

**Rotary**  
Club of Forest Hill



## Weekly Newsletter

[foresthillrotary1975@gmail.com](mailto:foresthillrotary1975@gmail.com)

**President Bob Williams**



Be a gift to the world

Number 31

15<sup>th</sup> February 2016

Club address:

**Email address:**

Website:

Meeting location:

Meeting time:

Facebook:

PO Box 116, Nunawading 3131

[foresthillrotary1975@gmail.com](mailto:foresthillrotary1975@gmail.com)

[www.foresthillrotary.com](http://www.foresthillrotary.com)

Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132

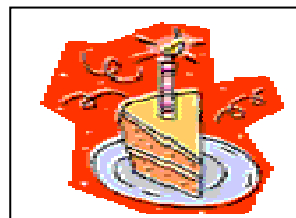
Monday 6.15 for 6.30 pm

ForestHill Rotary

### CLUB PROGRAM

<u>Date</u>	<u>Event</u>	<u>Chair</u>	<u>Thanks/meeting report</u>
15 <sup>th</sup> Feb	Conoco Phillips Science Experience <i>Thanushi Pieris</i>	Ray Smith	Chris Tuck
22 <sup>nd</sup> Feb	Box Hill High School Scholarships	Ron Brooks	Warwick Stott
29 <sup>th</sup> Feb	National Youth Science Forum <i>Theresa Wang</i>	Glenys Grant	Ray Smith

**Tt** 22<sup>nd</sup> Feb Bill Marsh Birthday  
22<sup>nd</sup> Feb Glenys Grant Club anniversary (6yrs)



### DUTY ROSTER

	February	March
Cashier	Ray Smith	Warwick Stott
Recorder	Bill Marsh	Mike Finke
Greeter	Ron Brooks	Glenys Grant
Emergency	John McPhee	Stuart Williams

### 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](mailto: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

**Will all members ensure that they have registered in “My Rotary”.** We want to qualify for a Presidential Citation and it would be a shame if we missed out because one person “Oh, I didn’t get round to it”. It is very easy to do. Go on the website. [www.rotary.org](http://www.rotary.org) and just follow the prompts, or talk to me about it.

## BOB'S BANTER

We had eleven members plus our guest speaker Peter Aldin from Karingal Training Centre at Monday's meeting.

Peter spoke so passionately about the work done at the Centre and of the inspiring stories of motivating people into entering or re-entering the work force and feeling good about themselves again. Thank you Peter for your address and for the great work you and your organisation do.

If any of our readers would like to help out at Karingal with say talking to the students about their own vocation or tips on gaining employment etc, please contact Secretary Ron and he will pass on your details to Peter.

\$50 raised in our raffle (thanks Ron for your extreme generosity in adding 5cents to the \$49-95 total to make it up to the round figure). Stand in Sergeant Mike conducted a great session raising \$33-30 and we plan to ask Sergeant Stuart to stay on in Thailand so we can retain the services of Mike.

Mike's chairing was also first class, drawing praise even from our guest speaker. Thanks Mike for all your efforts.

Warwick filled his Whitehorse Farmers' Market roster and stand-in Blackburn Market organiser, Bob W also had a full roster with this appearing later in this newsletter.

I have asked for a fundraising hamper from local Politician Michael Sukkar.

Don't forget to let me know if you can come to the Jazz Club day on the 9<sup>th</sup> March.

Our speaker next week is Thanushi Peiris, our Conoco Philips science student who will be accompanied by her family.

At our board meeting we decided on the amount and term of a nearly due term deposit.

The board also decided to use the Peridot fundraising monies towards paying for tickets to the cluster's International Women's Day breakfast at Box Hill Town Hall with two to be donated to students at Box Hill Secondary College and two for Kingswood College. The balance of the funds will be offered to the Forest Hill College breakfast club. As an aside I called into the Anytime Fitness centre at Forest Hill run by Mike and MJ who spoke to us a few weeks ago, as MJ has volunteered to help at one of the Forest Hill College's breakfasts. Good work MJ and as you are rostered to be on with Robbie I hope you are not a pancake prodder!

