



FOREST HILL HAPPENINGS

No 40

President: Sue Ballard

26 May 2021

FROM THE PRESIDENT'S DESK

Thinking about Amy's talk on Monday I have reflected on this past year and the kindness I have seen expressed around me. With so much anger, anxiety, confusion, fear and uncertainty it is easy to overlook the more positive and uplifting actions. In the past year simple acts of a neighbour sending a caring email or making a cake and leaving a portion on the door step were unexpected and welcomed. The shopper who started telling very bad dad jokes in the queue at a shopping centre which started a wave of giggles and groans lifted the mood and put smiles on faces for hours.

NewGen arranged through a coffee shop that all medical staff, police and emergency services workers would get a free coffee. Small actions of kindness that can have a knock-on effect during a stressful time can do so much to lift the mood enabling people to cope just that little better. It doesn't take much time or money, just a little thought and a little care. At this point of time where we are all feeling out of control and vulnerable, simple acts of kindness can lift the mood of others but also ourselves. We can all do something to help the mental health in our community. Have a go and see what happens.

Last night I attended a hybrid meeting with Rotary Club of MASH. Our winner of the first Whitehorse Rotary Centenary Award to Deakin student, Indigo. Presented by Alma Reynolds the award represents Rotary values by others in the community. Once involved in Interact this young woman was a worthy winner.

Sue

Note: Stuart will be liaising with Bucatini. Please contact him for dinner meeting attendance and visitors.

MEETING REPORT

Chairperson Ron Brooks introduced President Sue Ballard who gave toasts to Rotary international and Australia. She welcomed the 12 members, Speaker Amy Maddison and PE Reg Smith from the Rotary Club of Melbourne.

Chairman's report: Sue presented the following information from an email received by Ray McLeod-Dryden for the Rotary 100 Yr anniversary.

'During a tour of one of Eastern Health's facilities last week I was informed by Claire Harrison (A/Director Eastern health Foundation) that they are in the process of putting a short video together about our Mental health "wallet card" project.

I have provided Claire with some information about our Rotary Whitehorse Centenary Committee for inclusion and also hopefully our Centenary logos.

Ourselves, as well as Bendigo Bank and Eastern Health, will be provided with a copy of the video when it is ready. (approx. 2 weeks). They will be putting it on their websites

A/Prof Judy Hope (our guest speaker at RCBHB on 1st June) will feature in the video.

This video should also provide some marketing for the project.'

Community report: cost of the proposed Morton Park seat with installation is \$2600. Plaque is to be organised by Stewart.

Treasurer: Nil transactions to report.

Vocational: a trip is being planned to Glassworks in Spring.

International: information on Fiji Eyes Project is coming soon.

Program: May 31 - social night; June 7 YCA.

Youth: The Youth Achievement Awards is on June 7. Five deserving youngsters have been nominated by their schools. Our **Speaker is Ruyi Shen**, the PLC school Captain.

RYDA: the next RYDA session is on June 1 at Sandown, followed by another session on June 8 at Lilydale.

Environment: at a briefing session today the results of the City Nature Challenge were given and feedback on the process was collected for future use. Exciting news was that a very rare orchid was found.

The latest developments in the Forest Hill VCal greening project were given. (See **Sproutings**, below).

Market: John McPhee asked those on leave in the next few weeks to let him know.

Sergeant's session: Reports were followed by a very amusing Sergeant's session given by Bob Williams that raised \$37.00.

Raffle: \$47.00. Winners - President Sue Ballard, John McPhee, John Bindon



'Hush Gathering of Kindness'

Chairperson Ron then introduced our **'Hush Gathering of Kindness'** speakers.

Rotary Club of Melbourne PE Reg Smith gave a brief history of how Professor Catherine Crock AM created the Hush Foundation 20 years ago, what the program offered and how Rotary became involved.

He then itemised three initiatives by which his Rotary club hopes to raise money to aid the organisation.

1. A community awareness program to include Speakers (ours was the first).
2. Organising a photography competition portraying 'kindness' - details will follow.
3. Starting up a radio station in Bendigo to bring music to the community and encouraging kindness by way of discussion panels, poets, and other artists.

