



FOREST HILL HAPPENINGS

No 6

President: Stuart Williams

7 August 2019

STU'S SCRIPT

Reflection

It seems the best way to find yourself, is to lose yourself in the service of others. The thought I'll start with tonight is: Be not afraid of growing slowly, be afraid only of standing still. (Chinese Proverb)

A thought from Gillian Anderson to inspire us on a committee night. "Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need."

Stuart

Our first Committee night-- sort of. It finished later than expected but it was wonderful to see the involvement and enthusiastic participation. It seems that a lot of progress was made. A basis for our Rotary contributions this year.

- * A big thank you to those who helped at the RYDA Day... Ian, Ron, Mirjana, Jafrin and Martine.
- * The Rotary Club of Nunawading are wanting support and involvement in their Mid Year Cabaret. Sat 17 August- The Coach Ringwood 6.30 for 7pm. \$50 per head. Proceeds to Interplast. Please contact me if you will join me on the fun night.
- * Glen Coates has confirmed a \$1,000 donation to the club for a project. Last year we donated it to ROMAC. I would ask committees to put proposals to the Board.
- * Rotoract President Sarah Power will attend next week's meeting. Please make her welcome.
- * Ray Smith will give a Five item talk in a fortnight. Ron redefined the concept with 7 items. Some interesting details we did not know about Ron.
- * A big thank you to Mike for purchasing two cases of wine for our raffle.
- * Raffle raised - \$44. John Donaghey as our Sgt extracted \$28.30 from us. Where did those Hard Quiz questions come from? Thanks John.
- * Sausage sizzle at Blackburn on Saturday. WFM on Sunday.
- * Put Sunday 25 August into your diary- sausage sizzle at Box Hill Institute Open Day.

It was a super relaxed meeting, the committees made good progress.

Enjoy Rotary.

Stuart

MEETING REPORT

The first of the new idea Committee Meetings meeting on the first Monday of each month was held and this enabled good discussion and decision making to take place without time constraints.

President Stuart is encouraging members to give a five minute talk on some aspect of their life and activities which may not be well known. He gave the first one two weeks ago and at this meeting the second was a talk and picture showing by Ron Brooks. Ron showed us that at a younger time he did have a head of black hair, was able to play golf well, pedaled a bike across the English Channel (on floats), spent some time with the Royal Navy, spent time in China, rowed in a Murray Marathon and did rock climbing in the Grampians. All in five minutes.

The meeting on September 2nd will be held in a room at the front of the restaurant. This could now happen when Bucatini has a group much larger than ours wanting to use the back room.

Ray

DUTY ROSTER

Recorder Greeter Emergency Cashier	AUGUST Sue Ballard Ron Brooks Mike Finke Ian Teese	SEPTEMBER Chris Tuck Barbara Searle John Donaghey John McPhee
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COMING UP

Date	Event	Chair	Thanks & Report
9 Aug.	Peridot Theatre "The Diary of Anne Frank" – 8.00pm		
12 Aug	Tracy Farnsworth "Project Picinini Vanuatu"	Bob Laslett	Ian Teese
19 Aug	Cheryl Webster "Knitted Knockers"	Barb Searle	Glenys Grant
26 Aug	No Meeting		
28 Aug	PSSC at Mt Pleasant Road Primary School	Bill Marsh	
2 Sept	Committee Meetings		
9 Sept	DG Shia Smart & Club Birthday	Stuart Williams	Bob Williams

CONGRATULATIONS & BEST WISHES

Jenny Tuck celebrates her birthday on the 10th while Jenny and Chris celebrate their wedding anniversary also on the 10th (A super big day Jenny).

