



FOREST HILL HAPPENINGS

No. 41 President: Bill Marsh

17 May 2023

BILL'S BY-LINE



Our speaker on Monday was Shannon Nelson from 'StrokeSafe'. Shannon gave an excellent presentation and as a stroke survivor she was living testimony to her message. (Full report later in Newsletter.)

Next week Simon Kearney will introduce us to 'Buddhism – Culture and Religion'.

Our Blackburn Market was very successful as a fundraiser and as a social event. Nine of our members helped out at various times during the morning as well as three 'Friends of Rotary'. Having had last month off, all our regulars were very happy to have us back. A visit from two inspectors from Whitehorse Council Health Department gave us a good report. Always nice to know we are doing the right things.

The WFM on Sunday went well and again the weather was perfect. A bit of sun and no rain or strong winds make such a difference to how everyone feels.

The Rotary International Conference kicks off on 27th May. A huge amount of planning and effort has gone into ensuring this is a successful event. Planning for around 13,000 visitors, transport, accommodation and a host of other activities will make this a not to be missed event. Don't forget you can visit the House of Friendship on Mon - Wed free of charge. You can register on-line or at the venue when you arrive.

- RC of Healesville are holding a Memorial event on 1st June to showcase the life and work of Stuart McDonald. This event is being held in the Matsudo Room at Box Hill Town Hall from 6pm to 8pm. Proceeds from the evening will go to Australian Rotary Health. Tickets are \$25. [Memorial of Rotarian Stu McDonald & launch of memorial fund Tickets, Box Hill Town Hall - Matsudo Room, Box Hill | Trybooking Australia](#)

Enjoy your week. Stay safe. Stay warm.

Bill

NEXT WEEK

22 May Simon Kearney

Chairperson:

Greeter:

Notes for "Happenings"

Thanks

Buddhism-Culture and religion

Ron Brooks

Barbara Searle

Bob Laslett

John Bindon

COMING UP

29 May Bucatini a la Carte
5 June Youth Citizenship Awards

*May is
Youth Service
Month*

CELEBRATIONS



Happy wedding anniversary
to Warwick and Chris on
May 28.



CENTURION donations

Hi all

Our District Foundation coordinator advises that donations are down by 20%. This will affect Rotary Foundation programs in 3 years' time so please make sure your individual contribution is sent in promptly.

Meeting Report May 15 2023

We had 9 members present- apologies from Bob Laslett and John Bindon. We started at 6.30pm and enjoyed lamb shanks.

Our guest speaker was Shannon Nelson –an ambassador for the Stroke Foundation.

Chair was Warwick Stott.

President Bill – Thanked the club for the great effort at Blackburn on Saturday. We made approx. \$500 from our sausages.

- We need to think about the Primary Schools Speech Competition- scheduled for August.
- Members encouraged to book in for the on-line District Assembly

Glenys- reported- We have 4 replies for the Youth Citizenship Awards night...to be held 5 June.

MUNA registrations are open—The event is scheduled for 19 August.

Expressions of interest have gone out to schools for Kids teaching Kids. FHC will be teaching primary students. Topic- Environment in Whitehorse.

Our RYLA candidate has been paid for.

Warwick thanked those involved in the WFM on Sunday.

Ron reported on the "food handling inspection" on Saturday.

1. Gloves important- not to eat with gloves on or while cooking.
2. Aprons to be kept clean, not mixed with BBQ tools.
3. We must have a thermometer on site- {in cash tray}
4. Food needs to be kept -5 degrees cold and plus 95 for cooked food.
5. General- more money and stamps have been collected. Coins at the moment-56.5 kg.
6. There will be a National McPhee Clan day on 27 May.
7. Topic next week- Buddhism

GUEST SPEAKER



Shannon is a "stroke survivor". She was unable to work for 3.3 months after her stroke. She was fortunate her husband picked up the signs quickly and called 000.

Many of the signs are FACE

Face, Arms, Speech, Time.

Globally one in 4 people will have a stroke. In the next few years, it is predicted over 27,000 will have a stroke. Clots or Bleeding in the brain cause most strokes.

Strokes are more common in MEN. Be wary of a family history of strokes – you are highly likely to have one. Strokes common if there has been a previous stroke, and some medical conditions are markers for strokes-eg Diabetes.

5 TIPS:

* make time for health checks- High blood pressure is the biggest factor

*Eat well

*stay active

* consume only moderate amounts of alcohol

*be smoke free

Information- strokefoundation.org.au

Ron thanked Shannon and presented her with a bottle of Red wine.

The raffle prizes were won by John McPhee and Sue Ballard and the raffle raised \$34.

The meeting closed at 8.07 pm.

Stuart

Blackburn Market Council Food Inspection

On Sat 13th May, two Whitehorse council food inspectors reviewed our operation. As the club designated Food overseer, the following points can be made.

1. We will provide a source of hand washing water, soap, and towels in future.
2. The temperature of sausages in the Esky should be recorded hourly by a person wearing gloves.
3. All people handling food **MUST** wear gloves.
4. If you intend putting your hands in your pocket, to take out a handkerchief, phone, money, etc then first take off your gloves. Put on a new pair afterwards.
5. You **MUST NOT** eat or drink when preparing/handling food or anything that comes into contact with food. If you wish to eat, or drink then leave the food prep area, throw away gloves and put on a new pair afterwards.
6. Do not pick up anything off the floor with gloved hands.
7. Do not help customers use sauce bottles if you have gloved hands. Leave it to the people handling money for instance.

