



FOREST HILL HAPPENINGS

No 34

President: Sue Ballard

14 April 2021

FROM THE PRESIDENT'S DESK

The 100-year anniversary celebrations have started. While the weather may not have been the greatest, we managed to have a successful relay followed by a celebration dinner. I think I have only just thawed out.

As I have mentioned previously, we have a number of community-based projects. The major one is a joint Cluster/Eastern Health project on information delivery of mental health for the area. Mental health is an important focus issue as it is something that affects us all in some way. Most of us have had to assess our own mental health at different times in our lives. What we have in development will hopefully provide lists of services and contact details in an easy-to-use multilingual package designed with Eastern Health.

More details will be forthcoming of this and other projects as they progress.

MEETING REPORT

Chair: Stuart Williams

Attendees: 11 members and guest speaker, Kevin Walker, from NewGen, (RC Nunawading satellite club).

Barbara Williams recovering from a fall. Everyone sends her their best wishes for a speedy recovery.

Reports:

Glenys - sorting through over 120 photos from the relay for a special edition newsletter.

- 20th April enviro speakers going to Forest Hill College.

Treasurer - Warwick not much to report. Whitehorse Farmers' Market was surprisingly successful despite the weather. Details will be forwarded.

Blackburn market was also quite successful in spite of the weather. Sausage sizzle was very popular. Earnings \$580.

Next Blackburn market is Mother's Day and expected to be fully booked.

John B – Membership. Currently examining membership options including possible satellite club, approaching Forest Hill Chase and traders. Looking at running projects by calling for volunteers and Friends of Rotary to get involved.

- looking at team for the year ahead. John will be contacting all in the near future to discuss.

Next week: 100 Year Celebration Dinner organisers Stuart/Bill. Sue and Barb S to do decorations.

No meeting following week due to Anzac Day

Zoom Board Meeting 7.00pm, Wed 21st April. Bill to send out link.

Coming up: Sue's Trivia Quiz - theme 'We Are Family'.

Raffle raised \$40

Sergeant's Session raised \$20.65

Guest Speaker: Kevin Walker - President NewGen

Schizophrenia – Hope & Recovery

Kevin.michael.walker@gmail.com

Kevin discussed his journey with schizophrenia and what it's like for him to work with his condition. He discussed how he sees more symbolic and visual cues and he needs to find an interpretation of these visions. He discussed how his turning point was an accident which was both inspiring and confronting. He heard voices which guided and gave him purpose. He talked about in his case he has chosen not to medicate but to work on his mental health in a more holistic program. He reminded us that many of the innovations may have been as a result of schizophrenia. Unlike many of the media/cinema representations the vast majority of people with this condition are not dangerous to themselves or others but just see the world differently.

April is Maternal & Child Health Month

NEXT MEETING

19th April – Rotary 100 Year Celebration Dinner

COMING UP

- 26th April - No Meeting (Anzac Day)
- 3rd May - Trivia Quiz
- 7th May - First Friday Film Night
- 8th May - Blackburn Market
- 9th May - Whitehorse Farmers' Market

CELEBRATIONS



Ray and Merle Smith celebrate their Wedding Anniversary on the 17th April. Congratulations to two wonderful people from all of us at RCFH.



LEFTOVERS FROM EGG AND BACON STALL AT THE FARMERS' MARKET

Last Sunday, in atrocious weather, at the end of the market there were many eggs and loaves of bread unused. These were sold at our weekly meeting and netted \$54.50.

Thank you to all those people who took home some bread or eggs

Warwick Stott

SPROUTINGS

This week I would like to let you know about some of the exciting environmental improvements that are beginning to occur:

Hospital Food

Have you eaten the food in a State-run hospital or Aged care facility?

Well- this is for you...

In 2020 the Vic Health Dept ran an enquiry into State Govt run health facilities and their food to develop, implement and monitor current conditions to improve them.

The outcome is pleasing: Recommendation 6 introduces a Local (Victorian) Food Procurement Policy and Guidelines for Health Services.

It states that health services will be encouraged to procure fresh food from their local regions and develop their own organisational food policy. So more local fresh food – hopefully some of it organic. Good for local growers as well as consumers.

<https://www2.health.vic.gov.au/Api/downloadmedia/%7BC4CB9562-3923-4F51-9428-0981B0F5524B%7D>

Turning food waste into electricity

Tonnes of food scraps collected from restaurants and supermarkets are being converted into electricity under a **green energy initiative powering thousands of homes** in Perth.

