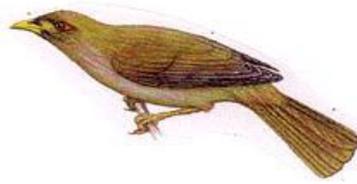


**Rotary**  
Club of Forest Hill



**The Flyer  
2017-2018**



**ROTARY:  
MAKING A  
DIFFERENCE**

**President: Bill Marsh**

Number 5

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

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

31 July 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

**CLUB PROGRAM**

| <b>Date</b> | <b>Event</b>  | <b>Chair</b> | <b>Thanks &amp; Meeting Report</b> |
|-------------|---|--------------|------------------------------------|
| 31 July     | Joint meeting at Bucatini with partners and other clubs- <b>Christmas in July</b> |              |                                    |
| 7 Aug       | No meeting- see 9 August  |              |                                    |
| 9 Aug       | Public Schools Speaking Contest   |              |                                    |
| 14 Aug      | Challenges of hearing loss & deafness<br>Jenny Coburn                             | John McPhee  | Bob Laslett                        |

**CELEBRATIONS**

Happy birthday to Rob Grant (August 4)

**DUTY ROSTER**

|                  | <b>JULY</b>    | <b>AUGUST</b>   |
|------------------|----------------|-----------------|
| <b>Recorder</b>  | Ron Brooks     | Stuart Williams |
| <b>Greeter</b>   | Bob Williams   | Glenys Grant    |
| <b>Emergency</b> | Glenys Grant   | Gary Baltissen  |
| <b>Cashier</b>   | Graham Sharman | Bob Williams    |

## 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](mailto: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 0409530 435. Please give him a call or phone the office 5770-2100 and ask for Don.

## BILL'S BYLINES

Another interesting and enjoyable meeting this week with two excellent speakers and a very welcome “surprise guest”.

Our surprise guest was DGE Russell Gurney who quickly made himself at home as he caught up with old friends and rapidly made several new ones. It was lovely to welcome Russell to our club as he set out to make himself familiar with all of the clubs before he becomes DG in 2018-19.

Our first speaker was Harry Ruff, Vice Principal from Vermont Secondary College. Harry was very gracious in allowing us to ‘squeeze him in’ to a very short time slot. Harry spoke eloquently and passionately about the mentoring program at Vermont SC. The Board will talk about our possible involvement at the next Board meeting and we may then get Harry to return and give us a more detailed, and less rushed, coverage of the program and the ramifications for our club.

The second speaker was Wim Ooms. Wim has attended two previous meetings as a potential member and tonight returned to speak on ‘Depression – How to reclaim Your Life’. Wim gave an excellent presentation that provided members with much to think about. (I hope not to be depressed about as Wim was very positive about the outcomes from his work.)

At the next club meeting, we will have a new club Polo Shirt for members to look at and hopefully place orders. The shirts are light, modern looking and will replace our existing, heavy, hot polo’s. (Sorry Ray, no pocket. Not something they put on the new lighter fabrics. I’ll get you a cord to hang your glasses from as you slave over the BBQ!!!) Cost for the shirts will be \$34 and it would be great if we could get every club member to place an order. My thanks to Barb Williams who has spent considerable time liaising with other clubs and travelling back and forth to Bayswater to get us this far. Also thanks to Judy who has worked with Barb as a consultant on styles and colours and Bob W who made the tea to facilitate the discussion phase!!

Looking forward to ‘Christmas in July’ on Monday. The fantastic crowd of 140 plus that Harvey has organized will fill Bucatini’s and hopefully raise a considerable amount for Interplast at the same time as having a wonderful evening. The way the weather has been lately we could even have a ‘White Christmas’.

If you would like an entertaining (and occasionally mind- blowing evening) come along on Wednesday 9<sup>th</sup> August to our Primary Schools’ Speech Competition to be held at the Whitehorse Primary School. The standard of presentation by these 10-12year old children is amazing and well worth braving the elements to see and hear. There is still time to book a spot at our Peridot Theatre night. Please contact me ASAP.

