



Rotary
Club of Forest Hill



Weekly Newsletter

foresthillrotary@hotmail.com

President Bob Williams



Be a gift to the world

Number 21

23rd November 2015

Club address:

PO Box 116, Nunawading 3131

Email address:

foresthillrotary@hotmail.com

Website:

www.foresthillrotary.com

Meeting location:

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Meeting time:

Monday 6.15 for 6.30 pm

Facebook:

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
23 rd Nov	Youth Achievement Awards <i>Lucy Menzies</i>	Bob Williams	Glenys Grant
30 th Nov	LAARS, <i>Leon Moore</i> Bass Coast Challenge Ride	Bob Laslett Bill Marsh	Bill Marsh
7 th Dec	AGM		

THIS WEEK'S CELEBRATIONS

26th Nov Merle Smith Birthday
29th Nov Barbara Williams Birthday



DUTY ROSTER

	November	December
Cashier	John McPhee	Warwick Stott
Recorder	Stuart Williams	Ray Smith
Greeter	Chris Tuck	Ron Brooks
Emergency	Glenys Grant	Bill Marsh

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 9878 4891 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

Stan is now in Wantirna Health, Mountain Hwy ward East 9. Please go and visit him and have a chat. Plenty of free parking (not on Sunday when there is the weekly car boot sale.

BOB'S BANTER

I had a very up and down (mainly up) and breathless last Saturday participating in the Bass Coast Challenge ride for Rotary Youth Driver Awareness program. Very tough courses with Robbie Brooks and Barbara completing the 53km one (and Robbie encountered a friendly echidna), Stuart and I did the 85 km course (well about 70km of it anyway) and Ron, John, Wolfgang and Neville, the 121km one and I was relieved when the four experienced guys said that it was the toughest ride they have ever done, as I was totally spent. Great coverage for RYDA and Nicole van Brakel from RYDA was there so I introduced myself as we have emailed each other with my offers to both Kingswood and Forest Hill College to arrange to run RYDA for them.

John McPhee told us about how well the Blackburn market ran on Saturday with several of the "usuals" being away so that was good to hear. We have so many great friends who pitch in and Mike, Sharon, Esther and Bruce helped out so thanks to all.

Trevor from Royal Talbot was our speaker and he volunteers his time working on modifying bikes for the disabled there and had so many wonderful stories and photos for us to enjoy. Great presentation Trevor and it was our pleasure to help out with a small donation.

Great to have Assistant Governor Paul Mee at our meeting and he said some nice things about our club. Paul's replacement while he was away caravanning was Peter Cummins who recently was awarded another sapphire to his PHF and his wife Margaret was also made a PHF. Well done to you both.

Bill represented us at the Primary Schools Speech Contest final and we look forward to hearing how that went. Thanks Bill, as always, you do so much.

Mike will be inducted at a forthcoming meeting.

Ray and Ron advised that Stan would appreciate visitors to see him in hospital so please go and have a chat.

Thank you Stuart for arranging our accommodation at Shepparton for the conference.

Sergeant Stuart took a further \$34-85 in fines and the raffle was NOT won by Glenys this time (goodonya Warwick) and raised \$46.

Remember that our AGM is to be the 7th December and our thanks to Dick Tregear for completing our audit this year.

Robbie and I took on the weekly Forest Hill College breakfast making Tuesday and it was pancakes. With the new equipment I didn't make too much of a mess this time.

MASH has their annual sale of mince pies at \$15 per dozen with \$3 of this going towards Indigenous Health scholarships. Please let me know if you want to order as we need to send in a bulk order by Friday 27 November. David Winter, MASH President and baker extraordinaire who makes the mince pies (plus so many other yummy bread products that Barbara and I love) has kindly offered to donate some mince pies to our Christmas hampers so please support MASH.

Don't forget to advise Glenys if you can attend the Yarning Circle launch on the 29th November.

We have one of our very special nights next on the 23rd November with our Youth Achievement Awards and thanks to Glenys, Ray and Bill for organising. We have 12 schools participating so it will be a great night with Lucy Menzies as our speaker

President Bob

Remember "Be a Gift to the World".

