



FOREST HILL HAPPENINGS

No 8

President: Stuart Williams

21 August 2019

STU'S SCRIPT

The reflection from our meeting. Written in response to recent happenings and to acknowledge the life and work of our amazing guest speaker, Cheryl Webster, a three time breast cancer survivor, widow, and the energy, and drive to create Knitted Knockers.

Live your life to the limit, every minute of every day. Whatever you want to do, do it now! There are only so many tomorrows. So please, cherish your yesterday, dream your tomorrows and live your todays.

It was a late night Monday night, especially for the Board. Apologies; we need to move meetings along when we have a board meeting. But, what a night it was. We acknowledged Graham Sharman's Rotary service—his memorial service is to be held Friday 30 August at New Hope Baptist church, cnr Middleborough Rd and Springfield Rd at 2pm.

We heard that Bob Williams is not well and missed his Lake Eyre trip. Bob is still in Adelaide. Our thoughts are with Bob and Barbara.

Ray Smith gave the "Insight Talk" and enthralled all of us with his memories. John Bindon will give his talk on 3 September.

Cheryl Webster informed and entertained us with the Knitted Knockers story. A very special person who hasn't let personal tragedy dampen her zest for life nor her desire to serve the community.

The club was happy for us to be the cluster club that requests The City of Whitehorse give us the Box Hill Town Hall for the International Women's Day breakfast in March next year.

I attended the Interplast fundraiser organized by the Rotary Club of Nunawading on Saturday night. It was a good night, approx. 95 there and approx. \$4,500 raised. Well done Harvey for continuing to drive this activity. I hope our club will have a bigger attendance next year.

This Sunday we are managing a sausage sizzle at the Box Hill Institute Open Day. Some extra help would be appreciated. No meeting next Monday night but it would be great to see all members, on Wednesday night 28 August, at the Primary Schools Speech Contest at Mt Pleasant Primary School... 6.15/30 start. Glenys, Sue, Bill, and Ian have done a huge amount of behind the scenes work. Please bring a plate of supper with you.

Stuart

MEETING REPORT

President Stuart opened the meeting with a reflection on taking the opportunity to live each day to its fullest and on getting full value out of the time available to each of us. He mentioned the challenges that we all have faced and how some people take the opportunity to view these challenges as a motivation to make things better for other people. He specifically mentioned the

speaker on the night, Knitted Knocker CEO Cheryl Webster, as somebody whose challenges in life inspired her to work on behalf of others.

Stuart led a toast to Australia and Rotary International.

Stuart reported that the Winter Harvest Dinner, hosted by the Rotary Club of Nunawading, was a success and raised some much-needed funds for Interplast. Some RCFH members were in attendance.

President Stuart reminded the members that the memorial service for Graham Sharman will be on Friday, 31 August, and the members were directed to stand in silence in memory of him. Some stories were shared about Graham. His dedication to his wife's health, his love of and expertise with fishing (which he referred to as, 'hunting and gathering') and his infectious smile were recalled fondly by members who knew him well.

Next year's International Women's Day Breakfast, which is a Whitehorse cluster project, will be made possible by our club's booking of the Box Hill Town Hall. It's scheduled for 4 March. Sue Ballard will be on the organising committee for the event.

Ian Teese has taken the lead in the footy tipping overall but the big news is that Chris Tuck, whose tipping has been widely regarded as woeful, managed to pick seven out of nine winners in this most recent round. It all comes to an end soon. Still some shifting of the leader board possible, but those in the basement are not likely to be able to move up much.

Chair Chris Tuck

Chair Chris Tuck welcomed Robbie Brooks; the club's Assistant District Governor, Geoff Logie-Smith; and our speaker for the night, Cheryl Webster Smith, who was a triple threat as a visitor, speaker and fellow Rotarian from the Club of Waverley. Sue was also welcomed back from a trip which included time in Las Vegas and a cruise that took in British Columbia and Alaska. No plagues of grasshoppers were reported by Sue.

Reports

Committee chairs provided reports. Highlights included a grant submission by Ian on behalf of the club's international projects and the news that Box Hill High school's representatives to the national MUNA event in Canberra, after winning the District 9810 event, won the Totenhofer Peace Prize. More info here: [Totenhofer Peace Prize](#) PSSC plans are well set, though additional help may be sought as regards supper. No meeting next week as most of the club will be assisting on Wednesday night in some way.

Members are reminded by our Programme Director that 16 September is when the speaker from Envision Hands is coming to the club. It would be nice to have that bucket filled with class 2 and 4 recyclable plastic bottle tops to hand over.

