



FOREST HILL HAPPENINGS

No. 01

President: John Bindon

30 June 2021

MOVING FORWARD



It was great to see so many people, at our “Club’s Changeover Dinner”, with members, honorary members, past members, partners, guests, and some of my family in attendance. Thank you all, for sharing in this special night for our great club.

I would like to thank Past President Sue Ballard, for her year as President, and recognise that she had a difficult year when the club was unable to meet on so many occasions due to the pandemic, and many other activities which did not take place.

This meant that Sue, who had many good ideas for the club, was deprived of putting them into action, because of the stop-go year that we have had.

I have been involved Rotary for over 35 years, serving in 4 clubs,

I have been a Club President, also Asst Gov, and have served on most District Committees, being chairperson of three of them.

My three best experiences with Rotary, have been with ROMAC, Youth Exchange, and Group Study Exchange, and I was the leader of a wonderful team to England. I am incredibly pleased to have one of those team members, PDG Shia Smart, at our Changeover dinner, along with her husband Duncan.

It is now time look forward with hope and determination to make this Club a better and stronger club. This will require the support of every member to do their fair share.

I see it as a difficult road ahead, as in the last 18 months our membership has dropped from 18 down to 13.

It is my objective to endeavour for our membership to increase by 3 to 16 by the end of December this year.

We greatly appreciate the support of the Davis family and the Harper family, as they can make a big difference for our work in the community.

I would also like to thank Gladys Coates, for her ongoing support in memory of her late husband Roger.

One of my objectives is to improve our profile within the community, and that the community, recognise the work that we are doing for them.

I put it to every member of this club that we must work as a team, and support one another, as we strive to improve our service to the community in which we serve.

We will be endeavouring to recruit volunteers to assist us in the work we are doing within the community. I am sure that there are people in the community who would like to work as volunteers, as they may not have the time or the commitments to attend Rotary meetings or bearing the cost of being a member.

Because of the age group of our members we need to target people over 50, who are about to retire or looking for activities in their retirement.

It will be good to do a couple of new projects, so long as they do not adversely impact on our already stretched people power, as we could not achieve what we currently do without the support of our family, friends, and benefactors.

The theme of Rotary this year is "SERVE TO CHANGE LIVES".

Let us work together as a team, so that we can achieve the Rotary theme this coming year.

I look forward to working with you over the next 12 months.

John Bindon.

Note: Stuart will be liaising with Bucatini. Please contact him for dinner meeting attendance and visitors.

MEETING REPORT

Chairman Bill opened the 45th Changeover meeting on time at 6.30pm and after the loyal toast, called on PDG Bob Laslett to propose the toast to RI.

Bob told how each Rotary Club is different, yet aspires to the theme Rotary Creates Opportunities which have been well and truly tested this year. Forest Hill members come together with members of clubs world-wide to have their "change over meeting".

AG Geoff Logie-Smith responded on behalf of RI to the toast highlighting the difficulties faced by us and Rotary clubs world-wide during the past, pandemic year. How Zoom has changed how we respond to an ever-changing world and how we grow in innovation to support community needs locally and elsewhere. To face diversity, and involve with youth for them to gain an understanding of Rotary and become involved in the community in all areas of support including climate.

Following the toasts Chairman Bill welcomed the 12 FH Rotarians, plus 4 partners, PDG Shira Smart and Duncan, AG Geoff Logie-Smith, Roger, Peter and Pam Davis, 5 Honorary Rotarians, 4 family members of John Bindon and Merle Smith and her family, son Gary and daughter Meryl.

President Sue was introduced, and she presented her report for the year on the club and its activities, before distribution of the annual report to members. Sue then presented three Paul Harris Awards to:-

Stuart Williams, 2nd Sapphire,

Warwick Stott (Charter Member) 4th Sapphire,

and to the family of the late Ray Smith, his 5th Sapphire.

Honorary Member Glenys Coates then presented the club with a cheque for \$1000 which will be on-forwarded to ROMAC in memory of her late husband Roger.

Following this Sue invited John Bindon to come forward to be inducted as President of the Rotary Club of Forest Hill for the year 2021-2022. Which was dually completed and badges exchanged.

John then assumed control and presented Sue with a certificate of service as President and a floral tribute before introducing his new board for the next 12 months.

Raffle, which raised \$130, was then drawn before John closed the meeting at 8.00 pm.

John McPhee

**July is Literacy Month
(and the start of the new Rotary Year)**

CHANGEOVER FOR ME

Changeover week and the end of my first go as President of Rotary Club of Forest Hill. It was a lovely night reconnecting with members, past and present, partners and visiting Rotarians. Incoming President John had his family there to support him. Seeing how we all get together and chat reminds me of family gatherings with all the chatter and laughter and good humour. All who were there are members of the Forest Hill family, no matter what their official title. And as family we are there to support each other.

Thank you to all for their kind thoughts and comments. It wasn't a year I had planned for but I am proud at how well we have all come through what was a challenging year. It was my evening highlight to give three Paul Harris Awards to deserving members. To Stuart, Warwick and Ray this tribute was for the hard work and dedication to Rotary. Warwick was my mentor when I first joined the club, helping me through a quite bewildering first year and has been my constant support ever since. Ray had been a constant support and inspiration. It was so good to have Merle and his children there to accept the PHF, apologies again for crying on your shoulder, Merle.

