



# FOREST HILL HAPPENINGS

No. 10 President: Sue Ballard

13 September 2023

## SUE'S WORDS OF WISDOM



Hi all

Another busy week for our club with both markets and the Heritage week fundraising BBQ. Congratulations for another successful team effort from members and families. We also had the pleasure of catching up with Kieran and his family and meeting their family friends visiting from India. It was also lovely to have Trish and Les from RYLA join us.

We have a busy month ahead too. While Forest Hill Community Space are coming next week on the 25th of September. We will have a special speaker on Trafficking and Slavery coming. This is an important issue that is not widely talked about. Please invite others to join us.

I have been officially invited to join the International Women's Day Committee. As meetings tend to be on Monday nights, I may have to miss an occasional RCFH meeting.

While Stuart is recovering from his surgery i will continue doing the Bucatini bookings. So please let me know by Saturday 6pm.

## NEXT WEEK

**18 September      Forest Hill Community Space**

**Chairperson:**                      Glenys Grant

**Greeter:**                              Stuart Williams

**Notes for "Happenings"** Bill Marsh

**Thanks**                                Sue Ballard

## COMING UP

**19 September      Freda Umuhoza**

**25 September      Sr Colleen Jackson      Human Trafficking & Slavery**

*September is*  
*Basic Education and Literacy*  
*Month*

## CELEBRATIONS



TODAY !!!  
Big celebrations on  
September 13 as the club  
turns 48 and Warwick  
remembers his 48 year  
stint.



## MEETING REPORT September 11, 2023

Chairperson Bill Marsh opened the meeting at 6.40pm, welcoming Buaban Mungmart, Christine Stott, Judy Laslett, Speaker for the evening Kieran Akula, Ramana, Shoba & Vivek Akula, Raj & Sophie Rajasekharan, BoxHill-Burwood Rotarians Trish Carr & Les Marton, and seven members.

President Sue Ballard gave her introduction and report of the past two weeks, thanking members and volunteers for their work at both markets and for other activities. She listed program and speakers for the next two weeks.

After another delicious meal other reports were given:

**Warwick, Treasurer:** Fee invoices have gone out. Thanks to those who worked at the Whitehorse Farmers market.

**Bob, International:** Fiji Eyes spokesperson will visit on November 13.

**John McPhee:** Blackburn Market sausage and egg & bacon stall reaped a splendid total of \$625 and stalls income was \$270.

**Glenys Grant,** Youth: Box Hill High year 10 Art Show reported. Write up next week.  
Glenys Grant, Enviro: Forest Hill College indigenous garden progress.  
Other: we have been approached to participate in two community projects. Both will be discussed at our next Board meeting.

Trish Carr invited all to attend the Upton Room, Box Hill RSL on Tuesday Sept 19 at 6pm to hear survivor of the 1994 genocide of the Tutsi people in Rwanda, Frida Umuhoza, speak on her experiences. This will be an amazing talk and all are urged to attend. Dinner after the meeting is in the RSL. Please advise Trish if you wish to attend either event and see further details on the [boxhillburwoodrotary.org.au](http://boxhillburwoodrotary.org.au) website events page.



**Bill:** Schwerkoldt Cottage Heritage Day sausage sizzle went well

**Kieran Akula** was then introduced. He spoke about **RYLA 2023**, held at Flinders, a weeklong event which combined 12 leaders and 39 participants from Districts 9810 & 9820. Kieran began by expressing his gratitude to Forest Hill Rotary Club Members for the opportunity to represent the Forest Hill Rotary Club at RYLA 2023 and for the encouragement and mentoring. He explained RYLA stands for Rotary Youth Leadership Awards, and is a program designed to help young adults find a deeper sense of themselves.

RYLA's slogan this year was 'Challenge by Choice'- an easy phrase to say but to challenge oneself can be difficult to do. The camp's location was gorgeous. Kieran explained he loved to be in the country air, and that one of the biggest takeaways for him was he needed to spend more time in the outdoors, relaxing and enjoy the freshness of the air and the peaceful surrounds.

