



FOREST HILL HAPPENINGS

No 03

President: Sue Ballard

15 July 2020

FROM THE PRESIDENT'S DESK

As NAIDOC week comes to a close for another year, I look back on all I have learnt from my own Koori connections. The love and care of the land, the dedication of country and family, the respect of culture and self-expression through story, art and dance. While the joint history has been traumatic and brutal, as we move forward we can learn from each other and embrace our differences. From trying bush tucker, participating in events and learning about the different Koori nations we can see for all our differences there are also a lot of similarities. If you get the chance do one of the heritage trails and education programs available. I personally have learnt a lot about my family members and understanding their background. Whether through stories and art, or nature talks or just a chat over a meal we can all learn about each other and move into a united future.

My own family is a combination of multiple, sometimes clashing, cultures. Family and friends gatherings can be a United Nations of food and conversation. It's one of the things I love about this country, embracing all that is around us.

Stay Safe.

Sue

MEETING REPORT

President Sue opened the meeting with a reflection based on NADOC Week. Sue outlined her connection to many aboriginal families. She mentioned an indigenous walk from Whitehorse up to the Dandenongs. Sue mentioned that when there is a big family occasion there are 17 different cultures represented in the food and the cultural traditions. Sue concluded with - Look back on the past-- Look forward to the future. We then toasted Australia and Rotary International with an assortment of coffee cups and wine glasses.

Secretary's Report- Only a statement from Bendigo Bank. He lamented the crazy football season and the difficulty of tipping.

Treasurer - 41 stall holders at WFM

Nothing new to report from , Youth, Community, Vocational.

International - Bob Laslett has more bottles of Olive Oil for sale - \$12 -proceeds to Hope Katolo. Consumer Affairs requires another report.

Program - Zoom speakers lined up for Aug 10, Aug 17.

We hope to have a Rotary expert tutor us on Club Runner and the on-line directory.

Rotary's 100 years in Australia anniversary Baton relay has started. There is a baton in Melbourne.

Ray Smith was asked about his birthday during COVID-19. Past exchange student - Hiroko sent a wonderful email, there were some individual catch-ups/dinners, and Ray commented that Rotary has kept him young.

The club has been very fortunate to have donations from Glenys Coates (in PP Roger's memory) and John Bindon to spend on International projects.

The Davis boys have continued to support our community service projects with generous donations. Their father, Ford, was the founding father of our club. We truly appreciate the generosity of these supporters of the Rotary Club of Forest Hill.

There will be a Board Meeting next Week... and on the 3rd Monday each month.

Committee meetings will be planned for the first Monday of each month.

Bob Laslett has distributed all copies of last year's annual report. (except to Davis family-- no one home)

Sue will distribute notes of the forum during the week.

Ron Brooks asked about Centurion donations. He has not received an invoice this year.

Meeting closed at 7.35 pm.

Stuart

CELEBRATIONS

Congratulations to Bill on clocking up 10 years in Rotary. (Does that mean I now qualify for Long Service Leave?)



NEXT MEETING

- Our next meeting is on Monday 20th July at 7.00pm. Our speaker will be Peter Dalwood "How to use your on-line District Directory."
- We will also be holding a Board meeting following our normal Club Meeting. (I just love using the word 'normal' these days!)
- Links will be sent to members later in the week.

Notes on what Rotary is doing about COVID

- In Italy, one of the countries that has been affected most, clubs in District 2080 are raising funds to purchase ventilators and protective gear for overstretched hospitals. And when the worst of the outbreak was raging in China, the district's clubs raised more than \$21,000 for protective masks to prevent spread of the disease there.
- Clubs in District 2041, also in Italy, raised funds online to buy protective gear for health workers who will care for COVID-19 patients at a 400-bed hospital being built at Milan's fairgrounds.
- In Hong Kong, Rotary clubs have raised funds, packed medical supplies, and visited public housing to distribute masks and sanitizers.
- Rotary clubs in Sri Lanka installed thermometers in airport bathrooms and produced posters to raise awareness about the coronavirus for schools across the country.
- The Rotary Club of Karachi Darakhshan, Sind, Pakistan, distributed thousands of masks to people in Karachi.
- Clubs in District 3700 (Korea) have donated \$155,000 to the Red Cross.
- Rotary clubs in Nigeria's Akwa Ibom state conducted a campaign to raise awareness about the threat of the virus. Members shared information about the illness and how to keep safe at two schools and distributed materials about using good hygiene to stay healthy.
- The Rotary club of Metro Bethesda, Maryland, USA, is contacting neighbors who live alone and are quarantined. Volunteers are asked to contact at least five of those people each week to ask how they are and if they need anything. Members are also leaving flowers on their doorsteps.

