



FOREST HILL HAPPENINGS

No. 04

President: John Bindon

21 July 2021

MOVING FORWARD



While we are meant to be moving forward, being hit with another lockdown has caused some changes to our meetings and activities.

We had a successful Board meeting last week, where several decisions were made.

A. It was proposed that the annual membership fee be moved from \$286 to \$300 per year so that we do not eat into our reserves.

B. The joining fee be \$50.

C. Discussion took place regards to the Guest Speaker's gifts, and several avenues are being followed.

D. It was decided to put Primary Speech Contest on hold now.

E. Bob Williams was thanked for buying the certificates for students, and Bill Marsh was thanked for the printing of the certificates.

F. We decided not to support students for NYSF who live outside the Forest Hill catchment area.

G. Several issues were discussed regarding the Blackburn Arts and Craft Market.

1. That the protocol of serving food be reviewed.

2. It was agreed to operate the Sausage Sizzle until the end of 2021. We will attempt to seek alternative arrangements for the storage of the trailer and attempt to utilize "volunteers" to assist with setting up and dismantling the tent, barbecue, and tables etc...

H. The club raffle will be promoted at - one ticket for \$2. People wish to purchase 3 - they can have them for \$5. There will only be one prize each week unless prize pool seeds \$35.

I wish to thank those members who are helping to keep the club running, with their work behind the scenes. They include the Secretary, Club Bulletin, Program and Committee chairpersons etc.

John Bindon.

Note: Stuart will be liaising with Bucatini, when we can return. Please contact him for dinner meeting attendance and visitors.

I AM REALLY PLEASED WITH THE WAY I AM COPING WITH THIS LOCKDOWN.

I FINISHED THREE BOOKS YESTERDAY!

AND BELIEVE ME, THAT IS A LOT OF COLOURING.

MEETING REPORT

What a pleasure it was to have Lucky Starr as our guest speaker. Barbara Searle and John McPhee were unable to join us—both outside our 5 km limit. We all logged into Zoom and we were pleased to have Warwick—in spirit--- better than not at all. Chris and Warwick could not get his camera going but Warwick contributed somehow, sometimes from under a crutched sheep and later from a “bull-dust bog”.

We thanked our lucky stars as President John ran through the items discussed by the Board. Ron has produced a set of – Sausage Sizzle Working Protocols. Bob L reported that he had contacted Melanie Haley about providing a Hope Katolo project for our club this year. We will contact Graeme Woolcott about talking to the club about his “Indonesia Toilet project”. Christine Stott will talk to Mike Finke about our “Square Reader”. Peridot and Movie nights on hold while we are still in COVID lockdown.

Stuart mentioned that Mel/Kimberley Nossak, a member of his 2000 GSE team to Colorado, had a stroke last Monday and died later that evening. Mel had been a regular at the Whitehorse Farmers Market with her Warbotanicals stall.

We moved out of our first ZOOM, to return for—“I’ve been everywhere”.... Outback travel by our own Lucky Starr—Pres. John. John’s sister-in-law was a nurse in our remote outback.

For city dwellers the outback is a real eye opener. Miles and kilometres of seeming nothingness.

I’ve been everywhere—Tarcoola, Kingoonya, Woomera, Malbooma, Yaata, Mulgathing—where’s ya bin- Jumbuck, Yatla, Barton Road siding, ,Comet, Watson .. rum a ton ton,... Oak Valley, Maralinga, Warrakurna, Ernabella... who’s a fella... Manners Creek, William Creek--- up the creek... Urandangi, Giles, Oodnadatta.... What’s the matter... Well alright You’ve been everywhere. Especially to places with names ending in “A”.

John and his late wife, Jill, made many trips to these remote communities where bitumen is very rare. Some of these sheep or cattle stations had overnight or outstations, even Bomb shelters due to rockets from Woomera. The flat plains were punctuated by the interesting Mulgathing Rocks and Mt Finke, which provided a glorious view of “more of nothingness”. John spent time on Commonwealth Hill Station... possibly Australia’s largest farm. The country of Denmark can fit inside its fences. In a good year they ran 60,000 sheep. (Thank heavens you did not have to crutch all of them Warwick!). In the huge shearing shed the Gun shearer would call out -“Ducks on the pond”- when a woman entered the shed. It was a signal to stop swearing. I can’t imagine what the woman would have thought hearing that for the first time. 197 km to the nearest pond. Out there, often 97 km from the homestead to the front gate or letter-box.

John’s brother-in-law had the contract to bury the contaminated soil from the nuclear blasts conducted by the British at Maralinga in the 50’s and 60’s. There was an ambulance at Oak Valley—it serviced an area of 200km radius from there. A number of the remote communities are now deserted and have been left empty. John had a photo of the huge grader used by Len Beadel who plotted the Gun Barrel Highway. Some of us heard Len enthrall a Rotary Conference with his stories over 25 years ago. John visited the weather station named after the explorer Giles.

Jill was not keen to sleep in the tent they always carried in their Toyota. At William Creek she asked to see the bed-room they were keen to book. After seeing the room, Jill opted to sleep in the small tent!!