### Coming Up:

#### **Club Activities**

Christmas in July - 31<sup>st</sup> July at Bucatini  
Film Night - 4<sup>th</sup> August at Forest Hill  
PSSC - 9<sup>th</sup> August at Whitehorse PS  
Peridot Theatre - 11<sup>th</sup> August at Mount Waverley  
Blackburn Market - 12<sup>th</sup> August  
WFM - 13<sup>th</sup> August

#### **District Activities**

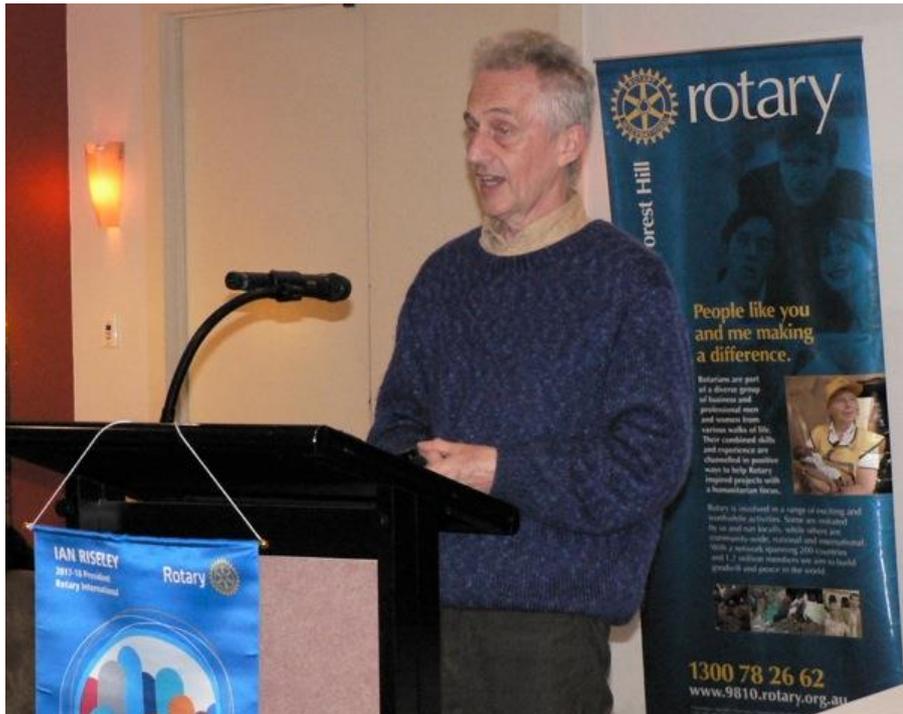
Cluster Meeting - 27<sup>th</sup> July  
Presidents’ Meeting - 4<sup>th</sup> August

**Remember - Rotary: Making a Difference - is not just a theme it is what we do.**

## Did You Know?

**Autotelic** (adj.) – Worth doing for its own sake. (Sounds like Rotary to me!)

## Meeting report July 24



We had 17 in attendance including visiting Rotarian and DGE Russell Gurney, our guest speaker Wim Ooms plus our additional guest speaker, Harry Ruff from Vermont Secondary school.

Pres Bill advised that there are 140 coming to the “Christmas in July” next week with 25 from our club which is terrific. There is a District President’s meeting on the 4th August, our film night the same night, we are currently preparing our club budgets, our PSSC night 9th August has its six schools with 2 speakers each and Bill attended the District Membership meeting last Friday night with Warwick. We have 12 going to Peridot on the 11th August and our two markets on 12th and 13th August so as usual we are busy!

Secretary Bob L advised that we have our RI invoice and our whiz bang treasurer has already paid it. Brekky club tomorrow with Barbara and Bob L to work their magic.

WBW (Whiz Bang Warwick) told us that our subs are to be \$288 which from Russell’s reaction sitting next to him seems to indicate that they are very reasonable.

Glenys advised that all the PSSC preparations are going well and thanked everyone as all available club members and many partners will be there to help on the night.

Ron’s usual plea for stamps and foreign coins, told us that there is no meeting on the 7th due to our PSSC and on the 14th we have Jenny Coburn on deafness. What???

Sergeant Stuart in an abbreviated session (we didn’t know he knew the meaning of the word abbreviated!) still managed to raise \$33-50.

Harry Ruff told us that Vermont Secondary has 1400 students and 10 years ago started an Alumni Mentor program assisting with support programs such as literacy and well being and as their students needed employment income to pay for their tertiary education so the school’s program provides some paid work for some students.

They have 7 mentors and seek more hence the request to us for any financial assistance or a guide as to how they can raise funds for this program.

He explained how students from domestic violence situations need extra support as do their Koori students with early intervention as they can have mental issues.

Food for thought for us.

