



FOREST HILL HAPPENINGS

No. 12

President: John Bindon

22 September 2021

MOVING FORWARD



The Rotary Club of Forest Hill has a proud record of service to the community in the past forty-six years.

Our membership has aged; therefore, our number one priority is to seek new members in the 50 to 60 age group so that they blend in easier with our existing members.

We are a proud and active club, but we need to look ahead.

Grow Rotary through Each One, Bring One.

Rotary's Action Plan is the bridge between what we are today and what we want and need to be. It is our plan for fulfilling our vision of a world where people unite and take action to create lasting change. Our members, as people of action, are the key to achieving any of the plan's four priorities. So, adding members would allow us to achieve more. RI President Shekhar Mehta is deeply committed to growing and sustaining Rotary membership. As one of his presidential initiatives, Mehta is asking clubs and districts to:

1. Get a commitment from each active Rotaractor or Rotarian to sponsor one new member by 30 June 2022. The Each One, Bring One initiative will help us stay relevant, attract new members, and engage and retain current members and participants.
2. Use public events to remind the public that Rotary and Rotaract clubs serve others and create positive change. Members can bring guests to events like Rotary Days of Service or this year's presidential conferences, where they'll experience the life-changing impact of Rotary.
3. Form an effective membership committee to focus on growth, engagement, and making Rotary accessible to more people. The committee should have processes for finding prospective members, introducing them to current members, inviting them to join, and then offering a clear and useful orientation, fun activities, and Rotary opportunities beyond the club.
4. Diversify Rotary by supporting Rotary's commitment to diversity, equity, and inclusion. By connecting with prospective members and participants from all backgrounds and inviting them to experience Rotary, we will gather an abundance of perspectives, skills, and solutions.

Recognize those who attract new and diverse members and engage and retain those who join. Visit the [Membership Society for New Member Sponsors](#) and celebrate your fellow members who have committed to expanding our reach.

John Bindon.

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

At long last the AFL has learned its lesson and changed their Brownlow Awards night to a Sunday to avoid clashing with this year's RC Forest Hill's Monday night Bindonlow Awards.

Present, we had Glenys Coates, 10 club players, partners Robbie and Judy L, Alice Terrill who is the co-captain of Whitehorse Rotaract club plus our Assistant Coach on the Ground (AG) Catherine Elfick who also coaches other elite local clubs, so she is known by the initials CE (Coach Elite).

For our pre-Awards entertainment, we didn't have a no name band playing a wishy washy version of AC DC's "Long Way to the Top" oh no we had the wonderful Anna Burley to take us on an uplifting journey.

With a wealth of experience behind her, Anna volunteered with "Days for Girls" (DFG), a global Not for Profit organisation.

DFG's aim is to shatter stigmas and limitations for girls and women by creating menstrual equity. Millions in poorer countries have no money, no water, with girls forced out of education and women teachers not able to attend due to their menstrual cycle. Rags and other unhygienic means are used.

The current pandemic has also caused downward issues with funding and supply chains affected. Further issues with refugees and lockdowns. Refugee camps mean a lack of privacy and safety issues.

Negative impacts are millions of lost school days for girls and unfulfilled education.

DFG in 12 years has supplied 2.1 million kits to 144 countries with 115 million schooldays reclaimed plus reduced isolation and risk of infection. A DFG kit is washable, reusable, lasts up to 3 years and is a sustainable solution.

Along with the bag, health education is imparted that teaches a girl that periods are a healthy part of being a woman. DFG has 70,000 volunteers worldwide in 796 Chapters and is a social enterprise in 35 countries.

Doncaster Chapter comes together twice monthly and makes around 1,000 kits per year with them being exported to countries in Asia and Africa.

Social enterprises ensure communities are invested in meeting their own needs and so not requiring outside assistance. They also generate income with more women able to gain access.

Red zone countries like Malawi can look after themselves. Orange zones still need support and Blue zones are still open. Anna told us of a real-life story of a girl who now can come to school every day, play sport and lead a life unheard of before DFG.

Educated girls will change the world, be financially independent, pursue careers and not have children at such young ages. Boys and men are also being educated with menstrual health being recognised and lasting changes occurring.

