



Weekly Newsletter

foresthillrotary@hotmail.com

President Bob Williams



Number 7

17th August 2015

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

PO Box 116, Nunawading 3131

foresthillrotary@hotmail.com

www.foresthillrotary.com

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Monday 6.15 for 6.30 pm

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
17 th Aug	Crossway Projects <i>Sonali Wijesinghe & Board Meeting</i>	Glenys Grant	Warwick Stott
24 th Aug	RYLA, Richard Worsley	Chris Tuck	John McPhee
31 st Aug	Bucatini Night a la carte <i>with Partners</i>		Bob Williams
7 th Sept	Kokoda Track <i>Stephen Fisher</i>	Bill Marsh	Bob Williams

THIS WEEK'S CELEBRATIONS

24th Aug Kathy & John Donaghey Wedding Anniversary



DUTY ROSTER

	August	September
Cashier	Glenys Grant	Stuart Williams
Recorder	Chris Tuck	Ray Smith
Greeter	Bill Marsh	Chris Tuck
Emergency	Ray Smith	John McPhee

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 9878 4891 or rcsmith@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

Special report on the Primary Schools Speech Contest inside

BOB'S BANTER

Our next dinner meeting will be on the 17th August with Sonali Wijesinghe from the Crossways project as our guest speaker. Sonali also helps out at the Tuesday Forest Hill College breakfasts.

As the board meeting following our dinner meeting this Monday will be the last before our DG visit on the 14th September we will have acting Assistant Governor Peter Cummins as our guest both for our dinner and the board meeting.

With Ron and Robbie taking off for overseas on the 12th August and returning 6th October, Bill has kindly agreed to be our acting secretary for this period. Our guest speaker last night was Margaret Young from Eastern Palliative Care telling us about the assistance available for people in the last stages of their lives. We all agreed what a wonderful "volunteer friend" Margaret would be for anyone at that time of their life. A very caring and supportive lady and fielded some good questions at the end. Thank you Stuart for not only a good sergeant's session raising \$20-95 but also for filling in for Bob L as chair. Raffle raised \$37. With Glenys being ill and Chris away it was great to have our out of towners, Gary and Graham there to bolster our numbers as it was a shame so few were able to hear Margaret.

Gary brought us some grapefruit grown by Bev so thank you very much both of you. There will be a report on our marvellous Primary School Speech Night elsewhere in the newsletter and I would like to add my thanks to all concerned. Glenys, for her terrific organising, Bill for all the work he did producing our professional literature, including the wonderful program and brochures in bags for everyone, Ray for his award winning photos, Chris, Graham, John Mc, Stuart and Gary for looking after all and sundry. Gary and Bev came from Sorrento and Kathy from Ocean Grove to help out. Bob L and Ron did a sterling job as our timekeepers and my thanks to Barbara for coordinating the supper and to all our partners for their culinary delights which helped make the night the success it was. MP Michael Sukkar, Councillor Denise Massoud and acting AG Peter Cummins also attended. Ron now has seven cyclists to ride the Bass Coast Challenge in November with proceeds in aid of Rotary Youth Driver Awareness program.

I attended the 40th year anniversary of Mitcham Community House last Friday night and again Michael Sukkar was in attendance then he was off to Canberra on the weekend. He certainly gets around. It was interesting for me as a new comer to the committee there to hear of the history of the House and of the enormous help it has been to so many people over those years. With Ron away I will be the acting/temporary/fill in/ newsletter editor until his return so please send me all your items for publication by the usual time of 5pm Wednesdays.

Robbie and I did the breakfast shift at Forest Hill Secondary College this morning (Tuesday) with toasties being the fare and we made about 60 gradually running out of margarine so the last few just had the butter knife waived over the bread.

Have a great holiday Robbie (yes and you too Ron), travel safely and keep in touch. I'll endeavour to keep up the standard of your terrific newsletter.

President Bob

Remember "Be a Gift to the World".

DIARY DATES

- 31st Aug Bucatini a la carte Partners Night, AAG Peter Cummins plans to attend
 14th Sept DG visit
 9th Oct District Vocation Seminar

LAST WEEK'S MEETING (2 reports)

Primary Schools Speech Contest 2015 (Thurs 6th Aug)

Once again a truly great night with all students exhibiting maturity way ahead of students from our era, presenting well resourced content matter, with confidence and poise. All students did themselves proud, and gave their parents great pleasure, and their teachers job satisfaction



We thank Marlene Sinclair and her team from Toastmasters for their expertise and support throughout the evening, and judging in what was a very tight competition.