Warwick thanked John for a wonderful power-point presentation. Not sure what our Sgt at Arms will make of the image of the Bulldust Bogs. Quite different to the usual ‘fines’ bull-dust.

The engine fired up and Lucky Starr headed off into the dust and salt-bush.

Stuart

July is Literacy Month (and the start of the new Rotary Year)

While COVID may be impacting many Fellowship activities, remember to check in with family and friends on a regular basis. A friendly face or a supportive word is always appreciated, especially when times are difficult. Get vaccinated so we can all 'get about' again.

NEXT MEETING

26th July Club Meeting - No Guest Speaker

Note: This will be a zoom meeting.

Our planned guest speaker, Leila Ragg, has asked to be moved to a night where she can have face-to-face contact. Ron has arranged for her to join us on October, 10th.

Meeting Roster

Chairperson: Barbara Searle (If available. Alternate: Bill Marsh)

Note taker for Happenings: Glenys Grant

Recorder: Barbara Williams.

COMING UP

2nd August - Shia Smart Membership

9th August - DG's Visit

CELEBRATIONS



Chris Stott will celebrate her birthday on the 28th July. (Early warning Warwick so you can plan the party, invite the guests and order the present on-line.) Happy birthday, Chris, from us all at RCFH.



OPEN HOUSE MELBOURNE

This weekend was supposed to be the face to face opening of buildings in and around Melbourne and Geelong. Due to the latest government restrictions this is not possible but the OHM committee has put together a virtual tour of many of the buildings in the program. Please go to the Open House Melbourne website to see what tours and enhancements are available and when they are happening. This is a great opportunity to see inside some iconic buildings and learn more about architecture in this state.

Open House Bendigo is scheduled for November. May be a great time to visit an incredible region if travel is possible.

Sue

SPROUTINGS

Well, as you know, it's **Plastic Free July**. Plastic Free July is a key initiative of the Plastic Free Foundation, and began in WA in 2011.

Some of our club members participated in Clean Up Australia Day 2021. They were involved in the collection of over 100 Kilos of litter from a clogged local waterway. 50% of the litter was plastic and the worst culprit is - you've guessed it - polystyrene.

Although it is widely perceived as unfriendly to the environment, is difficult to recycle, bulky, and has been banned by some cities (including New York), polystyrene (EPS) is still continually used for packaging.

I've sourced some of this information below from Plastic Police and other publications.

The Australian Government has released its [National Plastics Plan 2021](#) with the goals of increasing plastic recycling, finding alternatives to unnecessary plastics and reducing the impact of plastic on the environment. As part of the Plan, expanded polystyrene packaging will be phased out by December 2022. This is great news.

So here are four top environmental packaging alternatives for you.

Perforated cardboard has been punctured in a honeycomb-like pattern to make it flexible and soft – perfect for protecting products during transport. The great thing about perforated cardboard is that it is cheap.

WoolPack product is an excellent sustainable alternative to polystyrene boxes. Cardboard boxes are lined with packs of waste wool, usually discarded to landfill.

Wool has very effective natural insulating properties and has been proven to outperform polystyrene packaging. It's a great option for products that need to be in a stable temperature during transport.

Woolpack wool felts are 100% biodegradable, compostable and sustainable.

Recycled shredded paper is a cheap and easy way to fill the void in small packages and provide some protection of products during transport. It has the added benefit of reusing used paper, giving it a second life.

However shredded paper may not be effectively sorted for recycling because it may be inked, and the loose strands can separate, making a mess and even causing litter.

Tissue paper is lightweight, cheap and can be scrunched up to fill any voids in packages. Buying 100% recycled tissue paper supports the recycling industry, gives resources a second life and saves trees from being cut down.

Make sure to buy recycled so that you're not packaging your product with trees!



I've photographed here two packaging alternatives that recently arrived in the post. One is the perforated cardboard described in the article above.

The other is [paper void fill](#).

Whilst this provides only moderate transit protection, it does prevent items moving around, making it a suitable option for most standard applications

It is also easily recycled in standard curb side recycling –

It's Winter- we are in lockdown- a bit of sun and sea would be fantastic right now, wouldn't it?

Are you just longing to travel to Queensland's Great Barrier Reef?

Maybe you should travel to see this wondrous area sooner, rather than later. I've listed some interesting reading for you.

UNESCO recommends Great Barrier Reef world heritage site should be listed as 'in danger,' *The Guardian*, 22 June 2021.

[2] World's second largest coral reef has just been removed from endangered list, *The Good News Network*, 6 July 2018.

[3] Australia and 11 other countries lobby UNESCO over Great Barrier Reef decision-making, *The Guardian*, 24 June 2021.

[4] Australia to host ambassadors at Great Barrier Reef ahead of 'in danger' list vote, *The Guardian*, 14 July 2021.

[5] Great Barrier Reef Facts, *Great Barrier Reef Foundation*.

[6] Great Barrier Reef has lost half of its corals since 1995, *BBC News*, 14 October 2020.