DIARY DATES

Mon	7 th Dec	Club AGM
Wed	9 th Mar	Women in Rotary Forum
Sat/Sun	30 th Apr/1 st May	MUNA weekend
Sun	19 th June	Multi District function to farewell Ian Risely (RI Pres '17-'18)

ON TO CONFERENCE-SHEPPARTON

So far, Bob and Barb Williams, Bob and Judy Laslett, Bill and Judy Marsh, Glenys Grant, and I are booked in. **Please email me if there are any more of you out there who would like a room booked.**

On to Conference chairman Stuart

LAST WEEK'S MEETING

Sergeant Stu opened with his weekly reflections. The heartbreaking and heartless slaughter of hostages and innocents has brought fear and intimidation to all places where freedom of thought counts for something. The monstrous, bigoted, cruel Islamic terrorists and murderers have betrayed the very mothers that gave birth to them in their deliberate relinquishment of all that humanity hold dear. We will never understand what motivates such hatred. In the land that gave us liberty, equality, and fraternity, we watched those cherished notions which inform the thinking of all modern democracies, being carried away in body bags. Even the Mona Lisa may shed a tear for France. Let's toast **France** along with our two normal toasts of **Australia** and **Rotary International**.

By Sergeant Stuart

This week's guest speaker was Trevor Coulter from Freedom Wheels. The Royal Talbot hospital has had a section run by Occupational Therapists for a very long time.



They have a workshop which makes modifications to all the bits and pieces that are used in every day life so that people with disabilities can use them. An electric plug with a large handle so it can be used by a person with very weak hands, a bread board with an L shaped piece of wood fixed to it so a one handed person can butter a piece of bread pushed up against the L etc. They call the overall organisation SOLVE (www.solve.org.au) which has done over 6,500 projects in the last 10 years. They use the ingenuity of OT's and volunteers to "solve problems

for which there is no commercial. They have 170 volunteers. They have been modifying bikes for 35years. Since 2008, a specialist sub group have been formed called Freedom Wheels. It started in Queensland but quickly spread around Australia. They specifically work with one particular bike make as they now have "standard" modifying parts. But they will modify most bikes. They particularly work with children from toddler's first bike to about 18 years of age though they recently modified a tandem so a girl's father can ride at the front. They adapt handlebars, brakes, saddles, multi tiered back supports, out rigger wheels, pedals, change freewheel to fixed wheel. They

generally do modifications on a standard bike until a child can ride it and then the parents bring along the child's bike and they know exactly how to modify it. The cost of a bike including modifications does not exceed \$800. They have a fund to cover anything above this and sometimes the bike is much cheaper if the family have little money. Trevor said that the major benefit of their work is that the child can participate with the rest of the family, with their school mates. They are no longer the odd one out. They operate clinics in Mildura, Ballarat, Bendigo, Geelong and many other country centres, taking their large truck and some volunteers with them from Melbourne. Many slide photos showed Neville who answered an ad in the local newspaper just after he retired 8 years ago and who does two days a week. Neville was one of the Bass Coast Challenge riders (see Newsletter article below).

There were 13 attendees including our AG Paul Mee recently back from 3 months caravanning around Australia and Barbara W. We heard that the Blackburn market made \$767. Our soon to be inducted new member Mike Finke has already passed his BBQ test. Ray reported he is an excellent onion slicer and onion/sausage cooker. The sergeant's fine session raised 34.85 and the raffle \$45..... All from only 13 people. The raffle was won by Warwick who took the chocolates.

CHRISTMAS HAMPERS

It is that time of year when we distribute hampers to needy local people. Can you please bring to our meetings over the next few weeks suitable Christmas food items and toys? Use your imagination - possible gifts could include movie gift cards, Kmart and other shopping cards as well as many other ideas. **Contact Bob L. for details.**

FOREST HILL WEBSITE

Have a look, give me some ideas, send me a story to put on, give me some photos, give me some feedback, tell me what is missing. www.foresthillrotary.com

TELL US ABOUT YOUR LATEST HOLIDAY?

