



FOREST HILL HAPPENINGS

No. 16

President: John Bindon

20 October 2021

MOVING FORWARD

In recent weeks I have reflected on the way this lock down has crept up on us, after coming to expect that everything to do with Covid-19 was under control and lock-down would soon be outdated. Here we are with record numbers of Covid infections and a promise of a number of our restrictions being lifted commencing Friday, 22nd. October.



We should make the most of our time after lock-down in planning for fellowship and new project ideas.

Let us look at 6 simple guidelines for our Rotary Club.

1. These emphasise the importance of genuine friendship amongst Rotarians.
2. The benefits of thinking big and collaborating with other clubs.
3. Embracing globally impactful projects enabled by Rotary's unique structure.
4. Our special responsibility towards youth - the 'citizens of tomorrow'.
5. Striving to understand what Rotary really stands for, its achievements and how it functions.
6. Implores members to constantly consider how Rotary should best respond to the challenges of the times.

And in all that, keeping it simple.

Our centenary year has given us the opportunity to celebrate the major contributions our club has made, and those it continues to make through impactful projects such as the R100 end Hepatitis, Hush Foundation, trauma recovery, ending Trachoma, Rotary Safe Families and vaccinating Pacific Island children.

At our board meeting on 18th. October discussion took place regarding the continuation of the sausage sizzle at the Blackburn Arts and Craft Market. Members are asked to explore every opportunity to find added resources to be able to continue with the sausage sizzle. We require a place for the trailer and its contents to be stored, someone be able to tow the trailer, and assistance is required for setting up and taking down barbecue and marquee.

As well as matters contained in the trailer and its contents, it would be good if we could recruit a couple of volunteers assist with the sausage sizzle.

The future of the sausage sizzle will be reviewed at our November Board meeting on the 22nd.

Pres John Bindon.

October is Mental Health Month.

Mental health is celebrated in October across Australia, and promotes the importance of Mental Health and Wellbeing, and aims to reduce the stigma associated with Mental Health.

Good mental health is more than just the absence of mental illness. It means you are in a state of wellbeing where you feel good and function well in the world.

According to the World Health Organization, good mental health is when you can:

- cope with the normal stress of life
- work productively
- realise your potential
- contribute to the community

If you have good mental health, you might have emotions including happiness, love, joy, and compassion, and you feel satisfied with life.

You are also likely to feel like you belong to a community and are contributing to society.

You might also have a sense of spiritual wellbeing, a sense of meaning or purpose, and feelings of peace.

John Bindon.

MEETING REPORT

Meeting opened at 7pm with Barbara W welcoming everyone, including our guest speaker Lesley Thomas, author of "Finding Fabulous Over 60". Members Sue and Barbara S were absent but Judy L and Robbie were present to listen to the speaker.

Lesley was introduced by Barbara who chaired the meeting. She was a very lively and enthusiastic speaker. She spoke about her childhood, her upbringing, her family life and all her traumas detailed in her honest book which she would like everyone to read to help them in solving their problems.

At 41 she met the "man of her dreams", but she said "it was a "nightmare for both of us". While dating they were on their best behaviour. Then they moved in together and he found out she was an alcoholic and heavy smoker. He stopped her, or tried to. He found fault with everything she did from not crumbing the pork chops to not cutting up the onions small enough and finally telling her she was putting on weight. After four years she left him, she felt like an empty shell.

She had extremely strict parents who demanded instantaneous obedience and lived a regimented life, of fixed time hot and cold morning showers etc. In grade 3 she had an accident, suffered a head injury and spent 18 months in and out of hospital. Her mother told her that her job in life was to marry, have children and do what her husband wanted, so she had no education. She found nicotine and alcohol at 18 and suddenly found relief from all her anxieties. She was very scared of men, married at 23 and by 29 was divorced with 2 children, Kelly, her daughter and Tom, her son. She then spent 11 years on her own with no help and with no education did jobs like cleaning, gardening etc. She tried patches etc but couldn't stop smoking. She tried praying, she had been to countless counsellors, finally in June 2000 a miracle happened. She suddenly stopped smoking, had no need for them. She started going to AA in 2002, actually going to only one meeting in the year but by 2005 was going weekly. She did not drink during the week but drank all the time on weekends. Suddenly on 21st March 2006 another miracle. Something happened. "I stopped drinking. Since that time I have gone through the 12 step recovery programme many times".

