



FOREST HILL HAPPENINGS

No. 10

President: John Bindon

08 September 2021

MOVING FORWARD



About the only good news around now is that it is September, and spring is here, and the warmer weather has arrived. So, even though we all have a 9 PM curfew and any form of socialisation is on hold, it's fortunate that we can at least get out for walks, enjoy the sunshine, and admire the beautiful gardens as they spring back to life.

With the strict lockdown we are unable to proceed with our Blackburn Art Craft Market, but fortunately Whitehorse Farmers' Market can still go ahead, and therefore we will be able to participate and generate some revenue.

As soon as we know what we can and cannot do and what group sizes are permitted, each member will be informed when and how.

Meanwhile, as the lockdown drags on, it is proving to be very lonely for some. I am sure your neighbours would appreciate if you checked in on them. Maybe you could give the people you usually see a call or a note in their letterbox.

It is disappointing that over the past 18 months, almost all the annual events being organised ... have been cancelled at the last minute.

We must look ahead and set plans for the remainder of the Rotary year or when restrictions are lifted, and we can get back to our normal activities.

We are currently working on plans to improve our identity within the community by interacting with community groups and schools. We have a good involvement with Forest Hill Secondary College with the Breakfast Club, and environment project along with achievement awards for students. We also have a good liaison with Whitehorse Institute with apprenticeship awards.

We encourage club members to seek out new contacts, so that we can improve our membership numbers.

Posters on Community noticeboards including Golf Clubs, Bowls Clubs and Retirement Villages. Members have been speaking to the stallholders of the Blackburn Arts and Craft market which we run.

Next week we will celebrate 46 years of wonderful service that the Rotary Club of Forest Hill has given to the community.

John Bindon

President.

Note: Stuart will be liaising with Bucatini, at some time in the future. Please contact him for dinner meeting attendance and visitors by 8.00pm on Sunday prior to the meeting. Any changes after this time to be notified directly to Bucatini.

MEETING REPORT

In attendance: Bill, Stuart, Ron, Warwick, President John, Bob L, Barbara W, Bob W, John McP.

Apologies: Glenys Grant, Sue Ballard, Barbara Searle.

Ron Brooks chaired the meeting. Bob Williams in a desperate attempt to build confidence wore his Demons cap and scarf. President John welcomed members and offered two toasts- Australia and Rotary International.

There will be no Craft Market this Saturday but the Whitehorse Farmers' Market will operate on Sunday.

We will assist RC of Mitcham with a community dinner on 28 November.

If contacting Barb Searle, please use sms or phone.

Secretary Stuart is updating the detail on our membership list- Please forward any new information to Bill Marsh.

Our club will offer to "pair" with the RC of Emerald with allocation of "Storm damage money".

Program- Next week will be our club birthday. Stuart and Pres. John will discuss ideas. Our longest serving member – Warwick will be involved.

Bob W. reported that it is highly unlikely there will be any RYDA programs this year.

Ron Brooks conducted a session reporting on the Social Media session conducted last week.

Instagram has 964,000 users. Facebook – 2.8 billion users. Other social medium platforms are- Linked, snapchat, vimeo, Youtube, What's App, twitter and Tik Tok.

Social Media is beneficial because it is an excellent way to communicate, can tap into new members, can promote great causes. It is very important to keep your virus protection up to date.

Interaction with other organizations is valuable. Share their ideas, they can share our information. Use visuals, use action shots. The web-site is a great way to connect.

Some clubs have even raised money in COVID times by contacting a virtual sausage sizzle. It would be worthwhile putting a BUTTON on our facebook page for those interested in membership of our club. The more people LIKE facebook and our web page the higher up the "ladder" our sites are placed.

Peter Behm of Noble Park conducted last week's session which is still available to view. 66 people attended the session. The District Social Media Committee can assist us with our Social Media challenges.

After some enjoyable social chit chat the meeting closed at 8.02 pm.

Stuart Williams

DISTRICT SOCIAL MEDIA SEMINAR (30TH August 2021)

At the request of a couple of members, the club meeting last week was attending this Seminar. Bob W, Bob L, Stuart, Warwick & I were among 66 people who attended. Peter Behm, Noble Park Dingley ran the seminar.