A personal thanks to AG Geoff for your support during the year, being my sounding board has helped me through a few rough patches.

Congratulations to in-coming President John. Hopefully your year will be as rewarding and inspiring as mine was, with a calmer and more predictable atmosphere.

Past President Sue

While COVID may be impacting many Fellowship activities, remember to check in with family and friends on a regular basis. A friendly face or a supportive word is always appreciated, especially when times are difficult. Get vaccinated so we can all 'get about' again.

NEXT MEETING

5th July -

Club Forum

Chair: John B

Report: Bob Laslett

COMING UP

12th July -

Bob Bramble

'Producing Theatre from Script to Stage'

19th July -

Lesley Thomas

'Finding Fabulous Over 60'

26th July -

Leslie Ragg

'Mitcham Community House'

CHANGEOVER



The New Board 2021-2022





While we had many join us for the night, not all could make it and we had an apology from Bruce Millot now living in Inverloch. Bruce wished John well in his new role and wished to be remembered to everyone.

CELEBRATIONS



*Let us all celebrate
'Changeover' and the
renewal that it represents.*



SPROUTINGS

Do you have birds who are frequent visitors to your home? Maybe you have a bird bath?

This little fellow loves his bath every sunny morning in our front yard- even though it's the middle of winter.

It's surprising with all the water in the Lake opposite our home that he baths with us – but he and his partner have decided it's their home as well. While he baths she sits on the branch above, keeping watch. Then they swap places. As you can see he obviously trusts me – he let me get very close and I actually videoed him splashing away for probably six minutes.

A few year ago, when there was a drought, we installed three bird baths in different spots in the garden and they are always used.

We read in Grainne Cleary's article in National Geographic that bird baths are a site where birds and sometimes animals socialise, and intense rivalries are played out.

The article states that thousands of citizen scientists enrolled in a study to gather as much information as possible on how birds are attracted to and use these baths, since they are vital in supporting dwindling bird populations.

I learned keeping the bird bath clean is important (we always do) – birds are fussy. Location and elevating them is better and safer.

It's good to situate them near foliage as then small birds can hide if necessary.

And yes- as in every community there are bullies. The study found often these congregate in large groups and stand guard over the water, preventing other birds, usually those smaller and less aggressive ones, from using the precious water.

It suggests that, as well as a large bird bath, you should site many smaller water containers in a number of areas. They won't appeal to the larger bullies.

Place a couple of rocks in there as perches for them as well.

<https://www.australiangeographic.com.au/topics/wildlife/2016/10/the-secret-world-of-bird-baths/>



Splashing water everywhere.

So seeing this little fellow enjoying his bath and being so at home made me wonder – why do some people really dislike magpies?

They are thought to be aggressive with a tendency to swoop.

The RSPCA qualifies this.

Only about 8-10% of the males do this- and they only do it in Spring if they consider there is a risk to their newborn.

So what are the facts about this very special native bird?

Magpies have one of the world's most complex songs – and its warble is beautiful

They are territorial and will stay in the same area all their lives.

They remember faces – those that are friendly and the others.

They can form amazing friendships with humans.

They are master communicators.

They mate for life.

Large groups are called 'tribes' and sometimes 'tidings'.

Magpies have tremendous hearing – they can hear worms in the ground!

They are excellent mimics, like lyrebirds.

So, if one of those 10% - a male bird protecting his young in Spring - swoops you, just avoid the area. If you can't - protect your eyes with sunglasses and a hat.

<https://www.rspcansw.org.au/blog/animal-care-information/magpies-facts/>

Community Planting Day – Blackburn Lake sanctuary

Saturday July 3, 9.30am to 11.30am, Tools are provided. Bring your own gloves, hat and water bottle.

Enjoy the magpies, the bushland ambience, the fresh clean air, the company of very welcoming people – and the morning tea afterwards! Hope to see you there.

Glenys

Scan Me!!



RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

"An incredible read! A hugely inspirational story of transformation"
- Sue Stone - UK Author, Secret Millionaire and Inspirational Speaker

Are you struggling with an addiction or an unhappy relationship?
Are you sick and tired of yo-yo dieting and trying to lose weight?
In her darkest moments, Lesley Thomas prayed to a Power greater than herself for help. Even though the road was rocky, she based her recovery, weight loss, fitness, and absolutely brilliant sense of wellbeing on those prayers being answered and her path being guided.
Lesley shares with you her story: the highs and lows, the ups and downs, and everything in between.
It is a story of hope.
Hope for a better life, for more acceptance and understanding, for better relationships and a sober life.
Lesley also shares her miraculous healings and how, at 67, she has lost weight and become fitter, stronger, healthier, and happier than at any other time in her life.
No matter the darkness that you might be feeling right now, this must-read book will show you the way into the light.

FINDING FABULOUS OVER 60

LESLEY THOMAS

FINDING FABULOUS OVER 60

OVERCOMING TRAUMA AND ADDICTION

WEIGHT LOSS THAT FINALLY WORKED

DETACHING FROM A NIGHTMARE RELATIONSHIP

LESLEY THOMAS

ULTIMATE WORLD PUBLISHING

*It's real, it's raw, it's gutsy, it's transformational
You will laugh and cry..... and not put it down
Through her journey Lesley has learnt and conveys with clarity the skills and tools she uses to give up her addiction, lose weight, and leave a very dysfunctional relationship.*

Find out more at www.lesleyrondathomas.com