She said Acceptance is the answer. I had to become willing to change. I realised it was not the world that needed changing. I had to be willing to forgive others instead of blaming them. If there is something in others you don't like, it is a reflexion on yourself. I told a friend that if she keeps attracting the wrong men then she needs to change first. I hired a personal trainer as I don't like exercise.

Her father died in 2009 and mother in 2015 and has had "communication" with them. She is now convinced that there is life after death so has no fear of dying. People ask her why she did not leave

her relationships earlier but she said when your spirit is crushed and you have co-dependency it is not easy. You also have to decide, do you want to be right or happy.

There were lots of questions and this part of the meeting finished at 7:50pm after Bill had given our official Vote of Thanks.

Her book is a No. 1 best seller on Amazon. She is happy to sell us her \$29.95 book for \$19.95 plus \$5 postage and will sign the books for us.

Are you struggling with an addiction or an unhappy relationship? Are you sick and tired of yoyo dieting and trying to lose weight? In her darkest moments, Lesley Thomas prayed to a Power greater than herself for help. Even though the road was rocky, she based her recovery, weight loss, fitness, and absolutely brilliant sense of wellbeing on those prayers being answered and her path being guided. Lesley shares with you her story: the highs and lows, the ups and downs, and everything in between. It is a story of hope. Hope for a better life, for more acceptance and understanding, for better relationships and a sober life. Lesley also shares her miraculous healings and how, at 68, she has lost weight and become fitter, stronger, healthier, and happier than at any other time in her life. No matter the darkness that you might be feeling right now, this must-read book will show you the way into the light.

Go to her website to order www.findingfabulousover60.com

Club meeting report

Pres John proposed toasts to Australia and to Rotary International then handed over to Barbara W to chair the meeting.

Sec Stuart posed the questions Is the Board relevant? and Why not have the whole club sit in on Board deliberations? as the Board comprises all but 2-3 of our club members. He also told us that there were over 500 visits to our club Facebook in the month.

Treasurer Warwick had nothing to report.

International/Foundation Bob L reported that he had received an email thanking us for our US\$1,000 to Polio Plus as with all the multipliers in place it translated to US\$9,000 going to the fund which would supply 3,000 doses of polio vaccine.

Vocational Barbara S passed on the message that she had nothing to report

Community John B said he was awaiting costs for the portable ramp from SCOPE and NADRASCA have requested funds for their farm.

Youth & Environment Glenys reported that the RC of Rowville-Lysterfield have started up an environment satellite club in addition to their business satellite club.

Markets: John McP said the November Blackburn Craft market would go ahead. Pres John told us that David Tolstrup and Michael Jacobs were speaking at the Presidents meeting Fri 22nd Oct to update everyone on conduct at the markets.

Markets: Warwick said he still needed some people for the November WFM which Forest Hill is manning (personing?).

Programme: Ron told us that next week, Sharon Crean would be Zooming in from New Zealand to talk to us about the work she and her husband have been doing in Kenya. The following week there is no meeting because of the Melbourne Cup. Then, Selba-Gondoza Luka (Charter Member Rotary Passport of Melbourne) will speak on 15th Nov on Afri-Auscare (Zoom or Face to Face depending on Bucatini and the club members choice).

The meeting then closed without a Fellowship session because of time and the fact that a Board meeting was next.

Ron Brooks

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.