Thank you to Robbie and Barbara for making the breakfasts this week and Ben said there were over 50 at the breakfast club on Tuesday so good that we had our "A" team on duty.

The board also agreed to make a further donation to Hope Katolo School for a water tank.

Ron, the Mitcham club President advised that the Men's shed vehicle purchase hasn't happened as yet but will give us an update on our donation towards the purchase when finalised.

At the WFM meeting last week Judith Eadon gave me Nunawading's foreign coins collection which I passed onto Ron and Malcolm Chiverton gave me a bundle of rags for Bill to pass onto Hand Brake Turn. Our WFM tin rattling volunteers are on the second gate, nearest Whitehorse Road.

Nunawading club has the 27<sup>th</sup> April or 4<sup>th</sup> May open for our proposed joint meeting with them to hear from the Railway Crossing Authority and after I spoke to Kerilyn of the Authority she thinks the 27<sup>th</sup> April will be fine but will confirm later this week. They have a stall at the forthcoming Blackburn Station market so should be busy with so much interest in the project.

*President Bob*

**"Be a Gift to the World".**

## DIARY DATES

Wed	9 <sup>th</sup> Mar	International Women's Day Breakfast (Box Hill Central)
Sat	30 <sup>th</sup> April	Malaria Awareness Day
Sat/Sun	30 <sup>th</sup> Apr/1 <sup>st</sup> May	MUNA weekend

28<sup>th</sup> May/1<sup>st</sup> June  
Sun 19<sup>th</sup> June

## RI CONVENTION, SEOUL, KOREA

Multi District function to farewell Ian Risely (RI Pres '17-'18)

### LAST WEEK'S MEETING

Continuing in the footsteps of our Sergeant who has his weekly "reflections", Mike chaired the meeting and had his own reflections, as follows.

*The continuing drama of the US presidential elections, the hint of a scandal in the replacement buses contracted to VLine, the continuing fallout over the Palmer United Party donations, all seem to illustrate the problems that arise when the self, and ego is allowed to be the sole force in making decisions. Famously, of course, the Australian band Skyhooks reminded us that ego is not a dirty word. And they were right. Self-respect and confidence in our abilities and skills, is what allows us to start businesses and seek new challenges. Many of the people in this room can likely credit not only hard work and innate talent, but the willingness to push through barriers as factors in some of their successes in this life. A man's reach should exceed his grasp.*

*But without the ability to empathise and question ourselves, a belief in our own rightness can get us into trouble. We may have seen some lack of consultation and collaboration in at least a couple of the last few PMs.*

*Placing yourself in the service of others and working with others to accomplish that work is a very good way to get tell your ego to take a bit of a rest for a while. And sometimes it needs a bit of a rest.*

*Colin Powell once said, "Avoid having your ego so close to your position that when your position falls, your ego goes with it."*

*And he was right. To put it more simply, as my wife Kira has often said to me, "Sometimes it's not all about you."*

Our guest speaker was

Peter Aldin of Karingal Training [1300-582-687, [www.karingaltraining.org.au](http://www.karingaltraining.org.au)]

who told us about the benefits of pre-employment programs and how businesses can assist. We have a huge problem in Australia with regards to unemployment and under-



employment. In Dec 2015, the unemployment rate in Australia was 5.8% and we might think that's low compared to the all time high of 11.1% in 1992 and the average unemployment rate of 6.95% between 1975-2015. But unemployment / underemployment creates:

- a **financial cost** for our country estimated at **\$3.3 billion** per annum
- a **social cost** (lack of innovation, lack of taxes paid and reinvestment in infrastructure, increasing crime, diminishing health and its demands on our health system, domestic conflict, generational poverty)
- and a **personal cost** (the loss of the

Australian Dream, skills atrophy, the exacerbation of mental health conditions, shame, the diminishment of a human being).

**Pre-employment programs are one way of combating this.**

As a professional trainer and life coach, he "fell into" these programs in 2005. He fully expected "dole bludgers". The first program in Knox/Wantirna in 2005 had just 4 people in it. A guitarist, an engineer who had developed satellite technology for

Philips, and two others. But not a dole bludger amongst them! They were talented, motivated, ethical human beings who needed a break. He developed his own program “**Opening Doors**” with a fitness trainer which they ran successfully part time for three years, placing 200 long term unemployed into work within weeks of commencement (these are people who’d been unable to crack an interview in years, let alone work). A dozen or more returned to full time study, which is just as big a success in many ways.

