



# FOREST HILL HAPPENINGS

No. 26 President: Bob Laslett

21 February 2024

## BOB'S BANTER



On Friday Rotary celebrates 119 years of service.

This month we rejoice in the formation of a new Rotary Peace Centre to strengthen peacebuilding in the Middle East and North Africa. The centre will be at Bahçeşehir in Istanbul.

It was great to renew acquaintance on Monday with Kirsty and the fabulous Umbrella Dementia society. She was a ray of sunshine.

Time to settle down to the urgent club business as another year is racing away.

A busy month ahead and a change of leadership in March.

**CREATE HOPE**

## NEXT MEETING

### **26 February Business meeting**

**Chairperson:** Bob Laslett

**Greeter:** Barbara Searle

**Notes for "Happenings"** Bill Marsh

**Cashier & Recorder:** Bill Marsh

## COMING UP

**24 February Clean Waterways Expo at Blackburn Lake**

**29 February Positive Ageing Forum**

**3 March Clean Up Australia Day**

**4 March Cancer Support Angel Jodie Hall**

**11 March No meeting**

*February is*  
*Peace and Conflict Resolution/Prevention*  
*Month*

**CELEBRATIONS**



Celebrate Rotary's birthday on February 23. We also celebrate Glenys joining Rotary on February 22, Bill's birthday on that same day and Stuart's birthday on February 25.



**MEETING REPORT February 19, 2024**

Monday 19 Feb; attendance 9

Chair Barbara welcomed all. They included our members, Glenys Coates and guest speaker Kirsty Porter. It was a pleasure to welcome back Glenys Grant. While we waited for Kirsty to arrive (no spangles) Bill ran the raffle and to his exuberant surprise Bucatini staff member Sammy won the white while John McPhee took home the red (Another surprise !!)

*Weekly reports*

President Bob wished Barb well for her surgery on Wednesday. Members are asked to let Ron know if they can attend the Sikh festival on April 7. Bob Williams is seeking RYDA helpers on 19 and 20 March- please let Bob and Anton know if you can assist. Please send in items for next week's business meeting by Friday.

Glenys reported on a letter seeking help for a potential Oxford Master's student, the Blackburn Lake Expo and her attendance at the launch of the Kevin Heinz Grow Café.

Sue reminded us of the International Women's Day breakfast that is not just for women and receipt of a letter from a Box Hill Institute awardee.

Stuart confirmed our status with Consumer Affairs.

Bill reported that the Hope Katolo film night had raised over \$1000.



Fresh from an inspirational Taylor Swift attendance with her daughters, Kirsty continued to thrill us with her enthusiasm and dedication to the Umbrella Dementia Café cause. She told of her new and inspiring venture with the Burwood Brickworks Dementia Café and invited us to their afternoon tea on 20 March. The Café will open on 15 May. She thanked our club for its contribution and acknowledged it in a special visual presentation.

Thank you  
Rotary Club Forest Hill

The \$2000 you donated in 2023- 2024  
supported morning tea for TWO cafes for  
an entire year!

**Umbrella Café, Blackburn &  
Café of Connections, Box Hill South**



"Your \$2000 contribution allowed us to provide nutritious, welcoming and wholesome morning tea for two dementia cafes between April 2023 – April 2024, which is 42 café meetings. Both the Umbrella Café, Blackburn and the Café of Connections, Box Hill South supports 8 – 12 couples and 9 volunteers twice monthly. The impact of a lovely morning is far reaching. It's the basis of a relaxing and comforting environment, essential for nervous couples, and is often the catalyst for the first connection conversations between our members and volunteers. So on behalf of all the members and volunteers at both cafés, *thank you so much*".



She encouraged us not to just make a financial contribution but to adopt a café and make it our own. Kirsty highlighted health benefits for all not just dementia sufferers-they include lifting a 1kg weight while watching TV, how to get a good sleep and where to go for hearing difficulties. She mentioned serious difficulties with the Dementia Alliance and sought help from Rotary, Lions and other philanthropic groups.



Bill thanked her for her enlightening presentation and presented her with the chocolates. President Bob closed the meeting with the challenge to create real hope.

Bob Laslett

## Blackburn Lake

### Major event.

Blackburn Lake Clean Waterways Expo. 24 Feb.

**BLACKBURN LAKE  
CLEAN WATERWAYS  
Expo**

**FEB 24 Saturday**  
10am - 2pm  
Blackburn Lake Sanctuary, Central Rd, Blackburn

For all the community, local families and local businesses - find out what you can do to keep all our waterways pollution and litter free!

Follow the QR Code to Facebook for more information

- EPA & Yarra Valley Water presentations & displays.
- Melbourne Water interactive catchment model.
- Children's stories & activities.
- Waterbugs, & guided wetland walks
- Council & community stalls & displays.
- Sausage Sizzle & drinks, BYO reusable cup.

Supported by Whitehorse City Council

**Clean up Australia Day (CUAD)** – Sunday March 3                      9.45 – 12 noon  
Clean Up “Blackburn Lake & it’s catchment” Day & Litter Reduction ideas!  
Stay on for **Jazz at the Lake** at 2pm!    BYO rubbish-free picnic lunch, perhaps....

**Working bees** are each month.

- March 16,                      Saturday, 9.30 - 11.30                      planting preparation starts now!

