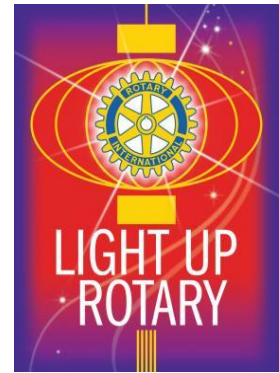




**Rotary**   
Club of Forest Hill

## Weekly Newsletter

foresthillrotary@hotmail.com



11<sup>th</sup> May 2015

Number 42

Club address: PO Box 116, Nunawading 3131  
 Email address: foresthillrotary@hotmail.com  
 Website: [www.foresthillrotary.com](http://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>
11 <sup>th</sup> May	Catherine Smith <i>Road Safety Education Program</i>	Ray Smith	Bob Williams
18 <sup>th</sup> May	Box Hill Apprentice Awards	Bob Laslett	Ron Brooks
25 <sup>th</sup> May	Secondary Schools Citizen Award	Bob Williams	Glenys Grant
1 <sup>st</sup> June	Handbrake turn presentation	Bill Marsh	Graham Sharman

### THIS WEEK'S CELEBRATIONS

No club celebrations but it was Mothers' Day yesterday. So let's think about the world's mothers again this week.



### DUTY ROSTER

	May	June
Cashier	John McPhee	Bob Williams
Recorder	Bob Laslett	Chris Tuck
Greeter	Stuart Williams	Ray Smith
Emergency	Bob Williams	Ron Brooks

### 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

**MAY IS BOWEL SCAN MONTH. \$10 COULD SAVE YOUR LIFE**

## BILL'S BLURB

- At the Cluster Presidents' breakfast a number of the projects undertaken by the clubs were reviewed. The Cluster was happy with the way the clubs worked together this year on a number of projects and it is hoped that this co-operation can be extended in the 2015-16 Rotary year. Paul Mee will continue as AG and took the chance to welcome a number of the PE's who attended the meeting.
- MUNA was run last weekend and it was very successful. The letters of thanks received from both schools we sponsored in the program (Foresthill SC and Kingswood College) praised the program and the experience the children enjoyed and thanked our club for involving their students. Both schools are looking forward to next year. Congratulations to Glenys and her team for a job well done. You have really helped to 'Light Up Rotary'.
- Both markets are on this weekend and we need all the help we can get to ensure their success, particularly the Blackburn Market. Let John know if you can assist.
- Our Club will hold its Hand Brake Turn presentation on the 1st June. This is always a great night and I am sure this year's winner, Mathew Galea, will maintain the high standard of previous winners.  
On the 2nd June the Graduation for this group will be held at the HBT Dandenong facility and Mathew will be presented with his prize.  
As a special addition to the ceremony the winner of the Whitehorse Cluster Shield will also be presented. This is the first year this prize has been awarded so I hope Kyle Olsen, who graduated from the previous course, will be in attendance.
- Don't forget District Assembly is on 17th May at Parkdale SC. We would like as many members as possible, particularly Board members, to attend. Please let Bob know if you are available.
- Ron is still collecting foreign coins for UNICEF so please go through all your cupboards and drawers and send any coins, or notes, you find on to Ron. Please also talk to your friends, relatives and workmates about this great project and get them involved in collecting.
- Membership in Rotary worldwide is static and in our District is decreasing slightly. This is occurring despite many clubs bringing in new members. The loss of members through death, old age, ill health or disenchantment is greater than the recruitment rate. This is a real challenge for RI and our clubs in particular and we will need to review the strategies we have in place

## DIARY DATES

9-10 <sup>th</sup> May	BLACKBURN MARKET & WFM
17 <sup>th</sup> May	DISTRICT ASSEMBLY
18 <sup>th</sup> May	APPRENTICE AWARDS
25 <sup>th</sup> May	YOUTH COMMUNITY SERVICE AWARDS
1 <sup>st</sup> June	HAND BRAKE TURN PRESENTATION
27 <sup>th</sup> June	DISTRICT CHANGEOVER
<b>29<sup>th</sup> June</b>	<b>CLUB CHANGEOVER (Pres Bill hands over to PE Bob W)</b>
14 <sup>th</sup> Sept	DG VISIT

### Little Known Fact:

Tour de France riders need to eat the equivalent of 27 cheeseburgers a day. (I think we need to check our Ron's diet!!)