Pre-employment programs come in a variety of forms: from small ½ day seminars on resume-writing and interview skills all the way up to months-long Certificate 1's like Karingal facilitate. These longer Cert 1 programs are designed specifically for people with a disability.

He developed and ran his first disability program (which won a state government award in 2009), thinking that everyone would be in a wheelchair or have cerebral palsy or suffer from what we term dismissively an intellectual disability. Many over the past 6 years certainly fitted those categories (and he learned a lot about life from them). But many appeared able-bodied with IQs are far higher than his but whose learning and functioning was hampered by mental illness, epilepsy or “autism”. In the agencies he has worked with, they have taught talented individuals who needed the confidence or the opportunity to let their own strengths come to the fore.

He also told us that the aims of their pre-employment programs: mimic working hours to some extent to help people commit to routine/empower people to socialise more/complete tasks/experience work experience/re-imagine and research possible pathways forward.

He then told us about 6 real life stories where peoples lives were changed dramatically by his programmes. He finished by saying that these programs work. They re-socialise, add new skills, assist motivation and energy and refocus people. They do elevate people’s employability. But they only go so far. They don’t create jobs and they don’t connect people with the workforce.

He then posed the question. **How can we help?**

1. **Work placements:** local businesses who provide 100 hours of placement for students receive a worker working for free and working under the training organisation's workcover. The student receives real experience for their CV, may receive a current reference and engages in meaningful activity to continue their motivation and stamina.
2. **Taster visits:** local businesses who'll provide a 20-45 minute workplace tour can help students understand career pathways in that industry, provide recruitment tips and give insight into a career people may never have considered (as well as showcasing their business)
3. **Speaking to our classes:** a guest presentation from a local worker who perhaps has battled their own demons and barriers can be informative and inspirational to people surmounting their own barriers.

**So, it is over to you, the newsletter readers to pick up this challenge and help.**

*Ron Brooks*

## **MEN'S SHED**

Our contribution to the Men's Shed this year has gone towards a Nissan X Trail which has now been ordered.



## FOREST HILL COLLEGE BREAKFAST ROSTER

Robbie reported that she and Barbara cooked pancakes for about 50 students last Tuesday morning which they thought was a record number. It was Shrove Tuesday of course so I hope you all enjoyed pancakes as well.

9/02/2016	Robbie	Barb
16/02/2016	Robbie	Chris
23/02/2016	Robbie	Kevin
1/03/2016	Robbie	MJ
8/03/2016	Robbie	Barb
15/03/2016	Robbie	Glenys
22/03/2016	Chris	Kevin

**Contact Bob Laslett for any clarification**

## BLACKBURN MARKET ROSTER FOR 13<sup>TH</sup> FEBRUARY 2016

Ray, Barbara and Bob W 8am to 1pm

Mike will do 8am to 10am

Chris to do 8am to 11am or so and write the receipts when he and Bob collect from the stallholders at 10-30 or so.

Glenys will do the 10am to 1pm

Peter Skilbeck will do 10am to noon as he has to leave then to go to his grandson's birthday party.

My son Simon and grandson Ryan will come just before noon to help finish up and load the heavy bbq etc onto the trailer.

Thank you to all concerned for your time and expertise.

*Stand in Blackburn market organiser, Bob W.*

## STAMPS



Even if you only get a few stamps a week, collect them and give them to me. It's a no cost project.

Remember, 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*

## FOREST HILL WEBSITE [www.foresthillrotary.com](http://www.foresthillrotary.com)

**Our website is a window through which the world looks at us.** Have a look at the website. We have had 117 visitors in the last 30 days, 57 looked at the Blackburn Market.