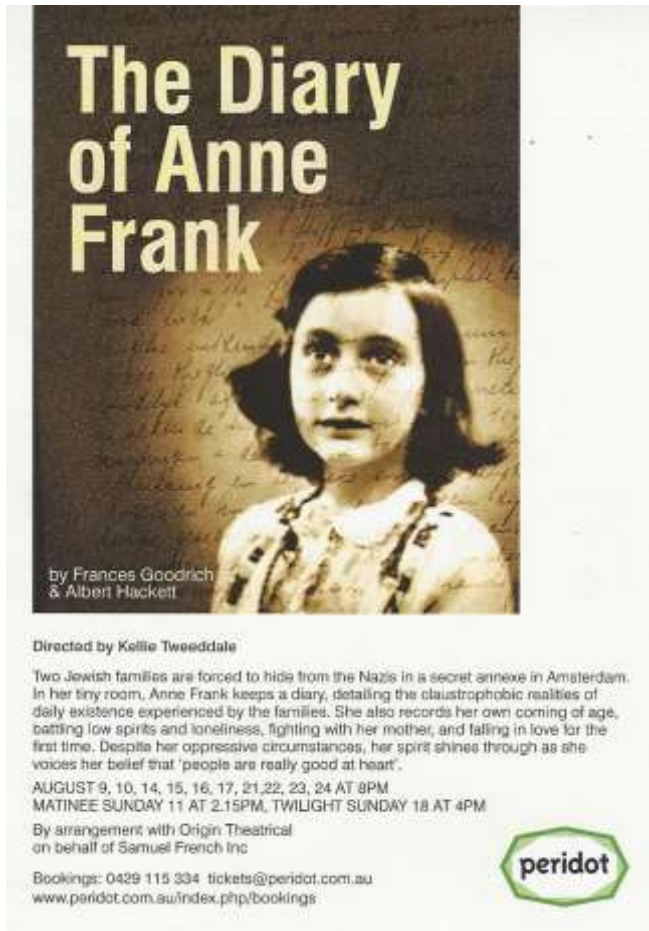
ATTENDANCE

If you are not coming to the meeting or if you wish to bring a guest please contact Ray Smith by 10.00am Monday on 0412 807 585 or rcssmith@optusnet.com.au

Please ensure Ray is aware of any special dietary needs.

If you need to cancel after 10.00am please contact Bucatini Restaurant directly on 9873 0268.

PERIDOT THEATRE



The Diary of Anne Frank

by Frances Goodrich & Albert Hackett


Directed by Kellie Tweeddale

Two Jewish families are forced to hide from the Nazis in a secret annexe in Amsterdam. In her tiny room, Anne Frank keeps a diary, detailing the claustrophobic realities of daily existence experienced by the families. She also records her own coming of age, battling low spirits and loneliness, fighting with her mother, and falling in love for the first time. Despite her oppressive circumstances, her spirit shines through as she voices her belief that 'people are really good at heart'.

AUGUST 9, 10, 14, 15, 16, 17, 21, 22, 23, 24 AT 8PM
MATINEE SUNDAY 11 AT 2.15PM, TWILIGHT SUNDAY 1B AT 4PM

By arrangement with Origin Theatrical on behalf of Samuel French Inc

Bookings: 0429 115 334 tickets@peridot.com.au
www.peridot.com.au/index.php/bookings



Our next performance at the Peridot Theatre is set for Friday 9th August starting at 8.00pm.

Pre performance drinks and socialising from 7.30pm.

If you are able to join us please contact Bill (0417 369 343) to reserve your seats.

I currently have 14 seats reserved but can add additional seats if required.

BREAKFAST CLUB

The Breakfast Club on the 13th has Barb Williams & Ian Teese stepping up to the plate while on the 20th Mike Finke and John McPhee join the fray.

CONTACT DETAILS

Address: PO Box 116, Nunawading, 3131

Email: foresthillrotary1975@gmail.com

Website: www.foresthillrotary.com

Facebook: ForestHill Rotary

Meetings: 6.30pm, Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

ROTARY MONTHLY THEME

Time to celebrate Membership month. Talk to your friends and workmates and let's get at least one new member in August.

COLLECTING BOTTLE TOPS – A NEW FOREST HILL PROJECT



Turn soft drink, water & milk bottle tops to THESE

Our collection has got off to a good start. I'm sure all of you will have 1 or 2 a week at least. Please bring them along The tops should be numbered either No 2 or No 4 in the recycled triangle but not all are marked so just collect all of these tops, any colour will do. Not those with metal attached or if they are marked 5 or 7. Please rinse them. There will be a box to drop them in at the desk when you front up to pay. Get your family and friends involved. They will go to a Melbourne not-for-profit company using unemployed people who remelt the plastic to make things they then give away including artificial arms and hands. To see more go to their website (www.envision.org.au) and hear what their CEO Sean has to say. He is our guest speaker on 16th Sept.

Ron Brooks

ARTICLES

Articles, notices and photos for inclusion in **FOREST HILL HAPPENINGS** to bjmarsh@bigpond.net.au no later than 10.00am on Wednesday each week.

