



FOREST HILL HAPPENINGS

No. 15

President: John Bindon

13 October 2021

MOVING FORWARD



These past twelve months have been the experience of a lifetime. Thank you for the opportunity to be your president.

As COVID-19 reached around the globe, we found ourselves in a world turned upside down. In turn, we have had to connect in ways we could never have imagined. We have been tested in our ability to adapt. And yet, we have persevered.

I have witnessed members of the club act to care for humanity amid the coronavirus pandemic, locally and globally.

Every day, but particularly during this pandemic, we have demonstrated the Rotary motto, "Service above self." I have been amazed, inspired, and humbled by all of you within the family of Rotary.

Indeed, I would say that during this Rotary year we have been transformed, we found new ways to make the lives of others better, new ways to move forward together.

And, together, we will continue to grow Rotary so that we may increase our gift of Rotary to our local and global communities.

I will always remember and treasure our shared journey, as Rotary Connected the World!

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

Guest Speaker **Ken Maxfield**: Topic- '**Camp Getaway**'

Ken was introduced by Chairman, Bill Marsh. We heard that 43 Years ago Ken Maxfield and Bob Laslett joined the RCFH. Ken has had a number of Rotary moves and these included Gisborne, North Balwyn and Yea. He has been a member of both District 9790 and 9800. His focus has always been on The Rotary Foundation and special needs children.

Ken firstly gave us a brief history of **Camp Getaway**.

1948: The Camp at Axedale was created by the Rotary Club of Bendigo as a youth camp. It was very basic and was initially open only to small groups.

1959: an outdoor chapel was added by the YMCA

1961: A recreational hall was included.

1968-69: a new dining hall was added at a total cost of \$8,700 (half funded by a Government Grant).

1971: power, phone and a septic system were installed.

The camp has undergone a number of changes, thanks mainly to Rotarians and volunteers from District 9800, although many other groups have also helped.

Camp Getaway now includes modern dormitory style accommodation, a number of two-bedroom units along with a kitchen, dining room, lounge and games room.

It caters for those with mobility issues and other needs and provides a meeting place for support groups. Disability and related groups have booking priority, but Camp Getaway also gets bookings from family, church and other groups.

Located in Axedale in Victoria, about 15 minutes from Bendigo, the camp received a huge makeover in recent years. Thousands of voluntary hours went into redeveloping the site to create self-contained units with full disabled amenities. and two modern dormitories.

The facilities at Camp Getaway continue to develop and are purpose built. It now sleeps 70 in three cabins and two dormitories. Toilets, showers, doorways and pathways are wheelchair accessible.

There are also rooms for carers or support staff.

Recently a large professional kitchen was added to the sleeping accommodation, games area, dining room and lounge.

Outdoors there is a BBQ area, oval, basketball and tennis courts, outdoor chapel, children's playground, nine-hole mini golf course (suitable for people with disabilities) and a safety trampoline.

Camp Getaway is the result of concerted fundraising and physical efforts by a number of Rotary clubs across Victoria, along with some government funding.

It is a valuable, continuing project of the combined Rotary Clubs of District 9800.

A number of questions were asked and the vote of thanks was given by Bob Laslett.

Club meeting:

President John Bindon opened the club meeting, proposing two toasts: to Australia and to Rotary International.

The President's opening remarks were centred around how Rotary's motto of 'Service above Self' had been utilised many, many times over the past two years.

Reports

Secretary: Stuart Williams showed members one of the 20 inscribed mugs he has purchased for Speakers. The mental health wallet will be added to Facebook.

International / Foundation: Director Bob Laslett: October 24 is World Polio Day.

Vocational: Director Barbara Searle (in absentia) reported that the 100 year anniversary project Eastern Health video has been released.

Community: Director John Bindon: Scope has requested financial assistance for a ramp (to be discussed at Board). Also, details of the RC Mitcham dinner on November 28 are yet to be finalised.

Youth Director Glenys Grant: after attending the District webinars on RYLA and Alumni a club sponsored MUNA winner was approached and interviewed for RYLA. His application is pending.

YAA – five primary schools have expressed interest so far and asked if we could present at their school assemblies in December as per last year, if restrictions permit. Bob Williams has acquired 12 Bendigo Bank bags to hold the students' framed awards and certificates.

A long-term supporter, Burwood Heights Principal Esther Wood, has, in recent years, been awarded an OAM and also Victorian Primary School Principal of the year.

Environment: Director Glenys Grant: Environment has been running for more than 12 months now. There have been positive comments from other clubs about the Environment column, 'Sproutings'.

Markets: John McPhee – Blackburn Market is expected to be held in November. QR codes will be needed.

Treasurer: Warwick Stott & Bob Williams: the Whitehorse market had 55 stall holders and raised close to \$7000 for the day.

Next month the square reader will be required for the egg and bacon stand. Warwick will soon approach members to participate.

Program: Ron Brooks commented on the program for the next three weeks. (see listed under events below). Lesley Thomas from Blackburn Market and Sharon Green from New Zealand are our upcoming speakers.

Ron also mentioned RC Dingley who have collected six kilos of coins.

