



MEMBERSHIP NIGHT

MONDAY 16TH NOVEMBER

Delivered by ZOOM even if restrictions are lifted.

Rotarians are asked to encourage their sons, daughters, neighbours, their accountant, doctor or solicitor, grandkid's teachers, the couple they see on their daily walk, to come and listen to the speakers. Or, anyone else!!

Come on, we need members and this is one way to help our club.

OK, who is speaking? Well, it will either be someone talking about stem cell research, or someone talking about testing for matching for organ transplants, or, if we are very lucky, it might be both.

Please give contact details of names and email addresses of attendees to John Bindon or Warwick Stott.

FROM THE PRESIDENT'S DESK

Firstly, I want to apologise to all for not making it to Monday's meeting. I had been looking forward to it but due to the culmination of events over the week I was struggling to cope. It happens to all of us from time to time and I am not afraid to admit that I was overwhelmed by events.

My tipping point came when I found out my cousin Daphne who I am a carer for was admitted to ICU at the Alfred. Daphne is 70 and has numerous different health issues and because of intellectual challenges was unable to effectively communicate how she was feeling. I was confronted with the sad reality that I couldn't be there to help her understand what was happening and that this was another health issue she had to handle. I am the prime contact between the hospital and the family with my phone going off at all hours.

I realised fairly quickly I needed to get help. Fortunately, I am blessed with good friends I could talk to. My Bubble Buddy Tash (Crash Test Tash) suggested we get together for some art therapy. And it has helped. Importantly for all of us is that there is help out there for everyone. In my case it was with good friends but other types of help are readily available.

You just need to reach out.

On a brighter note, I received a lovely thank you note from Alma. She was thanking us for the lovely welcome last week. While she is aware that we face lockdown limitations she encourages us to go forward and plan for the future and do what we can at the present. As she mentioned in her presentation, she encourages us to look for ideas and projects on the numerous Rotary sites. She congratulates us on our use of technology and our plans to expand our club. Alma also thanked us for our ongoing support of End Polio.

She wishes us all a happy club anniversary and continued progress.

Have a good week.

Sue

MEETING REPORT & GUEST SPEAKER

We had a great turn up for our Zoom meeting. Our guest speaker was Wendy Moore, AO. It was great to have joining us- Judy Marsh, Judy Laslett, Glenys Coates and Robbie Brooks. Glenys Grant chaired the meeting. I think Glenys might vote for all zoom meetings; she was relaxed, not up-tight and enjoyed the experience as much as we enjoyed having her in the chair. President Sue was unable to join us as a close relative is struggling.

Wendy went to Nepal as a teenager for a family holiday. She connected with this small country and has been back approx. 30 times. Her husband has worked in hospitals there and Wendy has been on a colorful journey in this beautiful and challenging country to make a difference in, and to, the lives of the Nepalese women. Wendy explained that culturally the women are dependent on the men. Women have little autonomy and there is a community tolerance of violence toward women. Many marriages are arranged and often can be loving relationships and not just a business transaction. Away from the cities bigamy is still practiced widely, although it is illegal.

Wendy and some of her friends realized that rescuing women is not enough. If they have been sex trafficked, or in abusive relationships, they are seen by many as 'soiled property.' To have a successful life the women needed skills. They set up an organization – SAMUNNAT. They now have a couple of buildings- which gives them a presence- and a board of management that consists of 70% local women. Some of the things they do are: Teach the women their rights, give them a sustainable way to earn a living, find resources and companionship, provide accommodation and offer child-care, an area for tailoring, meeting areas and a large polymer workshop. They offer micro-credit and very specially they are connecting with peoples' creativity.

We have community houses and this environment is similar, but so different. An appropriate sign at the top of the bus steps reads- "Oh my god, save me." People are prepared to walk 3 days to get to a hospital.

Wendy is an accomplished Polymer artist and through her work she hopes that the local Nepalese women see themselves as artists – not victims. They get their Polymer clay from USA. It is heated and then moulded. Many of the beads are extremely colourful. The jewelry is available in a few places in Victoria.

It was my pleasure to thank Wendy for a very special presentation. She truly opened our eyes to the amazing efforts that Samunnat has been able to achieve. Unfortunately, we zoomed out a minute or two early. Fortunately, we rejoined and finished a great presentation. Thanks Ron, for another special evening.

In our Club Meeting we were informed that there will be a special zoom membership night on 16 November.

The second Sunday in October – the 11th... there will be a Whitehorse Farmers' Market.

On 9 November – we will have an International Committee speaker.

We will present our Youth awards this year, but not on zoom or at a dinner meeting. Arrangements will be confirmed later.

We are all encouraged to submit articles for our ENVIRO Sprouts column.

September is Basic Education and Literacy month.

NEXT MEETING

Our next meeting will be via Zoom (7.00pm) on September 28th when Kerry Pryor will speak to us about a young, abandoned Nepali girl.

Our Club meeting will follow at 7.40pm. A brief Board Meeting will follow.

A link to join the meeting is included below.

