

**Rotary**  
Club of Forest Hill



**The Flyer  
2017-2018**



**ROTARY:  
MAKING A  
DIFFERENCE**

**President: Bill Marsh**

Number 3

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

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

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

17 July 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

**CLUB PROGRAM**

<b>Date</b>	<b>Event</b>	<b>Chair</b>	<b>Thanks &amp; Meeting Report</b>
17 July	Story Telling and Poetry reading <i>Annie Wysham Board</i>	Glenys Grant	John McPhee
24 July	Depression- How to reclaim your life <i>Wim Ooms</i>	Chris Tuck	Bob Williams
31 July	Joint meeting at Bucatini with partners and other clubs- <i>Christmas in July</i>		
7 Aug	No meeting- see 9 August		
9 Aug	Public Schools Speaking Contest		

**CELEBRATIONS**

No birthdays this week but we do have a new member. Welcome and congratulations Sue.

**DUTY ROSTER**

	<b>JULY</b>	<b>AUGUST</b>
<b>Recorder</b>	Ron Brooks	Stuart Williams
<b>Greeter</b>	Bob Williams	Glenys Grant
<b>Emergency</b>	Glenys Grant	Gary Baltissen
<b>Cashier</b>	Graham Sharman	Bob Williams

## 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](mailto: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

## DON HULLAND

Don is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409**

**530 435**. Please give him a call or phone the office 5770-2100 and ask for Don.

## BILL'S BYLINES

What a great first week in the new Rotary year!

Monday was Changeover and a great night was made even better with the attendance of DG Malcolm & Karen Chiverton and AG Graeme Aspinall

Friday saw us down at Pinewood cinema followed by a lovely Thai dinner at My My's. A good film, lovely food and terrific company – what more could you ask for? We will investigate the possibility of changing our regular Forest Hill Cinema Night down to Pinewood.

Saturday we had our market at the Blackburn station. It was great to be back in our 'old' location after spending 6 months in the car park. Clean, attractive and seems to have more room for the stalls. A successful morning that can only get better as people get used to having us back in place and all of the stall holders return. Special thanks to John McPhee and Bob Williams who shouldered the load during the railway reconstruction program and kept everyone fully informed about the changes and timetable.

Sunday it was off to the WFM to 'rattle the can' and do some great shopping. Probably a little quieter than usual but it was school holidays. Never ceases to amaze me how cheerful those who attend the market are – regardless of the weather. It is a real social outing for so many and the stalls offer a great range of quality produce. Thanks to the three members who collected donations and to Warwick who, as always, was helping in the office.

Monday night saw us welcome our newest member, Sue Ballard, to the club. I hope you have a long and rewarding 'Rotary Life' Sue. You have joined the Youth Service Committee so you will be very busy in your first year. The enjoyment and satisfaction you will get will make it a fun year to remember.



Coming up on the 31<sup>st</sup> July we have 'Christmas In July' in the main restaurant at Bucatinis. If you haven't already booked in please contact me ASAP so I can confirm your spot.

Make sure you have marked the Primary Schools' Speech Competition on Wed.9<sup>th</sup> August and Peridot Theatre on the 11<sup>th</sup> August in your diary. Both will be great nights.

**Remember - Rotary: Making a Difference - is not just a theme it is what we do.**

### **Meeting report July 10-Active Learning for a Healthy Heart**



Our speaker was Christine Rees. Christine is a registered nurse and teacher, with many additional skills and qualifications. She has the tall, slender body suited to her choice of exercise, which was running 30 kilometres, or cycling 100 kilometres. She felt unwell shortly after the third time completing The Great Victorian Bike ride. On examination, she was found to have cardio myopathy, with only 30 % heart function. She was given dire warnings, predicted to have a few years to live 12 years ago but is still doing fine, having married, borne and raised 2 children and living a fulfilling life.

Surprisingly, heart disease is still the no 1 killer and disabler in our lives. While there is a genetic disposition in some families, most of us could save ourselves with regular exercise and mindful eating and drinking. In the last 20 years there are even young people presenting with cholesterol, obesity and heart problems, as many children have fat and sugar heavy diets and no physical activity. Christine reminded us of the wastage that occurs in a broken limb's muscles, then reminded us that the heart is all muscle. If we don't regularly make it work hard and fast it will be weak and flabby and unable to sustain vigorous pumping if needed. Activity that helps heart health also has many other benefits. It helps

with osteoarthritis, reducing pain, and helping mobility, lowering sugar levels in diabetes, lowering cholesterol levels, lowering high blood pressure, improving mental and digestive health. Such activity lowers the likelihood of colon cancer, obesity, and Alzheimers, dementia and aids balance. We need to change our priorities and make time for exercise. Making a commitment to walk more steps is a simple and easy start. Joining with other people can make it more interesting. CONSIDER EXERCISE A PRESCRIPTION. Plan to start. allocate 10 minutes a day, each day if you can. Forgive yourself if you fall short and start again. Do what you will enjoy. walk, swim, run, dance. Try a monitor, count steps, make social connections. Make good habits. This will help your routine stick. Make it non- negotiable. Make it easy. Restart if you stop. Make it safe, social, interesting and fun and MAKE IT A PRIORITY

Sergeant \$40.45

Raffle \$68.00

Barbara

## Stuart's Moment of Reflection or Inspiration

Through Rotary, we are making a difference in the world and the more involved we become, the more of a difference Rotary makes to each of us. Rotary challenges us to become better people, to become ambitious in the ways that matter.