As Kieran says "My activity group was called the golden phoenixes. It was my opinion that we had the most wholesome group. Our leaders Maria and Ash were welcoming and open and many tears were shed as the group opened to each other. It was nice to see that you didn't need to know people for years for them to be vulnerable with you. The group created a safe environment for everyone to release stored experiences and be open to new."

His key learnings from the camp were:

**1. The only person who is wasting time is YOU.**

Kieran explained he had always shied away from showcasing his energy healing skills in the fear of being ridiculed. He felt MUNA was a safe environment to begin and now has decided to provide this service to his community by starting his own healing business to help others heal and find deeper meaning within themselves.

**2. You have a choice.**

Kieran said he felt comfortable and safe at the camp not having to conform with the program if he needed peace. He will continue to have the strength to feel he has a choice.

**3. Laughter is your body's best medicine.**

Kieran continued "To enjoy life, and laugh until you cry is an exuberant release of anything and everything. You find yourself lost in nothingness and the pure ecstasy of the emotion creates a simplicity to life. It's like your mind is allowing your body to take over and forget who you are, what you are and simply enjoy the present.

**4. Anyone can inspire you.**

Kieran realised through profound experiences at RYLA that there is always something inspiring in every person. He says "I think growing up we are taught to look up at the great individuals who have made their presence known through their actions. But I have found that everyone has some quality that can inspire you".

Some of the wonderful human stories he heard in that week have inspired him to greater future efforts.

Kieran ended his fun filled reflections by explaining he has started working towards helping raise \$60,000 for Disaster Aid to supply water tank filters to needy global areas.



As Kieran says "Thank you Rotary Club of Forest Hill for giving me this experience. It was extremely enlightening, and I feel that I have turned over a new leaf."

Kieran and Trish Carr, RYLA Chair 2023, then presented President Sue with a RYLA Certificate of Appreciation for Sponsorship.

Meeting closed 8.45pm.

Glenys



## **RYLA – Rotary Youth Leadership Awards – Details.**

Participants: 18–30 years old

Program information:

RYLA, Rotary Youth Leadership Awards, is an intensive leadership experience sponsored by Rotary Clubs and some corporate partners. It is a challenging 6-day programme which provides a unique opportunity for young adults with proven leadership experience and potential leaders from diverse backgrounds a unique opportunity to learn new leadership skills, grow personally, have fun, and make new connections.

Developed primarily for young people between the ages of 18 and 30 it focuses on personal and leadership development. It assists them to become aware of their own strengths, weaknesses, and motivation, to understand the basics of leadership, work in a team environment and to apply this knowledge to develop their leadership capabilities.

Whether a student or young professional, RYLA provides experience and prepares young people to be leaders in their community, profession, and other facets of everyday life. Participants hear from a variety of leaders within the business community including Company CEO's, entrepreneurs, professional speakers and young leaders.

- This 6-day live in program is an intensive leadership training course for community minded young people. Participants are chosen for their leadership skills and their potential to have an impact on their community.
- The participants discuss issues of professional responsibility, human relations, ethics, leadership, and communication skills.
- The program incorporates a range of seminars and workshops as well as team and skill building activities.
- Participants also learn about Rotary's purpose and service to the community as well as the elements of community

and global citizenship.

Benefits for participants:

Development of a range of skills –

- Leadership
- Communication
- Organization and time management
- Team building and teamwork.
- Problem solving and conflict management.
- Impromptu and prepared public speaking.
- Ability to step out of their comfort zones, challenge themselves and realize their potential.

Note:

Schools are encouraged to discuss with a local Rotary club the possibility of having RYLA participation as an award for a student who demonstrates a commitment to community service and leadership in Year 12

Dates:

RYLA 2024 will be held during one week in the Winter School/University break, 7<sup>th</sup> July to 14<sup>th</sup> July at a venue in Phillip Island.



**Youth and Enviro Activities** for the past week.

**Attendance - MUNA presentation:**

The MUNA Perpetual Shield for best overall delegation was presented to Ava van Haaster and Carla Venkataya, year 11 students at Our Lady of Sion College, Box Hill on Sept 8 by MUNA Chairperson Di Harrison.

