



FOREST HILL HAPPENINGS

No 09

President: Sue Ballard

26 August 2020

FROM THE PRESIDENT'S DESK

On Wednesday, 26th August it is International Day of the Dog. Most of us either have, or had, a canine pal in our lives. I have at all stages of my life. We know from experience the unconditional love and dedication we receive: not only providing us with companionship but improving our lives through exercise and mental health. Lucy is an integral part of our lives. My family and friends sometimes include Lucy before they include me, in their social gatherings. She has become a mascot, of sorts, amongst my former colleagues, especially when they are having a stressful day. Just going for coffee results in groups of strangers just wanting to give her a pat. A true community spirit.

To all those working dogs who provide an invaluable service, whether on a farm, at customs check points or working with law enforcement or the military, we give you a big thank you. To those dogs who help at hospitals, nursing homes, with disability groups, assistance dogs for visual and hearing impaired and those with post-traumatic stress, we give you a big thank you, also.

Dogs have become an important and influential part of our life. So, a big pat and a scratch behind the ears to all those furry friends for a good job.



Lucy, flat out raising money for the Guide Dogs!

As at 25 August 2020 Africa will be declared polio free. It has been a long fight with many obstacles but the results are in. Congratulations to End Polio for achieving a great result.

Some of you may have known Box Hill/Burwood club member Mervyn Agnes who passed last week. Mervyn was a member of Rotary 58years.

Please check that any Rotary logos and branding are the current ones. Please check webpages, Facebook, correspondence and any other items. To check what is current please refer to the branding area on the Rotary website.

Stay safe. Sue

MEETING REPORT & GUEST SPEAKER

Chairman Bill opened the Zoom meeting at 7pm and asked Ron to introduce the guest speaker Kelly Donnelly from the Heart Foundation (www.heartfoundation.org.au) who is the Heart Health Coordinator-Warning Signs. Her formal training background is as a dietician. We also welcomed Glenys Coates, Roger Davis, and Judy Laslett.

Kelly gave a 20 minute PowerPoint presentation that was so easy to learn from and she kept her message simple and easy to understand. She suggested we go to the website for further information. We quickly learned that two thirds of Australians are overweight or obese and that the average Australian gets one third of their daily energy intake from discretionary foods ie junk food. But she quickly added that you should not feel guilty about not always eating the right food, think about your food intake on a weekly or monthly basis and so if there is a special night out or party then relax and eat and enjoy.

She told us about Five Patterns

1. Fruit and vegies. Try and have at least 5 serves a day (a serve is fist size) and she told us most Aussies do not meet this recommendation. Half your plate should be full of vegies and aim for whole grain over refined ie brown rice not white rice.
2. A variety of protein sources including legumes and nuts. Trim off visible fat and steer away from marbled red meat. Remove the skin from chicken. Aim for no more than 350gms of red meat a week (that would make two or three meals) and aim for two lots of fish (oily fish are preferable), perhaps one serve of chicken or pork and perhaps have barley, chick peas (hummus is great for you), split peas as your protein source a couple of times. White meat is OK for you. Eggs are fine but if you have type 2 diabetes or high cholesterol then limit them to no more than 7 per week.
3. Dairy. Reduced fat items are no better for you than full fat if you are healthy but have reduced fat if you have diabetes or other health issues. It is important to not have flavoured milks or yoghurt which have very high sugar contents.
4. Healthy fats. Oil from nuts, avocado, olives, fish are good.
5. Herbs and spices as an alternative to salt.

She showed a picture of a plate which was half full of vegies, a quarter full of carbohydrate and a quarter full of lean proteins and told us to keep that in mind.

Kelly told us about the Health star ratings which are voluntary and go from ½ star to 5 stars (the best). Many foods will not carry a rating as companies may not like to put a ½ star on their food if that is what they got rated at.

In question time we learned that having good genetics is something to aim for !!! Butter raises cholesterol so it's better to go for olive oil, hummus, avocado (tell the French that !!). Coconut oil raises cholesterol so better to use olive oil. Sugar is in so much of the foods we eat (pastry, sauces, fruit juice, jam, breakfast cereals) so we should aim for it to be no more than 10% of our daily energy intake. Chocolate is OK in moderation but go for 70 or 80% as lower levels contain too much sugar. Red wine is OK, it's the alcohol in red wine that is the problem so minimise intake.