Amy Maddison, spokesperson for String Words, the Hush Foundation and the Gathering of Kindness program, then shared her journey into healthcare and the program.

Amy holds a variety of roles in Healthcare. She works in communications and as a healthcare storyteller for culture change, also in community engagement, in project management, in workforce culture and as a counsellor. She has a number of degrees, but rather than put ambition first, she has been determined in both her career and home life to focus on kindness, treating people well and above all - to listen to their needs.

Her strength was her grandmother, as both her mother and father could not care for the family due to health problems.

Amy began working in the healthcare system on aged care projects. These projects would later be dispersed around the State. Her aim was to make the healthcare system a better experience for all.

It took time. Both Aged care and health care were fractured systems- there was a growing need and no funds, time or other resources to meet this need. Staff turnover was high - mainly due to stress and the fact that although they were caring people the system didn't allow for them to display that kindness to their patients.

They also didn't have time to care for themselves. This sadly resulted in bullying, stress, staff burnout and mental health concerns in our workforce, which in turn had an impact on patient safety and care. And the help needed to alleviate staff stress was considered low priority by those in power.

Amy researched this. She found when kindness and compassion were given, there were direct links to faster healing and recovery times of patients and staff. They also slowed the natural ageing process and had a very positive ripple on effect.

Her journey into better, more caring healthcare led her to meet Professor Catherine Crock AM, who founded the Hush Foundation in 2000.

Catherine was a paediatric oncologist and a pioneer in patient centred care. She asked patients and their families directly what they needed, what would make their care experience better. They said music and the arts, freely given, would make a difference - so Catherine spoke with her musically gifted friends. Twenty years later this liaison has produced 17 albums of outstanding music, a children's treasury book and three touring healthcare plays. And more is on the way.....

Through this work the Gathering of Kindness program has emerged- a direct response to the need for the return of kindness in healthcare.

Hush continues the program with great success. The last few years they have worked closely with the Rotary Club of Melbourne and the Arts committee to expand opportunities and community connection. This work has a beneficial impact on all involved.

Their aim is to provide resources to organisations so that they can help themselves with kindness.

Reg commented that due to Covid the program shifted on-line last year. Surprisingly this didn't deter its progress- rather the response increased hugely and had even greater impact.

The current aim and hope of the Rotary Club of Melbourne is to encourage other Rotarians to be involved.

In summary:

As Amy said "we are all part of a community that wants to do good".

After a number of questions followed by resounding applause, Amy was officially thanked by Glenys Grant.

Websites: www.hush.org.au and gatheringofkindness.org

President Sue ended the formal part of the evening – then, after such an uplifting talk, all chatted with great bonhomie - no one wanted to go home!

Glenys Grant.

SECRETARY'S REPORT

I would appreciate any material /reports for our Annual Report to be emailed to me by the 7th of June.

We need to provide numbers for Bucatini even if we are eating in the restaurant. People attending next Monday please email me. COVID restrictions do not apply to restaurants at this stage. Masks must be carried.

Those rostered for jobs at future meetings are:

June 7 Chair: Bob W, Vote of Thanks/Report: Barb W

June 21 Chair: Stuart W, Vote of Thanks/Report: Ron B

June 28 (Changeover) Chair: Bill M, Vote of Thanks: John B Meeting report: SW.

It was excellent to see the whole club at Ray Smith's wonderful funeral and celebration of his life. There were also a number of past members and friends of our club there. An amazing Rotarian, sorely missed.

Stuart

May is Youth Service Month

NEXT MEETING

31st May - Bucatini Restaurant Dinner

COMING UP

7th June - Youth Citizenship Awards

Chair: Bob W Thanks & Report: Barb W

14th June - No Meeting

21st June - Committee Handover Meeting

Chair: Stuart W Thanks & Report: Ron B

28th June - Changeover

Chair: Bill M Thanks: John B Report: Stuart W

5th July - Club Forum

Chair: John B

CELEBRATIONS



Two celebrations this week –

26th
Bob L joined Rotary in 1977.

