



Rotary
Club of Forest Hill



Weekly Newsletter

foresthillrotary1975@gmail.com

President Bob Williams



Be a gift to the world

Number 28

25th January 2016

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

PO Box 116, Nunawading 3131

foresthillrotary1975@gmail.com

www.foresthillrotary.com

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

Monday 6.15 for 6.30 pm

ForestHill Rotary

CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
25 th Jan	No meeting		
1 st Feb	ROMAC <i>Graeme Chester</i> <i>Committee meetings</i>	Chris Tuck	Mike Finke
8 th Feb	Karingal Training Centre <i>Peter Aldin</i>	Mike Finke	Bill Marsh
15 th Feb	TBA <i>Board meeting</i>		

THIS WEEK'S CELEBRATIONS

27th Jan Graham Sharman Birthday

30th Jan Warwick Stott Birthday

Quite a few candles needed on our cakes !!!



DUTY ROSTER

	January	February
Cashier	Bill Marsh	Ray Smith
Recorder	Stuart Williams	Bill Marsh
Greeter	Ron Brooks	Glenys Grant
Emergency	Glenys Grant	John McPhee

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

THE CLUB EMAIL ADDRESS HAS CHANGED TO:

foresthillrotary1975@gmail.com

BOB'S BANTER

Eleven out of a possible fourteen members in attendance for our first official meeting of the year is a further testament of the strength of our club and the three not there were all either on holidays or interstate.

What an interesting and insightful presentation from Mike Lycenko last Monday on the value of gymnasium membership with also some very good points made by his partner, Mary Jane (MJ) as well.

With both of them not having any of the pizza bread, the rest of us must have taken note as our waitress collected a lot of uneaten bread and also there were a lot of only partly eaten desserts.

All in front of Stuart was eaten though!

Ron sat next to MJ and was very brave eating his chips.

Several members took business cards for follow up with them at their Mahoneys Road premises.

With several of us being gym members we can testify to the benefits of added muscle and strength around our ageing bones and I've also found that my get up and go hasn't all got up and gone.

As Stuart has nicked off overseas again, don't forget to let Bob W know if you can come to the Jazz Club day on the 9th March.

I passed around the piece in the Herald Sun of the young East Timorese girl brought to Australia by Rotary Oceania Medical Aid for Children for life changing operations and as it was a two page spread it was great to see Rotary's name figure so prominently.

Sergeant Stuart collected \$50-50 and our raffle made \$54.

We have eleven so far attending the Peridot fund raiser with Box Hill club on the 4th February and as I will advise our firm number by Friday 22nd January there is still time for anyone else to let me know.

With Stuart and I attending all forms of cricket lately (Test – ho hum!), 20/20 (with 80,000 others) and India/Oz One Dayer (getting 300 is now easy!) we had a change of pace and went to the Oz Open tennis last night (Tuesday) with more of his tennis mates, including Judy and Bob Laslett and Esther.

Judy and Bill Marsh and their family are also Oz Open tennis goers and it is amazing how much sport is on offer in Melbourne each year.

Nice thank you received from our Conoco Phillips Science Experience student Thanusi Peiris, whom we sponsored to Melbourne Uni last week and she also won the

Whitehorse Youth Citizen Award plus recently became a Queen's Guide, so we certainly select terrific students to sponsor.

Remember there is no meeting this week on the 25th January.

President Bob

"Be a Gift to the World".

DIARY DATES

Wed 2nd Mar International Women's Day (Box Hill Central)

Wed 9th Mar Women in Rotary Forum

Sat/Sun 30thApr/1stMay MUNA weekend

28th May/1st June RI CONVENTION, SEOUL, KOREA

Sun 19th June Multi District function to farewell Ian Risely (RI Pres '17-'18)

LAST WEEK'S MEETING

Our first formal meeting for 2016 was opened by Sergeant Stuart with his reflection followed by toasts to Rotary and Australia.

Chairman Ray Smith welcomed our speaker for the evening Mike Lycenko and his partner MJ (Mary Jane) before handing the meeting to President Bob who updated members on media attention Rotary had received in the Herald Sun on life changing surgery through Romac. Also that our "Larry the Lorikeet" was now in Brail as an addition to Blackburn Lake education resource centre.

Secretary Ron requested all rotarians to update personal information for preparation of 2016/2017 Rotary information directory' Treasurer Warwick indicated that January Farmers Market was quieter and the take was about \$5475. Community chair advised that a letter of appreciation had been received from the East Burwood Centre thanking us for the donated hampers. Arrangements have been made for an Industry visit to the Walter and Eliza Institute for 4th April and also the Jazz museum visit. Rosters for next school terms Tuesday breakfast are now being prepared and we were delighted when the guest speakers partner said she would love to become involved in the project following Pres Bob's outline of what the project was. In the absence of Glenys secretary Ron read out a letter of appreciation received from 1 student who attended the recent Science experience program at Melbourne Uni. Blackburn station craft market in February is on but 4 of our members will be overseas which leaves the staffing of this market very thin, and support is sought. Reports were followed by Sergeant Stu's well prepared and informative session which extracted \$50.50 to go to the foundation (helped by an impressive guest speaker contribution, thanks Mike & MJ).

