



Number 35

Club address:

Email address:

Website:

Meeting location:

Meeting time:

Facebook:

1 April 2019

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
1 Apr	Investing <i>Jarrold Bailey</i>	Chris Tuck	Stuart Williams
8 Apr	PETS MDPELDS <i>Stuart Williams</i>	Sue Ballard	Mike Finke
15 Apr	RAG Family Violence <i>Tony Monley</i>	John Bindon?	Chris Tuck
22 Apr	Bunning's Barbecue		

CONGRATULATIONS

Plenty to celebrate but not in the way of birthdays or anniversaries.

DUTY ROSTER

	APRIL	MAY
Recorder	Bob Williams	Bob Laslett
Greeter	Barbara Searle	Ian Teese
Emergency	Warwick Stott	John Bindon
Cashier	Sue Ballard	Ray Smith

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

Mike's Musings

As I type this on my laptop, sitting somewhat hunched in a dining chair and looking at my too-low screen, it occurs to me that I have a perfectly good desk in the front room I could be using. David McIvor's message wasn't just about knowing that there are healthier and unhealthier options for work practices, but also taking the time to arrange those better choices.

Resolved: just as David spent the time to stack some books in the public library to raise the level of his screen, so will I clear off my desk so I can make use of it and enjoy the resultant improved posture. Thank you, David, for your edifying and spine-saving presentation.

On a related note, I'd been under the impression that one needed to be living within a council area to make use of the libraries located within. This, as it turns out, is not so. My daughter raised to my attention that the Maroondah library system permits any Australian resident to join, a fact which somehow escaped me years ago when I moved to Vermont from Bayswater and unceremoniously disposed of my library card like I was a secret agent disposing of an assumed identity.

This week I have joined the Maroondah library service and the one in the City of Melbourne, which will bring back up to four the number of library systems I can make use of. Sadly, my time for using the Swinburne library has expired. If I do ever get desperate to peruse the latest issue of the JOC, I know somebody who may be able to help.

Calls to action/Coming up (some repeats)

- We now have a crack team of four to assist with the District Assembly. If you'd like to be added to the list, let me know.
- The absolutely real and three-dimensional Bunnings Barbecue hosted by our club will be on the 22nd of April, Easter Monday. We will not be stuffing sausages into hot cross buns; standard operating procedures apply. Please line up, sign up and re-enlist today. Rope in friends and family if needs be; there are still plenty of blank spots.
- Stay tuned for an email re the First Friday Film Fellowship no later than Thursday.
- Dob in extra names for our 'auxiliary and friends' network email list.

Please mark your calendars with the following:

- | | |
|------------------------------------|---------------------------|
| • Saturday, 13 April | Blackburn Market |
| • Sunday, 14 April | Whitehorse Farmers Market |
| • Monday, 22 April (Easter Monday) | Bunnings Barbecue |
| • Sunday, 19 May | District Assembly |

Meeting report March 25

President Mike Finke opened the meeting with his reflection topic "Round Table". He then proposed toasts, to Rotary International and our country, Australia.

Mike also reported that he will email members to see if relocating to Forest Hill Cinema for the monthly First Film night to be trialled.

Mike will try to get a spot for a "bake sale" at a Bunnings store.

If you wish to learn how to use the square reader, see Mike for further instruction, as he feels many younger people prefer to pay by card and may increase sales at Blackburn Market.

Ebay sales are very slow.

Mike in the market for a "new" second hand car and is looking at a new organisational member.

There were 14 members, the guest speaker and guest Jafrin at the meeting.

Reports

Secretary Bob L – apologies for Bill Marsh and Bob Laslett for 8 April meeting.

Breaky Club on Tuesday morning 26 March, will be Barbara W and Glenys making pancakes.

Treasurer – Warwick – he is having problems with his laptop, so advised members who need to get in touch with him, to do so via sms on his mobile for a week, until he sorts out the problem. He is hoping the Board will approve him moving a bank account from ING to Bendigo Bank, for ease of transferring monies. He will talk to the board about changing all the ING bank accounts to the Bendigo Bank.

Membership – Warwick – organisational membership would be great. He feels the square reader will make things easier in the long term and may increase sales.

International – Bob W – Bob has met with Joady Barnes re writing a report on the Rumbek School project to be included in Rotary Down Under, Mike to help with wording, hoping to finalise this week.

Community & Vocational – Sue – Reminder of vocational visit on Tuesday 26 March at 5pm to Hangan Tiny Homes, in Ringwood, to be followed by dinner at the Mitcham Hotel.

Youth – Glenys – MUNA preparations are progressing well, with it being very busy.

Fellowship – Mike – film night mentioned above.

Footy Tipping – Stuart – presently 23 in the footy tipping, but more are welcome. The first round for the season was tough to tip, with one person tipping 7 winners.



Donations in Kind – Stuart – reported that he and Bob W visited the “Donations in Kind” open day in Footscray. They were amazed at the size of the place and the numbers of many and varied items which are collected and sent overseas, e.g chairs, hospital beds, furniture, school requirements and many other items. Stuart and Bob dropped off the large donation of pencils, pens etc he had collected from a local school, which will most likely be sent to Timor-Leste or Africa. DIK is completely run by volunteers. There is no longer free shipping, so many times they are able to share a container with a commercial organisation. A container goes to Timor-Leste approx. each fortnight.