WEBSITE

Keep up-to-date by checking our website at www.foresthillrotary.com

UPCOMING FUNDRAISER

RC Albert Park - Winds of Hope (WOH) fundraising event. WOH is a charity based in Uganda that provides healthcare and education to young women in need. The Club is holding a fundraising event in October showcasing African culture, food and lifestyles, with a view to creating more community awareness of Rotary. Live music, entertainment and dancing - Brief presentation by community leaders - Brief presentation by Clubs about their Africa projects - Buffet dinner with a wide range of African cuisines - Door Prizes and a charity auction - Showcase of Rotary Club projects in Africa. D9810 Clubs are invited to showcase any African projects and all are invited to attend.

Contact is Matthew Proctor: Founder - Winds of Hope International

matthew@kutamo.com <https://www.atasteofafrica.com.au/>

6pm to Late - Friday 25th October 2019 - Lifesaving Victoria, 200 The Boulevard Port Melbourne <https://www.trybooking.com/book/event?eid=496602&>

VOLUNTEERS NEEDED 1-3hrs PACKING

DAYS FOR GIRLS PACKING DAY

Days for Girls helps girls to go to school and women to go to work in over **100 countries**, through providing sustainable feminine **hygiene solutions** and **health education**



Every Girl.
Everywhere.
Period.

August 17th, 10am - 1pm

Templestowe Baptist Church Youth Room
103-105 Anderson Creek Rd. Doncaster East
Lower Ground Floor

\$5 Donation towards cost of a kit - Morning tea provided

Help pack **Days for Girls**
kits. Come when you can.
Pack one or multiple kits.
Our goal, 600 kits!

For more information contact:
Anna Burley
m: 0403 176 200
e: melboumevic@daysforgirls.org

Below are the details for the “Mid-Winter Christmas Cabaret” hosted by the Rotary Club of Nunawading. Always a terrific night and all money raised goes to a great cause – Interplast.

Make up a table and have a fun night out.



OUR MID WINTER CHRISTMAS CABARET



Saturday, 17th August 2019 6:30 for 7:00pm

Upstairs with lift access, at “The Coach” 33 Maroondah Hwy, Ringwood

**Join us for a fun night with a festive, 3 Course Xmas Dinner,
Auctions, Raffle and Lucky Door Prize**



**Special Live Entertainment from
singer, Jodi Barry**

If you like Diana Krall / Eva Cassidy /
Fleetwood Mac and more, you will
enjoy Jodi’s renditions.

**Dress in your Xmas best and
put together a table of 8.**

Rotary members, friends and
relatives are all welcome.
Join us for a fun night and please
BOOK EARLY!

**In support of Rotary’s Annual Interplast Program
“Repairing Bodies and Rebuilding Lives” in the Asia Pacific**

Tickets: \$50 /head

(Alcohol at bar prices)

RSVP: Wed 7th August 2019

Harvey: 0411 180 643

Rotary
Club of Nunawading



TRADER OF THE MONTH AT THE BLACKBURN STATION MARKET



Outback Spirit have been regulars at our market for years and they also regularly sell at the Rotary Club of Mt Waverley and Dingley Farmers markets amongst others. Juleigh and Ian Robins make all their chutneys, sauces, pickles and marinades at their new Dandenong factory. Not only are they delicious but they are gluten and MSG free. Ian and Juleigh are recognised pioneers of the Australian native food industry and have been at the forefront since its inception in 1986. They established Robins Foods in 1997. Ian and Juleigh's vision is to bring Indigenous foods into the mainstream food market and the company is the industry leader supplying the **Outback Spirit** branded range of products to supermarkets nationally in Australia.

In 2000, Ian and Juleigh decided to formalise their relationships with the company's indigenous suppliers and established an ethical supply chain that ensures that benefits from the sale of **Outback Spirit** products go back to the Aboriginal people who are developing their own enterprises based on native foods. They established the Outback Spirit Foundation to further help the Aboriginal people.

Juleigh is an accomplished cook and together with Ian has written three native food cookbooks – Wild Lime (1996 Allen & Unwin) and Wild Classics (2000 Allen & Unwin – with Ian Robins) and Wild Food (2010 Lantern Books, a Viking Books imprint).

So, go and have a chat to Juleigh's brother in law Bill at the Blackburn market stall and taste some of these unique foods. Find out more about the products, the company, and the Foundation at www.outbackspirit.com.au