



FOREST HILL HAPPENINGS

No. 03

President: John Bindon

14 July 2021

MOVING FORWARD



Last Thursday evening Stuart Williams and I attended the Rotary Club of Healesville for a special evening celebrating 40 years of Ray Church being a highly active member of the club. Stuart and I worked with Ray for several years on the District Youth Exchange Committee. The presentation of the evening and the fellowship shared made it a great Rotary event.

Last Friday evening six members and two partners attended the District Changeover night at the Southern Golf Club Keysborough. Over 200 people were in attendance and the evening would have been the biggest Rotary meeting in 18 months.

Congratulations to Ron Brooks who was awarded a “Ruby, Paul Harris Fellow” for his outstanding work in collecting coins on behalf of Rotary.

With these two events it was great to be there, to see some Rotary traditions and observe the spirit of Rotary.

We had a successful “Arts and Craft Market” last Saturday, and I had the opportunity to talk to several the stallholders who were happy on how the market was running. The sausage sizzle exceeded expectations, as Margaret McPhee was sent shopping to replenish supplies.

There was a particularly good atmosphere at the “Whitehorse Farmers’ Market” on Sunday and the stallholders appeared to be doing very well in their sales.

Thank you to all Rotarians and their partners who assisted in these markets.

I stress again the need for us to be able to recruit new members and/or gain volunteers to assist our projects. We must work as a team and respect one another and carry out our duties to the best of our ability.

Thank you all for your support.

President

John.

Note: Stuart will be liaising with Bucatini. Please contact him for dinner meeting attendance and visitors.

MEETING REPORT

Chair umpire Ron commenced the Rotary Club of Forest Hill Tennis tournament by introducing “A” Grade champ Bill to present last year’s banner to past President Sue and this year’s banner to incoming President John, along with the Presidential collar.

Pres John spoke of his recent visit to Healesville tennis club with our other "A" Grade champ, Stuart, where the night honoured Healesville's outgoing champ, Ray Church. Ray has spent 41 years with the club and for many years was involved in bringing in overseas players for 12-month visas to learn how tennis is played in Australia and also for Aussie players to gain 12 month's experience overseas.

John also spoke of his attendance at the Bay to the Hills tennis meeting last Friday night, along with fellow club members, where one of our members, Chair umpire Ron was presented with a Ruby to his Paul Harris award for his sterling work gaining funds from overseas coin collecting to help young tennis players.

John spoke of our two successful markets on the weekend then led two toasts to Rotary International and Australia with a supplementary one to Ash Barty for her Wimbledon win.

Ron climbed back into the Umpires chair (we have rungs on our chair close together) and threw the tennis ball to Secretary Stuart who handed around a newsletter from Healesville tennis club listing their achievements as maybe we could serve a few aces doing one ourselves. He reminded us to keep our Working with Children card up to date and that Barbara W has the club list.

Treasurer Warwick, our mobility scooter champion thanked all who volunteered at our markets.

Smasher Bob L was next to serve stating that we have ordered new stocks of Olive oil to assist our fund raising.

Women's champ Barbara S took the court and explained that we have a new contact at Box Hill TAFE and she has made that person aware of the conditions of our assistance. Barbara as usual wore one of her colourful tennis outfits and served to Pres John who told us of two offers of assistance for our projects. Good news.

John hit the ball to Ron who said that Jenny Moran is keen to promote "Days for Girls" which assists young girl tennis players and Jenny will speak at a future match. Our next after match entertainment are Lesley Thomas on the 19th July and Leila Ragg on the 26th.

Ace Glenys next served advising that she and Bob W have delivered all the awards to the young tennis champs we made awards to recently but due to recent "no crowd" conditions, we couldn't present them in person.

Bill lobbed in with telling us that our next dinner/movie night will be this Friday and next Peridot night to be Friday, 6th August.

Our club has no ball boys or girls so has to put up with AD (Ageing Disgracefully) Bob W for his Sergeant session which raised \$24-10 and a few laughs and groans.

Our after-match entertainment was provided by Bob Bramble who is a stage director with Peridot and several other Theatre groups.

He showed us a bit of the play 39 Steps (we need to learn how to have sound as well as vision) and told us that some plays need nearly 100 volunteers and as our club knows, getting volunteers is increasingly difficult. For instance, getting 30 year old male actors is impossible and he looked around us shaking his head.

Peridot tries to balance productions with comedy, drama and classics and books productions years ahead with Bob's next Peridot play in 2023. Performance Rights is a major expense at \$150/\$200 per performance plus a per second fee for anything used in the performance. Scripts need to be unchanged but scope to substitute some words such as swearing.

A need to avoid putting on a play at the same time it is on elsewhere as Play Agents whom they book through keep an eye on this. Peridot's props are stored at an old school hall in Monash and individual items needed are often bought/sold on Ebay.

Bob's way is to run auditions where all there watch on and then the Peridot committee need to approve the cast. Rehearsals are 3 nights a week for up to three months with lines one night and stage moves another as moving with a script in hand can be too difficult.

