



**Weekly Flyer
2016-2017**



President: John McPhee

Number 20

21 November 2016

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary1975@gmail.com

Website:

www.foresthillrotary.com

Meeting location:

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

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

Forest Hill Rotary

CLUB PROGRAM

Date	Event	Chair	Thanks and Meeting report
21 November	Cape York holiday <i>Bob Williams</i>	Ron Brooks	Stuart Williams
28 November	YOUTH ACHIEVEMENT AWARDS	Glenys Grant	Bob Laslett
5 December	Sustainable Giving <i>Jess Groszek/Helen Harrison</i>	Mike Finke	John Mc Phee
12 December	CLUB FORUM at McPhees		

THIS WEEKS CELEBRATIONS

A quiet week

DUTY ROSTER

	November	December
Recorder	Glenys Grant	Bill Marsh
Greeter	Ray Smith	John Donaghey
Emergency	Bob Williams	Warwick Stott
Cashier	Bob Laslett	Bob Laslett

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

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.

PRESIDENT JOHN'S JOTTINGS

Once again our partners have excelled with their presentations. Starting with the reflection on RYDA, and the RYDA fundraising bike ride in the Wonthaggi area last weekend. The Brooks and Williams families both participated and completed their allotted rides. Congratulations.

This was followed by an interesting and profitable sergeant session, which raised about \$70.00 for the Foundation.

Then a very interesting travel talk by Judy on the Lasletts' recent visit to Japan, and then, concluding the meeting on time. Well done, and thanks to those partners who participated, and to those who supported the evening. It was great that Joan was able to attend and thanks to Gary for bringing his mother. Also thanks to our honorary members also for supporting the night, and then not least of all, to Martine and Barbara who will be inducted into membership next Monday evening for rounding out a good attendance number.

Working with children check

Thank you to those who have updated their details to our Working with Children Check, Register.

If your card has expired or if you do not have a current card, then please log into "apply for a check, working with children check- Victoria" and complete the application on line as a volunteer. There is NO COST for the application, but a current card is needed for those occasions where children are involved with a Rotary activity. Should you need assistance to complete the process, then please do not hesitate to contact me.

MASH mince pies. Orders will be finalised next meeting, if you are seeking these specialties. Cash required upon placing the order. Cost \$15 per doz.

Next meeting we will journey to the tip of Australia with Bob & Barb, but the highlight of course will be the induction of Barbara and Martine.

Quote for the week. "Life is like a bicycle, to keep your balance, you must keep moving. "Mother Teresa"

John

Last Week's Meeting

It was Partners Control Night.

Robbie Brooks and Barbara Williams opened the meeting with a reflection related to RYDA (Rotary Youth Drivers Awareness).

Some notes from reports:

1. Blackburn Market last Saturday was light with \$287 raised due to the level crossing works;
2. Thanks to Hans for assisting at the market and Martine with the WFM;
3. Ron Brooks was taking orders for MASH mince pies;
4. Membership night May 1 2017;

5. The 2015-16 accounts have been audited and will be available for the AGM;

6. Two new members will be inducted next week, great to hear;

7. Ron Brooks is still collecting foreign coins and stamps; and

8. Youth Achievement Awards Nov. 28 2016.

Marg. McPhee acted as Chairperson and Barbara Williams and Robbie Brooks as the Sergeants.



Our guest speaker for the night was Judy Laslett.

The topic of her talk was Bob and Judy's recent holiday to Japan.

Judy described Japan as a beautiful country. Japan is made up of 4 major islands, over 120 million people and in total 6600 islands of which 430 are inhabited.

Their holiday involved 2 boat cruises, travel on the Bullet Train, visiting a former exchange student of our Club in 1983-84 and specific visits to cities such as Nagasaki (to see the Atom Bomb Memorials), Tokyo, Mt. Fuji, Yokohama and the home of the Toyota Museum.

It was interesting to hear that on one of their cruises they went to Busan in South Korea.

During her presentation Judy showed many photos of the many cities they visited.



Both Bob and Judy highly recommended the 2 cruises and the visit to Japan.

Judy's presentation was both interesting and informative.

Jenny Tuck made the vote of thanks to Judy and presented Judy with some flowers.

President John McPhee then closed the meeting.

C.F.Tuck

Sergeant's Reflection

On Saturday Robbie, Ron, Neville Armstrong, Bob and I took part in the Bass Coast Challenge with funds to go to the Rotary Youth Driver Awareness program. It was the second year we five have entered and very satisfying to have completed the ride but even more satisfying that the proceeds go to our Rotary program of RYDA.

RYDA is a road safety awareness program for senior school students, generally year 11, with more than 50,000 students from more than 650 schools in Australia and New Zealand participating each year. It is the largest program of its type across both countries and its mission is "To provide evidence-based road safety education that supports the development of a road safety culture, contributing to a reduction in road trauma."

