



President: John McPhee

Number 9

29 August 2016

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary1975@gmail.com

Website:

www.foresthillrotary.com

Meeting location:

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

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

Forest Hill Rotary

CLUB PROGRAM

Date	Event	Chair	Thanks and Meeting report
29 August	Bucatini with partners		
05 September	Days for Girls <i>Margaret Cunningham</i>	John McPhee	Nancy Notman
12 September	DG visit and Club Birthday <i>DG Carol Lawton</i>	Stuart Williams	Mike Finke
19 September	One Year as a Health Volunteer in Mongolia <i>Lynette Phuong</i>	Mike Finke	Bob Laslett

THIS WEEKS CELEBRATIONS

This week brings us John and Cathy Donaghy's anniversary on the 24th, as well as the birthday of Bill Marsh's wife Judy, on the 26th.

DUTY ROSTER

	August	September
Recorder	Stuart Williams	Ron Brooks
Greeter	Glenys Grant	Mike Finke
Emergency	Bob Laslett	Ray Smith
Cashier	Bob Williams	Nancy Notman

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

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.

SERGEANT'S SESSION (HELD OVER FROM THE MEETING ON THE 15TH), COURTESY OF BOB WILLIAMS

August is Membership month.

Membership retention is just as important as membership gain and from speaking to our newer members over the years I'm sure we can do a better job for these important new members.

Members leave for either personal reasons such as financial restraints, job transfers, health problems etc and a club has no control over these.

The main club reasons new members leave:

- No pre-induction education about the responsibilities of membership
- No new member orientation program.
- Fellowship expectations not being met.
- Unconnected to the club's activities.
- No mentoring.

We need to educate our new members, care about them and communicate with them and I believe we don't do these things as well as we might.

Each club does things differently, Stuart and I attended Manningham last week and they for example rotate their sergeants weekly and have a brief session at the end of their meetings. In many clubs the President chairs each meeting, etc.

It has been suggested that we should make a dot point list of the way we run our club meetings and this could then be given to the new member by their mentor. Explaining is fine but soon forgotten so I think the idea of a written brief list would be an advantage.

For example, we expect members to rotate duties as cashier and recorder monthly so we need to list what these duties involve.

We expect members to rotate weekly chairing meetings with one to chair and another to thank our guest speaker and write the meeting report which is a huge task, particularly for new members.

We do organise a mentor for our new members and try to put them into a committee that suits them best but we then need to note that they are expected to attend the monthly committee meetings, when they are scheduled and so on.

New members bring new ideas to the club, they have questions and expectations which grow our club. Older members need to listen, acknowledge and consider.

Most of all, we older members need to be patient and caring with our new members and treat them with the respect and patience we may or may not have experienced when we first joined.

Bob

JOHN'S JOTTINGS, COURTESY OF OUR PRESIDENT

What a great speaker we had, talking to a subject which most of us would not discuss. Thank you Ron for introducing us to Jenny McGuirk, an ambassador from Austin Health's "Advance Care Planning program. She put out her message with clarity and feeling. Our next meeting is our 5th Monday partners a la carte fellowship dinner in the main restaurant.

This week we see the great departure with Bob and Glenys depart for different parts of the globe and we wish them safe travelling.

Our sergeant did us for \$24.20 for the foundation and the raffle was won by the guest speakers assistant. Talking about the raffle it was raised at the board meeting that our perceived costs could be a put off to some potential member, and that we should review our practice.

Options are:

- 1) Monthly,
- 2) bi-monthly,
- 3) weekly,
- 4) or not at all.

Would each member please e-mail Bob bandbwil@bigpond.net.au in reply to gauge member wishes. It is also pointed out the participation in the raffle is voluntary anyway.

Markets. We are still homeless, but in discussion with council authorities and the rail crossing authority, and hope to resolve that this week. Latest suggestion from council is part of one of the 4 parking areas behind the shops. We will have a very busy weekend September 10th & 11th with our 2 markets plus the Schwerkolt Cottage sausage sizzle followed by the DG 's visit to our meeting on Monday the 12th.

Also it is important to support the membership committee for the up -coming membership night on September 26th which is fast approaching.

Meeting closed on time with the thought for the week

Your mind is a garden, your thoughts are seeds, you can grow flowers or weeds. Don't forget to water it.

LAST WEEK'S MEETING (22nd August)

We had a good roll-up with three visitors.

Sgt raised over \$24 and the raffle was won by the guest speaker's assistant, Catherine.

Sgt Bob asked us to comment on "our most memorable moment" from the Rio Olympics.

The Guest Speaker was Jenny McGuirk, from Advanced Care Planning, Austin Health. Jenny explained that medicine can do a lot more now than 15 years ago and so we need to plan for the end of life. That planning required 3 Major Parts.