Bob told us he started his stage career as a tree and as he progressed through University productions and afterwards met his wife on stage. He was a teacher by profession. He enjoys the rehearsing side rather than performances.

He seeks all plays to be fun with audiences enjoying good performances and that the Company doesn't lose money on the show. Shows can be judged for awards.

Bob threw out a tennis question of which courts Peridot uses and Bill (yes another teacher) was able to catch it with the correct answer and so won two tickets to their next production.

Stuart gave a vote of thanks then Pres John strode on court to draw the raffle and close the tournament. Raffle grossed \$44 less costs and Barb S and Ron were the winners.

Bob W.



Guest Speaker Bob Bramble

**July is Literacy Month
(and the start of the new Rotary Year)**

While COVID may be impacting many Fellowship activities, remember to check in with family and friends on a regular basis. A friendly face or a supportive word is always appreciated, especially when times are difficult. Get vaccinated so we can all 'get about' again.

NEXT MEETING

19th July - Lesley Thomas 'Finding Fabulous Over 60'

Meeting Roster

Chairperson:	Bill Marsh.
Greeter:	Bob Laslett.
Vote of thanks:	Warwick Stott.
Note taker for bulletin:	Stuart Williams.
Recorder:	Barbara Williams.
Cashier:	Barbara Searle.

COMING UP

26th July -
2nd August -
9th August -

Leila Ragg
Shia Smart
DG's Visit

'Mitcham Community House'
Membership

CELEBRATIONS



Congratulations to Bill Marsh who celebrates joining Rotary next Sunday. (Where does the eleven years go when you are having fun?)



DISTRICT CHANGEOVER – THE FOREST HILL MOB WELCOMES DG DARYL



SPROUTINGS

People often ask “what is **ESRAG**”

Well – it's the **Environmental Sustainability Rotary Action Group.**

Here is some of their latest information. The growth that has occurred in this area in the past 12 months is inspiring!

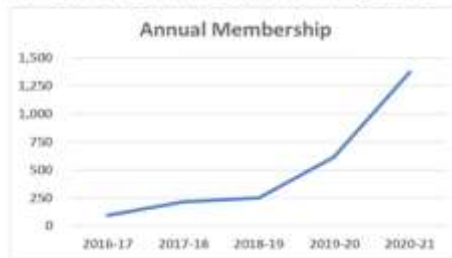
Our own Pat Armstrong is a Founding Member, a Director and is doing amazing job.



Strong Membership Growth Again This Year



ESRAG has grown to over 1,370 members
 Growth of over 120%
 Members in 80 countries and over 308 Rotary Districts



Spectacular

ESRAG AGM Celebrates Growth

On the eve of Rotary’s first round of grant-making under the Environment Area of Focus, ESRAG members celebrated an incredible year of growth at the June 24 AGM.

Leaders gave thrilling updates on an array of project teams and regional chapters now working to inspire and equip Rotarians around the world to protect the planetary systems on which we all depend for life.

Only five years old, ESRAG is achieving robust intergenerational growth and effectively expanding and sharing leadership under its new strategic plan, developed this year to support the goals of Rotary’s Environmental Area of Focus policy.

Here are some of the highlights of 2020-21:

- ESRAG’s membership has grown 500% in the last two years. It now spans over 60% of Rotary Districts. We are networking and building through 12 vibrant Regional Chapters.
- ESRAG leaders completed seven positional papers and produced and recorded an incredible array of talks. This includes the 2021 new Environment Symposium, available on the website.
- We continue to develop catalytic collaborations with organisations beyond Rotary.
- ESRAG has a growing array of specialized teams ready to assist Clubs and Districts to implement high-impact projects.
- ESRAG members contributed thousands of hours to prepare and staff 12 House of Friendship booths and 20 multimedia Virtual Reality exhibits for the Rotary International Convention.
- At least 23 Rotary EcoClubs have been organized around the world.
- The six new ESRAG directors include two Rotaractors, Deniz Vural of Turkey and Carlos Montoya of Mexico.
- **The average age of ESRAG directors has dropped by ten years.**
- ESRAG’s Instagram page now has 1,000 followers

Zero Waste and Our Circular Economy
 A presentation by Karin Tome,
 ex Mayor of Brunswick, Maryland
 sustainable policies practitioner

ESRAG Biodiversity – Circular Economy
 Wednesday July 14, 2021
 1:00pm UTC (9:00am EDT) via zoom

Now something close to home.



My favourite toymaker posted this..

With this portfolio I'm learning something new every day...

Today I learned about a **circular economy**.

A circular economy closes the industrial loop – by continually and effectively using existing resources we eliminate waste, reduce emissions and allow our planet's natural system's to regenerate.

According to circular economy experts, **the Ellen MacArthur Foundation**, there are three essential elements :

1. Design out waste and pollution.
2. Keep products & materials in use.
3. Regenerate natural systems.

<https://happyplanettoys.com.au/blogs/blog/what-s-the-big-deal-about-circular-economies>

Last - but not least - huge congratulations to clubmember Ron Brooks, coin recycle expert extraordinaire for his recent and much deserved Rotary Paul Harris Ruby award at District 9810 Changeover.