Some DFG gains are that they are stakeholders in some of South Africa, their partnership recognised by the Cambodian Ministry of Education and a whole of country impact in Malawi.

DFG motto is "Every Girl, Everywhere, Period"

Anna expertly fielded questions from a very interested audience and Ron gave our Vote of Thanks.

RC FH Awards night isn't like the AFL Brownlow as it doesn't just recognise the player who racks up easy statistics but recognises excellence in every part of the team.

Captain John told us we need to see players in the 50/60 age group (although Alice was made aware that we would certainly welcome young players like her).

We even recognise how important ex umpire Stuart is to our club and he told us of contacting Emerald club to see if they may like us to be their "lowland" club. We will send a direct donation to the

DFG account to assist their great work. We will order mugs printed with our club details as future speaker gifts and footy tipping winners are to contact Treasurer Warwick so he can transfer their winnings direct to accounts. He thanked RC Nunawading players who joined in the fun.

(On a personal front, the minute taker can vouch for “once an umpire always an umpire” experiencing so many instances of sitting next to Stuart in the MCC members at the MCG and he can see a perceived unrewarded free against one of his Cats from 250 metres away with the appropriate anguished cry, making me try to appear to not know him.)

Our treasurer and captain of our WFM team, Saint Warwick advised we have a few bills to pay including one to Box Hill Institute.

Our on-ball gatherer Glenys as usual has been busy attending a recent half day training session dealing with victimisation of children and another on how to approach alumni as we have (in normal times) so many Youth activities including parents and teachers. Another session informed about RYLA now combining our District 9810 with 9820 and to be at Rawson in Gippsland in January. A well-run seminar. Glenys will email out invites for our annual Youth Achievement awards in a couple of weeks. Glenys has sent off invites to our MUNA representatives for RYLA participation and has also attended five Environment sessions so receives our “I’ve been Everywhere” Award.

AG Catherine has suggested RYLA to her Emerald club but as their Youth budget has already been allocated, she may seek a funded club who wants to participate in RYLA but doesn’t have an applicant.

Our International ruckman and Father Christmas look alike Bob L (B1) attended a Foundation meeting and advised that World Polio Day is to be 24th October. The session also advised that in Afghanistan the Taliban recognise the importance of Rotary’s polio eradication program and so provide security for health workers to administer the program.

Captain John advised that the Whitehorse Citizenship Awards are seeking nominations so any suggestions to John and Catherine suggested why don’t we nominate ourselves in the Community section for all our great work over 46 years with Bill stating that we have provided around \$1.8 million to communities in that time. (Plus, we have been part of the Whitehorse Farmers’ market providing around \$750,000 to the Whitehorse community since inception 16 years ago – minute taker) John has spoken to Forest Hill Chase but difficult given the pandemic and they don’t have a community notice board (but we could offer to donate one says rover Ron)

Full back Bill who also watches our collective backs during zoom sessions advised that any Fellowship (other than zoom of course) is not presently possible to predict. He must know many Donalds, as he often is heard saying “Go Dons!”

Our award-winning rover is Ron who also looks after our program and advised that Ian Teese from Eastern Emergency Relief is speaking next meeting then the two footy diehards, Stu and Bob running (crawling) the footy tipping night on the 4th October and as we will still be in lockdown the remaining speakers need to be confirmed for zoom or live action.

Ron mentioned his current five-foot three height during proceeding plus his love of soccer and Liverpool club, in particular. What you may not know is that as a youngster Ron had a full head of hair, was over six foot tall and kept his mouth closed. However, during his young soccer playing days he loved to head the ball which required you to open your mouth to avoid teeth damage and utter a cry. Plus, in the UK where it always rains the soccer balls were heavy with mud and so after several years of heading the ball Ron now has a very wide part on his head, the constant downward pounding of the heavy ball has impacted his height down to his current status and now he is unable to keep his mouth closed except to change feet.

In the post awards discussion which was also televised, Glenys told us that in the DG training session the suggestion was to try and continue the use of zoom along with our face to face meetings and to publicize our projects with the need for non-Rotary volunteers to assist.

