



Number 14

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

1 October 2018

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

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

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

CLUB PROGRAM

Date	Event	Chair	Thanks & Meeting Report
1 Oct	Foyer Launch End Youth Homeless <i>Bianca Joyce + Footy</i>	John McPhee	Bob Laslett
8 Oct	Afghanistan-An alternative Australian prospective <i>Deborah Storey</i>	Warwick Stott	John McPhee
15 Oct	Oasis Seeds <i>Malcolm Warrington</i>	Ron Brooks	Stuart Williams
22 Oct	Australian Rotary Health <i>Glenn Tippett</i>	John Donaghey	Bob Williams

CELEBRATIONS

Happy birthday to Chris Tuck (30 September).

DUTY ROSTER

	OCTOBER	NOVEMBER
Recorder	Sue Ballard	John McPhee
Greeter	Ron Brooks	Warwick Stott
Emergency	Bob Laslett	Barbara Searle
Cashier	Bob Williams	Ray Smith

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 0412 807 585 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

Mike's Musings

We had a great speaker this week with Carol Pratt, from Eastern Palliative Care. The message that palliative care is about getting the most out of life should be a great reminder to us that we don't have to wait to do that.

With that in mind, please get your best footy gear on for Monday's meeting. Some may view this particular AFL Grand Final as a Scylla and Charybdis event. Forced to choose between barracking for an out-of-state club or Collingwood, many fans become unresponsive, angry or confused. Some go the route of declaring themselves neutral. Regardless, this Monday will have its usual hijinks and trivia. Come prepared or (if you're like me) bask in your own ignorance and enjoy the ride.

It's not too early to book early, but at some point it will be too late. November 30 is the last day for the early bird discount for the Multi-District Conference. Don't miss out.

Mark your calendars with the following:

- Monday, 1 October Our usual meeting and an excellent speaker, plus
OUR ANNUAL POST-GRAND FINAL EXTRAVAGANZA
- Friday, 5 October FFFF (First Friday Film Fellowship)
- Saturday, 13 October Blackburn Market
- Sunday, 14 October Whitehorse Farmers Market
- Monday, 29 October Bucatini night
- Monday, 12 November New Members Night (Good Potential Recruits Required)
- Friday, 16 November Peridot Night - *Sylvia*
- Saturday, 17 November weekend Relay for Life (contact me if you're interested)
- Monday, 26 November RCFH's Youth Achievement Awards

Club Meeting Report 24 September

We had a fantastic presentation from Carol Pratt, a volunteer with Eastern Palliative Care (EPC), who talked to the club about what palliative care is, who it is intended to help, what programs are offered by EPC and how those services can be accessed.

Palliative care was described as the care provided to those who have an illness that will limit their lives. It is not necessarily only for those whose illness means they will succumb it in a short period of time; some of the clients have an ongoing relationship with palliative care for quite a long time. Nor are the services necessarily only provided to the patient. Care and support for the family members closest to the client (who are often also providing care) is also part of the concept of palliative care.

Carol is a biographer. She works, along with 92 other biographers and 232 volunteers in total, along with paid professionals, to engage with clients in the Eastern Palliative Care's geographic area, which includes the Shire of Yarra Ranges, Boroondara and Whitehorse, amongst others. Carol works with clients to transcribe and edit oral history and personal reflections to create a document that can be provided to the client and their family. These documents, as described by Carol, can help clients and their families to more fully appreciate and acknowledge the richness of individual lives, the stories and successes that are often hidden or unshared because they're considered mundane. The reality is that each life is interesting if examined with some care and with some time.



Carol uses open-ended, quirky questions to get her clients to remember events in their lives connected to strong memories; she keeps her voice recorder going for her entire visit to ensure that she doesn't miss parting words or opening greetings that might be important for her work. All the work Carol does with clients is private and the document she produces for them is their own intellectual property. Frequently, the clients or their families can use this biography in combination with home movies or photographs to produce a book or presentation. The services offered by EPC range from the work done by Carol and the other biographers, to dog walking. Carol related the story of a particularly young client whose dog was very important to her; her medical condition made continued walking of the dog difficult, but volunteers from Eastern Palliative care were able to do this and the child could continue to enjoy the comfort of her beloved pet. Some volunteers simply sit with clients to keep them company, in some cases so that family carers can have a brief period of respite and know that their loved one is being looked after. There have even been trips to play lawn bowls, just because. Palliative care volunteering can be emotionally draining, and all EPC workers, paid and volunteer, have access to counselling and training to maintain good self-care practices and emotional health. Regardless, Carol has found the work to be, overall, a life-affirming experience which permits the clients and families to celebrate and take some pleasure and pride in the lives they have lived and to enjoy their remaining time to the best of their abilities.