We also were appreciative of Ether Woods and her staff at Burwood Heights for making available their facilities, and putting back in order their class rooms the following morning.

Again a great big HUG to the ladies for their support and the supper. A great spread.

In a very close competition, the 3 placegetters were:-

- 1st Belinda Young, Burwood Heights- who spoke on "If I could change the World"
 2nd Jack Taylor, Weeden Heights - whose subject was "I like Daydreaming."
 3rd Ellen Lawrie, Mt Pleasant Road - speaking on "Someone I admire"

The winning school being Burwood Heights Primary School for the 2nd consecutive year.



This Year we welcomed the addition of Blackburn Lake Primary to the competition ,and Mt Pleasant Road Primary School's Ellen Lawrie as the first contestant from that school as a placegetter in the competition. It has been great to look down the list of competitors and realise what a great diversity of ethnicity in the community in which we live, and the challenges teachers have in working in this diverse society.

Once again we were supported by the Federal member for Deacon Michael Sukkar. White horse Councillor Denise Massoud and Rotary Assistant District Governor's representative Peter Cummins

Report by John McPhee

Palliative Care club meeting (Mon 10th Aug)

Stuart opened the meeting with his usual reflection. Travel has the power to make one reflect on the world we live in. Why isn't a wealthy Australia going ahead in leaps and bounds? China, Singapore and many other nations promote a vision of the future that sidelines the fundamental rights embraced by liberal democracies.

In Australia, democratic debate has grown overly partisan, unproductive, and inward looking, turning off the broader public whose consent and interest is needed if societies are to function to their best potential. Where are the people offering us a positive "big picture". Are we going to be able to prioritise essential issues from the sensational ones? Australia needs compelling messages of progress. He then asked us why the cows returned to the marijuana field..... it was the *pot calling the cattle back*. [I think we should get Kevin G back as our comedy act !!].

John McPhee told us the market raised \$735 and Warwick is back so he was pushing for everyone who has not paid their annual fees to DO IT NOW [before he invests in a toe cutter].

A small group of 9 of us heard a wonderful address by a very lively Margaret Young,



who is a volunteer home visitor for Eastern Palliative Care. Her aim was to help improve the quality of life for her clients and their families when they faced problems associated with life threatening illness where cure was not possible. She has been doing this for 8 years after a rigorous selection process. She has learned about history, art, music, travel, asian studies .. the list goes on. She said it was a privilege to hear these stories and she explained that most are getting on with their life acceptance does not come easy and often there is a stage when they feel angry.

While she is a home visitor, there are others who volunteer to transport people about and some do administration. She also admired the professional palliative care nurses who she thought did a very caring, wonderful job.

Margaret told us that the aim is to provide what their clients need so they have to be very aware of their client's beliefs and careful not to impose any of their own. The organisation can call on people like a buddist nun, an aboriginal community aware person and so on. They are very conscious of being culturally sensitive.

Their service is free of charge to anyone with a medicare card and they are 90% funded by government, covering 20% of Victoria. Last year they had 83,000 contacts, 13,000 new clients from 69 different countries with 22 different languages. There are 150 volunteers. Eastern Palliative Care can also provide music therapy, massage therapy the list goes on.

She has visited people at home, in caravan parks, in hospital, in rest homes (but not yet in a tent!). Some, she has visited just once or twice but some for a year. Margaret has accompanied people to the cinema, the theatre, even going to the TAB which was an eye opener for her as she was brought up a Methodist! She has not done any work with children which she said can be very difficult. She sees herself not as a friend but as a friendly volunteer. Margaret told us how at times it is difficult when the person's life on this earth ends and that she has access to counselling herself if she needs it.

What an amazing job she does and what an amazing job she did in talking to us.

The raffle was won by Ray who took the chocolates..... Again!

WHERE ARE THEY NOW?

Our President Bob has come up with yet another idea! The Newsletter would love to tell it's readers about your latest holiday and holiday plans. His hope is that we can have a regular weekly segment words & photo or two plus a list of what dates you will be away. So whether it's a week in Williamstown, a month in Manila, a trip to Tamworth, a holiday in Hanoi, or a cruise to Crete – let's hear about it.

Ron & Robbie	12 th Aug to 6 th Oct	Dubai, then Austria & Slovenia bike riding
Ron & Robbie	22 nd Dec to 13 th Jan	South Africa [Cape Town – East London]

So let's hear from you. Tell us where you are going and AFTERWARDS tell us how the holiday went when you come back..... then give Ron your foreign coins when you return !!