The definition they gave for Social Media was "computer based technology to facilitate the sharing of ideas and information through virtual networks". The reasons they gave for why we use Social Media

were that it was a great form of communication, to advertise what we were doing, to attract new members, and to publicise a great cause. It's advantages are it is almost instantaneous, mostly free, and we can reach a wider audience. 70 to 90% of people below aged 65 use social media, and 40% of people over 65. They pointed out you should be careful with what personal details you put on Social Media and should keep virus software up to date. Adapt it to suit your club style, don't just slavishly follow what someone else is doing. Be active on Social Media.

If you are advertising an event then have a SHORT video clip, few words/many pictures, tell the story, tug at the heartstrings, make it memorable.

It started with a quick survey of attendees regarding who used FaceBook, Instagram, and LinkedIn plus Snapchat, Vimeo and YouTube and finally WhatsApp, Twitter, and TikTok plus of course the Club website and what their frequency of use was daily, weekly, monthly. The first three are the most used.

Peter impressed on everyone to make lots of friends of other charities, clubs, local council etc and share their submissions as then you could easily share your FaceBook items with these others. D9810 and Google can help your Connections plus use Corporate sponsors. He said it was probably better to put action shots of people doing things on Facebook not people sitting in meetings, or just holding on to a certificate, or sitting around a table eating, or a talking head photo etc. Always have the link to the website on every club FaceBook entry. Advertise your website link everywhere you can.

DG Daryl made the point that the club website was where strangers find us, not FaceBook. The message was that there is no one best website as the style of the website should match the type of club you are. However, he made a number of suggestions

1. It should have the correct Rotary symbol on the Home page
2. It should show details of where and when the club meets
3. There should be a list of the next couple of speakers
4. There should be an easy way for the person to contact the club perhaps with an invitation to attend a meeting (Zoom if in lockdown)
5. Put some links in the website to other clubs, district, etc
6. Put action shots in

Emerald discussed a Virtual Event they held which successfully ran getting paid entries from non Rotarians some of whom they did not know. Raise for Rotary is a way of getting funds <https://raise.rotary.org/>

One person said they were going to put the QR code of their website on their Newsletter but had not done so yet.

Overall, a well worth meeting to attend.

District Social Media person Kai Xing Goh, MASH

Ron Brooks

September is Basic Education & Literacy Month

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

13th September – Club Birthday (Program suggestions invited)

Meeting Roster

Chairperson: **Bob Williams**

Note taker for Happenings: **Bob Laslett**

COMING UP

20th September - Anna Burley “Days for Girls”

27th September - Ian Teese “Eastern Emergency Relief”

4th October - Community Service Speaker (John Bindon to arrange.)

CELEBRATIONS



Congratulations to all as the RCFH celebrates its 46th Birthday. Congratulations, also, to Warwick Stott who has been there for every one of those 46 birthdays! Well done, Warwick.



NEWS FROM THE ROTARY FOUNDATION

- Congratulations to clubs and districts around the world on setting a new record for grants and fundraising in Rotary year 2020-21! We successfully overcame challenges created by the pandemic and raised over \$440 million – far surpassing our \$410 million comprehensive fundraising goal!

We also met our \$50 million PolioPlus goal. Let’s do better this year.

- In 2021, despite internal conflicts and a global pandemic, Afghanistan is seeing unprecedentedly low transmission of wild polio, with just one case reported this year.

Not only has the country seen a drastic reduction in cases of wild polio, polio surveillance data confirms this progress and significantly less virus is being detected in the environment.

- World Polio Day – October 24

Bob Laslett

100 YEAR ANNIVERSARY PROJECTS UPDATE

Eastern Health, Mental Health Wallet Card

A video is being developed ahead of the release of the wallet card, as soon as possible it will be released for publication on the website and Facebook. The Mental Health Wallet Card contains a summary of mental health resources available to help those struggling in our area. It will be released in conjunction with Eastern Health.

Kara House Kits

The domestic start up kit will be made available to those escaping domestic violence. These kits will be tailored to the needs of the clients as required. Initially we had hoped to have Rotarians compile the kits but due to lockdowns and ongoing restrictions Kara House will put the kits together.

Salvation Army Sanitation Packs

We are still aiming to put sanitation kits together for male, female, child and family clients. These kits are designed for those who are homeless or in need. More information to come.

