



**The Flyer
2017-2018**



ROTARY:
MAKING A
DIFFERENCE

President: Bill Marsh

Number 23

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

18 December 2017

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

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

Monday 6.15 for 6.30 pm

Rotary Club Forest Hill

CLUB PROGRAM

Date	Event	Chair	Thanks & Meeting Report
18 Dec	Christmas meeting Burwood Boys Home Stories <i>Kay Edwards/ Glenys Grant</i>	Warwick Stott	John McPhee
25 Dec	No Meeting		
1 Jan	No meeting		
8 Jan	Informal meeting		

CELEBRATIONS

Congratulations to Graham Sharman on his club anniversary (22 December) and birthday (26 December), Bob Williams for his club anniversary (1 January), John Donaghey (3 January) and Kira Finke (6 January) for their respective birthdays.

DUTY ROSTER

	DECEMBER	JANUARY
Recorder	Glenys Grant	Bob Williams
Greeter	Sue Ballard	Glenys Grant
Emergency	John Donaghey	Barbara Searle
Cashier	Warwick Stott	Stuart Williams

DON HULLAND

Don is in Kellock Lodge, 15 Bon Street, Alexandra 3714, and his mobile number is 0409530 435. Please give him a call or phone the office 5770-2100 and ask for Don.

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

We were doubly blessed at this week's meeting. First we met Tracey Sawyer, a Rotarian from Tanzania. Tracey is an Aussie who has spent the last 13 years setting up her own charity program in Tanzania. Tracey will return again next year when we will have her back to the club as a guest speaker. Then we had A/Prof. Craig Hassed from Monash University as our guest speaker. Craig's special area is Mindfulness and he travels all over Australia and much of the rest of the world lecturing on the topic. A very practical, common sense, hands on approach with data, visuals and anecdotes to keep you interested and on-task. Members were so impressed Craig was asked to go over time in his presentation. Doesn't happen very often!



The raffle raised \$38 and was won by Bill Marsh & John McPhee while the 'Fines' session raised \$21.65. Even on a quiet night with a small group Stuart still manages to add to the coffers for Foundation. Well done, Stuart.

On Thursday evening I picked up Gary Davis and we ventured across to FHC for their Presentation Evening. As we drove over and scampered through the carpark Gary and I thought a swimming sports was more in order. It absolutely bucketed down and provided a very loud background to the proceedings. The night was well run and celebrated the success of the students in a wide range of activities.

Our Davis Scholarships and Harper 'Galileo' Scholarships were two of the awards presented. James Luu and Zoe Hammill were the recipients of the Davis Scholarships while Jonathon Roberts and Alissa Fernandez were awarded the 'Galileo' scholarships. Jonathon was the brother of Alice who won the YAA from Mount Pleasant PS last week.



Gary Davis and David Rogers



Gary and Bill with James and Zoe- 2017 winners



Jessica and Jared -2016 winners



Jonathon- "Galileo" winner

At the weekend we had two successful market activities.

Blackburn was enhanced by a visit, in fact he kept visiting, from Santa. The old guy in the red suit and beard spent the morning wandering around the shops and stalls and was warmly welcomed by all. Well done, John. A missed calling I think.



The morning started quietly but soon warmed up and we had sold out by 12.30pm. Thanks to all who helped out.

On Sunday the WFM was busy early but absolutely died by 12.30pm. We seemed to have most of the stall holders back this month. Takings were around \$6,000 which was fairly good. Again, 'Thank You' to those who helped out.

A group of 7 members and partners had enjoyed dinner and a movie at Pinewood on Friday. Our next Film Night will be on the 2nd February 2018. Put it into your calendar now and let's see if we can get a bigger group.

Our last meeting will be on the 18th December when we will, again, be entertained by Glenys and Kay. We would love to see our partners and friends there

Some dates for your diaries.

Monday 18 th December -	Club Christmas meeting
Sunday 24 th December -	Bunnings BBQ
Monday 8 th January -	Club BBQ/Dinner
Sunday 14 th January	Whitehorse Farmers' Market
Monday 29 th January	Bucatini Dinner with partners
Friday 2 nd February	Film Night

Did You Know?