Contact me if you have any problems – 0417 369 343

Join RCFH Guest Speaker Zoom Meeting – 7.00pm. Club Meeting – 7.40pm
<https://us04web.zoom.us/j/7023517430?pwd=MUwyREFUWUcwS0dXVEh1dURSK3c4QT09>

COMING UP

28 th September	Kerry Pryor – The Journey of a Young, Abandoned Nepali Girl. Chair: Ron Brooks	Report & Thanks: Sue Ballard
5 th October	Pat Armstrong Chair: Bill Marsh	Report & Thanks: Ray Smith
12 th October	Lift the Lid – Hat Night Chair: Sue Ballard	Report: Bob Laslett

CELEBRATIONS

Happy Birthday to Chris Tuck, welcome home from hospital and take it easy on the farm.



SPROUTINGS



Coles and Woolworths have soft plastics Recycle bins

They will accept the Following:

YES PLEASE!

- Biscuit packets (outer wrapper only)
- Bread bags (without the tie)
- Bubble wrap (large sheets cut into A3 size pieces)
- Cat and dog food pouches (as clean and dry as possible)
- Cellophane from bunches of flowers (cut into A3 size pieces)
- Cereal box liners
- Chip and cracker packets (silver lined)
- Chocolate and snack bar wrappers
- **Cling film - GLAD, COLES HOME brand and WOOLWORTHS Essentials Home brand ONLY**

- Confectionery bags
- **Document sleeves (remove the white reinforcement strip along the holes)**
- Dry pet food bags
- Fresh produce bags
- Frozen food bags
- Green bags (Polypropylene Bags)
- Ice cream wrappers
- Large sheets of plastic that furniture comes wrapped in (cut into A3 size pieces)
- Netting produce bags (any metal clips removed)
- Newspaper and magazine wrap
- Pasta bags
- Pet food bags (chaff/horse/chicken) - both the plastic and woven polypropylene types (but not woven nylon). Cut into A3 size pieces and shake free of as much product as possible
- Plastic Australia Post satchels
- Plastic carrier bags from all stores
- Plastic film wrap from grocery items such as nappies and toilet paper
- Plastic sachets
- Potting mix and compost bags - both the plastic and woven polypropylene types (cut into A3 size pieces and free of as much product as possible)
- Rice bags - both plastic and the woven type (if large, cut into A3 size pieces)
- Snap lock bags / zip lock bags
- Squeeze pouches with lid on (e.g. yogurt/baby food)
- Wine/water bladders - clear plastic ones only

Please make sure your plastic is dry and as empty as possible.

This list is courtesy of Bill and Judy Marsh's friend Corry. Thank you, Folks.

INTERNATIONAL

Virtual Conference



Now we just have to get rid of that one little red spot!!! We are so near!

With over 1000 others from around the globe, Judy and I were fortunate over the weekend to attend 2 days of Rotary highlights in Alice Springs(virtually). We were inspired by both local and international Rotary leaders including the first woman nominated to be Rotary International President and the first woman from Australia soon to be a Rotary Director. We were challenged by innovative projects that occurred despite COVID restrictions, views of what Rotary might look like in the future and updates on where Rotary is now in Australia, NZ and the Pacific. The proceedings will be available shortly for all to see on the Zone 8 website- I will keep you posted when you can access them. Next year this conference will be held from 8-10 September and the conference chair is PDG Carol Lawton.



FOOTY TIPPING

KICKGOALS20--Footy Tipping Financial Payouts

Payments made to weekly winners who picked 9 before season disrupted.

Gabby ----- \$24

Melanie... -----\$5

We had 23 participants who paid \$30	\$690
Less \$7 of each \$30 to Hope Katolo	...	\$161
Less our Nine pickers		\$29
Remainder for winners' pool		\$500

With the disjointed season we had to discontinue 9 pickers part way through so decided to increase our year end winners to 10 as below:-

1st -28%, 2nd -19%, 3rd -11%, 4th -9%, 5th -8%, 6th -7%, 7th -6%, 8th -5%, 9th 4%, 10th 3%

1. Score 111	Bob Williams	\$139
2. " 110	Sybil Yardin	\$65
3. " 110	Gabby Knaepple	\$65
4. " 110	Warwick Stott	\$65
5. " 109	Barbara Williams	\$40
6. " 106	Bob Laslett	\$35
7. " 105	Candice Fergus	\$28
8. " 105	Dana Roles	\$28
9. 103	Lachlan Williams	\$20
10..... 102	Judith Eadon	\$15
		<hr/>
		\$500

Thanks for being part of the Rotary Club of Forest Hill's competition. We enjoyed having you participate. Hope Katolo thanks you for assisting them. Good luck to your team if they made the finals.

Thanks, Stuart Williams—Administrator.

BLACKBURN MARKET – TRADER OF THE MONTH

Dawn's Flowers

Dawn Hooton has been a regular at the Blackburn Craft Market from the very beginning. If you want her plants you have to come to our market as she sells nowhere else. Dawn lives in Forest Hill and propagates every plant herself from her own seeds or cuttings. Her love of flowers and gardening started as a young girl when her father bought her a packet of Fuchsia seeds..... it has been her hobby ever since. It's amazing looking at the large healthy specimens of evergreen perennials such as the fuchsias, ferns, and pelargoniums she sells with long flowering periods all at very reasonable prices.