Her final message is just try changing one thing in your diet each week slowly converting to a better overall intake. Enjoy the food you eat and don't feel guilty by having a non-healthy meal every now and again.

Kelly was an excellent speaker clear, knowledgeable, easy to follow, non-judgmental. Thanks Kelly.

We then had a five minute break and started our club meeting at 7:40pm.

President Sue opened the meeting with her reflection on Dogs as Wednesday 26th Aug is National Dog Day. So, we all wish Lucy a happy day with the wish that she gets spoilt (for a change??). We toasted both Australia and RI in a variety of drinks from water, tea, coffee, coke, and who knows what was in some of the cups members were hiding.

There were no reports from Treasurer, Secretary, or our Four Avenues of Service apart from Bob L not yet knowing if our Polio contribution got one of the District matching grants. Ron reported who our next two week's speakers were and that we have our first interstate speaker on 21st Sept from Canberra, an artist who started a project for Nepali women 10 years ago (www.acolourfuljourney.com). I suggest you have a look at the website.

Ron also reported on the successful AFL Grand Final sweep on which ground the game will be played. It is reported on elsewhere in this Happenings. We raised \$285 for a Women's Refuge in the City of Whitehorse which Bill proposed to be raised to \$500 with a club donation. The club kindly agreed. Women and children have a hard time of it at times and are desperate by the time they seek help from a refuge. The Covid lockdown makes this even more of a problem. Raylene Carr helped me with finding a local refuge that helps women and children and she also kindly donated \$50. A big thanks to everyone who contributed as during the lockdown our club fundraising has come to a halt.

We then had a sergeant's session run by Serg. Bob W. You could say that one of the things we have missed the most since reverting to Zoom meetings over Face to Face are Serg. Bob's jokes you could say????? He has lost none of his fitness during his lay off. Was he practising his unique talent on Barb?

Poor Barb



The meeting closed at 8:10pm and then lucky for some people they were then going to have a Zoom Board Meeting.

Ron Brooks

**August is Rotary Membership month.
Have you found a new member?**

NEXT MEETING

Our next meeting will be via Zoom (7.00pm) on August 31st when Konrad and Mimi Ermert will speak to us about Aphasia.

A link to join the meeting has been sent.

Contact me if you have any problems.

Join RCFH Guest Speaker Zoom Meeting – 7.00pm.

<https://us04web.zoom.us/j/7023517430?pwd=MUwYREFUWUcwS0dXVEh1dURSK3c4QT09>

COMING UP

- 31st August Konrad & Mimi Ermert - Aphasia
Note: Today is the start of National Stroke Week
- 7th September Martin Forrest - End Hepatitis Now
- 14th September DG's Visit & Club Birthday

CONGRATULATIONS

Hi Stuart

Congratulations to you and the members of RC Forest Hill on obtaining a RI Citation with Presidential Distinction – Silver.

The RI Citations will be emailed to you, either from myself or direct from RI.

When you receive the RI Citation, can you please let me know when you will be presenting them to your club members. I would like to attend the meeting if possible, to personally congratulate you and the members on their sensational year.

Kind Regards

Shia

Thanks Shia, and 'Well Done' to all of the hard-working Club Members.



- Your personal information is valuable, scammers will try to steal it.
- Scammers can use your personal information to steal your identity for personal and financial gain.
- You have a lot to lose—not only money but once lost it can take years to recover your identity.
- Keep personal information private. Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust.
- Lock your mailbox.
- Shred any sensitive documents you no longer need.
- Check your credit report using a reputable credit reference bureau at least once a year, this can help you catch any unauthorised activity. Visit The Office of the Australian Information Commissioner for information.
- If you're unsure if a contact is legitimate, you should not provide any personal information.
- Report a scam—it can help others from falling victim.

KEEP SMILING

GUESS WHAT?

If you can start the day without caffeine,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining about your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him,

If you can resist treating a rich friend better than a poor friend,

If you can face the world without lies and deceit,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong,

If you can say honestly that deep in your heart you have no prejudice against colour, creed, religion or politics....

Then you're a dog.

SOME WISE ADVICE

1 * Accept the fact that some days you're the pigeon, and other days you're the statue!

2 * Always keep your words soft and sweet, just in case you have to eat them.

3 * Always read things that will make you feel good.

4 * Drive carefully... It's not only cars that can be recalled by their maker..