Leo Tolstoy's wife wrote out the drafts for 'War and Peace' six times – in longhand. (Now that is devotion!)

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

Meeting Report 11 December

We had 12 in attendance for dinner plus Jenny and Roger Coburn who were flogging their MASH mince pies. 10 members plus Tracey Sawyer attending as a guest and she will be speaking to us later in this Rotary year plus Associate professor Craig Hassed as our guest speaker, was our 12th.

As we had 12 for dinner I thought it appropriate to frame this report in the spirit of Christmas.

A partridge in a pear tree was the first day (part) and although we've called Sergeant Stuart many names I can't recall him being called a partridge but he "flew off" in his usual style with a snappy reflection (see later in this edition) plus our toasts.

He then called on our Turtle Dove chair Ron for the second part and as usual he spoke at length of his "true love" for his granddaughter who now holds the world record for walking at 9 months old.

President French Hen Bill provided the third part by "egging" us on about his attendance with Gary Davis at Forest Hill Secondary College Awards night with all of our Gysi Davis and Harper awardees also scoring school awards thus proving how good is our judgement. Frenchie Bill "laid" us the aisles.

The fourth part, Calling Birds (or reports) found Secretary Bob and Treasurer Warwick away so Turtle Dove Ron asked Chris and Partridge Stuart who both had nothing to report and Stuart needed to get back to eating his many slices of herb bread anyway.

Golden Ringed Glenys provided the fifth part thanking Turtle Dove Ron for his great job updating our website and also said that the Model United Nations planning was well underway for next year.

Partridge Stuart changed into a Goose (an easy transition for him) for our sixth part and "laying" some old jokes on us extracted \$21-65 in fines for Rotary Foundation.

Part seven was our as usual terrific meal and although Swans weren't on the menu the "Swimming" part was with some of us having flathead tails.

The part eight "Maids a Milking" was provided by "Maid" Sue telling us that her new (and gorgeous) four legged furry friend she acquired on the weekend indicated to Maid Sue that she wants to be called either Lucy or Lucille. We look forward to "milking" Maid Sue for more stories about her new family member.

Part nine was the brief story by our "Dancing Lady" Tracey who told us a little about "Testigo Africa" which ascertains and delivers projects to meet the needs of indigenous communities with great work being done in Tanzania with clean water now available to thousands of Maasai and introducing permaculture methods to assist in food growing. Tracey will "dance" into our club again next year as guest speaker.

Turtle Dove Ron then introduced our guest speaker Associate Professor Craig Hassed for the tenth part who although wasn't "Lords a Leaping" certainly leapt into our psyche.

Craig has taught at Monash Uni for 13 years and now concentrates on teaching "Mindfulness" to many professional groups such as doctors, judges and tigers (the Richmond Footy Club variety).

His very understandable message told us that we are most mindful when doing a hobby or sport and that stress is meant to be good for our health. We have instant stress when confronted with a difficult situation when our "fight or flight" response comes out. He speaks at schools about how to handle stress as more and more students and teachers have this issue. Prolonged stress is dangerous to us as it atrophies our nerve cells in the brain and can lead to dementia. Our default mode is the opposite of mindfulness and we all contributed examples of this such as "where did I leave my keys" etc.

Your ability to focus is very important, particularly when driving your car for example as we must "Be in the Present" at all times when driving. Craig spoke of the many reported deaths in hospitals of doctors prescribing incorrect medicine for patients as their minds weren't in the present and maybe they were still thinking of their previous patient etc.

Craig did some sessions at Richmond Footy Club at their request with players such as Dustin Martin now meditating to clear his mind before games. With Richmond climbing from 13th place a year or so ago on the league ladder to 1st this year is testament to adopting this attitude plus, of course playing great team footy. Novac Djokovic started utilising mindfulness in 2011 to sharpen his game, another good example of the benefit. Mindfulness journals published in 2000 numbered 10 and in 2016 were 667 reveals the growth in awareness. Depression is unfortunately a growth disease with predictions that it will be the number one killer by 2030, so any method to battle this, such as practising mindfulness, is vital.

