



Rotary
Club of Forest Hill



Weekly Newsletter

foresthillrotary@hotmail.com

President Bob Williams



Be a gift to the world

Number 8

24th August 2015

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary@hotmail.com

Website:

www.foresthillrotary.com

Meeting location:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
24 th Aug	RYLA, Richard Worsley	Chris Tuck	John McPhee
31 st Aug	Bucatini Night a la carte John Elrington Box Hill Central to speak at 6-30 on upcoming Women's Forum for a few minutes <i>with Partners</i>		Bob Williams
7 th September	Kokoda Track <i>Stephen Fisher</i>	Bill Marsh	Bob Williams

THIS WEEK'S CELEBRATIONS



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 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

BOB'S BANTER

Another small in attendance meeting but large in interest for us all as we gained an insight into the important program run by Sonali and Paul for Crossways LifeCare.

Great to have Peter Cummins (Acting (up?) Assistant Governor) and Kevin Grigsbey there as well to swell our meagre numbers.

Glenys has put it all in her wonderful meeting report later in the edition.

Ray always manages to bring to us an amazing array of speakers.

Well done Ray.

John D spoke of the Peridot production this Friday 22nd August, "Lend me a Tenor" and my friends, Russell and Marcia (Russ is the vintage car enthusiast who spoke to us last year) saw the show last week and thought it amongst the best Peridot production for some time. Praise indeed!

Great news that Stan is back home after three months in hospital and just in time as I overheard the Hospital Administration saying that if he was there any longer they would need to put him on their fixed asset register and depreciate him annually along with the rest of the furniture.

He and Joan are having the various health professionals come to aid in his rehab and as I left, he was about to go for his regular walk around the house. Joan will have her cast taken off her wrist in a couple of weeks so that will be good for her. They would appreciate anyone having the time to go and visit them.

Stan and Joan say they will **definitely** be at our 14th September meeting/40th anniversary/DG visit.

Ray has things well progressed with the special event with invites out to all our past members etc.

Please assist him by advising if you are attending. \$28 per head with acceptances to him at rcssmith@optusnet.com.au or phone 9878 4891 by the 31st August please.

At the recent District President's dinner meeting at Mulgrave, amongst many tidbits of useful information, we learned of some of the details the District conference next year which will be held at the Riverlinks Eastbank Centre, Welsford Street, Shepparton 18th to the 20th March 2016.

Some of the keynote speakers will be John Silvester ("Sly of the Underworld"), Caroline Overington, Journalist, Prof. Gordon Wallace, Science, Paul Sheahan (ex test cricketer) plus many more. Saturday night gala dinner theme will be "My Favourite Television Show" and I wonder if any club will be bold enough to come as the "test pattern?" Hhhmmmm!

Heritage week is coming up on the 10th to 17th September with more about this later in this edition.

We have had so many wonderful comments about our very successful Primary School Speech night so I'll publish some of these later in this edition. John Elrington from Box Hill Central club contacted Ray to ask to speak to us about an upcoming Women's Forum and as we have so many speakers already booked up, the best spot was that if John addresses us at our a la carte night on the 31st August. So, as it would be good for our partners to also hear what he has to say, it is suggested that we'll all meet in the rear room 6-15 for 6-30 and start with John addressing us for a few minutes then our partners can gravitate into the main restaurant and we'll knock over any urgent stuff then join them. John has been invited to stay and have a meal with us if he chooses.

At our board meeting we decided to take on both RYDA and progress the Interact enquiry with Kingswood College and proceed if they are committed to running with it.

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 John Elrington from Box Hill wants to briefly tell us and our partners about the upcoming Women's Forum at 6-30 then we all retire into the main restaurant for our a la carte meal. Advise Ray of numbers please.
- 21st Aug. District Foundation Seminar
- 4th Sept. District Youth Seminar
- 14th Sept. DG visit and our 40th anniversary

LAST WEEK'S MEETING

17 August - Meeting Report.

Chair Warwick Stott welcomed seven members, and our visitors Acting Assistant Governor Peter Cummins, Hon Member Kevin Grigsby, and Speakers Sonali Wijesinghe and Paul Beddoes from Crossways Lifecare services.

President Bob Williams gave a report on future activities. These include presenting the PSSC trophy to the winning school, Burwood Heights, and the upcoming award presentations to the three winning students. He also mentioned District upcoming events. Next came Program reports, showing the excellent progress the club is making in each area, despite the small membership.

Sergeant Stuart Williams managed to raise \$26.00 from the appreciative audience, and the raffle, \$29.90.

Our Speakers, who are Crossways Lifecare workers, were then introduced.

Paul Beddoes is an experienced Community Worker and the Team Leader of the COACH program (youth and family) at Crossway LifeCare and Sonali Wijesinghe a Social Worker and the Youth Coordinator within the program

C.O.A.C.H stands for creating opportunities and casting hope. It has 18 sites across Australia. It is a community mentoring program which aims to support and provide early intervention for people in our community experiencing life challenges. The programs are both family and youth specific, matching volunteer mentors with young people/individuals in the community that feel they might benefit from this form of support. Through goal focused mentoring, they create space for people to explore their strengths, try new things and step towards a brighter future.