5 * If you can't be kind, at least have the decency to be vague

6 * If you lend someone \$20 and never see that person again, it was probably worth it.

7 * It may be that your sole purpose in life is simply to serve as a warning to others.

8 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

QUOTES TO PONDER ON!!

"Half this game is ninety percent mental."

--Philadelphia Phillies manager, Danny Ozark

Outside of the killings, Washington has one of the lowest crime rates in the country,"

--Mayor Marion Barry, Washington , DC ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,

"Traditionally, most of Australia 's imports come from overseas."

--Keppel Enderbery

While we are stuck with Zoom meetings

Pros

- No travel required
- Can have guests from anywhere – former members and friends of the club
- Can have speakers from anywhere
- Speakers are more willing to attend as there is no travel time.
- Meetings cost less as there is no venue hire or catering costs
- Fellowship is strengthened
- Meeting attendance is higher
- Members have a strong feeling of connection
- Older people and those with mobility challenges can join in
- Using "chat rooms" for fellowship can allow members who don't usually mix to get to know each other better

Cons

- Not the usual fellowship in meetings
- Not an easy option for those with few computer skills
- Impossible for those who do not have a computer or smart phone
- Side meetings are harder to arrange (some agreed that this may also be on the pro side)
- Some individuals are just averse to the idea

Courtesy of "Open Doors"

FUNDRAISER

The sweep is done and dusted. All we need now is to know where the game will be played and, believe it or not, COVID – 19 may play a role in the final decision. I still haven't given up hope on Geelong and young Maccy is looking good at the Gold Coast. I think Judy is an outsider with Cairns.

The raffle raised \$285 for the Women's Refuge and the Board increased that to \$500. Thanks to everyone for their support and to Ron Brooks for his idea and organisation.

No further entries to the sweep can be accepted. However, we would welcome any donations which can be added to the \$500.

Check out the work of the Refuge on www.fan.org.au

GRAND FINAL SWEEP



The  burning 

question



**Where will the Grand Final
be held?**



Darwin? Wellington? Hobart? Gold Coast? Perth? ??????

Winner(s): 25% of the pot



All punters will get one of 14 grounds
chosen at random by an Excel
algorithm.

75% will be donated to a
Women's Refuge

in the

City of Whitehorse.

Send your money to

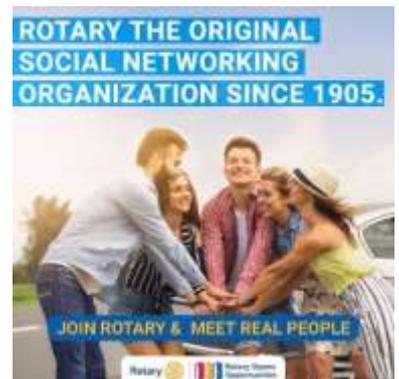
Rotary Club of Forest Hill Fundraising

BSB 633 000, a/c no. 1418 41338 Surname with initial as
reference

IMPORTANT: Email payment confirmation to
ronbrooks1942@gmail.com

AFL Grand Final
Sweep

1. MCG
2. Perth
3. Adelaide
4. Sydney
5. Gold Coast
6. Brisbane
7. Geelong
8. Canberra
9. Freemantle
10. Darwin
11. Alice Springs
12. Launceston
13. Hobart
14. Cairns



BLACKBURN MARKET – TRADER OF THE MONTH

The Hazelnut Tree is a small business based here in the eastern suburbs of Melbourne producing handmade soaps and body products. Hazel has been a regular with us at the Blackburn Craft Market for eight years and her products can also be purchased from the “Market Fair” 2/794 Burwood Hwy, Ferntree Gully. She lives just around the corner. At busy times she ropes in her children and husband to help on the stall making it a family affair.

As you can see from the photographs, there is a beautiful unique range of soaps poured and cut by hand. She makes her soaps using the traditional cold process method from olive oil, castor oil, coconut oil, avocado oil and hemp seed oil – no palm oil here. Hazel then uses natural colours, plant extracts and essential oils. The range also includes liquid soaps, shampoo bars, moisturisers, lip balms and more. She has an unscented range for people with sensitivities.

Hazel will be happy to talk to you about any of her products as she personally makes them. Come along to the Blackburn Craft market or email her. To make things simple, you can pay by EFTPOS.

Hazel can be contacted by email on hazel@thehazelnuttree.net and take a look at her website www.thehazelnuttree.net