1. Conversation –or "THE Conversation".
2. Substitute decision maker
3. Legally putting it in place

The conversation: First with ourselves about the end of our life (people can have a stroke at 30+yrs). We need to think about what we see as quality of life. What sort of things give us meaning and purpose. A statement like – "If when I recover I am not going to have the quality of life I value – then let me go.

The trusted decision-maker: Maybe not your mum, or partner. These people might "love you too much to let you go". We need a "substitute decision-maker" who will do what WE want.

Needs to be somebody who is good in a stressful situation.... Maybe not a family member or partner.

The wishes (desires) are not set in concrete and they can move and change as our health changes. The conversation can be on-going and can be held anywhere.

The legal bit is about putting it in writing. Having an enduring power of attorney- under the medical act, makes it legal. Without that doctors implement a list to eventually find "the person responsible", and that person is not necessarily the next of Kin. If there is a desire to "donate tissues and /or organs, having it in writing is essential. If just one family member does not want that – it will not happen.

The hospital would be delighted if the family says, "Is this a situation where tissues can be used?"

These forms should be reviewed each year.

An interesting and informative meeting.

Stuart Williams



DIARY DATES

Saturday, 10 September	Blackburn Market (in some form or another)
Sunday, 11 September	Whitehorse Farmer's Market
Sunday, 11 September	Schwerkolt Cottage
Monday, 12 September	DG's visit

If it isn't already in your diary, please put the 12th and 15th in as we will need good support for the sausage sizzle on Sunday, as well as members on the Thursday as per the duty sheet handed out on Monday.

The speaking contest will be the same format as last year and the same venue, Burwood Heights Primary School (Hawthorn Rd & Mahoneys Road, East Burwood VIC 3151).

FOREST HILL COLLEGE BREAKFAST ROSTER

30. Aug	Robbie	Barb
6. Sep	Robbie	Barb
13. Sep	Robbie	Kevin

ROTARY MONTHLY THEMES

August	Membership
September	Education and Literacy
October	Economic and Community Development

MEMBERSHIP

As we stare down the barrel of our big event on the 26th, please remember that it's incumbent on each of us to reach out and find a prospective new member. Pertinent details should be forwarded to Warwick Stott as soon as you can get your grubby mitts on them.

FOOTY TIPPING

Our Footy Tipping competition has one more round to go. Just like the AFL, the race to be champion is on in earnest. It has been a close and lead changing competition for most of the year. A couple of times Cyril got to kick with the wind and jumped ahead. Mark Bailey, up in Tatura ebbed and flowed just like the water he controls out of Eildon. Forest Hills answer the Juddy and Bec, or Posh and Becks, (Barbara and Bob Williams) have been at the top all year. Barbara's "footy book" has every piece of info that could possibly affect the results and is updated every Thursday night.

Well, all that matters for nothing now – the stage is set, the money will go to the smartest, bestest, and flukiest this coming weekend. Mark is on 143, Rob Roles and Cyril Yardin are on 142, Demon Bob, suffering depression after his beloved Demons went down on Sunday is one point ahead of Barbara on 140. Good luck, good tipping to all. Hope Katolo school in Kenya won't care who wins, but they will appreciate the money put in by all our tipsters. Thanks for participating. It is so easy and is good fun. Go Cats.
Stuart

ARTICLES

Until further September 19th, please send any articles, events, pithy quotes or rants to your newsletter editor pro-tem, Mike Finke, mmfinke@gmail.com.

EXTRA BITS

It's all warm bodies needed for the Schwerkolt Open Day on the 11th of September. Share the link on facebook as here: <https://www.facebook.com/schwerkoltcottage/#> (which includes information about the open day) or Whitehorse Council's information page as here: <http://www.whitehorse.vic.gov.au/schwerkolt-cottage.html> which include history and a detailed map. Any roped-in relatives or associated hangers-on truly appreciated.

The google group is still not up to one hundred percent on invitations received, so if you're waiting for a good occasion, this is as good as any. Just hunt around in your inbox for "rcforesthill" and follow where it takes you.

Sneaky side project: A tiny pilot episode of a weekly podcast for Rotary Club Forest Hill has been produced. RSS feed link for your podcasting software here:

<http://feeds.soundcloud.com/users/soundcloud:users:248951819/sounds.rss>

Or direct link to the MP3 here: <https://soundcloud.com/mike-finke-167583478>

I've taken a short one-minute grab of our speaker from the 22nd and will attempt to put a second episode up shortly. Audio quality WILL improve if the project receives any approval at all.

I may be tweaking the format of the flyer next week. I await howls of complaint.