



# FOREST HILL HAPPENINGS

No 10

President: Sue Ballard

02 September 2020

## FROM THE PRESIDENT'S DESK

Spring has sprung. The weather is improving and there is a light at the end of the tunnel leading us back to a more normal life. We should be making plans now for more active and community focused projects in the coming future months.

I have talked to traders and residents in and around our area and all are cautiously optimistic that the coming months will be a vast improvement on the last 6 months.

We, as community volunteers need to lead by example with a positive and happy response. What projects should we look at? They don't need to be big or complicated. Maybe something that encourages locals to venture out and enjoy what we do have. Maybe a cycle ride or scavenger hunt.

With a focus on the environment, with Glenys as our new Enviro Officer, we should be looking too on how to improve our community. Maybe focus on recycling batteries or tree or garden improvement.

We can make a difference by our positive outlook and 'can do' attitude. The community needs us to show the way.

Sue

## MEETING REPORT & GUEST SPEAKER

### Match report 31 August 2020

Before the scheduled night footy match of the Forest Hill Kookaburras (a talkative club), Ron had arranged our usual pre-game entertainment and as usual we were in for a treat with Mimi and Konrad Ermert as our guest speakers.

Mimi had suffered a stroke in 2013 which she described as "going to sleep and waking in a foreign country."

Aphasia is a loss, or disruption, of speech and often caused by a stroke. She had minor physical problems which she gradually overcame but she could not speak nor comprehend. Her Occupational Therapist took a while to get her going but it was her Speech Therapist who knew she was in trouble. Her lifeline at that time was her I-pad as she loved playing Candy Crush. She was at great pains to make people know she was not mad nor deaf. Her CAT scan shocked her showing the damage to her brain and she was fortunate to have many assist her, including her daughter, although she often became embarrassed at her inability to understand and convey what she wanted to. Back home she thought she was ok to go to the Post Office to buy some stamps but soon realised her inability to make them understand what she wanted.

Communication is like a freeway she said, but for her the freeway was blocked and she couldn't get through. This meant no going to the movies, nor shows and even live TV was meaningless. Her I-pad was again to the rescue using its Voice Over app which speaks items on screen as slowly as required so she could then understand. Mimi suggests that every Aphasia patient should have an I-pad or Tablet.

Konrad then spoke and urged us to be aware of anyone who looks puzzled as they may have Aphasia as there are 120,000 Australians including 30,000 Victorians who are affected and that is why they helped set up Aphasia Victoria. Konrad went on to say that Aphasia occurs in over one third of all strokes which leads to a lower quality of life with the patient feeling isolated and depressed. Aphasia Victoria is run by a volunteer committee and promotes awareness and research. They run a website and print brochures to distribute where possible. They organise planning, group activities and work with Health Authorities and all forms of Government. They have regional hubs, promote gift card programs, a speech therapy app, organise professional support and reconnecting with words.

Konrad told us that he wrote the talk Mimi gave which she rehearsed for a week or two taking out any words she could not handle and reiterated that Mimi can now speak ok but still cannot comprehend as well.

They took questions and I gave the vote of thanks which I must say I struggled with as I became a bit emotional after my own experience, knowing a little of what Mimi has and is going through.

In thanking them I noted their courage and dedication in turning what was a massive negative for them both into the wonderful positive of educating people and government about strokes and aphasia and supporting those who have been afflicted.

Our Zen/Zoom master Bill re-started the match as it was a home(s) game and ruckman Bob L tapped the ball to our centre player, Captain Sue who bounced the ball into the forward line telling us that tomorrow is Spring and a new beginning. She said we should be looking for new things to do when restrictions open and asked us to consider running a Community Walk (or walking a run?) or a bicycle event. Sue and Glenys our Centre Half Very Forward have discussed setting up an Enviro group within the club to emphasise the need to increase sustainability, recycle more and dispose of batteries properly. She urged us to give positive messages to others then kicked the ball accurately for our first goal.

Ruckman Bob again got first use of the ball tapping it to our winger Stuart who as he grabbed possession had little to say as he usually conveys the on-field messages from our coach Alma and Assistant Coach Geoff (who Barb reckons looks much better without his beard). Fair to say that the whole team was shocked with Stuart's lack of talking as he quickly hand passed to our other winger Warwick. Warwick is so well thought of in our League that he is sometimes referred to as a Saint and is allowed to roam the field in his electric golf cart and is also the only player in the League allowed to play in an all wool jumper. Baaaaahhh! Warwick alerted us that our budget is set as a deficit due to our inability to play recent games at Nunawading and Blackburn Station grounds where we always add to our club coffers. He thanked Full Back Bill for his help once Bill had finished his usual can of coke. Warwick couldn't quite get to our goal line before his battery ran out so he hand-balled back to ruckman Bob. Bob had been to a pre-match meeting on assisting overseas players and advised we were one of the successful clubs to have our Foundation donation matched by District. Over \$40,000 raised in District Centurion donations last year and our club donations from Centurion members are included in this wonderful result.