Wim Ooms comes from an IT background but wanted to help people with depression and so three years ago partnered Beverley Searle who is qualified in this clinical field, taking on clients in an endeavour to treat them other than via the accepted way of psychiatric care and drugs

He stated that if you suffered from a bad childhood, you can have flashbacks in your 40’s. He spoke of the Limbic system and psycho-synthesis and explained that we all can have many split personalities (which explains a lot about some of our members!)

They treat people with post traumatic stress and have been able to help most within the 10 week treatment period. The sessions are of visualisations such as being in a safe place like a tropical island so if you are struggling then take yourself mentally to your safe place. He spoke of a fire fighter patient who had a near death

experience early on in his life which affected him until he underwent their course and is now much better. The sessions give people options which they may not have had before. They are a private organisation with no links to any Government programs or referrals.

Very thought provoking.

Our raffle raised \$67 and Bill must have benefitted a lot from Wim's address as he then agreed to 3 draws with Bob L, Sue and Glenys taking home the goodies.

Bob Williams

### Stuart's Moment of Reflection or Inspiration

Today I was given some devastating family news. Each of us will respond to such an event in a personal way. Will we think the following thoughts?

Always find time for the things that make you feel happy to be alive. Time to tackle our bucket list. Just when the caterpillar thought the world was over.... It became a butterfly. Am I able to say—Don't lose hope. When the sun goes down, the stars come out.

What do we say that will not enrage and sound trivial? Our joys, our happiness and our dreams can be beautiful.

Let's enjoy our Rotary meeting.

Stuart

### Footy Tipping.... 5 Rounds to go.

There has been change at the top. Cyril Yardin took over top spot. 98. Stuart is on 97 and Bomber Bill is on 96.

We had some super tipsters this week. Saint Warwick and Zorro tipped 8 winners. Our high- priced recruit and number one draft pick—New York Import picked eight also (for the third week running "IF YOU DON'T MIND MISTER UMPIRE")

I believe this is some sort of record. "I have been asked if Mike is actually working on East Coast US time and actually tipping after the games have been played." But, this is Rotary and the 4 Way test also applies to Footy Tipping of course.

We paid fines."You're never too old to learn something stupid". A fine if you learned something in the last week. Joseph Roux said: "Poetry is truth in its Sunday clothes." A fine if you remembered wearing – Sunday Clothes. Visiting the Grand Canyon and liking rose petals cost us also. "Writing a book of poetry is like dropping rose petals down the Grand Canyon and waiting for the echo."

### Christmas in July

Great news that so many are willing to help Interplast and enjoy Christmas in July-6.30 for 7pm.

 **Bucatini Restaurant &**   
**The Rotary Club of Nunawading**  
celebrating

  
**XMAS IN JULY**  
**Monday, 31 July.6.30 for 7.00pm**  
**Bucatini @ 454 Whitehorse Rd Mitcham**

Join us for a fun night with a festive Xmas Dinner, Carol Singers, Trivia, Lucky Door Prizes and Raffle.  
In support of **Rotary's Interplast Program**,  
Doctors and Nurses giving their holiday time  
"Repairing Bodies and Rebuilding Lives"  
in the Asia Pacific region.

**Rotary members, friends and the community are welcome.**  
**Your support will be greatly appreciated. Please book early.**

Tickets: **\$45/ head**      **RSVP: Fri 14 July 17**  
**BYO (Wine Only)**      **Harvey 0411 180 643**

## Podcast

Mike has resumed his podcasts. Here is the latest one.

<https://soundcloud.com/mike-finke-167583478/five-minute-forest-hill-episode-18>

## Breakfast Roster

Term 3 began with Bob squishing up the flour, eggs and milk for Barbara to serve up tasty pancakes to hungry individuals- all under Ben's watchful eye.

## Primary School Speech Contest

The 2018 Primary School Speech Contest, Rotary Club of Forest Hill, will be held at 6.00 for 6.30pm on August 9 at Whitehorse Primary School, Junction Rd, Blackburn Nth.

Twelve students from Blackburn Lake, Burwood Heights, Mt Pleasant Rd, Parkmore, Orchard Grove and Whitehorse Primary schools will participate. Each student will speak for three minutes on various topics. Toastmasters will judge performances and the winner will then participate in the District final in November. All invited.