- 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, photos, feedback, stories

## 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.

## 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.

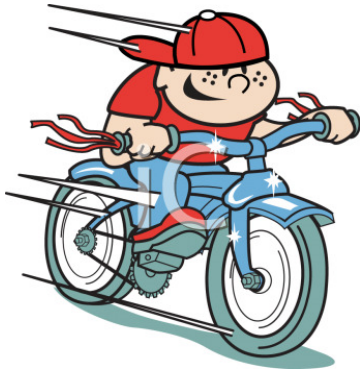
Stuart Williams	20 <sup>th</sup> Jan to 29 <sup>th</sup> Feb	Thailand
Ron & Robbie	16 <sup>th</sup> March to 9 <sup>th</sup> May	Dubai and Holland]
Bill&Judy, Bob&Judy, John&Marg	12 <sup>th</sup> Feb to ?	Sri Lanka

**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].**

Barbara and I saw THE HERALD SUN Tour cyclists on Saturday when they overnighted at Inverloch. We watched a sprint finish on the Bass Highway towards the end of their 146km ride from Traralgon with multiple race officials cars and motor bikes plus police cars in front as a rolling traffic cordon.



At that stage there were six riders in the breakaway group closely followed by the Peleton and amazing to see them whoosh by on their way through Inverloch to Wonthaggi, Cape Paterson then back along the coast road to Inverloch. Barbara and I ride this loop of 33kms in a little under 2 hours and on Saturday we saw them complete the same loop in 45 minutes.

Wow. We again watched them on their return to Inverloch, this time the whole group together as the Peleton had caught the breakaway group by then as

they came back from the loop to finish in town and the swirling vortex of air and yells from some of the riders was exciting as again the police blocked off all side roads as the 100 riders flashing by took up the whole width of the road and we heard later that just on from where we saw them they were doing 75km down the hill towards the water. An amazing experience for us and the town.

Back to Mitcham later that day to look after our four grandsons while our daughter and son in law went to a birthday party.

Sunday was again a change of pace as we saw "Ghost" the musical in the city and were pleasantly surprised at how much we enjoyed it. The producers had hired a magician as a consultant for the effects and as there was only one main song in the movie they hired Dave Stewart from the "Eurythmics" as one of the song writers so the score had some really good songs with much energetic dancing as well. Sam, played by Rob Mills was in the netherworld

between life and afterlife after he dies of injuries after he and his wife Molly are mugged. As in the movie where Whoopi Goldberg played the part of Oda May Brown, the medium Sam goes to (as she can hear him but can't see him), the stage Oda May Brown played by Wendy May Brown (what a coincidence with the similar names), her character takes over the stage with very witty lines and is a real hoot!

"Unchained Melody" from the movie is still the main song in the scenes of Molly and Sam when she can sense him but can't hear or see him and is quite moving with the scenes well done and not schmaltzy as they well could be. Very good without being terrific.

*Pres Bob*

13 of us had front row seats at **PERIDOT** theatre last week for the comedy "**Two and Two together**" The Bread Street Bakery in Mont Albert provided the supper. Great Fellowship and raised \$325 for our club (ie we were given our money back as a donation to the club). I did say there would be a report this week but didn't get one from anyone who went and I am feeling lazy. So, if you want to know about it I recommend you get tickets.

### **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](mailto:margaretdccunningham@gmail.com)
- you can visit [www.daysforgirls.org](http://www.daysforgirls.org)

Connie Millott and Chris Stott have been in touch with Robbie to say they want to help. If there are any others of you interested in helping please contact Robbie.

*Ron Brooks*

### **INTERNATIONAL WOMEN'S DAY**

#### **Book now to celebrate International Women's Day!**

This year's theme is "**If She Ruled the World**" and our expert panel is set to explore this thought-provoking topic! So bring some friends or work colleagues and celebrate women's contribution to the world - and men are definitely welcome!

Importantly, it's all for a good cause - the proceeds of the event will go to local charity [CARA](#) who support vulnerable young women particularly pregnant/parenting girls between the ages of 12 and 18 in Melbourne's eastern suburbs.

#### **Event details:**

7:15am Wednesday, 9th March 2016 at Box Hill Town Hall, 1022 Whitehorse Rd, Box Hill

Easy public transport and plenty of parking nearby!

Save \$10 with early bird registration!

For any queries or questions please call Janine Scott on 0422 225 996 or email:

[iwdboxhill@gmail.com](mailto:iwdboxhill@gmail.com)

This is a **Women in Rotary** event conducted by Rotary Clubs in and around Box Hill.

