



FOREST HILL HAPPENINGS

No 19

President: Sue Ballard

11 November 2020



Scan Me!!

FROM THE PRESIDENT'S DESK

It's NAIDOC week and a great opportunity to learn more about the First Nations people of Australia . The First Nations people are made up of over 600 individual communities who have learn and cared for this land and we can share that knowledge with them. My pioneer family sought answers and learnt from the local peoples on farming and managing the land they settled on. They learnt to cultivate local fruits and vegetables and modify European farming with what would work in the harsh Australian Bush. They in turn helped the local people with European ways. They even went on fishing and hunting trips together.

The Melbourne museum has a great exhibition on Victorian First Nations people which in many ways is very different to those in the north.

I have family ties to the people in East Gippsland and in Northern Tasmania. I have set myself the challenge to learn as much as I can. Like all the other nations of the world we can learn so much if we make the effort.

Sue

MEETING REPORT & GUEST SPEAKER

Guest speaker for tonight's meeting was Loretta Crew speaking on drought relief for Cobar NSW via District Foundation Matching Grant

Cobar which covers some 44,000 square Kilometres of outback western New South Wales, and a population of less than 5000 has endured many years of severe drought and hardship. Thus properties have been denuded of pasture and forced to rundown stock, and working assets.

Breadline living has become a part of normal living in this community. And through personal contacts in the area, Glen Waverley Club set out to do something to support the people in that community in partnership with members of Cobar Rotary Club.

The support came in the form of cash vouchers purchased from the local IGA Store, Fuel Merchant and Butcher. Thus providing much needed support in the local community, both to business and family support, to the tune of \$6000.

One year later after drought relieving rains plus the result of construction of land banks to help retain the benefit of runoff to retain moisture for pasture growth.

Evidence of the benefit resulting from this work could be seen in the pasture growth in the treated area against untreated landscape. Land banking is expensive to do, but the benefit of doing the work is evident.

District Foundation Grants are considered and for projects approved, the club must contribute initially 100% of the cost, but on completion is reimbursed 50 % against production of receipts of expenditure.

General Club Meeting.

Sue opens the meeting reminding us that that this week is Naidoc Week, and invites the members to remember the ancient history of our land and to take the opportunity to visit the Museum when it reopens and explore the story as told.

Toasts were given to the first people, Rotary and Australia.

Farmers' Market Report

A great market with 60 stall holders with some selling out of product, and people out enjoying themselves. Gross receipts estimated at \$7000

Secretary: Mail received no action necessary

Vocational: Expect to tie down Box Hill award presentation. This week

International/ Foundation: Foundation month November

Community: no report

Youth: 9 of 12 schools replied to date. Bob following up other 3 schools

Program: updated by Ron

Environment: Information continues to be emailed out.

100 year celebration: working on batten relay.

Blackburn Market this Saturday: question of members' insurance raised.

John McP

WHITEHORSE FARMERS' MARKET - NOVEMBER

Although it was only the second market since Covid -19 shutdown, it was a real success with good weather, 61 stallholders selling their wares and the financial results were therefore excellent. They were:

Stallholders	\$4026
Donations	\$1814.95
Barbeque	\$619
Total	\$6462.95

I would like to thank the volunteers from our club who gave up their time to can-rattle and to marshal the crowds so that they maintained their social distancing.

Warwick Stott

Footy Quiz 2020 (Answers included)

