

Rotary
Club of Forest Hill



**The Flyer
2017-2018**



**ROTARY:
MAKING A
DIFFERENCE**

President: Bill Marsh

Number 20

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

27 November 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

CLUB PROGRAM

Date	Event	Chair	Thanks & Meeting Report
27 Nov	Youth Achievement Awards	Bill Marsh	Glenys Grant
4 Dec	Club Forum	Bill Marsh	Mike Finke
11 Dec	Mindfulness <i>A/Prof Craig Hassed</i>	Ron Brooks	Bob Williams
18 Dec	Burwood Boys Home Stories <i>Kay Edwards/ Glenys Grant</i>	Warwick Stott	John McPhee

CELEBRATIONS

Happy birthday to Barb Williams (29 November). Best wishes to Mike as he continues to recover from surgery.

DUTY ROSTER

	NOVEMBER	DECEMBER
Recorder	Chris Tuck	Glenys Grant
Greeter	Barbara Searle	Sue Ballard
Emergency	Mike Finke	John Donaghey
Cashier	Ron Brooks	Warwick Stott

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

BILL'S BYLINES

A very small, but select, group of members were treated to an excellent presentation by Kat and Adele from Diabetes Victoria. The facts, figures, charts and pictures that were given certainly opened a few eyes and had a number of members checking their waistlines! The message was eat well, eat thoughtfully and in moderation and keep up the exercise coupled with regular check-ups.

The Board Meeting that was to follow the General Meeting had to be postponed as we didn't have enough Board Members to make a quorum. Fortunately, there were no outstanding items and so those present could just have a general chat and then we all headed home early.

Next week will be the Youth Achievement Awards night and I am sure we will have all hands on deck for this great night.

Our Bunnings BBQ on the 24th December is in hand with almost every member, and a number of partners and relatives, volunteering at some time during the day. If you haven't come forward yet there is still time - particularly in the noon to 4.30pm time slots.

On Friday we had a great visit to the Davis family farm. Good food, great company and chauffeured transport all helped as did the magnificent views and the spectacular sound and light show provided by the storm late in the afternoon. Thankyou Roger, Peter & Gary.

Saturday night 11 of us ventured into the wilds of Mount Waverley to the Peridot Theatre for an entertaining production that put Midsummer Murders to shame for the number of bodies that turned up – some several times. The next production will be 'Rumours' in February 2018.

Thank you to those who remembered to bring in some non-perishable food items for distribution through East Burwood Uniting leading up to Christmas. We will be happy to collect any further donations next week.

Our final Film Night will be moved from Dec 1 to Dec 8, please note the change on your calendar. A list of films will be circulated in the week leading up to Dec 8.

Some dates for your diaries.

Friday 27th November – Youth Achievement Awards

Friday 1st December – Film Night

Monday 4th December - Club Forum and AGM

Saturday 9th December – Blackburn Market

Sunday 10th December - WFM

Did You Know?

Sitting in a 15 minute meeting uses more energy than Usain Bolt expends over three 100 metre sprints. (Haven't we all been in some of those meetings!)

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

MEETING REPORT 13 November

Bob W opened with remembrance of the achievements of Rotary over the past 100 years.

Pres Bill

- 9 members 2 guests (Kat Crowley and Adele Mackie from Diabetes Victoria)
- BBQ at Bunnings - confirmed for 24th December. Bill declined for New Years Eve as too soon. Asked members about Easter Monday and it was agreed we would take on BBQ.
- Davis farm visit went well.
- Davis scholarship and Galileo award 7th December at 7pm
- theatre night went well. First production next year similar theme
- next week is Youth Achievement Awards and need as many people as possible to attend to host families.
- 18th December will be last meeting of year.
- last chance next week to bring non-perishable food items for hampers.

Only Youth had important matters to bring up.

Glenys - Youth Achievement Awards has 12 schools attending with 11 having contacted us

- Primary School Speech night final on 30th November at Melba College. Our representative is Andrew.

Members welcome to attend

- Science Experience. 2 students have put in applications and have been accepted. Only a few places left

- Photo Competition for next year. 6 schools asked, 3 replied asking for more info. Need to develop further.

Guest speakers from Diabetes Victoria

Kat who works around Community engagement and fund raising and Adele who is a dietitian and community support

What is Diabetes? It's the ability of the body to process insulin.

Types of Diabetes

- type 1
- type 2
- prediabetes
- gestational



Diabetes Victoria provide many programs to assist the community in dealing with the different types of diabetes.

One of interest for all was the Supermarket tours run by local dietitians on reading labels and making good choices.

Yearly medical blood check by GP should pick up diabetes.

Factors that affect diabetes type 2 are lifestyle factors, food choices including the amount of processed foods, physical activity and sleep/stress and emotional state. A family history could also be a factor.

Type 1 is generally diagnosed in the young and often related to family background.

More information on available programs available on website

Sue thanked Kat and Adele

Fines \$20 Raffle \$40

Sue

Sergeant Reflection 20 November 2017

November is Rotary Foundation month.

As reported in our current Rotary Down Under magazine, the Foundation was created in 1917 by Rotary International's sixth President Arch Klump as an endowment fund for Rotary "to do good in the world." It started with \$26.50 and during the last 100 years it has enabled more than US4 billion to be transformed into service projects that have changed lives both close to home and across the globe. The largest program by far has been Polio Eradication which has seen the number of new polio cases decrease from 300,000 per year 30 years ago to 11 for this calendar year as at time of production of the current RDU. The program has seen over 2.5 billion children immunised against Polio.

Humanitarian Grants facilitates club efforts to support areas devastated by disasters. District Simplified Grants, Matching Grants and Health Hunger and Humanity Grants are all funded from Foundation.

Education programs such as Rotary Peace Fellowships are also supported with over 100 fellows selected each year. They earn a Master's degree or similar in peace and conflict studies at one of six Rotary Peace Centres at universities in Australia, England, Sweden, Japan, Thailand and the United States.

Currently, the Foundation has been awarded the highest four -star award by Charity Navigator, a standard achieved by only one percent of charities for prudent care of donors' money, satisfying community need and fiscal responsibility.

Just another part of our wonderful organisation of which we should be very proud.

Bob W

District Conference - Bendigo Fri 2nd – Sun 4th March 2018

Great to hear 13 are going to conference. Don't forget to register at

www.9810rotaryconference.org.au

Social media and fundraising

The new Facebook page for the Blackburn Market is available here:

<https://www.facebook.com/BlackburnStationCraftMarket/>

Episode 24 of the podcast is here, it's a short one:

<https://soundcloud.com/mike-finke-167583478/episode-24>

Forest Hill College Breakfast Roster

Go Barb and Robbie.

ROTARY MONTHLY THEMES

November

The Rotary Foundation

December

Disease prevention and treatment

ARTICLES

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