Cheers

Bob Laslett



2021 Bike Ride in aid of Australian Rotary Health

March 21st to March 26th

Plans are well underway for our next ride in March 2021. It will be different from past rides. Accommodation will be in the one motel in Wangaratta (already booked).

We will be doing day rides out and back, visiting Historic sites and towns, including the Eldorado, Beechworth, Lake Mokoan bird sanctuary, Glenrowan Kelly Country, wineries of the area and lots more.

Registrations will not open until late September. By then we should have a better idea if we will be able to run the event.

We have booked the accommodation, planned the route, and had a local rider advise us on our planned route. When lock down is over we will be taking a weekend to drive the route which has been planned from Google maps and put the final touches to it, and ensure that the roads and, bike paths etc. are safe and suitable for the event

The cost will be the same as this year's ride \$750 for riders, \$660 for support crew. This includes all meals, transport to Wangaratta from Bayswater and return after the ride.

There is a \$25. Companion rider option, for those riders who can't make the ride in March. You can record your training rides and have your friends and sponsors follow you.

This year the ride generated just over \$55,000 for ARH. A great result. Thank you for your efforts. Let's see if we can better that in 2021.

Please indicate your expression of interested in coming on the ride in March 2021 by emailing

David Brown at david@davidbrown.com.au.

This will ensure you receive priority notification when registrations open.

Regards

David Brown

COST TO REGISTER

Support Crew: \$660.00

Riders: \$750.00

Included:

- 5 Nights accommodation in Wangaratta
- All main meals while on the ride
- Logistical support
- A souvenir polo shirt for participants.

Ride jerseys and nicks are available for purchase (see our website).

For those that can't make this year's ride, we have a companion rider option for \$25. Use your training rides to accumulate 550km and get your friends to support and sponsor you. You can still raise money for medical research and support this ride from home!

WHO IS IT FOR?

Anyone 18+ years old with a wish to have a great time and to challenge themselves!

The beauty of the ride is that you don't have to be supremely fit or a great rider, just be ready to challenge yourself and enjoy!

This ride is about working with a group made up of riders with similar ability to yourself, helping others extend their ability and to challenge yourself. The ride usually runs three groups to cater for varying abilities.

Don't ride? - then become part of the support team as a driver, first aid, masseur, photographer or other logistic support.

More information about the ride is available on our website www.rotaryrideforresearch.com

AUSTRALIAN ROTARY HEALTH

'Supporting healthier minds, bodies and communities through research, awareness and education.'

Australian Rotary Health (ARH) is one of the largest independent funders of mental health research in Australia. They also provide funding over broad range of general health areas with the vision to improve the health and wellbeing of all Australians.

ARH activities include:

- Funding partner PhD scholarships
- Rural Medical scholarships
- Evaluation grants
- Evaluation of mental health service provision
- Mental health in young Australians
- Rural and indigenous nursing scholarships
- Cancer research
- Parkinson's disease and neurological research

The funds raised from this year's ride will be directed to supporting the Australian Rotary Health "**Rob Henry Memorial PhD Scholarship**" for cancer research and mental health research.

All donations over \$2 are tax deductible.

34 years of riding, covering 28,710 km having raised \$1,175,700.

REGISTER NOW AT www.rotaryrideforresearch.com

EMAIL rotaryrideforresearchdollars@gmail.com

2021 RIDE FOR MEDICAL RESEARCH



KELLY COUNTRY ENCOUNTERS TOUR

In support of

AUSTRALIAN ROTARY HEALTH



BENALLA TO VIOLET TOWN

21ST TO 26TH March 2021

DETAILS OF THE RIDE

DURATION

6 days and 5 nights. Route approximately 550km riding distance, but will vary group to group, person to person.