1. What was the halftime margin in Carlton's famous comeback win against Collingwood in the 1970 VFL Grand Final? A: 44 points
2. How many times has Eddie Betts won the AFL Goal of the Year Award? A: Four times (2006, 2015, 2016, 2019)
3. Name the FOUR footballers who have won THREE Brownlow Medals. A: Haydn Bunton (Fitzroy), Dick Reynolds (Essendon) Bob Skilton (South Melbourne) Ian Stewart (St Kilda, Richmond)
4. Alistair Clarkson played for which TWO AFL clubs? A: North Melbourne and Melbourne.
5. Which current AFL coach played the most games? A: Adam Simpson (305)
6. Collingwood father –son recruit Tyler Brown made his AFL debut in Round 1 this year. What number did his father, Gavin, wear? A: 26.
7. In which year did star forward Lance Franklin kick more than 100 goals for the season? A: 2008 (113)
8. What was the name of the “star” Gold Coast Suns recruit who played so brilliantly in the first 5 rounds before doing his shoulder? Matthew Rowell
9. How many All Australian jackets has Brisbane's Harris Andrews won? Two (2019, 20)
10. Which Melbourne player, who won Mark of the Century, was awarded a large concussion payout recently? A: Shaun Smith. A chest mark over Gary Lyon against Brisbane Bears in 1995... virtually standing on people's shoulders.

November is Foundation month.

NEXT MEETING

Our next meeting will be via Zoom (7.00pm) on November 16th when President Sue will be hosting a Rotary video and discussion. Links to join the meeting are included below.

Contact me if you have any problems – 0417 369 343

Bill Marsh is inviting you to a scheduled RCFH Zoom meeting.

Join Zoom Meeting – 7.00pm

<https://us04web.zoom.us/j/76355478457?pwd=YkFWMzdWanoyNzFYVStPR2YzZGpPdZ09>

Join Zoom Meeting - 7.40pm

<https://us04web.zoom.us/j/77600883490?pwd=MUFQL1luMGNSbXpnYXBUBVUxrRFI6Zz09>



COMING UP

16th November – Rotary video & discussion led by President Sue.

23rd November - Daizy Maan – SPARK Entrepreneurship at Deakin University

30th November - Dinner at Bucatini Restaurant

CELEBRATIONS

No club celebrations this week, but, hey!! who needs a reason to celebrate?

We can visit with family and friends what more can we ask?



KEEP SMILING

INTERNATIONAL/FOUNDATION

As we heard from our speaker, Loretta, on Monday night, The Rotary Foundation is for doing good in the world.

It was a great way to start Foundation month as we heard how one small Rotary club can assist another club and community in its time of need. She also outlined a path for our small club. We can assist through regular donations to the Centurion Club either directly or when we return to Bucatini.

Bob

HOPE KATOLO NURSERY SCHOOL HAMPERS OF HOPE

Hi everyone,

Can you believe that its already that time of year again?! Almost Christmas and that means **Hamper of Hope** time for Hope Katolo Nursery School.

How does it work again?

We kindly ask for donations of \$5 or multiples of \$5. Every \$5 entry gives you one ticket in the draw to win a fabulous hamper for Christmas. The money raised goes towards “hampers” (bags 😊) of food staples for the families of each of the children and staff at the nursery school (see picture attached). For almost all of these families, this IS Christmas. That’s it. To say that this fundraiser means a lot to the people of Katolo is a huge understatement.

How do I get involved?

Simply transfer \$5 or multiples of \$5 to the Hope Katolo Nursery School account

Account 033349

BSB 411858

Confirm with us your name & amount by texting Mel on 0412 187 353. Every \$5 that you donate will give you an entry into the draw to win the hamper.

When will it be drawn?

The winner of the hamper will be announced on Sunday 20th December. We are really grateful for early ticket purchases because then we have a better idea of our budget for the Kenyan hampers.

Any questions, please email or give us a call on the number above.

Warmest Regards,

Melanie Haley, Leanne Pinfold and Georgina Malanga

Hope Katolo Nursery School, Kenya



SPROUTINGS

An international webinar, run by the Environment Sustainability Rotary Action Group (ESRAG), was held at 8.00am last Saturday. The title 'planning for Success and Environmental Sustainability' was designed to ensure any environmental project a Rotary Club undertakes delivers effective outcomes so we 'live 'lightly on the Earth'.

In the 75min Webinar a wealth of knowledge was imparted to help us get more involved in the environmental sustainability aims and actions that Rotary International - and all of us - want.