Sergeant's Session

Acting Sergeant-at-Arms John Donaghey avoided jokes for the most part but did run a fines session and put members on the spot with directed quiz questions. Members shared their memories of the Olympic Games of 1956 here in Melbourne. Some members reminded John that they were too young to have attended.

Ray's Inside Talk

Ray Smith provided some insight and information into his life and interests. His study of Tai Chi, membership and participation in successful footy teams in Tatura, Bairnsdale, South Belgrave and Swan Reach were mentioned, as well as his woodturning. Ray shared a bit about his childhood, spurred on by a painting by Judy Henshaw of his family home near Spring Hill near Kyneton. Ray described it as an idyllic place to grow up and talked about how he used a team of ferrets to go rabbiting, which helped the local farmers by keeping the numbers low while enabling Ray and his

brothers to make money by selling both the skins and meat. Ray credited his grandfather as teaching him the value of hard work and the importance of helping others.

Cheryl Webster, CEO of Knitted Knockers

Cheryl introduced herself as the oldest of seven children from the Riverina region of NSW. She was heavily involved in community service as a young person, specifically the Junior Red Cross when she was 17. She attended Corowa High School and worked for the Urana Shire Council, helping to provide community services for year. She related a story of planting some white gum trees, made available as seedlings by Landcare, which now some fifty years later have grown into a beautiful avenue of established trees. Cheryl now has four children and three grandchildren.

Cheryl is a manager of the Neighbourhood House in Burwood. She started there in a part time position and has used her background in marketing to create and improve services with that as her base of operations.

Knitted Knockers was initiated as a CWA project, but Cheryl's experience as a three-time survivor of breast cancer encouraged her to adopt it and make something much, much bigger out of it. Cheryl is the first to admit she is not a knitter herself; her strengths are in the financial, people management and organisational side of things.

What purpose does it serve? The prosthesis may seem low tech, but the design and production of the 'knockers' provides women who have undergone a mastectomy with immediate assistance in regaining a sense of normality and self-esteem. The 'cottage industry' nature of the business structure allows for the scaling up of production in response to demand. The product does, to some extent, create its own publicity; people are interested when they see one being made, whether because they recognise their own need or recognise that this is an easy way to help others.

Cheryl credits her mother as helping to drive the growth of the organisation and the project, as a member of the CWA. As the reach of the project and the organisation has grown, Cheryl has had to ensure that compliance and quality control is understood as vitally important. The original design and pattern, sourced from overseas, was deemed inappropriate for Australia, both for the knitters and for the women who would be using the prostheses. The current design is simpler and uses yarn of one colour. The hygiene and comfort factors required of the prosthesis drove Cheryl to choose Bendigo Woollen Mills cotton yarn for the specification. This yarn retains its softness through repeated washing. The prostheses are the as a pack of two, enabling one to be washed while the other is being worn.

The project, organisation and Cheryl herself have been featured in newspapers, on television and on social media. As its grown, compliance has become more complex, with issues such as insurance, quality control and privacy regulations being required. Cheryl credits her own expertise and experience with service organisations, her dedication and professionalism and the diligent advocacy by the former member for Burwood in state Parliament, Graham Watt, with helping to make sure that all hurdles have been successfully jumped when faced. They now have a \$20 million liability cover through the VMIA and comply with all requirements so far.

The organic growth of the project is because it's driven by people power. That explosive growth has resulted in Cheryl having to put out fires from time to time, as she cannot be everywhere at all times to tightly control the message, but the fact that help is reaching more women than ever, here in Australia and beyond—to South Africa, New Zealand and Vietnam, where local organisations modelled after the Australian one are being built—makes it all worthwhile.

You can help the Knitted Knockers by spreading the word, by signing up to be a knitter or with a donation, which is used to pay for yarn and materials, as well as the admin costs that are required to keep the organisation in compliance so it can keep providing help to women who need it.

[Knitted Knockers](#)

Funds Raised

The Sergeant's Session raised \$37.70 and the raffle funds, which included pre-meeting cosmetics sales, came to a total of \$84. Bob L took home the white wine, Bill M the red and John D walked away with a bag of cosmetics.

Meeting Closed

Mike F thanked Cheryl and presented her with a Mahogany Gum pen, crafted by our own Ray Smith. President Stuart closed the evening's club meeting, which was then followed by a meeting of the executive board, with AG Logie-Smith in attendance.