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

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

Meeting Roster

Chairperson: **Ron Brooks**

Vote of Thanks: **Stuart Williams**

Note taker for Happenings: **Bob Williams**

COMING UP

1st November - No Meeting – Melbourne Cup

8th November - Potential Bucatini Dinner

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

CELEBRATIONS



We are coming out of lockdown. It is time to enjoy but remember, COVID has not gone away. Simple precautions are still needed to keep us all safe. If you haven't already, get vaccinated. It will help protect us all.



BRIEF BOARD NOTES

Fantastic news-- we have a name to put to the club at our AGM in November as Club President 22/23.

We will fund a portable ramp for Scope- \$750

We are sending Thomas White to RYLA

We are searching for a place to store our club trailer. Our sausage sizzle will cease after our December market unless we can store the trailer.

The club is funding a Multi-purpose Room at Hope Katolo Nursery School. We will provide \$13,113 in instalments.

Our club sent US\$1,000 to the End Polio campaign. Through the matching grant money programs that Rotary utilises that amount finishes up as a US\$9,000. That will enable 3,000 children to receive the Polio vaccine. A wonderful result.

(This year only 2 cases of polio have been confirmed in the world. It was 375,000 cases when we started this wonderful project).

THE ROTARY FOUNDATION

On behalf of our District's support of the End Polio Now campaign I thank you for your Club's contribution to the campaign to help eradicate Polio.

Forest Hill is #5 on our list of contributors for this Rotary year.

Your \$USD1000 is matched by District 9810 and another \$USD1000 comes from the World Fund.

This totals \$USD3000 and that figure is matched 2:1 by the Gates Foundation.

Therefore, Forest Hill's contribution of \$USD1000 turns into \$USD9000.

Not a bad return on investment.

When you consider it costs around \$USD3.00 to vaccinate a child this generosity will enable 3000 children to receive a dose of vaccine.

Greg King

These are the two questions that we are asked most often:

- how confident are we that there are not large numbers of **wild** polio cases that are going unreported, especially in inaccessible areas?
- is the new nOPV2 vaccine the 'silver bullet' we've been waiting for to eradicate circulating **vaccine-derived** polio, and is it available in adequate volume

On the first question, there are major surveillance reviews taking place in Afghanistan and Pakistan to answer just that question. The Pakistan review includes up to 20 experts that have travelled there to fan out across the country to analyse the system and data. For Afghanistan, it will be a major desk review. However, even during the ban on immunization in several provinces, surveillance continued, and the program could test both specimens from children and environmental surveillance sites...and still no wild poliovirus. During the upheaval in Afghanistan over the summer, surveillance continued and 87% of WHO staff remained in the field to do the work.

On the second question, it is a bit too soon to know if the new vaccine is a silver bullet. Only seven countries have used it but we have not seen any breakthrough transmission so far, which is good! This year there have been 345 cases of circulating vaccine-derived poliovirus and 187 of those are in

Nigeria. The Nigeria Polio Emergency Operation Centre had been repurposed for COVID but, given the cVDPV2 situation it is now focused on polio. Outside of Nigeria the trend globally is positive.

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

SPROUTINGS



October is Spring weather and the time to get outside and participate in environmental projects.

It's also Mental Health month and if you are feeling anxious after the lockdown marathon this is the time to enjoy the outdoors – and relax.

There are two exciting Citizen Science projects on **NOW**. They are the **Aussie Backyard Bird Count** and the **Great Southern Bioblitz**. Here is a bit more information about these two projects and how you can take part.

Keep reading because there are some details from the ESRAG webinar tonight on how to become a **Rotary Citizen Scientist**, why, where and what is happening in the way of projects, especially in Rotary.

Aussie Backyard Bird Count – October 18–24 2021

Information from Whitehorse Council

'Larry' the Rainbow Lorikeet-

Looking a bit ruffled at nesting time..



Taking part in the Aussie Backyard Bird Count is easy! Just spend 20 minutes in your favourite outdoor space and tell us about the birds you see during that period. You can submit your results using the app or the web form. Every count helps.

How to get involved

The #AussieBirdCount is a great way to connect with the birds whether in a suburban backyard, a local park, a patch of forest, on the beach, or the main street of town.