The hosts were 9810 Sustainability Leader and ESRAG Director Pat Armstrong, ESRAG member Liz Stinson and District Rotaract Rep and Sustainability Committee member Claire Caulfield.

There are a number of scientific steps involved in the process. All must be completed and documented fully. Forms, including Excel spreadsheets, comprehensive guides, practical templates, worked examples and other tools are available online.

Step 1. Scoping. - Why, What, Where and When. This step includes:

- Identifying the need and doing a gap analysis or community needs assessment
- Reviewing findings to determine the current state

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- Defining the target and scope of your project ie goals, measures, stakeholders, timeline
- Getting approval from members.
- Assessing likely risks- filling in risk assessment forms to submit to District if necessary.

Step 2. Planning -*if you fail to plan you are planning to fail*

- Defining action plan and checking resources
- Filling In the Excel planning spreadsheet tool
- Using the Project management document tool and
- if necessary- The Project Management Change Diamond.

Step 3. Action – involve as many community and Rotary members as needed

Step 4. Monitoring:

- Evaluating and reporting - asking questions of all involved
- Documenting all stages and giving feedback to all involved.

Step 5. Sustainability Project may be designed to eventually run independently,

- Project needs to continue to run smoothly in an established pattern.
- Continually give feedback to the club and
- Give feedback to District, submitting all forms for all stages.

So it's a new and rewarding learning experience ahead for all of us.

A bit of information about ESRAG and its goals. Here are some powerful statements:

ESRAG enables and empowers environmental change makers

Humans and nature must live in harmony to support the future

Live lightly on the earth.

And my favourite - **Enough for all - Forever..**

I'm sure you will agree these are all our goals...

Glenys

Rotary



Rotary Opens Opportunities

Mental Health and You - Covid Recovery

Four highly credentialed Speakers with Madalyn Parlet to facilitate



Gerard Mansour

Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention

Gerard Mansour is a highly respected and passionate advocate for the needs of older people, with over 30 years of leadership experience

within the aged and wider community services sectors. In 2013 Mr Mansour was appointed as the first ever Commissioner for Senior Victorians, to provide advice to the Victorian Government on issues relevant to senior Victorians, including the ability to live healthy, dignified and productive lives, and social engagement and empowerment.

His current priorities include isolation and loneliness of older people, what it means to age well and prevention and response to elder abuse.



Dave Burt

Founder of SALT

Dave is the Founder and CEO of SALT Sport and Life Training, a not for profit Health Promotion Company that delivers education, culture and leadership training into local sporting clubs. SALT partners with sporting clubs to help

them develop core values and healthy cultures as well as address issues around drugs and alcohol, mental health, respect and equality, positive coaching and healthy masculinity.

Prior to starting SALT, Dave was a school teacher for 30 years and was the Chaplain and welfare officer for the Eastern Ranges in the TAC Cup. In 2013-14 Dave took on the role of Victorian Coordinator for Sports Chaplaincy Australia. This led to him providing crisis response when clubs experienced tragedies and in an 18 month period, Dave sadly attended 7 suicides at 7 different clubs. This motivated Dave to start SALT.



Sameera Abdeen

Community Inclusion Project Manager at Yarra Valley Water

Sameera has been working on program and strategy development for vulnerable communities for 5 years.

Working in an organisation that is recognised as an

industry leader in the field of hardship and vulnerability strategies to support customers Sameera has developed a focus on family violence, managing the development, implementation and outreach of policies and training. Sameera is committed to working to provide a safe and supportive environment for both staff and customers experiencing family violence.

Rob Glas

Rob Glas has been a counsellor for over 20 years, has a background in science and is currently working with the team at Yarra valley Health.*

Rob has interests in the experience of being human and the vulnerability this can present, believing all people of good intent have worth and importance.

Rob uses a person centred approach underpinned by psychodynamic and interpersonal principles and generally feels love and compassion for fellow humans and non-human creatures alike.

When not working Rob loves spending time with his son and being outdoors.



Friday 27th November 2020 at 7.30am - 9am
Please Register [Here](#)