Alice told us that Rotaract presently is not able to actively do much as a team but individually they are trying to take 10,000 steps daily raising funds for Cerebral Palsy. Wonderful.

John Mc, our Back pocket (he is an ex-banker after all), and December craft market Santa, advised that we will cancel our October Craft Market.

Captain John thanked all visitors and wished us a good week ahead.

Demon Bob

PS In addition to our meeting and after the wonderful DFG presentation by Anna highlighting the valuable advantages of girls being educated and the pluses of having water and toilets in schools I think our club should pat our own back for 10 years or so ago supporting the building of a school in South Sudan, complete with a water bore and well for the village and school plus school toilets for students and teachers.

I think back with immense pride to Sam, the young South Sudanese, a “Lost Boy of South Sudan” I employed at Good Shepherd Youth and Family Service and when he asked me if Rotary could build a school in his village in South Sudan, he immediately told me that the school must have 50% girls attend. It also must have water and toilets so the girls and teachers won't miss any days and it would be good if the village can also access the water as currently the women trek miles daily to the nearest river with water containers. All achieved, with now several years after completion, many hundreds of girls and boys, student attendees.

Great work RC Forest Hill.

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

27th September - Ian Teese - “Eastern Emergency Relief”

Meeting Roster

Chairperson: **Bob Laslett**

Vote of Thanks: **John Bindon**

Note taker for Happenings: **John McPhee**

COMING UP

4th October - Bob & Stuart – ‘Footy Fever’

11th October - Leila Ragg – ‘Mitcham Community House’

18th October - Lesley Thomas – ‘Finding Fabulous Over 60’

CELEBRATIONS



Apologies to Barb Searle for prematurely aging her in our last newsletter. Barb's birthday is not for a couple of weeks. This week just celebrate the very flickering, faint light at the end of 'lockdown tunnel'



SPROUTINGS

During lockdown, gardening has been a relaxing and involving activity.

I have increased my strawberry plantings. I replanted the runners and hope to be able to enjoy lots of delicious strawberries during summer.

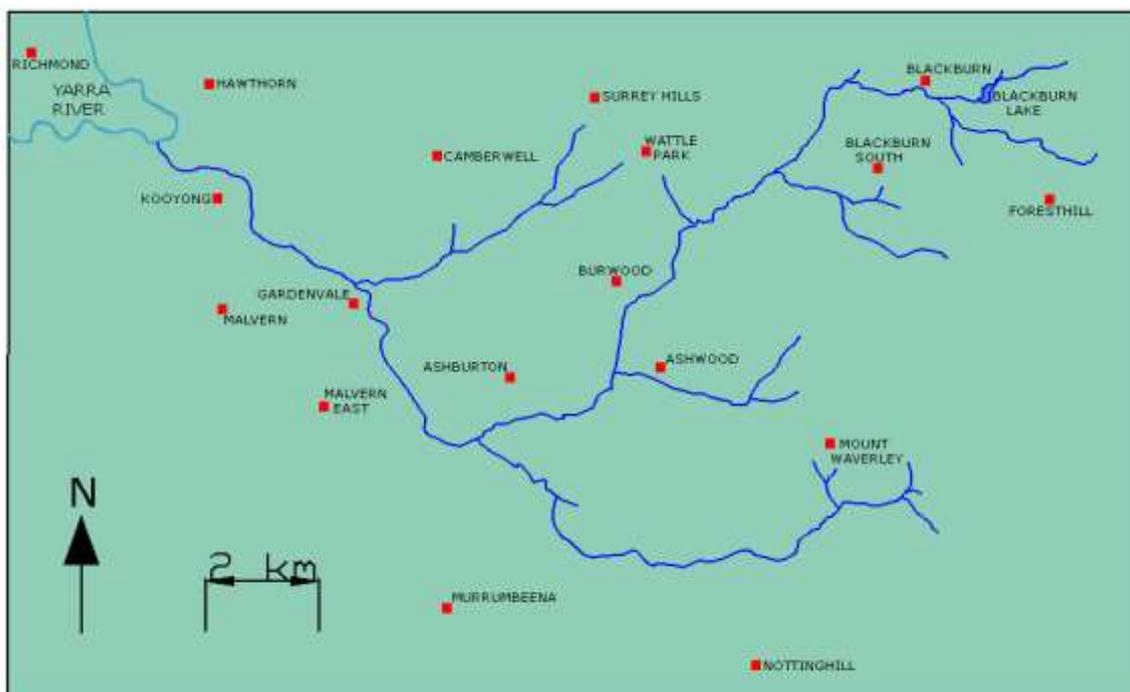
My daphne cuttings are going Ok. I propagated a few cuttings from a very highly perfumed daphne.