Stu on his time in Thailand , the land of a thousand smiles

Thailand is an emerging country that builds many of the cars and SUVs that are imported into Australia and is in the top 10 travel destinations for Australians. Exotic islands Phuket, Koh Samui, Koh Toa attract many visitors. My white skin is not good for hours in the sun. I have enjoyed thousands of hours in and around Bangkok.

Bangkok –a vibrant city of 16 million – has a massive and very good airport as its gateway. It is not a pretty city because a huge road and rail network was grafted on to a city built for boats and small bikes or cars. Axis are very cheap and they have a taxi meter system which guarantees you do not get ripped off. Tuk Tuks (motor cycle based 2 seat carriages) are fun, but not always cheap. Always have an idea how far your destination is and set the price before you get in. Motor bikes will take you short distances if you can ride side saddle as a lady, or hang on if a bloke. No helmet. Traffic jams are every present and Thai drivers are impatient and squeeze into the smallest gaps. Be careful crossing the road. Traffic lights are sort of followed but motor bikes/taxis/tuk tuks and turning traffic do not stop for pedestrians. Walkers beware.

The Bangkok I know, is packed with fun, happiness and delightful people and places to see. Although there are more and more Indians and people from the Middle East visiting Bangkok it has a very Buddhist history and culture

Some of my favourite places and activities.

Jim Thompson House. A gorgeous oasis in the middle of bustling Bangkok. The home of the “father of the silk industry.” Tranquil, beautiful and cool.

Cha Phraya River The life line of Bangkok Used for trade –barges being towed all the time, for commuter transport and for sightseeing pleasure A night dinner cruise is as good as one in Prague or Budapest.

MBK – shopping Mecca A must visit 6 floors of small shops selling everything imaginable Accessed by Skytrain at National Stadium Station

BTS – The very efficient and good skytrain. Two lines that meet at Siam Smart card for one trip or many. Easy to use and understand. They also have a subway system –

MRT- and it is as easy as BTS. Both spotlessly clean.

Temples –1 Wat Pho – with its 46 metre long reclining gold Buddha.

2 Wat Arun –temple of the Dawn, sits beside the river. Has a 76 metre high central tower. Different and beautiful. One can climb half way up the sides.

3. Wat Phra Kaew – Temple of the Emerald Buddha- is situated in the grounds of the Grand Palace.

The Grand Palace. - Royal residence of Kings of Siam since 1700s. A must see, but dress appropriately.

Rattanakosin Exhibition Hall – has a wonderful museum.

Khao San Road _- a backpacker, bohemian area. Made famous in an Aussie song.

Part Tw

Sukhumvit- centre of business and commerce (although there seems to be no real CBD in Bangkok) Siam is starting to become the centre.

Yanhee Hospital – great for teeth and 37 body part operations. Good reputation for boob jobs.

Chatuchak outdoor Market – huge. A fantastic way to spend a Sunday. Right at Mo Chit BTS station.

Asiatique – a new riverside shopping and entertainment precinct. Calypso Cabaret (a lady boy show) is now located there.

Tawandang German Brewery – Rama 3- a wonderful eating and entertainment venue. German and Thai food and a stage show that runs 4 hours

Soi 11 – possibly the most entertaining and lively street in Bangkok. Right at Nana BTS station. Has Australian Pub and Bar – great for watching football and getting Aussie style food. Grace Massage – strong fingers will have you jumping. Manchester United Bar. Grand President Hotel.- 4 star with very good staff. Boarding Pass Travel Agent – Rati will look after you with good value trips, tours and shows. Very honest and reliable.

Apoteka- fantastic blues and jazz every night.

Bangkok Beat –in Soi 9, a great Rock n Roll venue every night. Many good bands.

Nana Plaza – Soi 4 (Soi means street) . Three storeys of nudie and sex bars. Many with lady boy dancers.

LadyBoys – an Asian phenomenon (mainly Thailand but also in Philippines) Some go the whole way with sex realignment surgery, others just take hormones and dress as boys during the day and women at night. Most cabaret and dancers are “ladyboys”. Many or most are stunningly beautiful with high cheekbones. The voice or their height will give them away. Most Thai women are petite.

Siam Paragon – a very upmarket department store. At Siam. But there are numerous Malls and large shopping centres selling high end clothes, perfume etc.