## UNICEF FOREIGN COIN COLLECTION

We are still collecting coins. Pres Bob delivered 1.5kg of coins and notes from Judith Eadon of RC of Nunawading this week. So far 15 clubs 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*

## RAM ROTARIANS AGAINST MALARIA

Last year WHO reported that 438,000 people lost their lives to malaria across the globe but this terrible figure is a significant improvement on the losses of over a million people per annum only a few years ago. We still have more than 200 million cases per annum.

**PNG** total of 849,169 LLINs were delivered to households during 2015 bringing the total for Phase 1 and 2 of the previous Global Fund contract to 6,616,276 LLINs. The impact on malaria has been massive in most places. Clinical malaria incidence has fallen by as much as 70%, following a distribution of nets in a district, and the recorded Prevalence of malaria has fallen by 75% in some regions.

**Solomon Islands** Currently our main program in the Solomon Islands is 'Healthy Villages' where villagers develop a plan of work to remove mosquito breeding areas near their homes, and RAM supplies the tools for approved plans so the community can undertake the work. To date 68 villages have benefited and 81 more have been approved, at an estimated cost of \$142,000.

**Timor Leste** communication with the Timor Leste NMCP is a bit sketchy at the moment and we are still awaiting confirmation that all the maternal LLINs supplied last year have all been distributed

**Malaria Awareness Day** is again coming up on 30th April and we are keen that RAM Chairs in every district take this opportunity to promote community understanding of the global campaign to eradicate malaria by 2040. WHO estimates that international malaria control programs, since the year 2000, have saved the lives of 5.9 million children and RAM can be proud of our contribution to this in our part of the world.

One of RAM's stated goals is to encourage RI to adopt Malaria as the next Global health challenge following the final **eradication of Polio**.

I read the 5 page latest RAM Chairman's Newsletter, then read it again more carefully. **What is an LLIN, I thought.** So, our old friend Google provided the answer...of course, I should have guessed

Long Lasting Insecticidal Nets

Now you knew that, didn't you?

*Ron Brooks*



# ROTARY RIDE FOR RESEARCH \$\$\$s



## Mansfield to Shepparton

Monday 14th to Saturday 19th  
of March 2016

### Fellow Rotarians

It's fast approaching that time again; yes the ["Rotary ride for Research"](#) is on again!

In fact it just under 6weeks away and we need your help

This time we have a very special ride for our district. One in which we would love everyone to get behind the new generation of riders and drivers, to celebrate the fantastic effort this ride has achieve to over the past 31\* years.

This year's "Million \$\$\$\$ Milestone Ride" will take what we have raised for medical research for ARH, past the [1 MILLION DOLLARS](#) mark.

This is worth celebrating, but it is limited to only 15 support crew and 55 Riders, at the moment we have only 36 people registered. So get in quick and register through our web site [www.rotaryrideforresearch.com.au](http://www.rotaryrideforresearch.com.au) or go directly to

<https://www.everydayhero.com.au/event/RotaryRideForResearch2016>

For those that can't make the ride dates, we have a, "[virtual rider](#)" category.

Register for \$25on our site and use your training rides to cumulate the 650km. Then get your family and friends to support and sponsor you ride. So you can still raise money for ARH, support this milestone

Even if you feel this is not for you , we still need your help, so we are requesting that you pass or email this letter and information brochure on to your family, friends and work colleagues

All money arranged as sponsorship through your club, will be attributed under your clubs name with ARH.

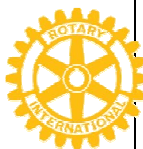
Regards

PP Rob Henry

Ride Coordinator  
P.P. Rob Henry

Ph: 9762 1765

Mble: 0417 570 417



General Mail:  
General web site

<http://www.rotaryrideforresearch.com.au>

General Email

[ridecoordinator@rotaryrideforresearch.com.au](mailto:ridecoordinator@rotaryrideforresearch.com.au)

PO Box130, The Basin 3154

## CLUB OFFICERS & COMMITTEES

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

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

## ROTARY MONTHLY THEMES

February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Services
June	Rotary Fellowships