DUTY ROSTER

Recorder Greeter Emergency Cashier	AUGUST Sue Ballard Ron Brooks Mike Finke Ian Teese	SEPTEMBER Chris Tuck Barbara Searle John Donaghey John McPhee
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COMING UP

Date	Event	Chair	Thanks & Report
26 Aug	No Meeting		
28 Aug	PSSC at Mt Pleasant Road Primary School	Bill Marsh	
2 Sept	Committee Meetings		
9 Sept	DG Shia Smart & Club Birthday	Stuart Williams	Bob Williams
16 Sept	Sean Teer "Envision Hands"	Mike Finke	Ron Brooks
23 Sept	RCFH Photo Competition	Mike Finke	

CONGRATULATIONS & BEST WISHES

To Kathy & John Donaghey on their Wedding Anniversary (24th) and to Judy Marsh on her birthday (26th).

ATTENDANCE

If you are not coming to the meeting or if you wish to bring a guest please contact Ray Smith by 10.00am Monday on 0412 807 585 or rcssmith@optusnet.com.au

Please ensure Ray is aware of any special dietary needs.

If you need to cancel after 10.00am please contact Bucatini Restaurant directly on 9873 0268.

BREAKFAST CLUB

The Breakfast Club on the 27th has Bob Laslett & Ian Teese leading the charge; while Barb Williams and Ian Teese will do the stirring on the 3rd Sept.. Bob Laslett will let the workers know of any changes.

CONTACT DETAILS

Address: PO Box 116, Nunawading, 3131
Email: foresthillrotary1975@gmail.com
Website: www.foresthillrotary.com
Facebook: ForestHill Rotary
Meetings: 6.30pm, Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

PRIMARY SCHOOLS' SPEECH CONTEST

The 7th Primary Schools' Speech Contest will be on Wednesday August 28 at Mount Pleasant Road Primary, the host school.

The event will be held in their spacious, comfortable and heated hall. The contest begins at 6.45pm sharp.

All are welcome and we are hoping for a great crowd.

Our seven schools competing are: Blackburn, Burwood Heights, Mount Pleasant Road, Orchard Grove, Parkmore, Weeden Heights and Whitehorse.

Two students from grades 4-6 are chosen to compete in this contest after they have been through preliminary heats in their schools. They choose their topics for their three minute speeches from a list of very interesting, varied subjects including "I was terrified" "The most special part of Australia is", " Recycling should be compulsory," etc. The speeches given by these talented youngsters are amazing and inspirational.

Four Toastmaster Judges adjudicate, picking a winner, runner up and third place getter. They are headed up by Rotarian Marlene Sinclair, who shares the MC role with our own club maestro, Bill Marsh.

District 9810 Assistant Governor Geoff Logi-Smith will present prizes and certificates to the students and a perpetual trophy to the school. He will be aided by President Stuart Williams.

After the presentations of prizes, photographs will be taken and a delicious light supper will be served.

We invite you to come along and support these wonderful youngsters and, in doing so, help us ensure it's a great night for all!

Glenys Grant Youth Director, Ian Teese Co-ordinator

ROTARY MONTHLY THEME

Time to celebrate Membership month. Talk to your friends and workmates and let's get at least one new member in August. The good news is we have the one now let's try for a second!

COLLECTING BOTTLE TOPS – A NEW FOREST HILL PROJECT



Turn soft drink, water & milk bottle tops to THESE

Our collection has got off to a good start. I'm sure all of you will have 1 or 2 a week at least. Please bring them along The tops should be numbered either No 2 or No 4 in the recycled triangle but not all are marked so just collect all of these tops, any colour will do. Not those with metal attached or if they are marked 5 or 7. Please rinse them. There will be a box to drop them in at the desk when you front up to pay. Get your family and friends involved. They will go to a Melbourne not-for-profit company using unemployed people who remelt the plastic to make things they then give away including artificial arms and hands. To see more go to their website (www.envision.org.au) and hear what their CEO Sean has to say. He is our guest speaker on 16th Sept.

Ron Brooks

INTERNATIONAL UPDATE

1. Coming up

- a. **Rotarians Against Malaria 2019 RAM National Conference** is on the weekend of the 24th - 25th August. Ciloms Airport Lodge, Tullamarine. See program and registrations at <http://ram.rawcs.com.au/ram-national-conference/>
- b. **2019 D9810 International Service Seminar** [Friday 6th September 2019](#). Food served 6.30 for [6.45pm](#) start – [until 8.15 pm](#). Melbourne Baseball Club - Surrey Park, Surrey Dr, Box Hill. ***The Most Good You Can Do for your Rotary \$.*** David Alexander has asked me to contribute to the discussion. This should provide a good opportunity to get a better understanding of how international activities can enhance the rewards from Rotary service. All members welcome, contact David direct: david.alexander9810@gmail.com, if you plan on attending.
- c. International Assistance Australia will be presenting at the 28 October meeting. This local small NGO provides a way of contributing / assisting international activities in a direct way. Amanda Southwell will be speaking and has an interesting local church connection some of you may know.

