



FOREST HILL HAPPENINGS

No 43

President: Stuart Williams

17 June 2020

STU'S SCRIPT

I was looking forward to my third term as President of the Rotary Club of Forest Hill. The group has so many positive and wonderful members. The club membership was approx. 65 when I was first elected president over 25 years ago. Nothing stays the same. The club I inherited in 2019 was small in number, but large in heart and spirit. Then..... a corona virus arrived. The air went out of our balloon. So much to do, so many ideas but just not possible in COVID-19 times especially as so many of our club have compromised health and are in the age group most likely to be severely impacted by this virus. I apologise if I have not done as much as some thought we could achieve. I admit that at times I have felt flat.

BUT.. Monday night--wow.. I was truly smiling. The evening with Peter Hitchener had a wonderful vibe and feel about it. It was a delight to share with the extended family of our club. Great to see Kathy, John D, Roger Davis, Glen Coates, Robbie, Merle, Judy M, Judy L, even Warwick and Chris who might have listened., Thanks Ron for organising the night and Bill for making it happen. A very memorable night and a welcome, warm feel in tough, isolated times.

A big thank you to Sue and Sharon for organising an information table at our craft market. Thanks again to almost the whole club who came down to swell numbers, shop, talk and even have a coffee "with real people". Well done John McPhee and Bob Williams for collecting the site fees and talking to our stall holders. We had a lot of positive feedback from the stall holders who appreciated the opportunity to sell and promote their wares. Many missed our sausage sizzle. I hope we can again cook our sausages next month.

The Whitehorse Farmers Market on Sunday also had good weather and was well supported. Great to see many club members there as well. Thanks to those who worked. Bill, Barbara (times 2), Sue and John. It was the first opportunity many of those 'professional market vendors' had to work for 12 weeks - they really appreciated us conducting the market.

We will meet at Bucatini next Monday night. The government regulations allow us to have 20 there. A couple of our members will not attend due to their health concerns. Make sure Ray knows of your intentions so we get the numbers correct. We will have a guest speaker.

We will conduct our Changeover Dinner on June 29 at Bucatini. It would be good to have as many there as are legally allowed.

Enjoy this balmy weather in early winter.



Stuart

COVID-19 is **still** getting to me!!

MEETING REPORT

On Monday 20 members, partners and Honorary Members thoroughly enjoyed a half hour 'fireside chat' with Peter Hitchener, from Channel 9 News. Peter spoke about the "Golden Years of Television". What a trip down memory lane it proved to be. Peter spoke of two of his idols and mentors, Eric Pierce and Brian Naylor with much fondness but it is interesting to note that he has become just such and institution himself as he leads the news each night.

Always lovely to hear back from our guest speakers.

Hi Ron,

Thank you so much for the feedback.

Peter H had a blast and loved every minute of it. He said your group were wonderful and he had a lovely time with you all.

Best wishes and thank for the opportunity.

Kindest regards,

Peter Cole OAM, HOF, PHF

Executive Assistant

NEXT MEETING

We are back!!!

Our meeting on the 22nd June will be at Bucatini Restaurant at 6.30pm.

Our Guest Speaker will be Richard Paterson from the World Literacy Foundation.

The following week, 29th June, will be our Changeover Meeting.

BREAKFAST CLUB

Still in hibernation. Volunteers not allowed on-site.

WHAT HAVE YOU MISSED?

What have you missed most with the COVID-19 virus shut down? Not being able to go overseas? Not being able to have interstate visitors? The football. For me it was the opportunity to give the commencement signal for the largest Tai Chi demonstration in the Southern Hemisphere. This was organized by Master Tang with groups not only from the Metropolitan area but also from nearby country towns who would perform together in the Box Hill gardens on February 1st. Why was I given the commencement task? Certainly not for my Tai Chi skill. I suspect it was because my age is similar to Master Tang's father who lives in China and the respect Chinese people have for their elders. Unfortunately, the performance had to be shut down but hopefully only postponed.