**Enjoy your week in Rotary and keep working to "Light Up Rotary"**

## LAST WEEK'S MEETING

Unfortunately only 9 members were present this evening with a guest speaker whose subject was Grief Counselling. With Chris Tuck in the chair, President Bill reminded us of upcoming events, Bob Laslett told us about the Pride of Workmanship Awards and the breakfast team at Forest Hill Secondary College, Glenys spoke about the NYSF interviews and the successful MUNA weekend, Chris mentioned our donation through RAWCS for Nepal.

Then Chris introduced Mario Anders who is a funeral arranger and advocate. He mentioned that in general people don't like talking about death, so he talks to people in aged care facilities about grief and loss. There are a number of stages of grieving which people go through, being anger, denial, depression, bargaining and finally acceptance, and the time taken for all stages varies greatly. He also mentioned about a number of sentences and expressions, and actions, that we should not use in conversation with people who have just lost a loved one:

“sorry for your loss” without mentioning a deceased person's name – always mention the name

“I know how you feel”

“Don't blame God”

“He's in a better place now”

“Don't cry” – far better is to give the person a hug

Don't comment on the appearance of the deceased if it is an open funeral

Don't ask questions

Don't ask if they want help

Don't use the words “Time heals all wounds”

Or “Just move on”

Or “He wouldn't want us to weep”

In general, Mario gave us a good and very practical idea on how to approach the family at a funeral to cause as little upset to them as possible, and to give them as much help as possible at this difficult time, and he reminded us that rather than a celebration of life, the funeral is the honouring of life.

Notes by Warwick Stott

Still no Sergeant's session so we donated \$31.40 which from 9 people was a mighty effort. The weekly raffle raised \$43 with Gary winning, no wonder it's a popular raffle- you have a 1 in 9 chance of winning.

On a sad note, we heard about Roger Davis who recently had a stay in hospital. He is now home and on the road to recovery. We all feel like the Davis brothers, Gary, Roger & Peter, are part of our club because of their long term involvement and commitment. So please keep Roger in your thoughts and prayers.

## MAY IS BOWELSCAN MONTH

Every year at this time Rotary, through Australian Rotary Health, has promoted the delivery and collection of Bowel Scan kits. All it costs is \$10. A kit can be picked up at your local participating pharmacy by anybody over the age of 40. The returned kits are processed and results notified to participants FREE of charge. This year RC of Forest Hill is delivering and picking up kits at Brentford Square pharmacy and Forest Hill Priceline pharmacy. The pharmacies willingly provide their involvement at no cost. So please support these two pharmacies and also encourage your friends and family to take part by taking a test

## FELLOWSHIP at PERIDOT THEATRE

The next production is **SHUSH** a funny and insightful glimpse into the power of female friendship : 5 women 5 different stories on a girls night in .It's Brenda's birthday and she is in no mood to celebrate. However her friends have other ideas and after cake and a few bacardis- it turns out Brenda is not the only one with problems

Suggested date is opening night, Friday **12th June 2015** , cost seniors \$23.00. Early booking secures the best seats. Folder will go around next Monday. **Honorary Members**, please ring 98419535 or email [j\\_mcphee@optusnet.com.au](mailto:j_mcphee@optusnet.com.au) to secure your bookings thank you. John

## MUNA 2015 Sat 2<sup>nd</sup> & Sun 3<sup>rd</sup> May

Last week we supported two teams at this successful annual event. The Rotary Club of Forest Hill initiated this project in D9810 for DG Ian Riseborough 1998-99 and ran it for the first two years. So, District is now running its 17<sup>th</sup> MUNA. Here are emails about our two teams.

*Thank you so much for getting our students, Jack and Callum involved in MUNA. They absolutely loved it and it really was such a worthwhile and fun experience!  
I went in on Saturday and really enjoyed the quality of the debates, the humour and how the students from all different schools got along so well.  
Thank you once again for your personal support and to Rotary. Your work in the community is really so valuable. Thank you!  
Have a great week.  
Lucinda Malgas, Kingswood College*

**To:** Alice Romanis

*Alice, you have been fantastic in the way you have supported your students in these leadership and other educational programmes.*

*Wish that when I was at school I had had a teacher like you!*

*Congratulations,*

*Glenys*

*Ps pity Ms Brazil missed Sunday (she had tonsillitis), but I understand she did well Saturday. Mr Brazil was quite a character and what a presence he has! Please congratulate them both from the Rotary Club of Forest Hill.*

## STAMPS

Please keep cutting out all the stamps you get on your snail mail leaving about a 1cm margin and give them to me. Carol Farmer and her team are ready to snip and sort them. They are looking for work to do. You must all get some snail mail. A no cost project.