You can count as many times as you like over the week, we just ask that each count is completed over a 20-minute period. The data collected assists BirdLife Australia in understanding more about the birds that live where people live.

<https://aussiebirdcount.org.au> For more information on how to take part, head to the [Frequently Asked Questions page](#).

One frequently asked question is **What if I can't identify some of the birds?**

There is a Field Guide/Bird Finder built into the app and on the website to help you identify birds. When looking at the bird try to note its size, shape and colour. This will allow the app to give you the most accurate choices.

It's easy, fun and helps scientists know what is happening in the bird world.

Great Southern Bioblitz- October 22-25, 2021.

Connect with nature while helping Scientists study and protect native plants and animals.

A 'bioblitz' is a period of intense biological surveying in an attempt to find and record as many species as possible. Over four days in October, the community is asked to help document native plants and animals across Whitehorse.



To get involved, download the iNaturalist app, and from October 22-25, find wild plants and animals, take a picture and upload it to the app.

October is a great time to explore our local parks and reserves. Spring is in full swing: flowers are blooming, insects are emerging, baby birds are hatching and reptiles are coming out of hibernation.

The Great Southern Bioblitz will showcase the huge array of native plants and animals across Whitehorse. This event is a COVID-safe activity - you can take photos of wildlife from your own backyard or take a walk in the park to get some exercise while snapping pictures of plants and animals.

Whitehorse have access to parks and reserves within 10km of their

And you won't be alone doing this: **154 cities, 12 countries and three continents are involved!**

Experts are on hand to help identify the wildlife in your photos after you upload them to the app.

More information greatsouthernbioblitz.wixsite.com/website

Report on ESRAG webinar:

Tues Oct 19, 7.30pm.

Citizen Science-Dr Jennifer Loder

Dr Jennifer Loder, Australian Citizen Science Association (ACSA) & Director Community Partnerships, Great Barrier Reef (GBR) Foundation, spoke about opportunities for Rotary members participation in research and action.

She gave an introduction into the growing field of citizen science, explaining how it contributes an immense amount to the global "body of knowledge" findings on our natural environment.



A considerable amount of information – new to the world – is being made possible by people who aren't scientists. They simply are interested and willing to get involved.

Jenn's research is aimed at preserving the GBR – and she strongly feels citizen scientists can play a vital role in this. Public participation and collaboration is, more and more, being used in scientific research with the aim of increasing knowledge.

She listed some of these Citizen Scientist contributions to the GBR:

- **1.3M data points collected through over 500 field days.**
- **14,167 engagements with community members**
- **122 information exchange initiatives**
- **12 Govt or Management policy changes or action.**

The data uses and project impact have contributed to wildlife management; driven community advocacy; and enabled policy and management change.

It has supplemented AIMS Coral data to two regions, addressed gaps in water quality data, and is currently being used for the first mangrove condition assessment.

Jenn explained two exciting new opportunities to get involved with her research-including one to analyse reef images online as part of the Great Reef Census 2022.

Jenn then told us about some of the Victoria post bushfire citizen science projects:

- **Mallacoota after the Fire** – *Collecting observations of flora and fauna in the area over a three years regeneration period.*
- **Vic Bushfire Emergency Biodiversity Rescue**- *collect observations for Vic Dept Environment, Land, Water and Planning's project to collate all available species populations occurrence and density information.*



If anyone is looking for a Rotary Club Project, Jenn suggests they google

[Australian Citizen Science Association](#) and [Atlas of Living Australia](#) where there is a project finder – you can search by location, field of interest, and type of science involved.

The ESRAG meeting ended with a number of questions being asked.

We then broke into small thinktank groups for 10 minutes. When we re-convened many suggestions were tabled. It was a great session with about 60 enthusiastic participants.

Not to be missed – even if it is now nearly 1.00am and I'm just writing it up!

So that's it until next week – where you can read about the project

'Carbon Neutral Bunnings Sausage Sizzles.....

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!!!