## Movie Night- RC Croydon

Thursday September 14, 2017 7:00 PM at  
Croydon Cinemas, 3 Hewish Road Croydon

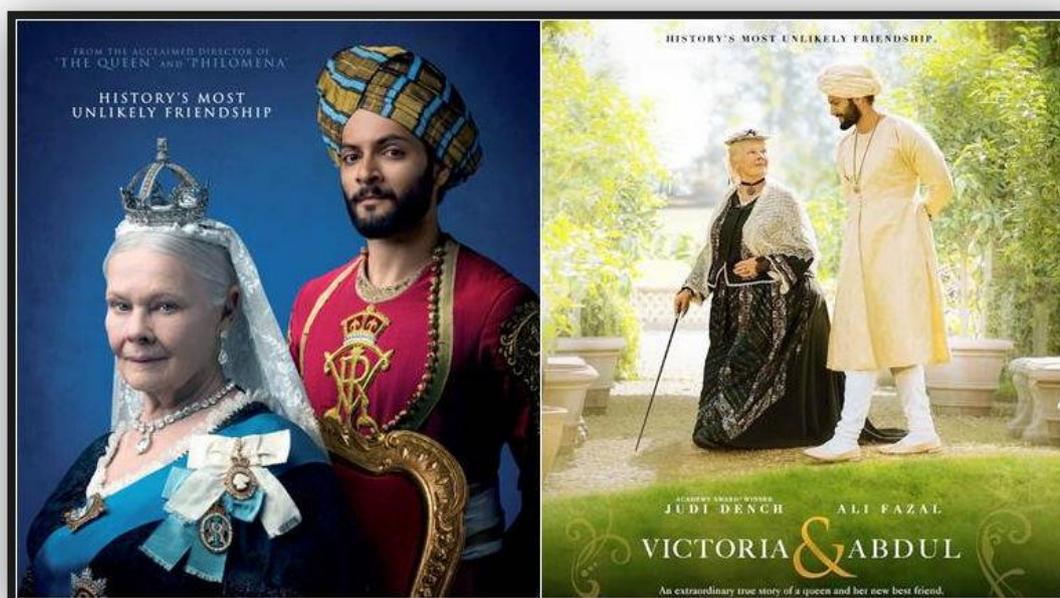
**All tickets are \$15.00 each.**

All profit from the evening will go to **Rotary International End Polio Program**

**Tickets available from:**

**Remington Wright and Co, 3/50 Main St Croydon**

To pay by credit card phone Ross on 9870 0146 or email [roscoe55@optusnet.com.au](mailto:roscoe55@optusnet.com.au)



## Donors pledge \$1.2 billion to end polio

On 12 June, in Atlanta, Georgia, USA, global leaders and key donors took the stage at the Rotary International Convention. Standing shoulder to shoulder in front of more than 20,000 Rotarians, [each pledged their support](#) to end polio, committing a total of \$1.2 billion to global eradication efforts.

The additional funding will go toward disease surveillance, outbreak response, and the vaccination of more than 400 million children annually. If realized, these historic pledges will drastically shrink the \$1.5 billion funding gap that stands in the way of reducing polio cases to zero worldwide. In 2017, only six cases of polio caused by the wild virus have been reported

## Trivia night

THE ROTARY CLUB OF MONTROSE &  
DISTRICT, ROTARACT YARRA RANGES  
AND MOUNT LILYDALE MERCY  
COLLEGE OLD COLLEGIANS

INVITE  
YOU TO

OUR TRIVIA NIGHT FOR EDUCATION

AUGUST 4TH 2017 AT 7PM,  
MOUNT LILYDALE MERCY  
COLLEGE CENTENNIAL HALL

TICKETS - \$20 PER PERSON  
\$180 PER TABLE OF TEN

B.Y.O. DRINKS, NIBBLES AND \$\$\$ FOR  
RAFFLES/GAMES

PROFITS RAISED SUPPORT OLD COLLEGIANS AND  
ART BUILDING CHILDREN'S DREAMS (ABCD,  
SUPPORTING SCHOOLS IN THE ASIA PACIFIC AND  
AFRICA)

TICKETS AVAILABLE AT:  
[HTTPS://WWW.TRYBOOKING.COM/QRNB](https://www.trybooking.com/QRNB)

SUPPORTED BY



## ROTARY MONTHLY THEMES

July

Rotary Awareness

August

Membership Extension

## ARTICLES

Newsletter articles to [rlaslett76@gmail.com.au](mailto:rlaslett76@gmail.com.au) by 5 pm Wednesday please.