That's all for this week.

Glenys

Scan Me!!



BOARD NOTES

Membership pamphlets to be obtained for distribution.

The interim membership fee for the 21/22 Rotary year will be \$300.

The joining fee - \$50 (the cost of badges etc.)

Meal fee \$30

We will investigate alternative "speaker gifts":

We will put the Primary Schools' Speech Contest on hold for this calendar year.

Our International efforts will concentrate on Hope Katolo and the Fiji Eye project.

We will not proceed with our Rotary 100 Year Anniversary seat project at this stage due to the cost.

We will donate \$1,000 to the "Dandenong's Storm Recovery Effort".

Budgets to be considered at next Board meeting.

Secretary Stuart

COVID and sisterly love

Many of us have had little or no contact with COVID 19, except for our lockdowns. In Thailand, a country of 60 million, yesterday they had 9,500 cases.

My friend Buaban (Bum) lives with an older sister in a large one room condo in a Bangkok suburb. Sister Nuch was very sick about 8 days ago. She stayed home but did not get tested. She felt ok the next 2 days and went to work in a large department store in a shopping mall. She was not well the next day, her manager sent her to get tested and to go home. She tested positive as did more than half a dozen of her work mates. The store was closed and a few nearby shops. Bum tried to get her into a hospital, but all hospitals in Bangkok are full. She then contacted the hospital in their home town, Khun Han, 600 km North east of Thailand. They said they would have a hospital bed at 8am on Saturday morning. Bum decided to drive her sister there to arrive at 8 am. Bum had a COVID test on Thursday and did not test positive. She has had one vaccine needle.

They left their Condo at 11 pm Friday night. They filled up at a petrol station not far from home. After paying, the car refused to start. Not good. Bum was proactive and rang the police and also rang her work boss who also comes from her town. He organized a mate's pick-up truck to transport them. Bum of course had to pay \$7,000 baht for the bloke to drive 1,200 km.

They started again at 2am. The truck owner would not allow them to sit in the cabin with him. They had to sit in the utility tray, backs to the cabin. It was raining. They were rugged up and had a piece of plastic to cover their heads. It rained for the first 350km. Nuch was in tears many times and Bum hugged her. They got to Khun Han at 8am. Her extended family met them in a socially distanced way. She was taken into the hospital. Bum was a little surprised when the doctors told her that Nuch had COVID in her lungs. I believe the hospital put her on a ventilator.

The driver and Bum then headed back to Bangkok. Bum again in the truck tray. Bum is supposed to have another test in 2 days' time but does not want to have it because it will cost her 4,000 baht (\$190) again.

Truly sisterly love. We are so lucky to live where we do.

Stuart



1,200 km in the back of a ute.

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

Lesley grew up in Perth in a childhood that had its share of ups and downs and traumas. Navigating the rollercoaster of life, a series of events led her through some rock-bottom moments which she used as a base to make major changes. She has spent the past 48 years in the airline, legal, building, insurance, and advertising industries in flight attendant, administration, project management and advertising sales roles. For the last 25 of those years she has also been on an extensive, and often extremely challenging, spiritual and personal development journey. She has over 15 years of experience working with women in 12 step recovery and the disease of addiction. Sober now since 21 March 2006, Lesley's clean lifestyle has seen her transform into a fit, vibrant 67-year-old woman. Lesley's own spiritual and personal development guided her to write her first book, it poured out of her in just two months. Lesley has two wonderful adult children, lives in Melbourne and is owned by Soli the cat!

Lesley is selling her book at the market and is always ready for a chat about anything ! The book reviews say:

It's real, it's raw, it's gutsy, it's transformational

You will laugh and cry..... and not put it down

Through her journey Lesley has learnt and conveys with clarity the skills and tools she uses to give up her addiction, lose weight, and leave a very dysfunctional relationship.

"An incredible read! A hugely inspirational story of transformation"
- Sue Stone - UK Author, Secret Millionaire and Inspirational Speaker

Are you struggling with an addiction or an unhappy relationship?
Are you sick and tired of yo-yo dieting and trying to lose weight?
In her darkest moments, Lesley Thomas prayed to a Power greater than herself for help. Even though the road was rocky, she based her recovery, weight loss, fitness, and absolutely brilliant sense of wellbeing on those prayers being answered and her path being guided.
Lesley shares with you her story: the highs and lows, the ups and downs, and everything in between.
It is a story of hope.
Hope for a better life, for more acceptance and understanding, for better relationships and a sober life.
Lesley also shares her miraculous healings and how, at 67, she has lost weight and become fitter, stronger, healthier, and happier than at any other time in her life.
No matter the darkness that you might be feeling right now, this must-read book will show you the way into the light.

FINDING FABULOUS OVER 60
LESLEY THOMAS

FINDING FABULOUS OVER 60
OVERCOMING TRAUMA AND ADDICTION
WEIGHT LOSS THAT FINALLY WORKED
DETACHING FROM A NIGHTMARE RELATIONSHIP

LESLEY THOMAS

ULTIMATE WORLD PUBLISHING

Find out more at www.lesleyrondathomas.com