8.20pm. Meeting closed.

Next meeting: October 18, Board meeting to follow. Please have reports in to Secretary by Friday next.

Glenys Grant

October is Economic & Community Development 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

18th October - Lesley Thomas – 'Finding Fabulous Over 60'

Meeting Roster

Chairperson: **Barb Williams**

Vote of Thanks: **Bill Marsh**

Note taker for Happenings: **Ron Brooks**

COMING UP

25th October - Sharon Crean – 'Super Heroes Don't Wear A Cape'

1st November - No Meeting – Melbourne Cup

8th November - Speaker to be arranged by International Committee

15th November - Selba-Gondoza Luka – 'Afri-Auscare'

CELEBRATIONS



Time to celebrate the rate at which Victorians are stepping up to be vaccinated. Hopefully, before too much longer our days of 'lockdown' will just be a terrible memory.



THE ROTARY FOUNDATION

World Polio Day is October 24.

Let's celebrate it on Monday October 25 by wearing a funny hat.

The end is in sight.

Bob Laslett

EASTERN HEALTH WALLET UPDATE

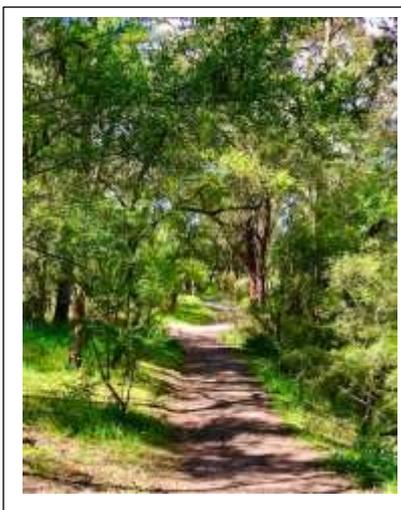
Check out the link below.

https://www.youtube.com/watch?v=fxcSyMQtq_E&t=6s

Sue Ballard

SPROUTINGS

Bushwalking –how to ensure minimal environmental impact.



Today it's beautiful and sunny. On a day like this do your thoughts turn to getting out in the bush? Perhaps you want to do some camping or bushwalking? We all know that walking, particularly in the outdoors, improves fitness, mental health, is fun and a great social activity for all ages.

In this article we discuss bushwalking in Victoria and also how to lessen your environmental impact on the bush.

The best way to start, if you are not an experienced bushwalker, is with a club. Here is some information about how to be involved- either as a participant or a volunteer.

The Bushwalking Victoria website lists its clubs alphabetically. It offers information on safety, how to handle emergencies, insurance, a bushwalking manual, trails and how to best enjoy your time in the bush. The 60 affiliated clubs vary in size from over 200 to about 30 members. They also vary in

activities, like training in first aid and leadership skills, backpacking, camping, base camps, cycling, day walks etc.

Local clubs you may be interested in contacting include Waverley, Koonung, Croydon, Boroondara and Maroondah

<https://bushwalkingvictoria.org.au/alphaindex/club-directory-2/w>



Our aim is to encourage and enable people to go bushwalking in beautiful places in Victoria, Australia.

<https://bushwalking Victoria.org.au>

2021: Bushwalking Victoria represents all bushwalkers in Victoria, Australia. They have over 60 affiliated member bushwalking clubs and many associated member organisations who offer bushwalking amongst other outdoor activities. They also have dedicated individual supporter members who volunteer for a Bushwalking Tracks and Conservation Team (BTAC) or for the Bush Search and Rescue Team (BSAR). Collectively, they represent 8,000 members and 250,000 bushwalkers actively engaged in outdoor recreation.

Bushwalking Victoria is a not-for-profit organisation run by volunteers.

“Leave only footprints and take only photos”

No one seems to be sure who said that – but it can apply to our natural habitat forever. All of us are responsible for protecting natural areas and minimising the impact of our visits.

You may decide to go bush alone, or in a family group. The following minimal impact strategies and techniques can be used by bushwalkers, campers, etc – in fact by anyone enjoying our wonderful bushland.

Below are listed the headings to sections in the Environment Minimal Impact Bushwalking manual. The link to more information is listed below. Many tips you will know, but this could be useful to refresh your memory.

- [Transport for bushwalking trips](#)
- [Plan to minimise impact](#)
- [Keep to tracks](#)
- [Off track routes](#)
- [Use existing campsites](#)
- [Protect flora and fauna](#)
- [Avoid spreading weeds and pathogens](#)
- [Protect creeks and lakes](#)
- [Disposal of toilet wastes](#)
- [Use a stove for cooking](#)
- [Campfires and fireplaces](#)
- [Carry out all rubbish](#)
- [References and external links](#)



<https://bushwalkingmanual.org.au/environment/minimal-impact-bushwalking>

At Blackburn Lake Sanctuary the natural bushland is feeling the impact of COVID19 – so many visitors, so much damage to sensitive areas. So, here are just a couple of the published tips for camping or bushwalking.

