



FOREST HILL HAPPENINGS

No 11

President: Sue Ballard

09 September 2020

FROM THE PRESIDENT'S DESK

Happy Father's Day to all the fathers and grandfathers out there. My own memories of my father are vague and limited as my father died when I was 6yo. Fortunately, I was blessed with a variety of adult male role models including uncle's and neighbours. They stepped into the role by supporting and teaching me, and giving balance to childhood. Over the decades the role and definition of a father has changed and evolved for the times we live it. We understand and appreciated that there is no instruction book to being a father. And if they are honest most fathers wouldn't read instructions anyway. We do appreciate the love and support of our father figures.

My paternal grandfather had a daughter who when she was only 9 was kicked out of school because she was unable to learn. This was in the 1930s in Tasmania and dyslexia was not understood. My grandfather took my aunt into his small business and taught her not only a trade but how to read, something she loved all her life.

To all the educators both formal and informal who ensure everyone has the right to an education. Education and literacy bring power and independence, self-confidence and self-reliance.

Sue

MEETING REPORT & GUEST SPEAKER

"End Hepatitis Now".

Kevin Sheehan outlined a new project for Rotary International Centenary to give every child a future, especially the Pacific Island nations.

The new project accepted after consultation with other organisations was hepatitis awareness, which was launched on 3rd. July 1919 by the Rotary club of Melbourne.

Hepatitis is an infection which is not very well understood, and Rotary has partnered with Hepatitis Victoria.

Martin Forrest then presented a PowerPoint presentation on "End Hepatitis Now". The word hepatitis means inflamed liver, which can be caused through several conditions including too much alcohol, or certain medicines.

There are several conditions of hepatitis, but the presentation was mostly on hepatitis B and hepatitis C, which can attack your liver. Within Australia we have nearly ½ million people with this condition, compared with just over 27,000 people with HIV. Hepatitis can be caused through travel overseas, medical conditions, medical procedures overseas and in some cases blood transfusions. It also can be caused through sexual transmission and can be transmitted from mother to baby.

Over 70% of liver cancers are due to viral hepatitis. Liver cancer is the fastest-growing cause of cancer deaths in Australia. The good news is that we can vaccinate against hepatitis B and is medication available for hepatitis C. Since year 2000 nearly every child has been vaccinated against hepatitis B. There is no cure for hepatitis B, but you can be vaccinated for it.

The world health organisation and several governments around the world have joined the global movement to eliminate viral hepatitis. It has been encouraged to join in this program.

There is a huge amount of stigma attached to a lot of myths and misunderstandings as some people believe that you can get it through eating food, or mosquito bites etc. which is not true.

The best thing that the organisation can do is combat these myths is experienced speakers, sharing their personal stories to help stop stigma and discrimination as well as teaching others the reality of hepatitis.

The third speaker was Andre who spoke about her condition of living with viral hepatitis. Andre was unsure how she caught the virus, but she had had extensive travel overseas.

Andre pointed out the difference between ignorance and education and she had experienced discrimination and untrue stories told about her. People wanted to know how she got it, and what sort of lifestyle did she live.

In conclusion the Rotary club of Forest Hill was encouraged to support the “Hepatitis Now Program”

John Bindon

September is Basic Education and Literacy month.

NEXT MEETING

Our next meeting will be via Zoom (7.00pm) on September 14th when DG Alma Reynolds will speak to us as part of her Annual Visit.

Our Club meeting will follow at 7.40pm. Party hats, birthday cakes and bubbly are in order as we celebrate our 45th birthday, I think! I have lost count. Warwick knows as he has been here for all of them!!!

A link to join the meeting is included below.

Contact me if you have any problems – 0417 369 343

Join RCFH Guest Speaker Zoom Meeting – 7.00pm. Club Meeting – 7.40pm
<https://us04web.zoom.us/j/7023517430?pwd=MUwyaREFUWUcwS0dXVEh1dURSK3c4QT09>

COMING UP

- 14th September DG's Visit & Club Birthday
Chair: Warwick Stott Report & Thanks: Barb Williams
- 21st September Wendy Moore – Nepali Women Self Help project.
Chair: Glenys Grant Report & Thanks: Stuart Williams
- 28th September Kerry Pryor – The Journey of a Young, Abandoned Nepali Girl.
Chair: Ron Brooks Report & Thanks: Sue Ballard
- 5th October Pat Armstrong
Chair: Bill Marsh Report & Thanks: Ray Smith

CELEBRATIONS

It's our birthday on the 13th and you are invited to join our celebration on the 14th.

We are starting on the 13th but at our age it takes an extra day to build up the energy and get all of the candles in place.

It is also Warwick's club birthday – as our only serving Charter member he will lead the singing and cut the cake.

BYO everything.



INTERNATIONAL NEWS

I was fortunate to attend RC Box Hill Central meeting last week. The outstanding speaker from Canada brought together 2 Rotary areas of focus – Water and Sanitation & Healthcare.

Also featured was PRIP Bill Boyd who is always worth hearing.

He presented some shocking figures and showed what Rotary can do and is challenged to do. I have attached the links as they present their cases better than I can.

RON DENHAM

<https://www.youtube.com/watch?v=HnTaBbVp8iw&feature=youtu.be>

BILL BOYD

<https://youtu.be/A6ZZrFMM7IQ>

Thanks

Bob

SHOULD BE GOOD – IF YOU CAN REMEMBER!

This email is not related to the Hope Katolo Nursery School, but a free lecture that I thought some members of the Rotary Club may be interested in. The topic is how to prevent dementia – the latest evidence, by the National Ageing Research Institute. My interest in this is that I am a Clinical Lead physiotherapist at Eastern Health, and my Masters is in Gerontology. I help our physiotherapists who prescribe exercise to prevent dementia and also to provide rehabilitation to patients with dementia. There is no cure for dementia, so prevention is obviously key.

https://mcusercontent.com/7aea18a6ab3421590fa6f0181/files/52e49f81-af46-43b2-8eec-62e5316c0b56/Gill_Livingston_public_lecture_flyer.pdf

Kind Regards,

Melanie Haley



KEEP SMILING

FOOTY SWEEP

The Gabba will host the Grand Final and our provisional winners are John Bindon, Carol Fricke and Ron Brooks. Each will receive \$32.

Prizes will not be paid until after the game in case there is a late change!!

Thanks to all who joined in. It was a bit of fun and the Women's Refuge is \$500 better off as a result.

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.