## **Our Regional Group**

Box Hill Burwood  
Box Hill Central  
Box Hill Central Satellite  
Forest Hill  
Glen Waverley  
Manningham City  
Maroondah  
Mitcham  
Mont Albert & Surrey Hills  
Mount Waverley  
Nunawading  
Warrandyte Donvale  
Waverley  
Whitehorse Rotaract

## **International Women's Day Breakfast at the Box Hill Town Hall**

**13 March 2024 -6.45am for 7 am start**

## **Sproutings – the launch of Café Kevin.** Web: [kevinheinzegrow.org.au](http://kevinheinzegrow.org.au)

Café Kevin was officially launched by Manningham Mayor, Cr Carli Lange, last week, at the **Kevin Heinze GROW** garden centre in Doncaster.

I was fortunate to be invited to attend and partook of the delicious morning tea offered, along with many attendees including Rotarians, patrons and the Grow programme’s staff and participants.



Café Kevin is a large fully outfitted hospitality van, set in a lovely garden setting and raised garden beds.

The van is decorated with a modern and bright floral mural, designed by Melbourne artist Angharad Neal-Williams. She worked on and supervised the painting of the mural and was helped by numerous KHG participants.

Speakers at the launch included Rob Curtain, Secretary, KHG Committee of Management, (above) who told us all about the project that had been several years in the making.

Lisa Jones, Manager, Doncaster East and Templestowe Village Bendigo Bank branches, spoke about the Banks support of Community projects. Lisa also had the delightful role of presenting a large fundraising effort cheque from East Doncaster Cricket Club. Other sponsors included Manningham City Council, the East Doncaster and the Templestowe branches of the Bendigo Bank and Doncaster Rotary, represented on the day by Joady Barnes and Brian Tyedin. Other Rotarians attended.



Many of you will know of the late Kevin Heinze, the respected gardening wizard from 'Sow What' and the Garden Centre he established in Doncaster, designed for people of all abilities. For those who don't, here is a little history.

Kevin Heinze was a well-known and much-loved celebrity gardener who innately recognised the value of plants and gardening for human health and wellbeing. His vision was to establish an environment oasis – a place where people with all abilities (and disabilities) could come together to learn about the value of gardening.

The Doncaster/Templestowe Council (now Manningham Council) supported the initiative by securing the lease on the site at 39 Wetherby Rd, Doncaster, where the Centre still thrives today. The Grow program was established to provide therapeutic horticulture activities in an attractive and peaceful garden setting. The initial program has grown to include a range of programs and therapeutic support services and is registered with the National Disability Insurance Scheme (NDIS) and the Commonwealth Home Support Program (CHSP).

The original Kevin Heinze Garden Centre relied heavily on a dedicated team of volunteers. Today, volunteers still remain a fundamental part of the culture providing support to their expanding team of currently 40 diversely qualified and experienced professional staff – and they are all such nice people!

Kevin Heinze Grow charity celebrated its 40th Anniversary in 2019 with a number of awards and accolades

- Most Outstanding Disability Service in Australasia at the Disability Update Enablement Awards
- Highly Commended in the Community Achievement Award at Manningham Civic Awards
- Nominated in the Hesta Community Sector Awards

In the same year they also opened the second Kevin Heinze Grow site in Coburg. Nowadays they deliver over 750 hours of individual service each week to over 70 individual participants.

Congratulations to all involved.

I recommend a visit to see the programs in action, maybe buy some of the vigorously growing, healthy plants, sample the wares of Café Kevin – and above all to support this great initiative.

**Address:** Kevin Heinze Grow Garden Centre, 39 Wetherby Rd, Doncaster VIC 3108

**Nursery opening hours:**

Monday – Friday 9am – 2.30pm

**Cafe opening hours:**

Currently Wed and Thurs, 10am – 1.30pm.



Mayor, Cr Carli Lange



East Doncaster Cricket Club cheque

Glenys

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

Every month for the last 10 years or so we have heard the sometimes lively and sometimes plaintive sounds of jazz drifting down over the stalls at the Blackburn Craft Market. The Skidaddle group give their time freely to entertain us while clearly having fun (or is it that they would play anywhere for a free sausage at the end of the morning?). If you haven't met them, they are Richard Desmond (cornet), Dave O'Sullivan (drums), Jim Badger (banjo), Ezra Kawadlo (trombone), Simon Gilbert (guitar), Tony Lee (clarinet), and Rod Evans (double bass). Richard and others also sing. So next time you are at the craft market, go up, say hello, smile, tap your feet, sing along - they'll love you for it. Rod is their low-profile leader and told me they are available for parties, and for gigs particularly their 16-piece big band that plays swing music mostly from the 30's and 40's. You may have seen and heard some of the other bands they play in which include the Dandenong Ranges Hot Jazz Orchestra, South Dereel City Stompers, U3A Big Band, and the Diamond Valley Big Band, too many to list. Many in the band will be playing at the Port Fairy Jazz Festival in February 2024. As I was listening to them play, I heard one say let's change the key to ..., I didn't realise it but all these guys read music as well..... and there was me thinking they just play it all by ear.

So if you what to hire them please contact: [rode.evans@macrodynamics.com.au](mailto:rode.evans@macrodynamics.com.au)





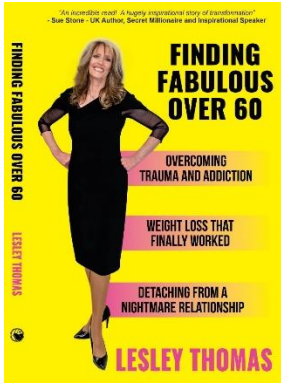


**THE SKIDADDLE GROUP**

**SOME OF OUR BLACKBURN MARKET STALLHOLDERS**







## Come and frequent the Market next month—March 9

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