Three aspects of attention are to know where your attention is, to prioritise your attention and for the attention to go there and stay there. The growing number of accidents caused by drivers on their phones illustrates that we shouldn't try to multitask. Concentrate doing one thing at a time for efficient and best results.

The high standard of questions to Craig underlined his fantastic address. I strongly suggest everyone checks out Craig Hassed on the internet.

Thankfully, having listened carefully to Craig's address I remembered we still have two days (parts) to go so part eleven was our raffle (Pipers Piping) which raised \$38 and was won by Frenchie Bill with John Mc taking home the second prize. Third prize was to be a night out with turtle dove Ron so fortunately we didn't have a third draw.

The twelve Drummers part drummed up Frenchie Bill to close the meeting advising that at our next meeting we will have golden ringed Glenys and Kay Edwards telling us some more stories about Burwood Boys home so please advise Ray if you have any others attending.

Merry Christmas

Bob Williams

Sergeant's Reflection 11 December 2017

This morning I walked with a group from McAlpin Reserve in Wonga Road, Parkwood. It is one of the loveliest parks, beautifully maintained by Maroondah Council, that I have visited. A light sun was out, a gentle breeze and some good company. After the walk we had a BBQ lunch, using the park facilities, and ate our delicious food under some lovely shade trees. Thirty people, relaxing and appreciating the Christmas season. How often do you reflect on just how fortunate we are to live in Australia? Yes, it is possible to do exactly what we did this morning in many cities and countries around the world but it is also highly unlikely to happen in many countries. People have to work 12 hours a day, 7 days a week, just to survive. In Thailand, the minimum wage is 300baht (or \$12 per day). A recent government decision has created a pension for the old and the needy. It is 300baht (yes, \$12 per month). The land of 1,000 smiles is also the land of the hard working; just to survive each day.

We can't change the world, but during the time we enjoy family leisure time, let us remember how fortunate we are.

The Sergeant somehow extracted money from us with these groaners.

Have you ever tried to eat a clock? It's very time consuming.

I'm reading a book about anti-gravity. I can't put it down.

Police were called to a day-care centre. A 3 year old was resisting a rest.

How do you figure out the price of hammers? Per pound!!

Did you realise that the male UK singer, Ed Sheeran "owned 2017"? He sang at the AFL Grand Final 2 years ago. In 2017 his records were streamed 7.5 billion times.

Stuart

Whitehorse Farmers' Market Report 10 December

Many thanks to our three can rattlers, Bill, Bob Laslett and Barb Searle (with Bob W helping out when Barb was not well and also doing the WFM treasurer's job for the day)

The day was very pleasant and the crowd was very good in number. The health inspectors decided to have a day there also, so one stall holder had a few problems, but it was all sorted out finally.

The takings were stall holders (\$4075), donations (\$1582), egg and bacon (\$442) totalling \$6099, which was very satisfactory.

Warwick

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

More details in the new year.

MINDFULNESS AND OTHER FREE ON LINE COURSES

I did a 6 week free course on Mindfulness created by our speaker Prof Craig Hassed of Monash Uni. This course will be repeated starting 5th Feb 2018. You need to register with FutureLearn at www.futurelearn.com There hundreds of free courses run out of universities around the world. I have done courses in Mindfulness (Monash uni), Spanish (Uni of Surrey), and Climate Change (Uni of Bergen) which have ranged from 3 to 6 weeks. You go at your own pace and can continue to access each course for about 4 weeks after they finish. They all get repeated..... a number of times, and clearly some people have done the same course 3 or more times understanding more each time. There are also people doing these courses as adjuncts to a degree course they are presently doing.

FutureLearn is a digital education platform founded in December 2012. The company is wholly owned by The Open University in Milton Keynes, England.

All courses are free. I have found the support of expert mentors on these courses quite amazing. So far, all courses are run in English

Regards

Ron

Uniting East Burwood

Thanks to all who have handed in items for Christmas hampers. They have been gratefully received and will help make a difference to needy members of our local community.

Forest Hill College Breakfast Roster

The last one for the year on Tuesday. A big thankyou to all who have helped especially Barb and Robbie.

ROTARY MONTHLY THEMES

December

Disease prevention and treatment

January

Vocational Service

ARTICLES

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