What is Tai Chi? Hundreds of years ago some Chinese developed a system of body movements which were useful in hand to hand combat. These were practised not only till they became automatic but made hand to hand fighting easier and less stressful. They also noticed the performance of them had health benefits.

How did I become involved in Tai Chi? Some years ago Merle found that the strength training exercises she was doing at a Community house were becoming too stressful and asked me to join and accompany her in a Tai Chi program she had discovered. Of course, reluctantly, I had to agree. The challenge and concentration of the movements intrigued me so I joined Master Tang's studio close to home. He, like Mao's Last dancer, at an early age was taken from school to become a Tai Chi and Martial Arts expert for China.

I have progressed with him to perform more complicated forms including the use of a sword and a fan in the movements. With the virus shut down I have been able to concentrate each morning at 7.00am for an hour on improving each movement and not learning new ones. In doing this I keep discovering new things, for, as Master Tang says, "No matter how good you think you are you can always do better."

What are the benefits of doing Tai Chi over "Gym exercise?" I have tried gym exercise but it did not require much thought. The execution of putting together Tai Chi movements requires continued concentration and if done correctly keeps the body relaxed and flexible. When looking at men my age or even younger so many of them require walking sticks or walkers.

Why don't you start practising Tai Chi daily? It requires persistence and effort but over time you will notice benefits.

Ray Smith

DISTRICT GRANTS SEMINAR

Graham Richardson chaired with David Alexander working the Zoom mechanics.

20 in attendance.

With M\$193.2USD from 2017/18 year to work on M\$96.6USD goes to the World fund and the same to District Grants and as RI used more than the allotted World fund budget this year on COVID work the District amount will be less but that is yet to be ascertained.

So, the upshot is that we start with the usual Grant per project of \$AUD\$2,000 to \$5,000 with minimum project of \$4,000 but those amounts may change and Graham will advise clubs when amounts finalised. The matching formulae of \$1 for \$1 remains. The usual

Humanitarian and Education projects can be applied for with the same process of seeking nomination and if agreed then make formal application with cut off date 13 July 2020.

All applications must have a Rotarian involvement, a needs analysis and must be measurable and sustainable with a post completion promotion.

Mount Waverley spoke of their recent project with Cobar NSW Rotary club providing food and fuel vouchers for those in that drought and fire affected area and how well received that was with a piece in RDU.

So, the usual two stage process with the first to nominate a project then if agreed, secondly to make formal application with a spending plan and be able to respond to any queries.

When Graham advises that applications are open and dollars available clubs nominate project and then apply and if DG approves then can start project, complete and send report, grant is then paid so as usual clubs need to subsidise the total project so the grant is a reimbursement.

District web site has all details (www.9810rotary.org.au)

There will be a seminar on Global Grants 29 June 2020.

Bob Williams

BLACKBURN MARKET



Our Blackburn Market got underway again on Saturday. The stall holders were all glad to be back as were the customers. The only down side was we couldn't hold our sausage sizzle – much to the disappointment of many of our regulars. There is always next month!! Instead we had a small table with some information available – written and verbal.

FROM THE SERGEANT (and Glenys)

These fit so well they should be in the dictionary.

ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR:

A place where women curl up and dye.

CHICKENS:

The only animals you eat before they are born and after they are dead.

COMMITTEE:

A body that keeps minutes and wastes hours.

DUST:

Mud with the juice squeezed out.

EGOTIST:

Someone who is usually me-deep in conversation.

HANDKERCHIEF:

Cold Storage.

INFLATION:

Cutting money in half without damaging the paper.

MOSQUITO:

An insect that makes you like flies better.

RAISIN:

A grape with a sunburn.

SECRET:

Something you tell to one person at a time.

SKELETON:

A bunch of bones with the person scraped off.

TOOTHACHE:

The pain that drives you to extraction.

TOMORROW:

One of the greatest labour saving devices of today.

YAWN:

An honest opinion openly expressed.

And MY Personal Favorite!!

WRINKLES:

Something other people have, similar to my character lines.