Aldi had seeds out so I relented and bought tomatoes, sweet corn and lettuce. I could have 400 lettuce plants. The birds have not eaten the corn seeds – yet, so maybe I will have some cobs later. I hope the tomatoes will be advanced enough to replant on Cup Day.

Stuart (Stuart is a new contributor to Sproutings – hopefully more to come in future editions.)

This week I am letting you know about an exciting new group which has been formed. But first here is a bit of information about our local waterway Gardiners Creek – or Kooyongkoot.

This waterway runs through 12 of our suburbs and 31 parklands. It is being eroded and urbanised, contributing to the loss of much indigenous vegetation and wildlife.



Wikipedia states:

Gardiners Creek, originally known as **Kooyongkoot Creek**, is a waterway in the eastern suburbs of [Melbourne](#), and part of the [Yarra River](#) catchment.

In a few sparse locations remnant [riparian](#) vegetation and bushland survives, however the majority of its length has been heavily [urbanised](#), and the creek has been degraded in much the same way as other Melbourne eastern suburban waterways. The [Gardiners Creek Trail](#) follows the creek for most of its length.

The creek's original name was *Kooyongkoot*, from the [Woiwurrung language](#) of the [indigenous Australian Wurundjeri](#)-Baluk group which translates to 'haunt of the waterfowl'. The creek's current name was given in honour of early Melbourne land speculator and banker, [John Gardiner](#), who settled near the junction of Kooyongkoot Creek and the Yarra River in 1836.

Gardiners Creek is over 30 km (19 mi) in length.

The creek originates in the suburb of [Blackburn](#), where many small creeks and gullies converge around [Blackburn Lake](#). It then flows southwest through [Box Hill South](#), [Burwood](#), and [Ashwood](#). Approximately at its junction with Scotchmans Creek in [Malvern East](#) it turns northwest, then continues through [Ashburton](#), [Glen Iris](#), [Malvern](#), and [Kooyong](#), before finally flowing into the Yarra River in [Hawthorn](#).

https://en.wikipedia.org/wiki/Gardiners_Creek

KOoyongKoot ALLIANCE

- working together for the betterment of the KooyongKoot (Gardiners Creek)

By Su Dempsey,

Annual Report, Blackburn Lake Sanctuary.

The KooyongKoot Alliance sprung into life in the depths of the 2020 Covid-19 winter.

It started as a Zoom meeting with Friends Groups from the Gardiners Creek (KooyongKoot) catchment, leaders from other Yarra River tributary catchments and your Yarra Riverkeeper.

It ended with a common bond to work together for the betterment of the KooyongKoot.

There are now 17 Groups* and they have formed a strategic alliance with the Yarra Riverkeeper Association, to collectively act as a voice for the Creek.



By working together, the Alliance has a strong, independent and influential voice.

The Blackburn Lake Advisory Committee attended the initial Alliance meeting, and decided that it would benefit the KooyongKoot group to be involved.

***I note there are about four Rotary clubs already involved in supporting the creek, and Rotarians are already attending this Alliance group.**

The information you see above is from the Blackburn Lake Sanctuary Annual Report.

Our club was mentioned among the groups assisting the Sanctuary. They are:

Friends of Blackburn Lake Sanctuary, Blackburn Lions, FNCV

Rotary Clubs Box Hill, Nunawading & Forest Hill

Melbourne Water, Yarra Valley Water Mitcham
CMA Pty Ltd Blackburn
Deakin University students, Local Primary and Secondary Schools

If you would like to help on an individual basis, walk around the lake and pick up any rubbish – it will be greatly appreciated.

Until next week, *Glenys*

Scan Me



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!!!