Key points:

- A giant mechanical stomach is turning tonnes of food waste to energy
- The electricity is being fed into the grid, currently powering 3,000 homes

The City of Cockburn has made the waste to energy service a permanent fixture of its general duties, collecting rotting food waste from local businesses and feeding it to a mechanical 'stomach' at a nearby fertiliser plant.

The anaerobic digester heats the food, traps its methane gas and feeds the energy into the electricity grid, powering up the homes.

<https://www.abc.net.au/news/2021-03-28/meet-the-mechanical-stomach-turning-food-waste-into-electricity/100032660>

Bio-energy has a bright future

The bio-energy technology is growing in Australia, with the next logical step in the process to **convert the bio-waste into biomethane**, which could be fed into the gas grid.

The Federal Government is co-funding a biomethane production facility at a wastewater treatment plant in Sydney's southern suburbs.

Once online in 2022, the \$14 million plant is expected to pump biomethane derived from biogas created by a similar 'mechanical stomach' that would meet the gas needs of more than 13,000 homes.

Posted Fed Gov 28 MarMarch 2021, updated 28 MarMarch 2021

Environmentally Sustainable Business

Victoria will be the last Australian state to introduce a **container deposit scheme**, but there's a fight between Coca Cola and the waste and recycling industries over how it will operate.

<https://www.abc.net.au/news/topic/environmentally-sustainable-business>

New laws to better protect the environment

From 1 July 2021 **EPA will have increased powers** to prevent harm to public health and the environment from pollution and waste.

<https://www.epa.vic.gov.au/about-epa/laws/new-laws/regulatory-strategy-2020-to-2025>

Reusable Items Collection

Whitehorse Council offers a **Reusable Items Collection for e-waste** (electronic waste) and reusable clothing and household items, so that they do not end up in landfill.

The refreshed program, previously known as **Re-new**, will include:

- recycling pop-up trailers and hubs around the Municipality to drop off clothing and small e-waste items (launching March and May)
- a home collection service called Thread:Collect, which you can book during certain times of the year
- a drop-off day for larger household items held on 8 May from 8am to 1pm at the Whitehorse Operations Centre, 1 Ailsa Street, Box Hill South. [Register for the event](#) online or call 9386 8702.

<https://www.whitehorse.vic.gov.au/waste-environment/rubbish-recycling/recycling/reusable-items-collection>

Single-use plastic items including straws, cutlery and plates will be banned in Victoria by **2023** in a bid to reduce the amount of plastic waste going into landfill.

Other items to be phased out over the next two years include drink stirrers, polystyrene food and drink containers and cotton buds.

<https://www.theage.com.au/national/victoria/victoria-to-ban-single-use-plastics-within-two-years-20210227-p576cs.html>

Solar exports: Sun Cable. The Guardian

The second of Australia's two **giant renewable export projects** is no less extraordinary in its ambition, and also has been granted major project status from the federal government.

Like the Asian Renewable [Energy](#) Hub, it is billed as the largest of its type in the world.

The [\\$22bn Sun Cable proposal](#), backed by billionaires Mike Cannon-Brookes and Forrest, involves building a **10GW solar farm with battery storage** at the [Newcastle Waters](#) cattle station about 750km south of Darwin.

So that's all for this week folks. *Glenys*

Special 'Baton Relay' Edition out next week.



Scan Me!!

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

Powerhouse Cheese

Barbara Power started making her own cheeses over 10 years ago. With a degree in Microbiology she had a good scientific foundation to base her production. Two years ago, she started up her own commercial business **Powerhouse Cheese** and persuaded her sister, Donna Hall, who also has a Science degree, to leave her native New Zealand and join her in this venture. These two Artisan Cheesemakers use cow's milk in small 100 litre batches of milk from St David's Dairy in Fitzroy. They sell their cheeses at markets every Saturday and Sunday around the Melbourne area or you can order on line for pick up on Monday afternoon. The rest of the week you will find them busy in their cheesery making their standard Blackburn Blue, Whitehorse White and Ash Bree cheeses or producing new varieties like their Bellbird Blue or a surface ripened Rosella Red which may become another standard offering in the future. Certainly, these two talented very local artisan cheesemakers running **Powerhouse Cheese** have a future.

www.powerhousecheese.com.au