28th
Warwick & Christine Stott
were married.



RYDA DETAILS FOR 2021

Date	Venue	Names
1 June 2021	Sandown	Sue, Ron, Anna, Hans, Barb W, Bob W
8 June 2021	Lilydale	Sue, Ron, Hans, Bob W plus 2 Maroondah
17 August 2021	Sandown	Stuart, Hans, Bob W plus 3 Maroondah
16 November 2021	Sandown	Stuart, Ron, Anna, Hans, Barb W, Bob W
22 November 2021	Wonthaggi	Barb and Bob W and maybe Anna and Hans Bob W

SPROUTINGS

Join other Rotarians at the upcoming two **Community Planting Days at Blackburn Lake Sanctuary**.

Saturday June 5, 2021 and Saturday July 3, 2021.

Planting for two hours from 9.30am, then a thank-you morning tea

Don't forget your hat and water bottle.



An online City Nature Challenge debrief and feedback session was held on May 24. At this session the results of the **CNC** were presented and feedback was given to the Whitehorse Council to help with planning future bioblitz type events.

Due to its success it is likely this event will be run again, as a Whitehorse stand-alone event, in October, so we can capture our Spring flowers

Results:

The eight municipalities' observations totalled 7629. Whitehorse contributed 1722. The total number of different species identified was 1106, Whitehorse had 390. A number of rare plants were identified including a native orchid which had not been seen for some time and was on the endangered list.

I managed 52 observations and thoroughly enjoyed the whole learning experience.

Youth Environment Project:

As you know, our 2021 club environment project involves youth, a school, various external groups, members of the community and Rotarians. It involves the 'greening with indigenous flora' of an area at a local secondary school.

The aim is to bring the birds, bees and butterflies back to the desolate area. VCal Yr 11 students have enthusiastically made this project their own. They have picked out the site and formed a project business plan which includes on-going maintenance.

Last week I attended a planning session at the proposed area. Adrienne Baucke, project co-ordinator, invited Belinda Moody, Whitehorse tree and garden expert and three of her Gardens for Wildlife volunteers along to discuss future steps.

The team will return to the school at various times when required.



Planning underway – Tony from Gardens for Wildlife discusses the site challenges.

It was an interesting day. Issues to be overcome at the site were identified. An enormous ivy has cracked the brick wall which surrounds the area. The garden beds in some areas are too narrow and not getting enough sun. Pavers are cracked and very uneven. The step over the entrance to the library is not wheelchair friendly. Seats are decayed and broken.

And- worst of all- one end wall looks as if it may need to be removed as it is now deemed unsafe.

A list was made and discussions were held as to how each problem can be overcome. The experts who attended were very impressed with the group and agreed the challenges of the site will only be overcome with teamwork, perseverance, ingenuity – and a lot of hard work.

Areas have now been identified to be worked on. Each area and problem will be handled by a different team of two or more students. The students have identified which part of the project they are interested in. It is interesting to note that leaders are emerging already...

President Sue is asking woodworkers at the Men's shed for bird boxes. We will bring you more information as the project progresses.

That's all for this week, *Glenys*



Pond discussion with Belinda – how to make it frog friendly



Sally discusses the benefits of worms and worm farming as well as composting.



Nicki discusses the native plants that could be used.



[Scan Me!!](#)

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

KUMFY KIDS

For 22 years, there has been a knitting corner at the Blackburn Market just opposite the Band stand. They have been selling at markets for 26 years. Everything on sale is hand knitted, mostly acrylic “to keep the price down” Bernadette told me. But they will, and do, make woollen items on order. They generally knit items for new born up to about 4 years of age. They also sell handmade knitted clothes hangers. Jeanne was sitting alongside Bernadette and told me that they do have other knitters at times working at home including one lady of 92. They have a regular turnover of garments and if anything doesn't sell after a little while they donate it to the op-shop. That is an amazing community spirit. Go and see them at work both knitting away while they chat. They will make any item at any size on order. Kumfy Kids can be contacted at bmcrennan@gmail.com