Our President Bob has come up with yet another idea! The Newsletter would love to tell it's readers about your latest holiday and/or your holiday plans. His hope is that we can have a regular weekly segment words & photo or two plus a list of what dates you will be away. So whether it's a weekend in Williamstown, a month in Manila, a trip to Tamworth, a holiday in Hanoi, or a cruise to Croatia – let's hear about it.

Ron & Robbie	22 nd Dec to 13 th Jan	South Africa [Cape Town – East London]
Bev & Gary Baltissen	15 th Nov to 9 th Dec	Hong Kong & 19 day cruise back to Oz
Stuart Williams	7 th Dec to 20 th Dec	Khon Kaen (northern Thailand)

So let's hear from you. Tell us where you are going and tell us how the holiday went when you come back..... then give Ron your foreign coins when you return !! EASY.

OUT AND ABOUT IN MELBOURNE

[I would love to receive reports from any readers of visits to exhibitions, cinema, theatre, ballet, days out in the country – I promise they will be published to give ideas where others might like to go].

MARRIAGE OF FIGURO

Robbie and Ron went to the State Theatre this week to see this Mozart opera based on Beaumarchais' revolutionary play of the same name. 3 ½ hrs long with just a single 25min interval. Da Ponte wrote the words. Mozart wrote this in 6 weeks and

conducted the first two performances sitting at the pianoforte. Susanna (Figaro's betrothed), Countess Almaviva, and Barbarina all got very good crits in The Age last week. The number of flirtations betwixt and between the characters and the number of people pretending to be someone else would take 3hrs to explain so it would be easier to go along and have a good evening. We always go to Southbank for a bite to eat in the food court when we go to the theatre, usually Japanese as they always cook it while you wait so it is hot.

Submitted by Ron Brooks

Square Eyed Stu at the Movies

The new Bond franchise movie, Spectre, is an enjoyable excursion. A spectacular opening sequence, just like last time and lots of implausible stunts. I was looking forward to the delightful Monica Bellucci, she appears, but for maybe 3.5 minutes. The other love interest is not a stunner. Action aplenty, connections with Bonds of the past and a bit of fun. Many long dialogue sequences which I can not remember from previous movies. Daniel Craig, is it his last Bond, performs so well in so many suits.

BASS COAST CHALLENGE BIKE RIDE – FUND RAISER

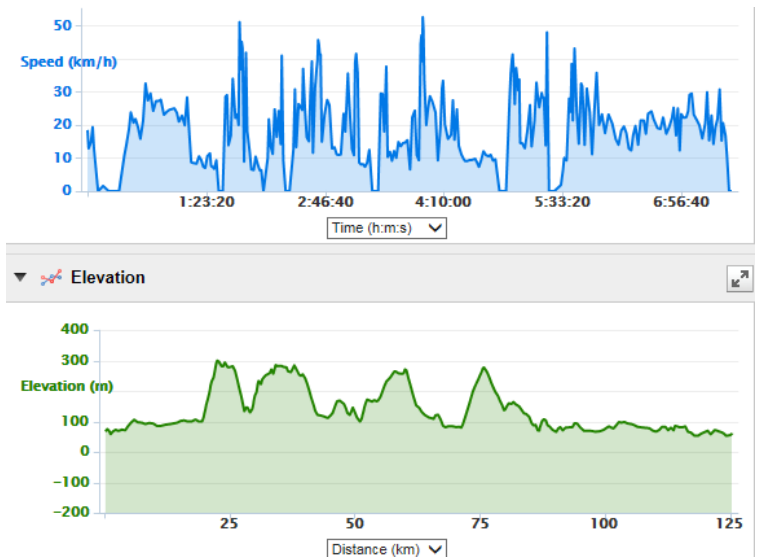
About 800 riders assembled last Saturday morning in Inverloch on a fundraiser for RYDA. The Rotary clubs of Inverloch and Wonthaggi provided the marshals for the routes. I did the 121km loop with three other Rotary guys who are regulars on the D9810 Sunday morning rides. Pres Bob did the 85km loop, Stuart did part of that and part of the 53km loop making about 70kms overall while Robbie and Barbara Williams did the 53km loop. We all enjoyed the final Wonthaggi, Cape Patterson Inverloch ride along the coast with the sun shining, the wind at our backs and the sight of blue sea and yellow beaches.

