus is planned.
- Kidney Health Australia manages and funds the system.

Vision is to create a fleet of buses throughout Australia and raise community awareness.

A very worthwhile program, which helps so many kidney failure patients.

PDG Bob Richards - End Polio now Project, partnered with, among others, the Bill and Melinda Gates Foundation.

This polio eradication project has virtually eradicated Polio in India,

- Nearly all areas have received the under the tongue treatment drops as part of the program. Rotarians have worked in all these areas, including slums and outback.
- Now there is a large-scale polio immunisation campaign currently happening in 13 countries across west and central Africa.
- Bob highlighted the importance and magnitude of the efforts about to soon be underway and talked about the strong role that Rotary has played in its coordination
- Health workers are preparing to vaccinate more than 116 million children against polio across West and Central Africa in a drive to contain an outbreak of the disease in conflict-hit northeast Nigeria.
- Vaccination teams are aiming to reach every child under five in 13 countries from Mauritania to the Democratic Republic of Congo
- Rotary and UNICEF are now known as the people on the ground that find a way to vaccinate in difficult areas.

Bob also mentioned an Orphanage for hearing impaired being helped as well.

PDG Brian Martin – Operation Toilets.

In India there are 1.4 million schools, where the toilets are poor or non-existent. Girls sometimes do not attend school because of this problem.

The aim of this project is to rectify the problem.

The current action by the Indian Govt is called "Clean India, Clean Schools" and it is partnered with Rotary. It is utilising a matching global grant \$ 108,300,

\$43,000 - Rotary Foundation towards this project

Glenys

Sergeant Reflection 3 April 2017

I recently watched a TV show on Glen Campbell and his music tour with his band to promote his last record before his Alzheimer's disease took over completely.

He was diagnosed in 2011 and the show was filmed in 2012 when he was 76 with Campbell and his wife showing great courage to allow cameras to see his home life and stage performances during this time. It was sad to witness him watching some old home movies with his wife and him not knowing who most of the people were, including not knowing his first three wives and their children. His medical testing filmed in hospital showed him unable to remember the date nor the season nor even where he was.

Many of his home movies showed him playing golf as he was a very good golfer.

My brother in law David was a radio announcer on the ABC at Tamworth and many years ago when we were staying with him there told us that he had recently interviewed Glen Campbell via phone and researched that he loved golf so started the interview by asking about his golf game which led to a very open and frank chat.

Campbell had several of his children in his touring band and his amazing wife also was there for each show with teleprompters displaying the words to his songs. His music experience got him through the earlier shows around the States of which there were over 100. He gradually became more and more lost on stage and finally totally forgot his music, getting quickly angry then joked about his condition so never lost his audience who simply loved him being there but his wife and management knew it was time to finish his career.

Some things you can do to assist with staving off this awful disease are:-

Eat more fruit and vegetables, particularly berries.

Increase your omega 3 fatty acids found in fish like salmon, mackerel and tuna.

I like this one which is to sip a glass of red wine, but only one unfortunately.

Go Mediterranean in your diet with olives etc which we had Saturday night for our antipasto entree.

Keep your mind working with daily challenges like crosswords and when driving, minimise your use of your GPS to get around.

Control your blood pressure which I know is hard for some during the footy season.

Finally, have a strong social network of family, friends and be a member of an organisation like Rotary

All good to keep in mind.

Bob

MEMBERSHIP DEVELOPMENT NIGHT

Monday 1 May

Have you investigated possibly buying a new car? If so, did you ask the salesman if they are interested in learning more about Rotary

Have you asked your accountant, solicitor, car service manager, pharmacist, acquaintance in the park when walking the dog, plumber, electrician, son, daughter, neighbour if they would like to come to this meeting?

Please let John Mc, Bill or Warwick know of who you have arranged to come on 1st May

Blackburn Station Market 8th April 2017

Ray and Bob W doing the three shifts plus

8 to 10 Stuart, John Mc, Bob L and Mike

10 to 12 John Mc, Ron and Barbara W from 10-30 onwards plus possibly Glenys

Noon onwards, Barbara W, Ron and possibly Glenys

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

EGG AND BACON ROSTER -Sunday 9 April

| | |
|------------------|---|
| 7.30 to 9.00am | Stuart Williams Martine Macleod-Craig Mike Finke Bob and Barb Williams |
| 9.00 to 11.00am | Warwick and Chris Stott Cathie Hart Grant Tomietto Barb Searle |
| 11.00 to 12.30pm | Bill and Judy Marsh John McPhee Bob and Judy Laslett |

Many thanks for your offer of help, but don't forget to register your attendance by signing in at the office when you arrive.

MEMBERSHIP

**THAT BLOKE (MALE OR FEMALE) YOU MET THE OTHER DAY
– GO ON AND ASK THEM – THEY MAY SAY “I’VE BEEN
THINKING ABOUT IT”**

(True story from Warwick)

GOOD NEWS

Nancy Notman will be in Melbourne- 18 April - 11 May and plans to come to our meeting. It will be great to catch up with her.

DIARY DATES

| | |
|------------|---|
| Fri 7 Apr | Film night |
| Sat 8 Apr | Blackburn market |
| Sun 9 Apr | Eggs and bacon at Whitehorse Farmer's Market |
| Fri 28 Apr | RAMs dinner |
| Sat 29 Apr | Giant Monopoly |

ROTARY MONTHLY THEMES

| | |
|-------|---------------------------|
| April | Maternal and Child Health |
|-------|---------------------------|

ARTICLES

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