2. RAWCS Southern Region Conference 2019

Main points:

- Meeting headlined by National Chairman John McLaren from Darwin who provided an overview of the new business plan and strategy for RAWCS. RAWCS is a strange beast to explain and understand.
- For 2018/19, donations of \$32 million including \$10.5 million from the Drought telethon and \$1 million from Dick Smith on a matching basis. More than 85 % of funding still comes from club based funding with only a small proportion being raised through tax deductible donations by individuals or companies.
- It was estimated the telethon provided \$8.5 million worth of unpaid advertising for Rotary. Also efficient systems developed to handle 65,000 promised donations.
- John and the National Board have set a target of \$100 million per year in donations/funding within the next 3-5 years.
- Current administration costs of 3 %. Given the governance requirements and administration needs (as we are finding even at club level), I think it is unrealistic to be assuming this proportion can be maintained. Care is needed in using this low proportion as a selling point.
- The accounts are presented with income and expenditure divided between four entities: RAWCS, RAOAF, RABS and RARF without totals for the four combined entities. This makes it more difficult to assess the cost-effectiveness of the whole RAWCS entity. This will become much more important as the donation resource base grows.
- 623 volunteers worked overseas with an estimated total value of \$4.5 million
- John Stockbridge, Manager Communications (RAWCS), gave a very informative presentation on the use of social media and how it can be best harnessed.
- No nominations for five of the vacant Southern Region positions which I found surprising.
- PDG Keith Roffey gave a challenging talk on the future directions of Donations in Kind. He highlighted the importance of meeting identified needs rather than taking advantage of availability. The amount (and value) of superseded health and education equipment in Australia and other countries is very high (Medical greater than \$300 million per year), the challenge is how to match this to needs. In the USA and UK, this matching of needs and availability has been taken up by commercial companies.

The day was very informative for Ian T but highlights the challenges of linking individual Rotary club members and clubs with the big picture and opportunities which could provide a strong marketing hook for new members, along with in-Australia activities.

Ian Teese

UPCOMING FUNDRAISER

RC Albert Park - Winds of Hope (WOH) fundraising event. WOH is a charity based in Uganda that provides healthcare and education to young women in need. The Club is holding a fundraising event in October showcasing African culture, food and lifestyles, with a view to creating more community awareness of Rotary. Live music, entertainment and dancing - Brief presentation by community leaders - Brief presentation by Clubs about their Africa projects - Buffet dinner with a wide range of African cuisines - Door Prizes and a charity auction - Showcase of Rotary Club projects in Africa. D9810 Clubs are invited to showcase any African projects and all are invited to attend.

Contact is Matthew Proctor: Founder - Winds of Hope International

matthew@kutamo.com <https://www.atasteofafrica.com.au/>

6pm to Late - Friday 25th October 2019 - Lifesaving Victoria, 200 The Boulevard Port Melbourne <https://www.trybooking.com/book/event?eid=496602&>

ARTICLES

Articles, notices and photos for inclusion in **FOREST HILL HAPPENINGS** to bjmarsh@bigpond.net.au no later than 10.00am on Wednesday each week.

WEBSITE

Keep up-to-date by checking our website at www.foreshillrotary.com

TRADER OF THE MONTH AT THE BLACKBURN STATION MARKET



Outback Spirit have been regulars at our market for years and they also regularly sell at the Rotary Club of Mt Waverley and Dingley Farmers markets amongst others. Juleigh and Ian Robins make all their chutneys, sauces, pickles and marinades at their new Dandenong factory. Not only are they delicious but they are gluten and MSG free. Ian and Juleigh are recognised pioneers of the Australian native food industry and have been at the forefront since its inception in 1986. They established Robins Foods in 1997. Ian and Juleigh's vision is to bring Indigenous foods into the mainstream food market and the company is the industry leader supplying the **Outback Spirit** branded range of products to supermarkets nationally in Australia.

In 2000, Ian and Juleigh decided to formalise their relationships with the company's indigenous suppliers and established an ethical supply chain that ensures that benefits from the sale of **Outback Spirit** products go back to the Aboriginal people who are developing their own enterprises based on native foods. They established the Outback Spirit Foundation to further help the Aboriginal people.

Juleigh is an accomplished cook and together with Ian has written three native food cookbooks – Wild Lime (1996 Allen & Unwin) and Wild Classics (2000 Allen & Unwin – with Ian Robins) and Wild Food (2010 Lantern Books, a Viking Books imprint).

So, go and have a chat to Juleigh's brother in law Bill at the Blackburn market stall and taste some of these unique foods. Find out more about the products, the company, and the Foundation at www.outbackspirit.com.au