Sue Ballard

FAREWELL STU McDONALD



Just 10 attendees were allowed at his funeral service in Healesville along with Past RI Pres Ian Risely who was MC. The online funeral service opened with a lively rendition of "I've been everywhere man" and Stu had. Five people spoke who had known him through his years giving service in Jaycees and then 35 years with Rotary. He impacted the lives of so many including over 1,000 exchange students who he visited overseas, went to their weddings, sent birthday cards and encouraged. Our club by my count had 25 outward and 21 inward since 1977. Sofia who was an exchange student in the early 80's from Norway finally moved to Victoria and married and was one of the speakers. David Brown gave an amazing (imaginary) race call of the Stu McDonald Weight for Age horse race. It all ended with Peter Allen's "I still call Australia home". Collingwood have lost a passionate life long supporter, Rotary has lost a game changer, and as Ian Risely said we have all lost a "cheeky, passionate, dedicated man of the town and the global village.



Ron Brooks

SPROUTINGS

I came across this topic via the National Counselling Society. The article was quite long, so is heavily edited.

How your environment affects your mental health

Lots of factors contribute to poor mental health. Genetics, personal history, diet, lifestyle...all of these play a part. However, one of the biggest factors is the environment in which we live our day to day lives.

If you're unsure how (or whether) your environment affects your mental health, we'll quickly run through a few examples:

Physical environmental factors

Physical environmental factors are 'hard' factors which come from things like noise, temperatures, pollutants and so on. They're often linked to 'soft' social factors, but can occur independently.

- Environmental pollution. Growing up around 'dirty air' quadruples a child's chance of developing depression later in life.
- Extreme weather conditions. Bad or extreme weather is stressful and it can affect your mental health.
- Inaccessible architecture. Being unable to move easily around your environment is very frustrating. If you're excluded from certain areas/activities the frustration and isolation of this can contribute to mental illness.

(They must have been thinking of lockdown!)

Blackburn Lake Sanctuary, August 2021



Other factors: here are a couple of those that are listed

- Environmental pollution. Growing up around 'dirty air' quadruples a child's chance of developing depression later in life.
- Lack of access to green spaces. Access to green or naturally beautiful spaces has a massively positive impact upon mental health. To be trapped within concrete jungles means never getting the mental benefits of fresh air, green leaves and so on.



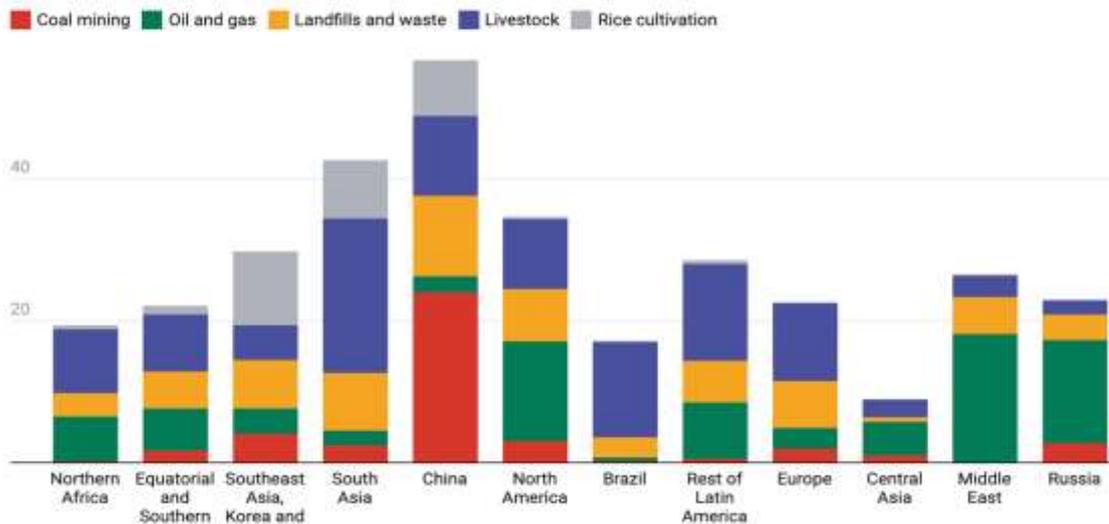
- Lack of visual stimulation. It's noticeable that people perk up to the extent that their moods visibly lift when they enter more aesthetically pleasing environments.