Our Speakers highlighted the following in their work:

- The Counselling service supported 350 clients last year.
- 65 volunteer coaches are involved
- Volunteer coaches are fully trained to provide services
- Coaches meet weekly with their clients for a period of approx. 12 months.
- Coaches see their role as empowering participants to identify and build on their own strengths and to help them visualize a better future
- The service is supported by grants, donations and Bapcare
- The service links with other appropriate services when necessary.

Success of the Mentoring Program is shown in the following statistics from a Survey of 153 young people aged 12-15 across 34 youth mentoring programs.

- 93% now know where to go for help.
- 90% have a more positive view of their future
- 87% feel more confident
- 81% attend school more often
- 70% have a clearer idea of their future pathways
- 78% are less likely to use drugs and alcohol
- 75% know more about the education/training/work options open to them.

Questions followed. Our enthusiastic and dedicated Speakers were thanked and each given a presentation gift of a Ray Smith handcrafted wooden pen.



Glenys Grant

Editor's note. Bad luck Paul, as Ray forgot to put on his flash when he took your photo so not able to publish!

COMMENTS ON OUR PRIMARY SCHOOLS SPEECH NIGHT

Jason Walker, Principal, Blackburn Lake Primary "Many thanks again Bob and Glenys for inviting us to such a wonderful event" "As was commented on the night, modern children are given wonderful opportunities that weren't available in years gone by and it was terrific to see the children rise to the challenges of public speaking in a confident, articulate and poised manner. Thank you for nurturing this growth."

Esther Wood, Principal, Burwood Heights Primary "Thank you. You all do such a wonderful community service."

Kylie Campbell, Principal, Weeden Heights Primary "We thank you for the support of our young students and appreciated the work you put in to create an opportunity for them. It is reflected back at the school as we do run a speech competition across our school during this time. We all benefit."

Councillor Denise Massoud "Many Thanks. I will include a mention of FH Rotary's great work in my next column. It was an outstanding event and the students were very impressive."

Peter Cummins Acting Assistant District Governor District 9810 "Your abilities to bring this program to such a great conclusion should be commended. A job VERY well done.

The night was fantastic and let me add my congratulations to all involved."

Peter also suggested that we send a piece on for the DG Newsletter.

SERGEANT'S REFLECTION

Stuart quoted from a piece by Jesse Fink about courtesy and the advantage of speaking to people face to face, writing cards to people, smiling etc etc.

He concludes with "The pay-off is feeling good and making others feel good, too and in our stressed out world, what could be better than that." Nailed it again Stuart!

Chris and Warwick Stott

Cruising the Kimberley Coast

If you want a 10 day break from no television, internet or mobile phones, or any sign of townspeople, cars or buildings, and you want to see nature on a coast, this could be for you. We boarded an expedition ship with about 100 other people, mainly Aussies and Kiwis, at Broome, with the knowledge that there would be some wet landings from Zodiaks, and finished in Darwin. During the trip we saw the 4 Lacepede Islands, being the major breeding area of brown booby birds and green turtles, with no apparent fear of humans; then Talbot Bay which has the 2 horizontal waterfalls, caused by the 11 metre tides rushing through 2 in-line gaps in the sandstone cliffs, being 8 and 12 metres wide with the inside bays being about 6 km square, which at its mid tide is flowing out at about 1,000,000 litres per second, producing bomboras on the downside – we went through when it was just starting to swirl. We next saw Wandjina style aboriginal rock art, and contact art, and on a later day the totally different Bradshaw Gwion Gwion art, which has been dated at over 17,000 years old. We were lucky enough to see the Montgomery coral reef about 80 kms long which is covered by water at high tide, but rises out of the ocean as the tide goes out, producing rivers of water in the ocean, in which turtles abound. We also saw humpback whales and bottle-nose dolphins both of which put on a display for us lasting about 3 minutes. The next day we took a helicopter ride – no doors or safety bars, just seat belts – to the multi-tiered Mitchell Falls, then a Zodiac trip up the Hunter River looking for crocodiles and bird life. Another day took us by boat up the King George River to the base of the huge single drop falls (with no water flow at all at present) but en route dugong were seen, also rock wallabies, and majestic rock cliffs. Our final day took us to Wyndham and Kununurra from where we went to the Argyle Diamond mines (which will close in about 2020 when they run out of diamond pipe). During the

In conclusion, a wonderful trip with about 5 marine biologists and brilliant photographers (including one who worked with David Attenborough in the Arctic) accompanying us at all times including in the Zodiaks and giving talks and slide shows.

Warwick Stott

Editor's note – You mean you two actually spent two weeks without thinking of sheep dip, shearing and crutching?
Baaahhhh!

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)

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

PERIDOT THIS COMING FRIDAY 22ND AUGUST.

THANKS KATHY AND JOHN DONAGHEY FOR ORGANISING.

As I have a District Foundation Seminar to go to that night Barbara is taking Heather Bremner so I'm sure they will both enjoy the show. Ed. Bob

ANNUAL SUBS FOR 2015/2016

It was decided that the annual subs will be **\$270** for this year. Please pay up if you haven't already. 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

CLUB OFFICERS AND 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 acting editor at bandbwil@bigpond.net.au by 5 pm Wed please.

The queue for the “Come Home Soon Ron” campaigners who appreciate the high standard of his newsletter may be long so I’ll institute a numbering system and advise in a later edition.

Temporary/acting/semi permanent editor Bob