Chairman Ray then introduced the guest speaker Mike who is the franchise owner of



Anytime Gym in Mahoneys Road. .

Mike Lycenko is a university graduate with 20 year experience in the Industry, including management of a Gym at Byron Bay. Gym operations have changed a lot since the days of John Driver etc which sold memberships without too much backup. Today patrons are encouraged to take on a personal trainer or small group activity to achieve a more individual program to suit their own needs. Gym activity is not a weight reduction activity but pursue health benefit through weight control, improved mood, boost energy, sleep better, prevent or delay disease and puts spark back

into sex life.

He us told us that with fees of \$14 to \$16 a week, you can access the gym and all equipment 24hrs a day and they have a security system such that you can even pick up a necklace on the way in and if anything happens when you are on your own you just hit the button and help is on its way. A far cry from the old fashioned gyms. Over 60's are susceptible to loss of strength through decreased activity with 2out of 3 over 75 having no or little activity.

Following a very active question time Mike was thanked on behalf of members by John and the meeting wrapped up by Bob after the raffle draw which raised \$54.00.

John McPhee

FELLOWSHIP NEWS.

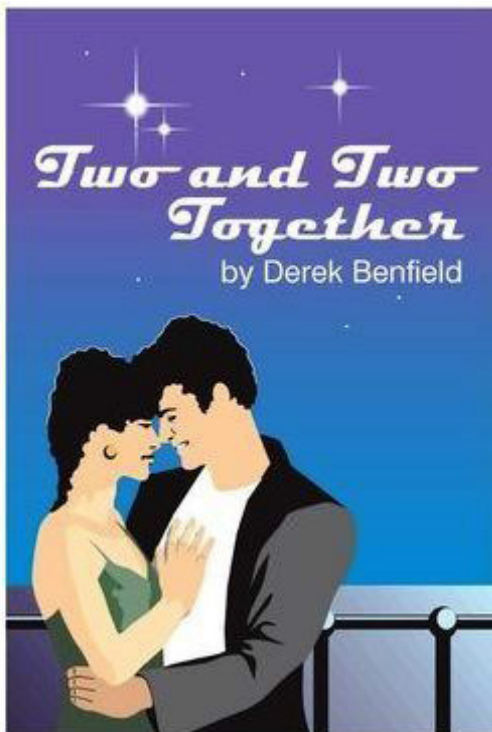
Pres Bob collected names last Monday for the following fund raising event. We would love to have our Honorary members and partners join us [contact Bob Williams on 0448 149 106, or bandbwil@bigpond.net.au] Kathy and John have made this our Peridot night for this play so hopefully you regulars will be able to come along.

A Great Fellowship event and Easy Fund Raising opportunity, a Night Out at the PERIDOT THEATRE

“Two & Two Together”

A riotous whirlwind of lies, misunderstandings and secret affairs

Peridot Theatre presents



**Tickets are only \$25 pp
Including Supper**

(Supper provided by Bread Street Bakery, Mont Albert)

and the great thing is that

-
**ALL proceeds of tickets
sold by your Club
GO TO YOUR CLUB!!!**

4th Feb 2016 at 8 pm.

Unicorn Theatre Letche Rd., Mt Waverley

**Contact Melissa Mardjetko at Box Hill Rotary to obtain tickets
9890 7274 or [0412 235 123 joe-melissa@bigpond.com](mailto:joe-melissa@bigpond.com)**

POTENTIAL NEW MEMBERS

Warwick is doing a great job with Membership. He constantly reminds us, constantly scratches our conscience, niggles us to keep trying. Well, he has niggled me to remind many of you that either you have not followed up on your YAA parents/family as you promised or you have but have not told Warwick of the result of your contact with them. Look at the quality of our last 3 new members Glenys, Bill and Mike. Where would we be without them. There are lots of quality people out there just waiting to be asked. So, please, follow up your contact with those great YAA families.

CONOCOPHILLIPS SCIENCE EXPERIENCE

You may remember that we supported Thanushi Peiris (yr 9) to head off for three days during the recent school holidays. We received the following, immediately she returned.