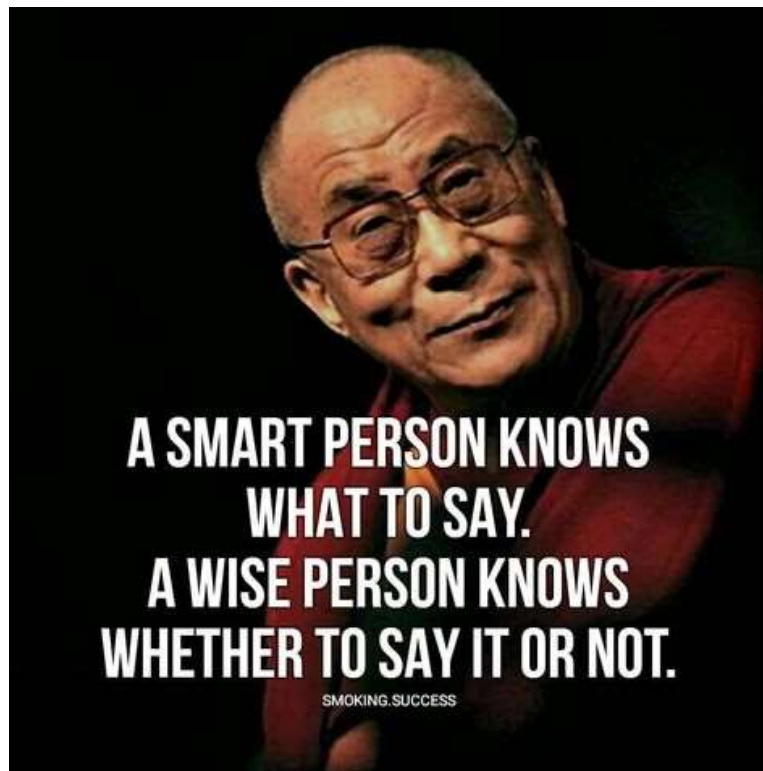
CELEBRATIONS

Party time for the girls this week.

Both Glenys G and Robbie B celebrate their birthdays on the 20th.

Party on ladies and don't play up too much! (But then can you play up too much?)





KEEP SMILING!!!

BLACKBURN MARKET – TRADER OF THE MONTH

BEAUTY ARTS n' CRAFTS

Trisha Haddock is continuing her parent's tradition from when they ran their gallery and picture framing business. Trisha's mother Gwen sold her hand painted china plates, tile paintings and ornaments. Trisha has moved to Melbourne and loves to share her mother's painting talent and her glass pendants. Gwen also paints cards using the china paints with mediums made from herbs and spices. Trisha has started making her own paintings for sale but her special artistic skill is making kiln glass pendants, dishes and earrings. Each one is a unique design. In the last few years Stephen and Trisha have been regulars at the Blackburn Craft market. Trisha's grandfather is a professional artist, Dick Anderson who "went bush" in 1969 to paint Australian landscapes. Not to be outdone, Trisha's partner Stephen makes practical wooden birdhouses, which Trisha paints. Trisha has a small number of very reasonably priced plants for sale.

Trisha and Stephen would love to talk to you about their wares. Find out more about their unique kiln glass pendants, earrings and dishes, the beautifully hand painted chinaware, the plants and painted birdhouses. Phone: 0408 369 078

Below: At Blackburn Market



Below: Gum nuts painted on china plate and Christmas decorations by Gwen Anderson. Christmas decorations can be made to order and most plates can be personalized for special occasion.



Below: Handmade glass pendants by Trisha Haddock add a beautiful touch to any outfit.



Below: Add a special touch to your garden with one of Stephen Haddock's hand made birdhouses. Birdhouses can be made to order or choose ones already made.



Bucatini's are great supporters of our club - SUPPORT THEM!

Bucatini Restaurant

454 Whitehorse Road, Mitcham

*Now open
7 Days each week
For Lunch and dinner*

*Bucatini a la carte menu
Please phone 9873 0268*