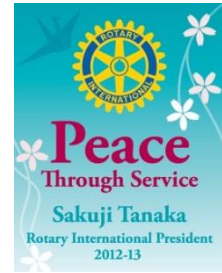




2012-2013

Weekly Bulletin of the Rotary Club of Forest Hill



Edition 18: 26 November 2012

The Rotary Club of Forest Hill meets at 6.15 pm for 6.30 pm on Mondays at Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132.

Meal cost \$27.00

PO Box 116, Nunawading 3131

Email rlaslett@optusnet.com.au Website foresthillrotary.com

CLUB PROGRAM

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CLUB PROGRAM

Date	Event	Chair	Thanker and Meeting Report	Member Talk on an aspect of peace
26 November	Youth Achievement Awards	Bob Williams	Ray Smith	Bill Marsh
3 December	Gwen Rosengren Better Hearing AGM Committees	Glenys Grant	Warwick Stott	Gary Baltissen

THIS WEEK'S CELEBRATIONS



Merle Smith- Birthday -26 November

Barbara Williams- Birthday-29 November

DUTY ROSTER

	November	December
Cashier	John Donaghey	Bob Williams
Recorder	Ron Brooks	John Donaghey
Greeter	Gary Baltissen	Bill Marsh
Emergency	Bob Williams	John McPhee

ATTENDANCE

Apologies - **Please contact Ray Smith by 10.00 am MONDAY** on 9878 4891 or rcssmith@optusnet.com.au. Any cancellation after 10.00 am should be made direct with the management of Bucatini Restaurant on 9873 0268

BOB'S BELLBIRD BLOG

What a great night on Monday as we caught up with our grandfather club (but some of them are younger than us). We were sorry to hear President Joe from Box Hill had been in hospital. Sergeant Stan raised \$71.25 for Foundation. A number of club members are protesting on Sunday re the possible loss of the Nadrasca farm. Incoming President Chris has assembled his team for next year. Our committees are working well as we approach the half-way mark –thanks to all. The district is looking for a governor for 2015-2016. Our thoughts and prayers are with Bob and Heather Nielsen as they wait for a new drug.

Coming up

- Annual Foundation dinner- 22 November-
- Kids Fun run with Thomas-25 November- can you help?
- Peace Forum-27 November
- Club day for visiting GSE team from Malaysia -4 March 2013
- District Conference – 15-17 March 2013 –Wangaratta- 5 rooms booked at Advance Motel-

We have a big week with our Youth Achievement Awards and guest speakers from the police force Liz Toffoletti and Alasdair Gull. The club will also be presenting a cheque to the Vanuatu Blindness prevention project as a flow- on from the earlier Pride of Workmanship award.

LAST WEEK'S MEETING

Meeting Report 19 November

Last meeting had the feel of Rotary in bygone days. A room full of Rotarians: business, projects and friendship on their minds. It was a delight to catch up with so many friends from the Rotary Club of Box Hill. Chris Tuck was chairman. Stan opened with a reflection on Peace. There were 32 people present. Assistant Governor Ken Wall also attended. President Bob welcomed one and all and reminded the club the AGM would be in a fortnight. Some club members, and past members caught up with Christina Sutcliffe, a past Canadian exchange student, when she dropped into Melbourne. Peter Cummins thanked the club for hosting Box Hill. Ken Wall presented the club with a cheque for \$425.00 for our ABCD -Taveuni Primary School Fiji project. The money was raised by Ken's daughter at the launch of her CD. The club really appreciated Ken's interest. A plea was made to pass stamps to Ron to be passed on to Carol Farmer. Dec 10 will be a Partners Control night – that should be a bit of fun. Steve Haylock from Eastern Health Foundation thanked the club for the 3 electric beds that are now in Ward 2 North at Box Hill.



Guest speaker was Professor Lawrence McMahon Head of Renal and Obstetric Medicine at Box Hill. He has been with Eastern Health since 2008. The Eastern Health area is huge. It covers over 3,000 sq km. He mainly talked about kidney problems. Transplant kidneys usually come from a family member. The renal area requires heavy staffing requirements. A kidney doctor might have a patient for over 30 years. There is a move to "at home dialysis" – that is the future.. Some dialysis is done in satellite centres, some at the hospitals. Kidney patients are often on 15 to 20 tablets a

day. Eastern Health has a 90% occupancy rate. They have been involved in transplantation since 2010 and they work in conjunction with Austin Health. How can we look after our kidneys? Keep blood pressure in check, check there is no protein in the urine, exercise, be active and keep blood vessels healthy. Most kidney problems are self-inflicted. It was an interesting story with a good powerpoint presentation. Stuart Williams thanked Lawrence.

S. Williams

PEACE

Our club is donating sporting equipment to assist the Evolve program for at-risk youth.



On Tuesday 27 November MASH are holding a free Q & A style peace forum at Box Hill Lower Town Hall 6.30 for 7pm. Great speakers- Dr Helen Szoke; David Vincent ; Sarah Bond; Chin Tan; Dr Melika Sheik-Eldin moderated by Murray Baird. RSVP rotarypeaceforum@gmail.com or SMS 0450472723

ROTARY CLUBS PLAY A VITAL ROLE IN KIDS EDUCATION

The Taveuni project is proceeding apace.