[7] Great Barrier Reef faces dire threat with 2C global warming, UN report says, *The Guardian*, 8 Oct 2018.

[8] Australian government to appeal climate change ruling, *Argus Media*, 9 July 2021.

[9] Argus Media: Australia plans additional 527 million tpy coal mining capacity *World Coal*, 13 July 2021.

[10] Australia ranked dead last in world for climate action in latest UN report, *Renew Economy*, 1 July 2021.



My first ESRAG webinar as a member was at 11.00pm AEST (UTC 1.00pm) July 14.

Dr Christopher Puttock, ESRAG Chair, Maryland, USA, presided. He is a scientist and botanist who specialises in environmental conservation and habitat restoration.

He also loves to sustain the native flora and – bees! Wonderful.

And, he told me... his parents live in Morwell...How great to see all these Aussies popping up everywhere!

ESRAG now has members in **84 countries** and is continuing to grow fast.

The first half hour was spent introducing new members to those zooming in. I met environmentally focused Rotarians from Uganda, South Africa, UK, Canada, Sri Lanka, India, Nepal, Madagascar, etc, etc. All seemed really welcoming, interested - and also a bit amazed that it was 11-11.30pm here and I was still up.

Karin Tome was the Speaker. As Mayor of Brunswick, USA, she works with community members, municipal/state/federal employees, and fellow legislators to advance sustainable policies and practices. As a volunteer, she also works with schools, activists, and non-profit organizations to learn and relay pertinent information about the environment. A busy lady.

Her topic was **Zero Waste and Our Circular Economy**

She explained the term "Zero Waste" and why it plays such a large part in our worldwide drive toward a circular economy, keeping our trash from being sent to landfills, incinerators, and the ocean. "Mother Nature doesn't waste - will Humankind learn from her? How can we improve on only 9% of all plastic being recycled?"

At the end of her talk a Zero Waste Working group was formed- these ESRAG members move fast.

Her presentation is on <https://youtu.be/YGqjGXCW8TU>

The next ESRAG webinar is **The Global Footprint Network- Net Zero Rotary**

on Wednesday July 28- again starting at 11.00pm AEST.

This presentation is by Nilam Bedi, Toronto, who is Chair, Environmental Action Committee, Rotary International.

More on that topic next week. Enjoy the week in lockdown. Well, let's face it – it's Winter, cold and wet. You might as well put your feet up and stay inside by the fire anyway.

Glenys

I AM USING MY TIME IN LOCKDOWN TO IMPROVE MY MIND AND MY CONCENTRATION.

TODAY I MELTED AN ICE CUBE WITH MY MIND, JUST BY STARING AT IT.

IT TOOK A LOT LONGER THAN I THOUGHT IT WOULD.

Scan Me!!



RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

Lesley grew up in Perth in a childhood that had its share of ups and downs and traumas. Navigating the rollercoaster of life, a series of events led her through some rock-bottom moments which she used as a base to make major changes. She has spent the past 48 years in the airline, legal, building, insurance, and advertising industries in flight attendant, administration, project management and advertising sales roles. For the last 25 of those years she has also been on an extensive, and often extremely challenging, spiritual and personal development journey. She has over 15 years of experience working with women in 12 step recovery and the disease of addiction. Sober now since 21 March 2006, Lesley's clean lifestyle has seen her transform into a fit, vibrant 67-year-old woman. Lesley's own spiritual and personal development guided her to write her first book, it poured out of her in just two months. Lesley has two wonderful adult children, lives in Melbourne and is owned by Soli the cat!

Lesley is selling her book at the market and is always ready for a chat about anything ! The book reviews say:

It's real, it's raw, it's gutsy, it's transformational

You will laugh and cry..... and not put it down

Through her journey Lesley has learnt and conveys with clarity the skills and tools she uses to give up her addiction, lose weight, and leave a very dysfunctional relationship.

"An incredible read! A hugely inspirational story of transformation"
- Sue Stone - UK Author, Secret Millionaire and Inspirational Speaker

Are you struggling with an addiction or an unhappy relationship?
Are you sick and tired of yo-yo dieting and trying to lose weight?
In her darkest moments, Lesley Thomas prayed to a Power greater than herself for help. Even though the road was rocky, she based her recovery, weight loss, fitness, and absolutely brilliant sense of wellbeing on those prayers being answered and her path being guided.
Lesley shares with you her story: the highs and lows, the ups and downs, and everything in between.
It is a story of hope.
Hope for a better life, for more acceptance and understanding, for better relationships and a sober life.
Lesley also shares her miraculous healings and how, at 67, she has lost weight and become fitter, stronger, healthier, and happier than at any other time in her life.
No matter the darkness that you might be feeling right now, this must-read book will show you the way into the light.

FINDING FABULOUS OVER 60
LESLEY THOMAS

FINDING FABULOUS OVER 60
OVERCOMING TRAUMA AND ADDICTION
WEIGHT LOSS THAT FINALLY WORKED
DETACHING FROM A NIGHTMARE RELATIONSHIP

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