The Aussie team from Kingswood College



Mr Brazil from Forest Hill College

### **FOREIGN COINS for UNICEF**

So far, the Rotary clubs of Boronia, MASH, Waverley, Sandringham and Nunawading have supplied us with foreign coins to join with ours. Picked up another 3 kg of foreign coins and some notes from RC of Sandringham. The total now is 100.7 kgs plus the wad of notes is getting larger.

## YOUTH COMMUNITY SERVICE AWARDS

On 25 May, 6.00pm at Buccatini Restaurant the RCFH is holding their Youth Community Service Awards night. Four schools have agreed to participate and are in the process of nominating students. They are Forest Hill College, Kingswood College, Vermont Secondary College and Box Hill High. It is possible a fifth school will be involved. Awards will be given to one Secondary school student from Yrs 8 to 9 in each school. Criteria for the nominees will be in a number of areas with heavy emphasis being placed on community and school volunteering. We hope for two RYPEN speakers for the evening who are being sourced by RYPEN Director, Diane Fisher

**Rotarians, Partners and friends are all invited to attend. We need support in hosting and to make this a really memorable night for the parents and Award winners.**

## REASONS FOR JOINING ROTARY

Jenny Coburn gave me 41 reasons. Have you got others you can tell us about? I am putting in a different one every week - **think about them when you talk to prospective members**

**To Follow Your Dream** is just so easy – and have other Rotarians join you on the journey. Why not bring your dream to Rotary and see if they can be a part of the story

## STAN HARPER

Stan is still in Knox hospital, bed 15 in the Ambleside wing, with the official visiting hours 4 to 5 pm and again 6-30 to 8 though you can visit him anytime really. He would love to see you for a chat. Please go and see him.

## DISTRICT CHANGE OVER DINNER Sat 27<sup>th</sup> June

Details have been circulated.

Venue: Karralyka Centre, Mines Rd, Ringwood Mel 50A6

7pm for 7:30pm

Cost: \$60

RSVP: 12<sup>th</sup> June

Please tell Sec Ron if you are going.

Pres Bill & Judy, PE Bob & Barb, and Ron & Robbie have booked so far.

## HEADING WITH NOTHING TO REPORT

You could have put in a report about what you have done/ are doing at our very active Rotary club. This space was specially for **YOU**.



## CLUB OFFICERS & COMMITTEES

	2014-15	2015-16
<b>President</b>	Bill Marsh	Bob Williams
<b>Vice President</b>	John Donaghey	Stuart Williams
<b>Secretary</b>	Ron Brooks	Ron Brooks
<b>Treasurer</b>	Warwick Stott	Warwick Stott
<b>President Elect</b>	Bob Williams	
<b>Sergeant</b>	Stuart Williams	Stuart Williams
<b>Foundation/International</b>	Chris Tuck	Chris Tuck
Members	John Donaghey, Stan Harper,	John Donaghey, Stan Harper,
<b>Youth Service</b>	Glenys Grant	Glenys Grant
Members	Ray Smith, Bob Williams, Graham Sharman	Ray Smith, Bill Marsh, Graham Sharman
<b>Community &amp; Vocation</b>	Bob Laslett	Bob Laslett
Members	Stuart Williams, Gary Baltissen, Ron Brooks	Stuart Williams, Gary Baltissen, Ron Brooks
<b>Membership &amp; Publicity</b>	Doug Berwick	John McPhee
Members	John McPhee, Warwick Stott, Jenny Coburn	Warwick Stott, Bob Williams,
<b>Fellowship</b>	John McPhee	John Donaghey
<b>Primary Schools Speech Night</b>	John McPhee	Bob Williams
<b>Programme</b>	Ray Smith, Gary Baltissen	Ray Smith, Gary Baltissen
<b>Bulletin Editor</b>	Ron Brooks	Ron Brooks
<b>Web page &amp; Facebook</b>	Ron Brooks	Ron Brooks
<b>On to Conference</b>	Stuart Williams	Stuart Williams
<b>Historian</b>	Stan Harper	Stan Harper
<b>Almoner</b>	Graham Sharman	Graham Sharman
<b>Public Officer</b>	Bill Marsh	Bill Marsh

Newsletter articles to the editor at [ronbrooks1@optusnet.com.au](mailto:ronbrooks1@optusnet.com.au) by 5 pm Wed Please email me or ring if you want to be removed from the circulation list.