Clients can be referred by doctors, hospitals or family. Clients can even self-refer. Eastern Palliative Care will then assess to determine whether palliative care is appropriate. Ninety per cent of funding comes from government sources; the remaining ten per cent comes from donations.

Carol's Tips:

- Go through your photographs and write names, dates and places on the back (in pencil) to leave some context for family history purposes.
- Palliative care may be suitable well before the 'end stage' of an illness. It is worth considering upon receipt of a diagnosis.
- Palliative care does not mean the client is 'winding down'. It is support offered to get the best out of the life that remains.

<http://www.eastpallcare.asn.au/>

The raffle raised \$43 and the fines \$56. John M and Mike took away the prizes.

President's Reflection:

End of the 58th Parliament took place on Thursday. To be more precise, it took place on Friday, because the sitting day started at 9:30 in the morning, but we left Parliament House at about 1:00 a.m. on Friday. We were back in by 10:00 a.m. for some proofreading. That is basically the end of the sitting year and, after a couple of days to catch up on sleep, I'm looking at a lot more time on my hands. What to do? I joked about making myself a jug of margaritas and sitting on the back deck, but that's not a sustainable existence. I will need to fill it with something. Something productive, I hope.

Time is relative. We can spend a lot of time doing something we enjoy without realising quite how much of it has passed.

But I mentioned today that an existence without structure, without deadlines and expectations and something created at the end of it seems like punishment to me.

I don't think Rotary should be a burden to club members, our own or others, but I don't think it should be free of expectations. Basic management theory tells you that if you can't measure what you've done on some level, if it hasn't made a change, then there wasn't any point to it. The projects we fund and run make a difference in the world. Not every use of our time can make that claim.

Meeting 1st October 2018

Due to a programming error, our annual Footy night was not scheduled for our next meeting but with some creative shuffling by Pres Mike we will be able to combine it with our scheduled speaker, Bianca Joyce on Youth Homelessness.

So, please wear your footy colours as is usual for our first meeting in October.

The annual prize for best dressed on the red carpet will of course still take place.

The chair will still be John McPhee and thanks and meeting report Bob Laslett.

After the welcome, we will only have any urgent reports then our guest speaker.

Bob's sergeant session will follow and have a footy flavour with some of Stuart's world- renowned footy questions and as it is close to Blue Ribbon Day, the board has agreed that all proceeds will go to the Blue Ribbon Appeal so please be generous with your fines as it would be good to be able to donate at least \$100 to this great cause.

<http://remember.org.au/events/blue-ribbon-day/>

Saturday is also National Police Remembrance Day and Blue Ribbon Day.

Stuart will run a written footy question sheet during our meal with the usual choccy prizes for correct answers. The Award ceremony will conclude the meeting with those prize winners not in attendance being given their goodies at first opportunity.

The "Dodgy Brothers" Stu and Bob look forward to seeing as many there as possible and having some fun.

Bob

PS At Lilydale's District Governor visit last night I sat next to DG Russell and as he was aware that I wear my Demon tie only when they win (so I wore the Rotary theme tie he gave me as AG) he had deliberately not told me until last night that he is a West Coast Eagles supporter so he bought me a beer as consolation.

Multi district conference in Melbourne 2019

<http://www.rotaryconference.org.au/home.html>

Registration is now open for next year's conference in Melbourne.

Some information is available on the website. Early bird before October 30

Sue

Well Done Glenys

Wow! Check out page 11, Whitehorse Leader newspaper today. We got the page on the successful MUNA team!! The Leader printed the article exactly as I wrote it. I expected it to be reduced enormously (having written so much, not knowing what they wanted).

I sent about 5 photos, and they printed two.

Luckily, they printed one showing the BHH school uniform, which is nice. So great for the school.

Glenys

MEMBERSHIP NIGHT IS ON MONDAY 12 NOVEMBER

Have you asked friends, or men or women in shops or other businesses about coming to the meeting?

How about people at your Probus or other clubs?

We need to grow the club, and we need your help in growing it.

So, please start asking

Warwick

Multi District Golf Day

Friday 15 February 2019. Any club members interested in participating please contact Bob L by next Monday.

ROTARY MONTHLY THEMES

October	Economic and Community Development
November	Rotary Foundation

Kids Fun Run with Thomas



Emerald & District Rotary is again holding the “Kids Fun Run with Thomas” on Sunday 25th November. Funds are being raised for Monash Children’s Cancer Hospital.

Sunday “Champagne” Lunch & Fashion Parade

12.30 pm October 7 2018

Bramleigh Estate Warrandyte

Presented by Rotary Club of Croydon

Proceeds supporting victims of family violence

Details from Bob L

ARTICLES

Please forward your prize-winning articles and others to rlaslett@optusnet.com.au by 5pm Wednesday.