Program – Ron – away on leave, so watch the newsletter for further program details.

Sergeant’s session – Bob W – raised \$36.70 and some members shared some good news stories.

Sue reported on last Tuesday’s RYDA session (also attended by Hans and Anna, Stuart, Bob W and Barbara W). As it was her first time to RYDA, it was quite an eye opener, talking briefly about some of the 6 sessions. We all learnt something again this time.



Chairman Bob L introduced the Guest Speaker, David McIvor, whose background was in Health and Safety and his topic was “Working Safely from Home”

It is becoming increasingly important as many people are working at home and he felt in a year or two, that there may be 50% of workers, working remotely. “Work” is what we do and not just the place we go to work. Workplace is where work is carried out. Work Health and Safety means a person should be able to finish their

work in the same physical and psychological condition as when they started, whatever their work is and wherever the work is being done. Manual handling issues of slips etc, and stress.

David spoke to the following challenges of working at home: ergonomics of work station (showed pictures of good and bad posture); work – life balance; my time – my space; isolation (1 in 12 who work at home, feel isolated); getting away from work; setting priorities (what’s important – a picture of rocks – 1st priority, pebbles – 2nd priority, 3rd priority sand – when you get around to it).

David offered his book “Working from Home, Safety Handbook” for a reduced price, a portion of that going to Rotaract.

Barbara W thanked David for his informative and interesting session and presented him with a turned wood pen.

Raffle – winner Chris Tuck, second Bob W, third Ian Teese.

Barbara W

President’s Reflection 25 March

The slogan of Round Table is, ‘adapt, adopt, improve’. Not the round table of Arthurian legend, a different one. I first heard this fact years ago—but did not understand it at the time—during an episode of Monty Python’s Flying Circus. Every so often this phrase bubbles up in my brain as a reminder of how the ideal as we imagine is rarely fully realised in exactly the same form. The 19th century Prussian military commander, Helmuth von Moltke, gave us the sentiment that no plan survives first contact with the enemy, which is a less positive view of the same concept.

New information changes—or should change—our ideas about things. If we view new information as the opportunity to improve things, to produce a better plan, we can avoid fearing new information. We can then use this as fuel, as a resource to keep building.

When our first plan runs into some trouble and we take note of it we can right ourselves and, hopefully, have a more successful go at it next time. I note that for those of us who found that first round of footy tipping surprisingly difficult, this is a much-needed message.

Hangan Tiny Homes visit Tuesday 26 March 2019

Sue organised the vocational visit to their factory in New Street Ringwood with Sue, Mike, Chris, Ian, John, Bill and Judy, Barb and Bob and Malcolm Chiverton and David Alexander all attending.

Barbara took some photos to show the exterior and interior.



We were impressed with the “homeliness” of the product with it looking like a usual home from the outside (although only 6.3m long plus drawbar) so caravan type length except this is 4 tonnes in weight so needs a truck to shift it to a site. The interior on the one we went into started with a TV on one wall with two- seater lounge on the opposite wall then kitchen with fridge on one side and cooker and sink on the other leading into the shower/toilet room at the rear. The “lounge” area had built in shelving on the TV side which converted easily to steps leading up to the bedroom over the kitchen, bathroom area. Amazingly compact and very well built.

Indi told us that this model sells for \$80,000 and they have 18 different designs for people to choose from, with the idea of it being towed to a site and hooked into water and power with say a composting toilet. It stays on its wheels which means it could then be re-sited if needed so very adaptable. The factory also had a “pod” unit on display, also on wheels and a much simpler offering which sells for \$30,000. As Malcolm and David (and Mike

and Bob) were there also to chat to Indi about the possibility of 9810's Project Funds "Rotary District 9810 Charitable Services" raising funds through philanthropics etc with the idea of then partnering with Hangan Tiny Homes to build units for housing Homeless people or victims of Domestic Violence. Obviously, a lot of work to do with local churches, councils etc to provide designated land and Indi told us that he is aware of discussions between several local Councils on this.

Our District Charitable Service already assists Joint Ventures with Croydon Uniting Church with their "Helping Hand Food Bank", Montrose and District Men's Shed with their project helping men develop new skills and friends etc, Croydon Chamber of Commerce with their "Maroondah City of Wellbeing" contributing to safer and healthier communities and "Manningham Inclusive Community Housing Inc" with helping young people with an intellectual disability to transition to a home of their own.

Indi mentioned to Malcolm and David of his Forest Hill Rotary Apprentice Award assisting him then also the club sending him to the Solomon Islands with a work-party and amazingly David was able to let us know that he organised the work party. Indi said he would like to give something back to Rotary which was "music to our collective ears" and generously would discount labour to any Rotary project(s). We discussed that he already gains some "freebies" from hardware stores etc for any projects he already supports for the Community so a very community minded young man and with him employing 30 contractors already, obviously very business minded as well.

What a great vocational visit and thank you Sue for organising.

Bob W

BREAKFAST CLUB

For the final week of the term Barb and Mike take up the culinary cudgels.

ROTARY MONTHLY THEMES

April	Maternal and Child Health
May	Youth

ARTICLES

Please forward your prize-winning articles and others to rlaslett76@gmail.com by 5pm Wednesday