Dear Rotary Club of Forest Hill,

I was lucky enough to take part in the ConocoPhillips Science Experience at Melbourne University. Over the past three days, I have had a phenomenal time exploring the many application of science, from managing bush fires to predicting disease epidemics and making cheese. I particularly enjoyed the tour we had of the Walter and Eliza Hall Institute of Medical Research where we spoke with scientists who were trying to understand and eventually cure some of the most serious diseases in the world.

I've met so many amazing young people who are just as enthusiastic about science as I am. Through working with them and exploring science in action, I have seen that science is a collaborative effort that progresses slowly but surely from experiment to experiment. The Science Experience has inflamed my desire to pursue science for the service of humankind and I am very grateful for your generous support, without which I would not have been able to participate.

Thank you once again!

Thanushi Peiris

Ray told us that Thanushi will be guest speaker at our club in the near future a date to mark in your diary. She has also won an award as a Whitehorse Youth Citizen and was made a Queen's Scout. So, don't despair when you read newspaper reports, the future is in good hands..... and Rotary is helping us to that bright future.

Ron Brooks

FOREST HILL WEBSITE

Our website is a window through which the world looks at us. Have a look at the website.

- Do you like what you see?
- Do you want other things on our site?
- Tell me what you want to see there.
- Give me some ideas,
- Send me a story to put on,
- Email 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.

Stuart Williams 20th Jan to 29th Feb Thailand

Ron & Robbie 16th March to 9th May Dubai and The Netherlands]

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.

WHAT A SCAM !!!

How about this for the scam of all scams. I received an email on Monday morning. The gist was as follows

The International Monetary Fund has decided to put funds aside to reimburse people who have been scammed. Your name has been chosen as one of the recipients. Please send us your bank account details so we can immediately deposit \$2 million into it.

How do people fall for such rubbish? Sad to say, they do.

Ron Brooks

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].

DAYS FOR GIRLS

Days for Girls is a grass roots charity that has a network of Teams and Chapters around the world that make and raise funds to provide sanitary hygiene kits. (You may remember the talk on providing toilets for school children at the annual conference in which one added benefit was that if teenage girls have a toilet to go to they don't miss one week a month). Over 100,000 kits have been given out in over 75 countries.

These kits are washable and reusable lasting up to three years.

How can you help?

- you can sew
- you can do non sewing tasks,
- you can donate fabric,
- you can contact margaretdccunningham@gmail.com
- you can visit www.daysforgirls.org

Connie Millott has been in touch with Robbie to say she wants to help. If there are any of you others interested in helping please contact Robbie.

Ron Brooks

PROMOTING OUR CLUB & OUR PROJECTS

As well as doing good in the world, we need to tell others what we are doing. Geoff Limmer, the editor of the DG Newsletter has asked us

What I would like to have is some articles about Projects that your Club is doing this Rotary Year. This is a great way of sharing your events / projects with other Clubs in the District. January is a time when we go walkabout however it would be great to have a good story from your club to include in the next issue.

So, over to you, the readers, write up an article for the DG Newsletter. Tell Pres Bob which of our projects we should promote.

UNICEF FOREIGN COIN COLLECTION

We are still collecting coins. Some Rand were donated this week. So far 14 clubs (and Shane, who is a club in his own right!) in D9810 that have donated coins and notes so far. That is over \$4,700 worth of foreign coins and notes already donated to UNICEF from just a quarter of the district's clubs. So, I encourage you to turn that scrap metal hiding in the back of a drawer somewhere into 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. Here you can see the stamps that Reg Morkham collected and gave to me the other week. He also gave me his stamp collection. The 400page album contains some amazing stamps 50 -100 yrs old. Thanks Reg. This will be valued separately by a Bentleigh stamp dealer. For the ones you get

now, 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. There is a box by the cashier marked "STAMPS".

To date, this Rotary project has collected stamps that have been sold for **\$93,212**. This year the money raised from the stamps will go to **ROMAC**.

Rotary Oceania Medical Aid for Children.

Ron Brooks

ROMAC

Great article in last Saturday's Herald Sun about Celestina, the 11 year old girl from Dili, East Timor. On Australia Day this year she will have been in Melbourne for a year. She has a rare condition called chondroectodermal dysplasia. It causes 3 problems. Tina had a damaged mitral valve in her heart, she had 6 fingers on either hand, and she had badly deformed shins which caused her knees to collapse into the space. They have repaired her heart and has had an operation on both legs, and will soon undergo the cosmetic work to remove a finger from each hand.

YES, this is the work **Rotary Oceania Medical Aid for Children** does in conjunction with the Royal Children's Hospital. Evidently she has smiled through it all and is the perfect patient, never complains, always polite. Hopefully is due to go back home at the end of February. She now speaks English as well as her Indonesian and Portugese and two local dialects. What a girl.

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 as he misses our fellowship.

ROTARY MONTHLY THEMES

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.