



FOREST HILL HAPPENINGS

No. 42 President: Bill Marsh

24 May 2023

BILL'S BY-LINE

Sorry to report - Bill has COVID.
The picture is one he sent from his last holiday
so hopefully it cheers him up as he recovers.



- 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 the Convention**

NEXT WEEK

29 May Bucatini a la Carte

COMING UP

5 June Youth Citizenship Awards

12 June Kings Birthday

*May is
Youth Service
Month*

CELEBRATIONS



Let's celebrate the visit of 13,000 Rotarians for our International Convention and the great work Rotary does around the world!!



Meeting Report May 22 2023

We had 8 members present- apologies from Bill Marsh and John McPhee. We were delighted to welcome Glenys Coates, Judy Laslett and our guest speaker Simon Kearney from the Buddhist Centre.

Chair was Ron Brooks and he began with toasts to Australia and Rotary International. Ron was scarcely recognisable without his customary tie.

Reports

Bob – report on President's meeting

- Importance of due WWC diligence because of interstate sex offences
- District changeover-July 1
- Cybersecurity-21 July -Upwey Football pavilion
- Generation Z- Rotary focus on Interact and Rotaract
- Next year's partner's project-Polio Plus -only 3 cases of wild polio virus this year
- On to conference launch-July 13

Warwick -centurion forms

Stuart- 8 expected for next week's meeting

John B- spoke to Alkira and Mitcham centre- re equipment needs

-sites for possible visits

-3AW- broadcasting from Convention centre

Glenys- reported- 5 secondary schools for the Youth Citizenship Awards night...to be held 5 June.

Ron reported on stamps and coins -18.2 kg from visit to Rotary Essendon

Guest speaker

Our guest speaker Simon had a very relaxed style of presentation. He spoke without notes and with conviction. He told of the privileged upbringing of the Indian prince Siddhartha who was later called the Buddha. His father the king protected him with a metaphorical umbrella but when he was taken outside he had serious questions about sickness, old age and asceticism. He searched for answers through meditation and consultation and found 4 truths.

- Life is stressful
- Suffering comes from desire
- It is possible to stop suffering and achieve enlightenment
- The Middle way- the steps to achieve enlightenment

He also spoke of the wheel of rebirth into different bodies and its connection to "karma" which refers to the effect of one's actions on their future.



Simon spoke of seeing things the way they are and the 5 precepts for calming the mind. The strategies he considered were loving kindness, meditation, chanting, mindfulness and living in the moment. There were numerous questions including the founder of Australian Buddhism, the place of the Dalai Lama and the stress of sausage sizzles and maniac drivers.

John thanked Simon and presented him with chocolates.



Another excellent meeting

Bob

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!

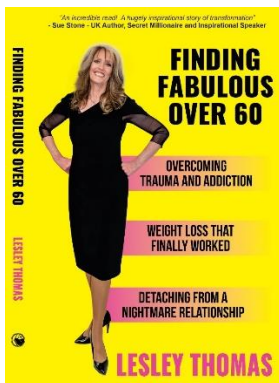
Bec said “We take preloved second-hand unwanted jewellery and turn it into new, one-of-a-kind statement earrings. There is already so much “stuff” in the world, why add more when we can use what we already have?”

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