So when things get you down- break out of that vicious cycle, or toxic space –smell the roses and skip in the sunshine....

Here is the latest from **ESRAG: UNEP: Reduce Methane NOW!**

The biggest methane-emitting sectors by region

A recent study estimated the methane emissions produced by each sector in 2017 in different regions of the world. The data is in millions of tonnes.



Livestock includes enteric fermentation and manure
Source: Saunio et al. 2020 - Get the data

This summer the UN Environment Programme issued a [report](#) stating that reducing methane emissions is essential to keeping global warming within survivable limits.

Changes in farming practices and human diet can make a huge contribution. Livestock and rice farming account for 40% of the human-generated methane emissions, compared to 35% for oil, gas, and coal mining. Methane greenhouse gas is 80 times more potent than CO₂, but persists only 10 years in the atmosphere – compared to hundreds of thousands of years for CO₂.

Slashing methane emissions now will buy us crucial time to keep temperature rise under 1.5 degrees C while we cut our use of fossil fuels. Methane also is a primary contributor to ground-level ozone.

On Aug. 20, UNEP published a [summary of top findings from the report](#):

- Methane emissions account for about 30% of global warming, and is proliferating faster than any other time since record-keeping began in the 1980's.
- Agriculture is the predominant source of human-caused methane emissions.
- Human-caused methane could be reduced as much as 45% within the decade.
- These reductions would prevent 260,000 premature deaths a year, 775,000 asthma-related hospital visits, 73 billion hours of lost labour from extreme heat, and 25 million tonnes of crop losses.

ESRAG's Plant-Rich Diet Task Force is teaching one of the most effective steps Rotarians can take: modeling and encouraging consumption of plant-based foods rather than animal protein. Other actions to reduce agricultural methane emissions include changing animal feed. Irrigating rather than flooding rice paddies would cut rice farming methane emissions by half and save water.

Plant-Rich Diet Toolkit- *Effective actions any Rotarian can take*

Easy Eating Strategies to Help the Planet



Go Meatless One Day a Week

Make One Meal a Day 100% Plant-Based

Swap out Cow's Milk for a Non-Dairy Milk (soy, flax, oat, almond, etc.)

Host a Plant-Based Potluck at Your Home

Eat Plant-Rich Whenever You Can

As catastrophic wildfires and storms hammer communities in many countries across the planet and leaders prepare for tough reckoning at this fall's UN Climate Conference, an ESRAG Task Force is handing you the tools to lead a movement that will slash methane emissions and protect carbon sinks, without having to wait for public policy to change. It's the 15-Day Global Plant-Rich Diet Challenge, which starts Oct. 1. Sign up [here](#).

Task Force Co-Chairs, Ambaree Majumber and Andrea Wotan (Rotary Club of Ann Arbor North, Michigan, USA) are both experts in nutrition and sustainable food. As an introduction for Clubs, they have recorded [5-minute](#) and [12-minute](#) overviews of the importance and impact of plant-rich diet as a climate action. **They are giving this talk on Sept. 16 to the Rotary Climate Action Team Network** at 4 pm Pacific Time 7) (AEST 9.00am Sept17) **Register [here](#).**

Oh dear- and I like a bit of meat, but maybe should 'have a go...'

Until next week – [Glenys](#)

Scan Me



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RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

CALABRO OLIVE OIL

The Calabro stall is operated by Josie and Paul. They have been coming to the Blackburn market for more than 5 years. They live locally in Knox but also Paul lives a lot of his time on the Calabro Olive Grove at Toolleen near Heathcote where they have been growing olives on 87 acres for more than 20 years. Josie and Paul have run fruit shops locally all their lives including one in Blackburn. When they decided to retire 5 years ago, they thought they'd have a hobby of continuing selling their cold pressed olive oil, marinated olives, tapenade, chillie jam etc. This has grown to having a stall at local markets every Saturday and Sunday in the year!

They originally came from Calabria. She was only 21 when she came over here by boat in 1971 with two young children and Paul. They now have a grown-up family of four. Paul is 76 and uses some help to pick their olives. He told me they grow many varieties including Frantoio, Calamata, Manzanilla. Their products are all natural with no added chemicals or preservatives and you can always buy their raw olives and have a go at marinating them yourself. They can be contacted on 0488 227 411.



COME TO THE MARKET!!!