Overall, we received an acceptable report. The Inspection result was **Compliant**.

Ron

Sproutings

The Indigenous Garden.

Eight months ago our club members, and others, attended the launch of the Forest Hill College indigenous garden-a two year project.

Let's bring you up to date with the good, and the bad, news.

First – a refresher....

The idea of developing an indigenous garden project with Forest Hill College began in 2021 after initial discussions between us and an environmentally progressive teacher, Adrienne Baucke.

VCAL Year 11 students were enlisted for the project and were drawn to the thought of being able to leave something behind for perpetuity and future students to enjoy. The idea of an indigenous garden, attracting birds, bees and butterflies, took shape.

The group picked out a suitable area –neglected and unused. It was behind the library, was fully protected and securely enclosed. These students drew up project business plans listing the timelines, parameters, and likely costs- all good practice for their future ventures into business.

Everyone was happy to agree to give any support needed.

Whitehorse Gardens for Wildlife Manager, Belinda Moody, joined us, adding knowledge, good contacts and advice.

Then COVID hit. Schools were closed for weeks. Students were sent home to study. The project stalled. Every time these students got back to the school and caught up on their academic work, they managed to do a little work on the garden.



But 2021 was virtually a write-off.

End of year came. A huge amount of clearing and cleaning up had been done exposing, among other things, a nest of rats under the scungy pond. The decayed wooden seats and cracked edgings and rocks had been removed. It was a bare canvas for creativity.

The project seemed to have come to a dead end.....

2022.

As restrictions eased the students returned. They were now in year 12 – their most demanding year. Rather than give this project to another group they were determined to finish ‘their’ garden.

They turned over the soil, ready for plants. Then cleaned out the pond, replacing it in the same garden spot, ready for frogs. The plants they needed were donated through the Whitehorse indigenous nursery.

They planted these according to their vision for the future and mulched the area. So technically the garden was ready.

But they had no-where to sit but the ground. That’s where our club came in again, supplying an environmentally friendly concrete mix satin finished table with bench seating for 10, two side tables and two extra chairs.

The launch was Monday October 17, 2022 – a lovely sunny Spring Day. The plants had survived some recent the turbulent weather and were growing strongly. Bee houses that hung in the trees were already inhabited.

A student who had led the project was given the inaugural Rotary Club of Forest Hill Environment Award and all students were congratulated on their efforts. As was said, “you have been committed, creative and dedicated. In six months, this area will be the wildlife and student haven you envisaged and a fitting tribute to leave for future generations.”



2023

Visiting the garden in the early part of the year it was great to see it was thriving. Plants had shot up and were growing sturdily. Some things that were never able to be done in the project due to lack of funds were still an eyesore. The garden wall was old, leaning and cracked, and the paving and building’s sprouting were all still in need of repair.

NOW

Recently we received good news and bad news from Forest Hill College...

The **Bad news** came first:

- Part of the brick wall that surrounded the garden and secured it from the world was cracked and fell down.
- The wonderful indigenous wall painting of Bunjil the eagle cannot be saved as the wall has to be fully demolished.
- One old tree also toppled over.
- The area was then exposed to all comers and so is no longer a safe quiet haven for the students to enjoy.
- The area was considered unsafe and fenced off from all.
- **The biggest blow of all- there was no money in the coffers for any repairs**

So after that- what could possibly be the good news...



The **Good** news was that:

- The hardy plants had survived.
- The table, benches and extra chairs were also spared.

The **GREAT** news is that:

- Adrienne Baucke costed basic repairs to make the area habitable again.
- She saw an environmental grant, put in for an amount of \$23000 for paving, fencing, plumbing and spouting.
- **And GOT IT!**

So the indigenous garden has survived yet another major setback.

Watch this space ...

Glenys

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

HOOPS RELOOPED

The founder of **Hoops Relooped**, Bec is a local from Nunawading. She has always loved collecting earrings but doesn't love always buying new products. She went through her (extensive) earring collection in early 2022 and found several pairs that she hadn't worn for years but were too good to throw out. She started pulling the pieces apart, re-working them into new earrings, glued on some new posts and **Hoops Relooped** was born!

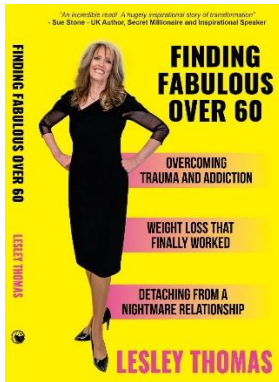
Bec said “We take preloved second-hand unwanted jewellery and turn it into new, one-of-a-kind statement earrings. There is already so much “stuff” in the world, why add more when we can use what we already have?”

They source as many of their pieces second hand as they can - think preloved necklaces, earrings and bracelets from friends, family and op shops - they're working towards a circular jewellery economy. They purchase all their backings from women-led small businesses in Adelaide and Brisbane. They endeavour to be plastic free as much as possible - they ship plastic free; use carbon neutral shipping carriers; and use recycled cardboard boxes, eco tape, and recycled paper bags. Bec sees **Hoops Relooped** as her creative outlet away from work and computers.

They are regulars at many markets in the area (see www.hoopsrelooped.com.au). If you have some jewellery, you would like fixing, changing, updating then contact her via the website to chat about it or email her on hello@hoopsrelooped.com.au



SOME OF OUR BLACKBURN MARKET STALLHOLDERS



Come and frequent the Market next month- June 10