PP Stuart is championing the project. Ken Wall has reported that paintings from Taveuni Central School will be displayed at the upcoming District conference. He also commented on some more funds through his daughter Emma's CD launches.

CONFERENCE

Eight people from our club are planning to attend and six have paid their registration dues.

Where The District 9810 Conference in 2013 will be held at the magnificent [Wangaratta Performing Arts Centre](#)

When The conference runs from lunch time Friday 15th March to Sunday 17th March 2013.

Saturday Night



A touch of green

Whether you decide to celebrate St Patrick's Day or choose a different interpretation, include a touch of green in your dress for this fun night. Don't want to 'dress up'? A green tie and handkerchief or a green blouse or skirt will do. To be held in a large marquee with a tree in the middle, the night will feature great food and wine from the local area – an opportunity to indulge your senses.

MORE <http://2013conference.9810rotary.org.au/registration/>

FOREST HILL'S MEMBERSHIP CHALLENGE

Current 16

Aim 20

POLIO NEWS

There is a new and important website – endpolionow.org that you should visit and help make history.

It

- Has top stories
- Has interactive information
- Shows how your donation matters
- Shows how to calculate your "social worth" and use your social media status to share Rotary's polio story
- Gives Polio communication resources

INTERESTING PROPOSITIONS

A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires. The second is full of assassins with loaded guns. The third is full of lions that haven't eaten in three years. Which room is safest for him?

A woman shoots her husband. Then she holds him under water for over five minutes. Finally she hangs him. But five minutes later they both go out together and enjoy a meal. How can this be?

(Bring your answers for the Sergeant to mark- he is still waiting.)

ANNUAL FOUNDATION DINNER

THUR 22 NOV
9:00 pm

6:30 to

District 9810
Annual Foundation Dinner
hosted by

**The
Rotary
Club of
Noble
Park**

**Keynote
Speaker:
Bruce
Allen**



**For details and registration
visit: [Foundation](#)**

Contact: Keith Maxwell at [KEITH](#)

Phone: [0418 647 064](#)

**The Rotary Club of Noble Park
Inc. You are invited to attend
D9810 Rotary Foundation Annual Dinner
Wheelers Hill International, 242 Jells Road Wheelers Hill Vic 3150
(Mel 71 H 11)**

**Guest Speaker - PDG Bruce Allen Manager - The Rotary Foundation
South Pacific & Philippines Office**

Two course dinner (drinks @ bar prices) We hope you can join us to make up
tables of 10.

\$45 per person. (includes a pre dinner drink)

Proceeds will support The Rotary Foundation humanitarian & educational projects in Australia and overseas

Starting 6.30 for 7.00pm start, concluding by 9.00pm

**A table of 10 from a single club will provide that club with sufficient credits to recognise a Rotarian or
member of the community as a Paul Harris Fellow. Clubs might consider subsidising their bookings by
\$20 each. In this way, a table of 10 would cost a club \$200, but would provide 1000 PHF credits.**

RSVP to: Keith Maxwell by Thurs 15/11/2012 keith_t_maxwell@yahoo.com.au phone: 0418 647 064 Please bring your
club name badge

Payment by cheque to The Rotary Club of Noble Park 5 Romsey Street Noble Park Vic 3174

ROTARY RIDE FOR RESEARCH DOLLARS

Our 2013 - 26th District bike ride on the 17th to 22nd March 2013 is up and running. Unlike previous years, the Ride follows the weekend Conference. It is hoped that there will be over 50 or so riders of all ages, and a support crew of 13 to begin the ride from Wangaratta starting after lunch on Sunday. Those going to the conference will be able to drop bikes off in Boronia before the weekend and they will be transported to Wangaratta for you. Those only going on the ride will meet Sunday morning to be driven up to the start of the 'Tour'.

The Route.

Leaving at lunchtime from the district Conference venue in Wangaratta, the Ride will go through the picturesque country around Bright. It will travel to Myrtleford, then around to Mount Beauty and Harrietville, before driving to the top of Mt Hotham for a spectacular 90 km downhill ride over to Bairnsdale. Following that we wind through the back roads of Gippsland, passing through Sale, Churchill, Yinnar, Thorpdale, Trafalgar, Bona Vista and Warragul, Drouin, Pakenham, Emerald and Wandin, before arriving back at Boronia on 22 March, five and a half days later.

We would like all Rotary members, family or friends to consider coming on the ride to help raise money for Australian Rotary Health (under your clubs banner). Anyone can come either as a rider (we have 4 teams from those that have not ridden before, through to experienced riders) or on the support crew! Have a great time, a great ride and help Australian Rotary Health.

The detail and application forms are on the district web site ([click here](http://operations.9810rotary.org.au/community/ride-for-research-dollars/))
<http://operations.9810rotary.org.au/community/ride-for-research-dollars/>

PP Rob Parsons

IMPORTANT UPCOMING CLUB AND DISTRICT EVENTS

11/2012

ROTARY FOUNDATION MONTH

22/11/2012	Foundation Dinner
26/11/2012	Youth Achievement awards
27/11/2012	Peace forum
30/11/2012	Institute
-2/12/2012	

12/2012

FAMILY OF ROTARY

3/12/2012	Club meeting/ AGM
10/12/2012	Club meeting

Please have FOREST HILL FLYER articles to the Editor at rlaslett@optusnet.com.au by **5 pm next Wednesday** (in Microsoft Word format please)