New Zealand Snapper – a very good fish restaurant off Soi 11 They import their fish from New Zealand, cook it like we do but charge AUD \$ prices A favourite of mine for fish and chips

Best times to visit – our summer. But it always seems hot and humid. The footpaths are made up of broken pavers and often taken over by food vendors. Most Thais living in Bangkok, live in one room and they do not cook in their room. They eat all their meals out. Street food is incredibly cheap. Most of the water is recycled and not safe to drink. Hotels provide 2 bottles of free water per day.. Fresh fruit is readily available

"Restless Stu"

FOREIGN COINS for UNICEF

A BIG THANK YOU to the Rotary clubs of

- Donvale-Warrandyte
- Boronia,
- MASH,
- Waverley,
- Sandringham,
- Emerald & District,
- Hampton,
- Doncaster,
- Oakleigh
- Nunawading



This is what 60kgs of coins look like in a heap and in security bags ready to be sent off for cashing in for UNICEF. Fantastic effort !!!

We now await the news of how much the collection was worth which usually takes about six weeks.

Report by Ron Brooks

STAMPS



Even if you only get a few stamps a week, collect them and give them to me. John McPhee, Bill Marsh, Joan Harper do. Please collect your stamps. It's a no cost project, easy to do. Just cut around the stamp by about 1 cm and pop it in a spare used envelope and bring them along to me on club night then Robbie drops them off at Carol Farmers when I have a large batch..... Easy!!

FOREST HILL'S FELLOWSHIP COOK OFF !!

This is the plan. Each month I will be looking to publish a recipe with photograph of an entrée, or main course, or dessert. They can be submitted from the Newsletter readership of members, honorary members, and friends of Rotary. I am asking for 4 entrees, 4 mains and 4 desserts. Then next June we will choose one of each by vote. The winning three will then be prepared by the cooks who submitted them at a combined dinner and **the invitees will be those people who submitted recipes that appeared in print and a partner of their choice.** Costs for the night will be shared by attendees.

SO IT IS OVER TO YOU. THE FIRST 12 RECIPES ARE THE WINNERS.

(The photo can be scanned from a recipe book if you like)

PRIMARY SCHOOLS' SPEECH CONTEST EDITOR'S REPORT

I know John did the official report on the PSSC but it is the editor's prerogative to write stuff. I, like everyone there was just so impressed by Glenys's efforts in harnessing the skills of Bill, Ray, Bob W.... the list goes on....

What can I say..... this is the third year we have run this event and it is just one of the best things we do all year. To hear young people speak with such amazing confidence, what talent plus dedication and hard work to perfect their speeches. Everyone played their part. Glenys who orchestrated it, Bill who produced the handout package to every parent and the colourful hand out programme, Barbara who organised all the food (donated by all our members) and Pres Bob who was masterful as the MC and gave a well timed talk about our Youth programme. Ray once again did the photography and provided Huon pine pens for all toastmasters. Burwood Heights hosted us and provided all the school facilities. Michael Sukkar once again showed how supportive he is to these local school events, fantastic Michael. Denise Massoud represented the City of Whitehorse and Peter Cummins as AAG represented D9810 and gave out certificates. Toastmasters once again provided the judges and of course Marlene Sinclair is tireless in coordinating the Toastmaster support plus acting as MC for the speaking part of the night. Marlene is ex RC of Croydon and has been in Toastmasters for 22 years. She told me they are looking after 10 of these events this year. But..... it's all just a background to the Main Event ie the speakers.

There were 12 speakers from six schools on a range of topics

Mashal & Belinda from Burwood Heights Primary
Jasmine & Eliza from Blackburn Lake Primary
Lizzie & Margarita from Parkmore Primary
Jack & Jessica from Weeden Heights Primary

Jemma & Emily from Whitehorse Primary
 Ellen & Andrew from Mt Pleasant Road Primary

Yes that's right..... 2 boys and 10 girls. Many spoke without notes for their 3 minute speech and we could learn so much from them, they were so well prepared that many finished within 5 secs of the allotted 3 minutes.

Topics were

Someone I admire (Malala Yousafzai, Katy Perry, Rosa Parks, and my Mum)

If I could change the world (stop all wars, eliminate child poverty)

I like Daydreaming

Australia is a great place to live

Its always the right time to

Belinda, Burwood Heights with her talk on Stop all Wars just pipped Jack, Weeden Heights who wanted to Daydream while Ellen, Mt Pleasant Rd spoke on her Mum to come in third. The judges thought the standard very high. They said of Belinda "very persuasive", "no notes", "good clear voice", and "use of humour". Jack had a "very enthusiastic voice", "humorous ideas", "good eye contact". Ellen's speech was "well delivered", well developed" and "very happy facial expression".