Our weekend started Friday afternoon for the eight of us staying at Bob & Barb's holiday home on when we checked in for the rides. We were given our sticky labels with RF detector built in to put on the bike so they knew when we crossed the start finish line (high tech!!). Barbara was in charge of feeding us for Friday night. We had spaghetti bolognaise and carbohydrate loaded with fried rice, Neville's Anzac biscuits and Barb's cake and hydrated with beer and shiraz. It was an 8am start for the 121ers, so it was early to bed.



Wolfgang, Neville, Ron and John leaving Robbie, Barb, Stu and Bob after finishing. The day turned out to be a cool 12degC to 18degC day with gusty wind with a little light rain that only fell for a few minutes. We all wore our special Bass Coast tops. Ron won first prize of helmet, top, knicks, windstopper jacket, socks, and arm warmers so he wore it all (oh! apart from the bike knicks which were too large). After 28kms we cycled up the 3.1km Mt Misery of average slope 6% but peak of 12%. We had ladies dressed up as the devil and a bunny girl cheering us on near the top. There were four refreshment stops but although they advertised Gatorade and glucose lollies, there was only water.

and at the second stop little home made fruit cakes (which were fantastic). They ran out of bananas, muesli bars, cans of soft drink and whatever else before we got to the stops and we were by no means the last to arrive. So I guess Bob and Stu doing the 85km loop missed out as well. Stuart left Bob to take a short cut detour and caught up with Robbie and Barb who had left an hour later and were on the 53km loop. Stu must have thought he was in Thailand as he asked Robbie to give his legs a massage as he had cramps. So, nurse to the rescue! Robbie also befriended an echidna which see saw at the side of the road. It actually scurried through her legs (that's her shoe)



As you can see from the read out from my bike, there were five major hills. The first is Mt Misery, the last is a 4km long The Gorge. Altogether my computer showed we had ascended 1,400m during the 126kms with an average speed of 19.1kms/hr. That's OK. The programme said festivities would continue until 4:30pm. Stu, Barb and Robbie finished around 2pm with Bob about 15mins later. They basically missed all the presentations. The marshalling was fantastic at every turn more than one person and a road sign but because a marshal (Rotary guy) at the very last turn had gone home and left no sign, the four of us doing the 121km loop missed the final turn and ended up doing another 5kms so although we arrived in Inverloch at 2:45pm we didn't finish til 3pm. Apart from the finishing line and timing, all the festivities had packed up and we were by no means the last to finish. So we went for coffee then rode back to Bob&Barb's. Overall it was a fun, enjoyable and challenging ride with beautiful green rolling hills and views. Good dairy country. We rehydrated with electrolytes (beer) and had a late lunch of cake. Robbie was in charge of food for Saturday night so while Bob did the meat cooking on the BBQ with a number of advisory staff on hand, Robbie provided the salads, sliced sweet potato and savarin for dessert. Lots of vitamin dosing Vitamin B (beer) and S,M and C (shiraz, merlot and cab sav) I think we all slept well that night with the promise of the best gelato in town the next day. Well, I think it's worth going down to Inverloch just for the ice cream (I had liquorice, Robbie apple pie, somebody had tiramisu).

Great company, great weather for riding, great food..... GREAT WEEKEND

PRIVACY – SECURITY – THE INTERNET

I attended the eastern suburbs monthly meeting of the Melbourne PC Users Association recently. One of the talks was about security and privacy. Most interesting. Here are just a few points.

1. There are 13 pages of privacy settings on the new Windows 10 operating system. More than ever before. Most people just click on the "I agree" box and amongst other things you agree to automatically send information to Microsoft on what you are

accessing and agree to you being charged for the uploads to them, which comes off your monthly data allowance.