RYDA coordinator Catherine Smith was at the event and spoke to each group as they commenced, about the advantage of student drivers attending a RYDA day and the importance of our efforts going towards making it safer for everyone on our roads. She reminded Bob that our club helped out earlier this year with providing six people to assist marshalling 200 Vermont Secondary college students at a RYDA day at Sandown greyhound track and asked if we could again assist as the school recognised the value of their students attending and want to provide the same opportunity for next year's students. Bob will advise details early next year.

The students are divided into six groups and rotate through six sessions of Rights and Responsibilities (key risks and penalties for young drivers), After the Crash (presented in our case by a young lady who sustained a traumatic brain injury following swerving to miss an animal and in the session with the Vermont High students we assisted with, you could hear a pin drop as they hung on every word). Genevieve's story is another session about the ripple effect of two girls who made one bad decision while driving. Speed and stopping is a practical demonstration of the physics of speed, stopping and the gap to leave between cars etc. Hazards and Distractions strategises managing distractions such as mobile phones and passengers. The Personality test is the final session.

Since 2012, Road Safety Education with the support of Toyota Australia have conducted a study measuring the social and economic value of the RYDA program. The Study shows that RYDA is a highly impactful experience for students. It produces substantial increases in understanding of road risks factors such as; speed, following distance, distractions, car safety features, hazard perception and the role of personality and mind-state.

Study Highlights include - Significant changes in intentions to change personal behaviour, Significant increases in knowledge, Awareness of the consequences of crashes on individuals, family and friends (increased by 87% of respondents) and finally, close to 100% of students say they were likely or highly likely to apply RYDA messages in future. This was evidenced by a follow up survey done with students up to a year after attending.

Study Conclusions – The Study evidence shows that RYDA reinforces government and community road safety measures and, importantly, plays a critical role in filling the gaps where there are no established measures, thereby helping to reduce the burden of health, infrastructure and human costs.

Barbara and Robbie

RIDING FOR RYDA

On Saturday 12th November, Robbie, Barbara, Ron, Neville Armstrong and I rode in the Bass Coast Challenge for Rotary Youth Driver Awareness, starting and finishing at Inverloch. As in previous years there were four distances, 40km, 53km, 85km and 121km with Ron and Neville doing the 121km and the ladies and I doing the 53km course.

Catherine Smith, the RYDA coordinator was there and we had a chat and she asked if Forest Hill could again assist with the RYDA day for Vermont Secondary College next year as we had done this year and I said I was sure that we could.



Barbara



Robbie and Bob



Neville and Ron

The local Primary School was involved with running various road safety events so we had many youngsters running, billy-carting etc up to the “more senior” cyclists. There were about 1,000 in total with the most doing the 121km course with Ron and Neville. Ron had a cramp about half way through and was grateful for a couple of “outriders” acting as “kelpies” who rode with the two of them at the rear of the course assisting them with advice of what was coming up etc and generally keeping their spirits up. They were able to finish a little faster than last year and even with Ron’s cramping, both felt better than last year. They had started at 8am and finished within 7 hours (including stops at the refreshment tents) so very good considering all the tough hills they climbed. Ron received a prize of a bike light for being the oldest competitor.

Robbie, Barbara and I started at 10am and finished at 1-50pm, again including stops and that was way faster than last year for the ladies (I did the 83km last year). Robbie was a lot more bike fit than us and was very patient, waiting at the top of the hills for us to catch up. For not cycling much until the last couple of years, Barbara has done remarkably well to be able to enter and finish as one of the hills we all had to do was 1.5km with about 12% incline. The two guys had “Mount Misery” with 3km of this level of incline (which nearly finished me last year) plus several other hills as well as the ones we did on the 53km course. Ron admires Neville’s hill climbing ability and said he is the best of the bunch in their weekly Rotary rides he organises.

We stayed from Friday night until Sunday arvo at our Inverloch home with Barbara preparing the evening meal of pasta etc Friday night which was fabulous and Robbie her usual five star gourmet fare for Saturday night accompanied by various beverages which were increased (a lot) for the Saturday night celebration dinner.

After each evening meal we sat and chatted for hours and I was particularly interested when Neville told us some of what he does as a volunteer at Royal Talbot Rehabilitation Centre, modifying kids bikes for disabled children to be able to ride, and the joy of them (and their parents) being able to complete their “Right of Passage” in being able to cycle on their own, the same as other able bodies kids.