It was an excellent night for fellowship and an opportunity to talk to parents.

Don't just take my word for it, ask anyone who was at the night, just don't miss next year's Speech Night. And..... you can go to the finals later in the Rotary year. We started at 7pm and finished at 9pm. But everyone was there early, they wanted a good seat.



Councillor Denise Massoud, Principal Esther Wood (Burwood Heights), Marlene Sinclair of Toastmasters with Pres Bob and Belinda & Mashal the Burwood Heights speakers.

Report by Ron Brooks

OUT AND ABOUT IN MELBOURNE

[I would love to receive reports from any readers of visits to exhibitions, cinema, theatre, ballet, days out in the country – I promise they will be published to give ideas where others might like to go].

FOREST HILL FELLOWSHIP FRIDAY NIGHT at the MOVIES

Last Friday was our regular monthly Rotary Club movie night, the **first Friday** in the month. There were 5 movies with very good writeups, so hard to pick one out. The attendees split into two camps. So after a large reasonably priced meal at Melba's we went our separate ways.

TRAINWRECK

Either 3 ½ or 4 ½ stars depending on the report. This romantic comedy had some very sharp lines, funny sex scenes, and sloppy sentiment. Amy Schumer is a modern pop culture phenomenon who seems both wholesome and corrupting no filter with startling confessions slipping out whenever she opens her mouth. Her movie persona is just like her TV and stage stand up comedy persona. Shumer plays a 30ish NY writer working for an appalling men's magazine. She has a busy sex life, drinks too much, and smokes pot. Her behaviour stems from her erratic father who in a flash back explaining his errant ways and his divorce, says to his two little girls, "you like your doll, don't you?". Well what if I said, "for the rest of your life you cannot play with or even touch any other doll even if your friend has a nicer doll, or your doll gets old and tired and worn out and you cannot get a newer doll, or you are away from home and you haven't got your doll with you and yet you can't play with any other doll until you get home". His two little girls agreed it wouldn't be fair !!!!

But then Amy meets and falls in love with a nerdy, level headed, sexually unthreatening doctor and at the beginning can't handle it. It is a love story and it has a happy ending. Loved it. Yes, there is a bit of sex and yes, there are some bad words but it was an enjoyable romp with some smart messages. I'd recommend it.

Ron Brooks

ANGREJ

Bill marsh has promised a report on their film choice

ANNUAL SUBS FOR 2015/2016

At the board meeting last week, it was decided that the annual subs will be **\$270** for this year. Due to the treasurer skipping off to warmer climes for about 2 weeks he won't be able to send out formal invoices until he returns, so Acting Treasurer Ron would love to see a flood of cheques from members. If you wish you can direct credit the amount to our Bendigo Bank account at BSB 633108, account number 1418 41288. Please note that a formal invoice will be sent to members in due course.

Note from Warwick Stott

ROTARY FOUNDATION

It was another record-setting year for the Foundation. We have just learned that clubs throughout the world have raised over \$123 million for the Annual Fund in 2014-15.

FOREST HILL WEBSITE

Have a look, give me some ideas, send me a story to put on, give me some photos, give me some feedback, tell me what is missing. www.foresthillrotary.com

DON HULLAND - UPDATE

Don is now permanently in a nursing home and he told me that Vic Roads have taken his driving licence off him because he is a diabetic and so he cannot drive. He is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409 530 435**. Please give him a call as he misses our fellowship.

CLUB OFFICERS & COMMITTEES

	2015-16
President	Bob Williams
Vice President	Stuart Williams
Secretary	Ron Brooks
Treasurer	Warwick Stott
President Elect	John McPhee
Sergeant	Stuart Williams
Foundation/International	Chris Tuck
Members	John Donaghey, Stan Harper,
Youth Service	Glenys Grant
Members	Ray Smith, Bill Marsh, Graham Sharman
Community & Vocation	Bob Laslett
Members	Stuart Williams, Gary Baltissen, Ron Brooks
Membership & Publicity	John McPhee
Members	Warwick Stott, Bob Williams,
Fellowship	John Donaghey
Primary Schools Speech Night	Bob Williams
Programme	Ray Smith, Gary Baltissen
Bulletin Editor	Ron Brooks
Web page & Facebook	Ron Brooks
On to Conference	Stuart Williams
Historian	Stan Harper
Almoner	Graham Sharman
Public Officer	Bill Marsh

Newsletter articles to the editor at ronbrooks1942@gmail.com by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.