2. Never click “unsubscribe” to unsolicited emails as they know it is an active email address and will never stop sending you stuff. Instead automatically delete them from your server.

3. Do not put your photo on your Facebook as people can use it in documents on identity theft.

4. Shred all your personal documents before discarding them (we actually put them in the compost after shredding)

5. Never put a photo of your aircraft boarding pass on any social media page showing the barcode as it is easy to read off that your ticket ID so anyone can see (and log on and change your future flights) where you plan to go and know how long you will be away from your house.

6. Route all incoming calls through an answering machine as those computerised call centre calls will hang up. You can always pick up immediately if it is someone you recognise.

7. Use the “Do not call register”. This does not stop charities, political parties, or overseas calls.

8. Recognise that when you donate to charities, most are managed by third party companies for profit who then circulate you with every other charity request that they handle which is why you get postal and email stuff from charities you have never subscribed to.

9. Switch off geotagging from camera as otherwise anyone can look at exactly where the photo was taken. This means anyone looking at a photo you have posted say of your home, knows its actual address. A TV personality recently had to move because they posted a photo of their car (which took in no surrounding scenery) saying they were just heading off for a drive. Suddenly everyone knew where they lived and mobbed the place.

10. Why do Harvey Norman ask you for your address when you buy something? Why do people ask for your date of birth when you are buying something? Never give out this information. Never ever go in for a “FREE” prize offer which say asks for your email or date of birth or address so they can give you the prize. There is nothing for nothing.

11. Be very sceptical when someone phones you and says they are from such and such a company eg your bank, Microsoft, local library etc.

The talk went on to lots more stuff. The moral is be VERY SCEPTICAL.

Ron Brooks

UNICEF FOREIGN COIN COLLECTION

The RC of Manningham have just emailed me to say they have a collection of coins to give me and add to the District collection. So the \$4,700 worth already donated to UNICEF will be bigger by the end of DG David’s very successful year. Scrap metal converted directly to supporting underprivileged, undernourished kids.

Ron Brooks

STAMPS

Even if you only get a few stamps a week, collect them and give them to me.



It’s a no cost project. Just cut around the stamp by about 1 cm and pop it in a spare used envelope and bring them along to me on club night. I have 2.3 kg of trimmed stamps which Pres Bob will deliver to district next week at the President’s meeting.

PERIDOT THEATRE FELLOWSHIP NIGHT FRI 27th NOV

Peridot Theatre's final play for the year is THE GOD OF CARNAGE, a comedy about what happens when two sets of parents get together to discuss the unruly behaviour of their children who fight at school. Cost \$23.00- Seniors price.

John Donaghey is handing out tickets on Mon 23rd Nov to those who booked.

DON HULLAND

Don is now permanently in a nursing home and he told me that Vic Roads have taken his driving licence off him because he is a diabetic and so he cannot drive. He is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is **0409 530 435**. Please give him a call as he misses our fellowship.

ROTARY MONTHLY THEMES

November	Rotary Foundation
December	Disease Prevention and Treatment
January	Vocational Service
February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Services
June	Rotary Fellowships

CLUB OFFICERS & COMMITTEES

	2015-16
President	Bob Williams
Vice President	Stuart Williams
Secretary	Ron Brooks
Treasurer	Warwick Stott
President Elect	John McPhee
Sergeant	Stuart Williams
Foundation/International	Chris Tuck
Members	John Donaghey, Stan Harper,
Youth Service	Glenys Grant
Members	Ray Smith, Bill Marsh, Graham Sharman
Community & Vocation	Bob Laslett
Members	Stuart Williams, Gary Baltissen, Ron Brooks
Membership & Publicity	John McPhee
Members	Warwick Stott, Bob Williams,
Fellowship	John Donaghey
Primary Schools Speech Night	Bob Williams
Programme	Ray Smith, Gary Baltissen
Bulletin Editor	Ron Brooks
Web page & Facebook	Ron Brooks
On to Conference	Stuart Williams
Historian	Stan Harper
Almoner	Graham Sharman
Public Officer	Bill Marsh

Newsletter articles to the editor at ronbrooks1942@gmail.com by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.