Bob always thinks of others and brings them into the game so instead of kicking a certain goal he hand-balled to forward pocket Chris for him to put it through for a simulated goal from his bed at Box Hill Hospital. Chris had some heart problems many years ago when his heart started beating too quickly and he found that by marrying Jenny he got his rhythm back. His latest issue was solved when doctors X-rayed him and found one of his arteries blocked with what looked like cherry pits, so now with a stent in place he hopes to be back home soon. He did say that Ron was a clairvoyant organising a speaker on the Heart Foundation last week before Chris then had his issue, so he was aware of the recommended daily food portions, etc.

The centre tap went to our Centre Half Very Forward Glenys whom we rely on to promote the Game within our youngsters and as she ran along the outer wing she told us of being in contact with our local Schools re our Achievement awards which now will probably take place at the individual schools which in turn will probably be fewer considering our current restrictions. We know what a straight shooter she is and so after 6 bounces easily dodging around the opposition, she torpedoed the ball through for another goal for our team.

Warwick while re-charging his golf cart on the boundary told us the Membership committee is meeting regularly.

Forward Pocket Ron then took control advising our speaker is to be Martin Forrest for our next pre-match entertainment. The following game it will be our coach Alma and assistant coach Geoff to address us with their update of how our season is going. Ron always provides interesting entertainment which is usually after half time but due to the restructure of the matches, now is beforehand. He has provided many and varied entertainment over many years and even back in the early sixties with his love of all things Liverpool he arranged for four young guys with mophead haircuts led by someone called John, to come out to Oz and perform. Ron has a speaker on Social Media who can only talk on Tuesdays, so we all agreed to change our game to Tuesday one time and maybe combine with another club.

Glenys had attended a Social Media session recently so supported the plan and would like Pat Armstrong to talk to us on environment matters which she does so well. Glenys also said we may soon be eligible for a District Bronze award via our soon to be formed Enviro group.

Half Forward John Bindon who always looks after others, took the ball then gave it off to John McPhee (who has been known to like dress ups) and he kept the ball moving by passing back to Bob as the siren sounded. Kookas won.

Our reliable back pocket Ray takes care of the player list for each match and arranges the pies for after the game. In my thanks to Mimi and Konrad I spoke of the wonderful hand-made wooden pens made by Ray that we usually present to our guest speakers. Ray, we believe is our craftiest and oldest member, who didn't get the ball much tonight but is always reliable and instead of running, he works his way down the ground in a series of slow movements that mesmerises the opposition, which he calls Ah Choo, or something like that. We don't know how old he is or where he got his creative side from, but he did give a clue one time when he said that he finished his schooling in Italy. He went on to say he sat beside and became friends with a guy called Michelangelo who must have been a house painter in Rome (maybe using the Italian Dualuxia paint) as Mike asked Ray to help him with a paint job at a place called the Cistern, or was it Sistine, Chapel to paint the ceiling. Ray helped Mike construct scaffolding so that Mike could do the job, so hopefully it all went well.

With Chris reluctantly retiring from our club as his farm is taking more of his time these days, we all said a few words acknowledging the wonderful work he has done for our

club and our community over the years and we invited he and Jenny to be our guests at a dinner when we can, along with John and Kathy Donaghey who also has had to retire, to enable us to thank the four of them properly.

Chris, we all wish you a speedy recovery and Go Dons!

Meeting finished 8-15pm.

Demon Bob

**August is Basic Education and Literacy month.**

## NEXT MEETING

Our next meeting will be via Zoom (7.00pm) on September 7<sup>th</sup> when Martin Forrest will speak to us about End Hepatitis Now.

A link to join the meeting is included below.

Contact me if you have any problems.

Join RCFH Guest Speaker Zoom Meeting – 7.00pm. Club Meeting – 7.40pm

<https://us04web.zoom.us/j/7023517430?pwd=MUwyREFUWUcwS0dXVEh1dURSK3c4QT09>

## COMING UP

- |                            |                                                                      |                                  |
|----------------------------|----------------------------------------------------------------------|----------------------------------|
| 7 <sup>th</sup> September  | Martin Forrest - End Hepatitis Now<br>Chair: John McPhee             | Report & Thanks: John Bindon     |
| 14 <sup>th</sup> September | DG's Visit & Club Birthday<br>Chair: Warwick Stott                   | Report & Thanks: Barb Williams   |
| 21 <sup>st</sup> September | Wendy Moore – Nepali Women Self Help project.<br>Chair: Glenys Grant | Report & Thanks: Stuart Williams |

## CELEBRATIONS

Congratulations and Best Wishes to Marg McPhee as she celebrates her birthday on the 4<sup>th</sup> September.