In attendance were MUNA 9810 representatives Malcolm Chiverton and Glenys Grant, along with Reg Ellery, President of the Rotary Club of Box Hill Central, team sponsors.



Winners, Staff and Rotarians



Students, MUNA Chair Di



MUNA team with students



**Youth Achievement Awards:** Three teachers/schools have responded to the invite to provide awardees for the Youth Achievement Events (now two) in October.

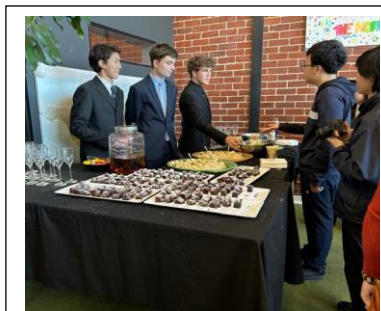
### Attendance - Forest Hill College:

Meeting with Forest Hill College Adrienne Baucke and Belinda Moody, Whitehorse Council Officer, on Friday Sept 8.

Discussion centred around the indigenous garden fence and building maintenance as well as future enviro and youth activities.

**It was noted that the garden furniture we provided is very popular and in constant use and that the plants are growing strongly.**

**Attendance - Box Hill Yr 10 students heritage inspired Art show** opening: Tuesday Sept 5. The Art show opening combined the talents of Yr 10 Art, Hospitality and Music students. (More next week).



Student home bakes & punch



Intro, Kelvin. Jacquie, W/H Art Curator



Musical entertainment

## Box Hill EVENT

Join us for a very special guest evening with guest speaker- Frida Umuhoza

Date: Tuesday 19th September 6pm for 6:15pm start

Please RSVP on our website event for this free event

[Guest Speaker - Frida Umuhoza - Rotary Club of Box Hill Burwood \(boxhillburwoodrotary.org.au\)](http://boxhillburwoodrotary.org.au)

## WORLD POLIO DAY

Put 24 October in your diary.

## RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

**Jeremy & Mary Ann Furness** are locals from Croydon. They sell children's books, oil paintings on gum leaves, and knitted toys in markets at Nunawading, Yarra Junction and of course the Rotary Blackburn station markets. Jeremy started writing and illustrating his Barry the Bike series of children's books over 10 years ago. It is one of the very few children's books that feature classic motorcycles, cars, and trucks. Go to Barry the Bike on Facebook to see all the books in the series.

Mary Ann started **oil paintings on gum leaves** as a 15-year-old inspired by paintings by her grandparents. Her grandfather was William Beckwith McInnes who won the Archibald Prize seven times. These gum leaf oil paintings are as unique as they are beautiful. She paints on specially prepared Tasmanian Blue Gum Eucalyptus leaves which when painted are sealed to ensure a long life. She has been a professional illustrator for the last 40 years working for some of the world's leading publishing houses but now Mary Ann runs Wattle Gum Studios nestled in the Croydon Hills.

Mary Ann started **knitting toys** as a girl and now has turned that pastime into a commercial venture with her beautiful, cute range of animals, fish and birds.

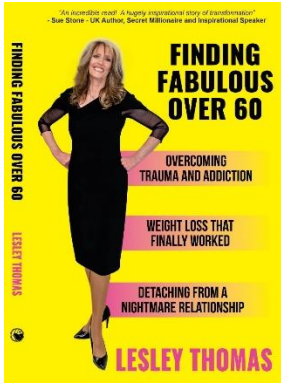
Jeremy and Mary Ann can be contacted on 0403 310 032 or [mafurness@bigpond.com](mailto:mafurness@bigpond.com) or via Instagram mafurness\_arts. But better still, come and talk to them at one of their regular markets to see the full range of their talents.



### SOME OF OUR BLACKBURN MARKET STALLHOLDERS







**Come and frequent the Market next month- October 8**

Disclaimer: Articles and reports do not necessarily reflect Rotary Club of Forest Hill opinions.