START AND FINISH

Meet at Bayswater, load up and drive to Benalla on Sunday morning 21st March.

Ride finishes 6 days later in Violet Town on Friday 26th March in the afternoon, return to Bayswater later that day to the original departure point.

RIDING

With 3 ride groups, and a maximum of 15 riders in each, we can group people of similar fitness and experience levels. The ride is structured so that we can be together as a large group at lunch each day. You don't have to be supremely fit or a great rider. With the varying groups, we cater for differing abilities. If you're tired, you stop, get in a support vehicle and get out at the next stop 20-40 km down the road to continue riding as you wish. The ride structure may vary each day due to the kilometres we have to travel. When and if it's safe to do so, we may have open free rides covering some sections of the route. We are sure you will enjoy this exciting challenge!

SPEED

Depending on ability, groups travel at different averages, ranging from 18 to 30kph.

DAILY PERSONAL DISTANCE

Your distance each day will vary, from as little riding as you wish to do, up to 100km or more, depending on the group you are riding with.

WHAT BIKES?

RECOMMENDED: Road, (flat or drop bar), Hybrid or Tourer

NOT RECOMMENDED: Mountain Bikes (too heavy)

ELECTRIC BIKES of a "Standard" bicycle style and not too heavy to lift. (*Removal of battery for transport recommended.*)

2021 THE 35th RIDE

APPROXIMATELY 550KM OVER 6 DAYS

Day 1: Benalla to Glenrowan

Day 2: Wangaratta-Rutherglen-Chiltern Loop

Day 3: Wangaratta-Peechelba-Painted Silos Loop

Day 4: Wangaratta-Eldorado-Beechworth Loop

Day 5: Wangaratta-King Valley-Greta Loop

Day 6: Wangaratta to Benalla to Violet Town



ACCOMMODATION: This year we stay in a motel. **(Room share)**

MEALS: Breakfast, lunch, dinner and some snacks provided. Regular stops for breaks along the ride.

(Bring your own snacks, energy bars, gels and sports drinks)

LOGISTICS: Support and relief vehicles sponsored by organisations and groups, including Healesville Rotary Bus, and a number of major car companies. Each team has its own dedicated purpose-built bike trailer.

SAFETY: Support vehicles are used, with radio/mobile phone communications. For safety in each group, we have a lead vehicle and a following vehicle towing a bike trailer.

INSURANCE: All participants are covered by Rotary's insurance, cover.

Project of the Rotary Club of Boronia in
conjunction with the Rotary Club of Healesville
with support from the Rotary Clubs in District
9810

WHAT IS THE RIDE

- Great fun as you ride through our Kelly Country Encounters wonderful and diverse countryside.
- Understanding your capabilities and challenging yourself.
- Fundraising for medical research through Australian Rotary Health.

Participants are encouraged to raise sponsorship of \$200 to \$1000 to help ARH really make a difference!



Rob 'Trust Me' Henry





KEEP SMILING

BLACKBURN MARKET – TRADER OF THE MONTH

Jo-ann of **pee wee designs** and Ebony of **EbBie Jorge & Co** share a stall (Ebony is Jo-ann's daughter in law). Their products are labours of love developed from their hobbies which they sell at two markets each month, our Blackburn Craft market and the one at Park Orchards. They have been regulars with us at Blackburn for the past 2 years.

As you can see from the photographs, they have a range of personal accessories including framed original pen and ink drawings, hide and leather purses, hand crafted clay bead jewellery, and cushion covers. They put their perfumed candles into concrete bowls which Ebbie's partner makes, he is actually a concreter by trade. You can also get larger concrete bowls beautifully polished on the outside, some of which contain succulents. To make things simple, you can pay them by card.

Jo is a cheerful stallholder who would be happy to talk to you about any special needs you might have. Come along to the Blackburn Craft market or email them.

Jo can be contacted by email on peewee.designs1@gmail.com while you'll get Ebbie at ebbiejorgeandco@gmail.com