As RI President Ian Riseley says, "Today, each of us bears a torch, its flame lit by Paul Harris, that has been passed forward from generation to generation, in Rotary: Making a Difference.

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A couple of the Sgt's better lines

A patient at a medical clinic filled out a form. After Name and Address, the next question was "Nearest Relative". She wrote - 'Walking distance.'

If the whole world's a stage... Where does the audience sit?

Why did Shakespeare always write in pen?

Pencils were confusing to him. 2B or not 2B.

## Membership Report

August is Membership Month and three members are going to a membership seminar on 21st July, whilst the club will hopefully have another Membership Development/Rotary Information night early next year.

Warwick Stott

## Christmas in July

Please note we are combining with RC Nunawading (they have changed their night for us) and probably RC Mitcham on July 31. Partners and friends most welcome. We will be in the front part of Bucatini not our usual spot.

 Bucatini Restaurant &  
The Rotary Club of Nunawading  
celebrating  
  
**XMAS IN JULY**  
Monday, 31 July. 6.30 for 7.00pm  
Bucatini @ 454 Whitehorse Rd Mitcham

Join us for a fun night with a festive Xmas Dinner, Carol Singers, Trivia, Lucky Door Prizes and Raffle. In support of Rotary's Interplast Program, Doctors and Nurses giving their holiday time "Repairing Bodies and Rebuilding Lives" in the Asia Pacific region.

Rotary members, friends and the community are welcome.  
Your support will be greatly appreciated. Please book early.

Tickets: **\$45/ head**      RSVP: Fri 14 July 17  
BYO (Wine Only)      Harvey 0411 180 643

 

## Fundraising e-bay

This is a permanent link to RCFH's e-bay page: Please use it

<http://r.ebay.com/MJM4fV>

## Breakfast Roster

Action begins at Forest Hill College next Tuesday

## Primary School Speech Contest

The 2018 Primary School Speech Contest, Rotary Club of Forest Hill, will be held at 6.00 for 6.30pm on August 9 at Whitehorse Primary School, Junction Rd, Blackburn Nth.

Twelve students from Blackburn Lake, Burwood Heights, Mt Pleasant Rd, Parkmore, Orchard Grove and Whitehorse Primary schools will participate. Each student will speak for three minutes on various topics. Toastmasters will judge performances and the winner will then participate in the District final in November.

All invited.

## NZ Rotary Fellowship Tour

Following a very successful '2017 Rotary Fellowship Tour' RC Pakuranga are running a similar Tour again next April. Details are available from Bob Laslett.

## Interplast

As the outgoing District Chair of the Interplast Committee, I am writing again to thank the Club for its support in 2014/15 (\$850), 2015/16 (\$950) and 2016/17 (\$500). Your Club has given valued, regular and consistent support over the past 9 years. In addition to the above contributions, your Club contributed as follows: 8/9 \$2500; 9/10 \$500; 10/11 \$500; 13/14 \$1500. And you lent us **Bob W!**

District Clubs and individual Rotarians and friends have given outstanding support to Interplast over the last 3 years and in particular, last year.

Kindly pass on to the members the good news and thank them for their support.

Len Brear District 9810 Chair Interplast Committee 2014/15 -2016/17

## Trivia night

THE ROTARY CLUB OF MONTROSE &  
DISTRICT, ROTARACT YARRA RANGES  
AND MOUNT LILYDALE MERCY  
COLLEGE OLD COLLEGIANS

INVITE  
YOU TO

OUR TRIVIA NIGHT FOR EDUCATION

AUGUST 4TH 2017 AT 7PM,  
MOUNT LILYDALE MERCY  
COLLEGE CENTENNIAL HALL

TICKETS - \$20 PER PERSON  
\$180 PER TABLE OF TEN

B.Y.O. DRINKS, NIBBLES AND \$\$\$ FOR  
RAFFLES/GAMES

PROFITS RAISED SUPPORT OLD COLLEGIANS AND  
ART BUILDING CHILDREN'S DREAMS (ABCD,  
SUPPORTING SCHOOLS IN THE ASIAPACIFIC AND  
AFRICA)

TICKETS AVAILABLE AT:  
HTTPS://WWW.TRYBOOKING.COM/QRNB

SUPPORTED BY

Yarra Ranges

## Committees

### Youth

Glenys Grant  
Graham Sharman  
Bob Laslett  
John Donaghey  
Sue Ballard

### Foundation & International

Stuart Williams  
Mike Finke  
Bob Williams  
Barbara Searle

### Community & Vocational

Martine Macleod Craig  
John McPhee  
Ray Smith  
Chris Tuck

### Membership

Warwick Stott  
Ron Brooks  
Gary Baltissen  
Bill Marsh

### Fundraising

Mike Finke  
Warwick Stott  
Ron Brooks

### DIARY DATES

July 21	Membership Seminar
August 9	Primary School Speech Contest
August 11	Peridot

### ROTARY MONTHLY THEMES

July	Rotary Awareness
August	Membership Extension

### ARTICLES

Newsletter articles to [rlaslett76@gmail.com.au](mailto:rlaslett76@gmail.com.au) by 5 pm Wednesday please.