- **Check that all clothing and equipment is disinfected before leaving home**
- **Research where you are going & consider the sensitivity of locations** when planning a trip. Some examples of fragile environments include sphagnum bogs, button grass plains and rainforests. Access may be restricted to some fragile environments in National Parks. Off track walking may not be allowed or sensitive areas may be closed. Respect this.

- **Keep the group size small** to place less pressure on tracks and campsites. Spread out in sensitive areas to disperse the impact on plants and soils and stay on rocks and hard surfaces.
- **Use established campsites wherever possible** or a clearing with firm and level ground. Do not trample or remove vegetation to create or extend a campsite.
- **Leave campsites in the same or better condition than on arrival.** Remove rubbish left by others. Plan your trip to minimise rubbish. Avoid taking unnecessary packaging, bottles, tins and aluminium foil. Take sealable plastic bags for waste and take them home.
- **Carry out all rubbish including food scraps.** It is not acceptable practice to burn or bury rubbish. Do not leave anything behind thinking it is natural or biodegradable.
- **Camp at least 30m from watercourses and lakes** when possible. Don't pollute Waterways – scatter used water away. Detergents, soaps, sunscreen lotions, insect repellents and toothpastes pollute water and harm aquatic life.

Wash your body and cooking utensils and equipment at least 50 metres from water source to prevent pollutants or infectious microorganisms entering the water. Use sand, grass or a kitchen scourer to clean dishes and utensils. Avoid using soap or detergent. Do not discard food scraps into water supplies.

And, of course, the one we all know: Adhere to all fire regulations for the area.

Thank you to Sue for the following:

Online Bush Food For Beginners with Karen Sutherland



- In this workshop Karen will:
- identify six of the best bush food plants for beginner gardeners In Victoria
 - discuss which plants to Pot V those to plant in the ground
 - share basic information
 - investigate the basics of harvesting bush 'tucker'
 - explore some simple uses for fresh and dried food.

Karen Sutherland has a lifetime of experience in horticulture with a focus on edible and useful plants, with a special focus on Bush Foods and Herbs.

Her business, [Edible Eden Design](#), specialises in gardens for schools and communities.

Karen continues to learn from her own 'garden laboratory' in inner Melbourne, with over 200 edible and useful plants. Her garden, 'Gunya', has been open for many years to the public as part of Open Gardens Victoria and is frequently featured on TV and in various publications.

Online Event Only (Not recorded):

Wednesday 13 October, 2021, 7.30-8.30pm

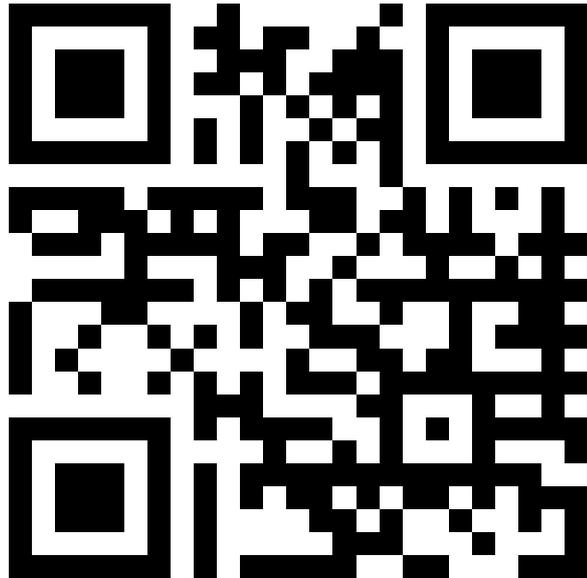
Tickets; \$30. All tickets to be pre-purchased via [Trybooking](#).

Ticket purchases strictly close on Wednesday 13 October at midday.

The Zoom invite and notes will be emailed out the afternoon of the event

That's it for this week, *Glenys* .

Scan Me



RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

EARTHFIVE LEATHERWORKS

The **Earthfive** leatherworks stall is operated by Peter Davies who has been a leatherworker since 1969, with a few years in between as a graphic designer.

Peter was telling me, between making made to measure belts for three different customers, that he started his leather journey when he made himself a bag from a goatskin in Kabul in 1969. He was travelling overland from the UK to Australia and wanted to replace the shoulder bag he had. So, he made one! He then made a few more for friends. When he arrived back in Melbourne an old friend heard about his bag making in Kabul and handed him a couple of hides he no longer needed and suddenly this became EARTH Leatherworks in Glenferrie road, Earth II in London when he started travelling again and Earth Three in New York when he moved there. Returning to Australia he had a big workshop employing 10 staff. Now he is on **Earthfive**.

He has been coming to our Blackburn market for more than 4 years. Peter makes shoes, sandals, handbags, purses, wallets, wrist warmers, glasses cases, three legged stools, you name it. He has made leather thigh length boots and helmets for films and the theatre. He will quote on any repairs. He takes credit cards and you can use PayPal. Come and see him at the Blackburn Market or Cockatoo, Mulgrave, or Belgrave markets.

Contact him via his website www.earthfive.com.au by email peter@earthfive.com.au or 0425 713 889



We will be back soon - COME TO THE MARKET!!!