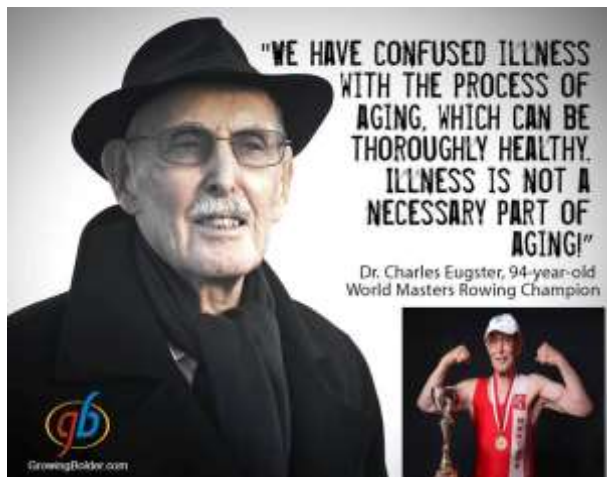
John has had to cancel the huge party he had organised but has promised to make the day special for Marg.



# HOPE KATOLO UPDATE

Georgina's house progresses.





In 1923, Who Was:

1. President of the largest steel company?
2. President of the largest gas company?
3. President of the New York Stock Exchange?
4. Greatest wheat speculator?
5. President of the Bank of International Settlement?
6. Great Bear of Wall Street?

These men were considered some of the worlds most successful of their days. Now, 97 years later, the history book asks us, if we know what ultimately became of them.

**The Answers:**

1. The president of the largest steel company, Charles Schwab died a pauper.
2. The president of the largest gas company ,Edward Hopson went insane
3. The president of the NYSE, Richard Whitney, was released from prison to die at home.
4. The greatest wheat speculator ,Arthur Cooger, died abroad, penniless.
5. The president of the Bank of International Settlement, shot himself.
6. The Great Bear of Wall Street, Cosabee Livermore, also committed suicide.

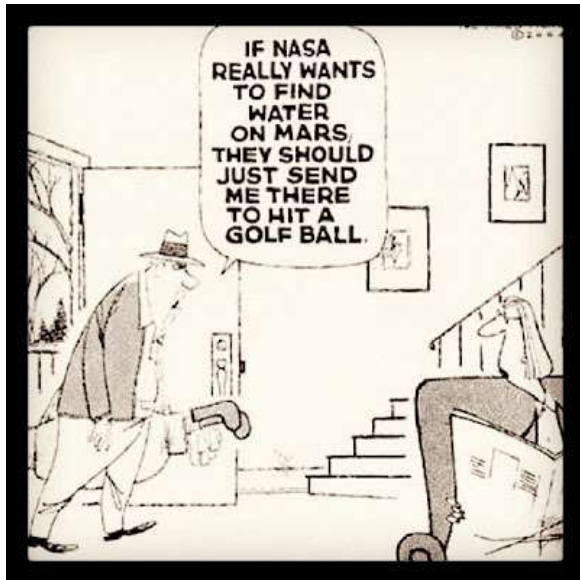
However: in that same year, 1923, the PGA Champion and the winner of the most important golf tournament, the US Open, was Gene Sarazen. What became of him?

He played golf until he was 92, died in 1999 at the age of 95. He was financially secure at the time of his death.

**The Moral:**

Bugger work.  
Play golf. .

***KEEP SMILING***



## FUNDRAISER

**Still waiting for the ground to host the Grand Final to be announced. Apparently, Sydney has shortened with the bookies!! Today is the day so what is Gil doing in Brisbane if the game is to be played in Sydney? Could a COVID outbreak in Queensland cause a late change? The plot thickens.**

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](http://www.fan.org.au)

**[Provisional winners announced next week](#)**

# 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**

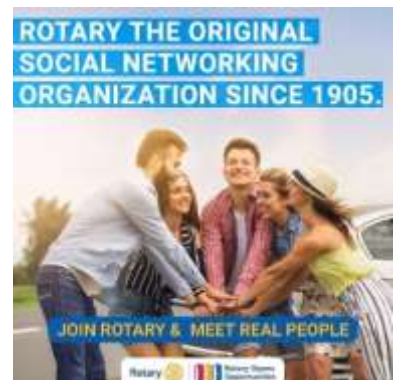
Rotary Club of Forest Hill Fundraising

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. Fremantle
10. Darwin
11. Alice Springs
12. Launceston
13. Hobart
14. Cairns





## BLACKBURN MARKET – TRADER OF THE MONTH

### Dawn's Flowers

**Dawn Hooton** has been a regular at the Blackburn Craft Market from the very beginning. If you want her plants you have to come to our market as she sells nowhere else. Dawn lives in Forest Hill and propagates every plant herself from her own seeds or cuttings. Her love of flowers and gardening started as a young girl when her father bought her a packet of Fuchsia seeds..... it has been her hobby ever since. It's amazing looking at the large healthy specimens of evergreen perennials such as the fuchsias, ferns, and pelargoniums she sells with long flowering periods all at very reasonable prices.