A great weekend with a great bunch of community minded house guests doing great work (well, exercise actually) for a great cause.
Bob

Social Media Messages

This is episode ten of the more-or-less weekly FMFH podcast: - (Another beauty- Ed)

<https://soundcloud.com/mike-finke-167583478/five-minute-forest-hill-episode-ten>

Mike F

Whitehorse Farmers’ Market

Market Results were;

Stalls	\$4,090.00
Egg & Bacon	322.50
Donations	1,308.50
Total	5,721.00

Warwick

FOREIGN COINS/NOTES for UNICEF

A big thank you to Martine for contributing a further 3.3 kg of foreign coins at the Partner Control Night and also to Heather Neilson and John D for more coins and notes. So, altogether I now have 35.3kgs of coins and the wad of notes is getting larger. Keep going overseas please so you can give me the left over coins and notes on your return. When we get to the magic 60kgs I can send them off to UNICEF.

USED STAMPS

At last week's meeting I was given used stamps by Mike/Penelope. Robbie took a very large box of used stamps to Carol Farmer the day after the Partner Control night. I would ask everyone to just keep putting those stamps aside while I'm away and we'll start another box on my return.

Ron

ROTARY DISTRICT 9810 STAMP ACCOUNTS

(just to show you how valuable is your rubbish !!!)

1991/1992---- \$431.00---- a Perkins Brailier for a blind child
1992/1993---- \$781.00---- a lycra suit for a child with cerebral palsy.
1993/1994---- \$2326.00----donation to polio eradication.
1994/1995---- \$3698.00----donation to polio eradication.
1995/1996---- \$2249.50----donation to polio eradication.
1996/1997---- \$2876.10----donation to polio eradication.
1997/1998---- \$2165.00----a mine detector for Cambodia.
1998/1999---- \$1081.80----donation to polio eradication.
1999/2000---- \$1551.50----donation to polio eradication.
2000/2001---- \$2785.00----donation to polio eradication.
2001/2002---- \$2548.00----donation to polio eradication.
2002/2003---- \$2641.50----Sight for Sore Eyes – ocular implants for Nepal.
2003/2004---- \$3746.00----Adult Migrant Literacy program.
2004/2005---- \$4972.00---- R.A.M. – netted 4 complete villages against malaria.
2005/2006---- \$7000.00----Wheelchairs for Kids (2 yr program)
2006/2007---- \$3000.00----Wheelchairs for Kids == 100 wheel chairs provided.
2007/2008---- \$5008.00----Plumpy Nuts for Darfur (nutritional aid for children)
2008/2009---- \$5105.00----donation to polio eradication.
2009/2010---- \$5206.00----Sight for Sore Eyes- Fred Hollows F. (208 eyes)
2010/2011---- \$5287.00----Sight for Sore Eyes- Fred Hollows F. (211 eyes)
2011/2012---- \$5036.80----Bio Sand Filters, clean water for village in Honduras.
2012/1013---- \$6280.80----Cathy Freeman Foundation for Indigenous Youth.
2013/2014---- \$7091.00--- Water Pumps for Moradabad Village, India.
2014/2015----\$6381.00-----50% to Fred H.F. & 50% to the Koorie Academy
2015/2016----\$7650.00-----R.O.M.A.C.(medical aid here for o/seas children)
2016/2017----\$ -----R.O.M.A.C.

Since July 1st 2016 = \$3376.00

Therefore, TOTAL raised to date = \$100,274.00

From little things BIG things DO grow !!

For more information, to help us keep growing ---

consult the District Directory, telephone Carrol on 9500-0140

or contact us on ericfarmer@bigpond.com Pick ups can easily be arranged too.

CHRISTMAS MINCE PIES

I will circulate the mince pie order form again this Monday at the club meeting. So far, we have ordered 7 dozen. These mince pies are the excellent award winning ones that MASH organise each year. The form will get sent off to MASH after Monday night's meeting as the closing date is 25th November. Remember, our club gets \$3 back from every dozen we order.

Ron

DIARY DATES

Friday 18 November	Peridot
Monday 28 November	Youth Achievement awards
Thurs. 15 Dec.	Visit to Chris & Jenny Tuck's Cherry Orchard.
Mon. 9 Jan. 2017	BBQ at Mike & Kira Finke's home in Vermont to open the year.
Sat 4 Feb. 2017	Lunch at Kathy & John Donaghey's home in Ocean Grove.
Thurs. 2 Mar. 2017	Lunch at Bev & Gary Baltissen's home in Sorrento.

FOREST HILL COLLEGE BREAKFAST ROSTER

It was great that Glenys was (t)released to help Barb this week

22/11/2016	Barb	Bob L
29/11/2016	Barb	Judy L
6/12/2016	Barb	Bob L
13/12/2016	Barb	Kevin

ROTARY MONTHLY THEMES

November	Foundation
December	Disease Prevention and Treatment

ARTICLES

Newsletter articles to rlaslett76@gmail.com by 5 pm Wednesday, please.