

# FOREST HILL HAPPENINGS

No. 21

President: John Bindon

01 December 2021

## MOVING FORWARD



On Friday evening I attended the District Annual General Meeting, which was followed by the Presidents' meeting.

It is interesting to note the district funds showed an operating surplus, of \$26,545 ending 30th of June 2021. The surplus was distributed by, \$10,000 to the Emergency Relief Fund and \$16,745 to the District Development Fund.

The appointment of the District Governor 2023 – 24 was approved, and that Ian Ballantine of the Rotary Club of Bentley Moorabbin Central, to serve as District Governor.

Now that restrictions have eased and community life is opening, it is a chance to reconnect with friends and family and reengage in the fantastic community in which we serve.

The fact that it coincides with the start of summer, warmer weather and the fun of the festive season is just a bonus!

The cluster clubs of Belgrave, Monbulk, and District, Emerald and District have banded together to stage the "Rotary Storm Recovery Festival" on Sunday, 27 February 2022 at the Monbulk Recreation Reserves, Moore's Road Monbulk. Other clubs within the district are asked to support this event.

Our main drive for our club in 2022 is to attract new members who would enjoy helping the local community while enjoying fellowship within the Organisation called Rotary.

On Sunday 28th Nov. six club members along with six members from the Mitcham Rotary Club, joining together to prepare, cook, and serve meals for the vulnerable, homeless, disadvantaged or socially isolated, people of Mitcham and surrounding community members with a hot meal on behalf of "Kitchen Community Meals" which provides this service every Sunday evening, in which 60 odd meals are prepared.

It proved to be a wonderful project with two clubs working together and providing this very necessary service to the community.

*John Bindon*

## MEETING REPORT

It was wonderful to have the full club present. The Chairman was Bob Williams. Pres. John opened with toasts to RI, and Australia. John spoke about our club involvement in the Sunday night meal at All- Saints Anglican Church, Mitcham. There were members of RC of Mitcham and six from our club, Bob and Barb Williams, Glenys Grant, Sue Ballard, John Bindon and Stuart Williams. It was a wonderful experience to prepare and serve a meal to almost 75 disadvantaged people. John also encouraged each committee to put reports into Happenings.

Reports: Sec. Stuart - Merle Smith keen to still be involved with our club.

Treasurer: Warwick - Organised the volunteers for the December WFM.

Intern/ Foundation: Bob Laslett - Giving Tuesday is 30 November- a chance to donate to the Rotary Foundation.

Vocational: Nothing to report.

Community: John Bindon: Sunday dinner a wonderful project. John picked up a lot of historical items from Merle Smith.

Rotary /Australia Centenary project: Sue reported that they assembled kits at EERN.

Youth/ Enviro: Glenys -The citations were recorded this afternoon. Bill has produced the certificates.

Markets: WFM - shifts all filled. John will request volunteers at our next meeting. Santa will attend our craft market.

Program: Ron reported on the next two programs. We will have a Christmas message at our Christmas meeting.

Stuart gave a detailed report on our Sunday dinner activity. Surely humanity in action. The disadvantaged people expressed their gratitude for our efforts. Most of the food came from Foodbank. A baker donated bread rolls. A van arrived that had washing machines and dryers in it. People could have their clothes washed and dried while they had their 2-course meal. It was direct-action, hands-on service at its best.

Barbara Williams reported on the RYDA day at Leongatha Secondary College. Bob and Barbara volunteered. Normally they would have 70 students- this day - only 18. They worked with Anton, the new Vic/ Tasmania coordinator. John Elliott, the Australian coordinator, based in Sydney, joined them.

Our Sgt. at Arms, Bob W. ran a fun session and raised \$39.65.

Our guest speaker was Alan Lunghusen, from RC of Rowville- Lysterfield.

Alan spoke about a RAWCS 2015-16 project: Kiriwina Aid Project... Papua New Guinea. Alan personally drove this project and made 12 visits to this small island off the northern side of Papua-New Guinea... actually a coral atoll. 98% of the people fish in dug-out canoes. Their main food is Yams. This place was a basic village ... almost a place left alone by the modern world. Alan's project received a global Grant - in conjunction with the Rotary Club of Port Moresby. They originally had four objectives.

Hospital Beds

A water supply for the hospital

A composting toilet at the Primary school

A wood-working workshop to build school desks.

The project was worth \$165,000. Alan told of the challenges getting loaded containers up there. The first container contained hospital beds, the second 1,700 items including compostable toilets. They wanted to build desks, because all the children sat on a concrete floor all day at school.

Later, it was realised the hospital had run out of medicine. It took months to get \$20,000 of medicine to the village. Barbara Seale asked a powerful question-- What is the future of all the young people on this "forgotten" island?

Alan is also chair of the RAWCS Dandenong Ranges storm damage project. \$102,592 was raised but getting the money out to the community has proved difficult.

Bob Laslett thanked Alan and expressed our thoughts about hearing about "a world we don't know about". The raffle raised \$44. Prizes were won by Bill and Bob L.

*Stuart*



## ROSTER FOR MONDAY 6<sup>TH</sup> DECEMBER.

<b>Greeter:</b>	Barbara Searle
<b>Chairperson:</b>	Sue Ballard
<b>Vote of thanks:</b>	Ron Brooks
<b>Happenings Report:</b>	Glenys Grant
<b>Recorder/Cashier:</b>	Barbara Williams

***Note: Stuart will be liaising with Bucatini. 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.***

Scan Me!



**December is Disease Prevention and Treatment Month**

## NEXT MEETING

6<sup>th</sup> December - Natalie Dymond – 'The Generosity Project'

## COMING UP

13<sup>th</sup> December - Christmas Meeting

17<sup>th</sup> January - Selba Gondoza Luka – 'Afri Auscare'

24<sup>th</sup> January - Club BBQ

## CHRISTMAS HAMPER COLLECTION

Hamper items

Please bring hamper items (see below) either next week (preferable) or the week after for needy people in our local community.

Items include Soft Drink/ Cordial/ Coffee/ Tea/ Long Life Milk/ Tinned Vegetables/ Soup/ Tinned Fruit / Jam/ Tinned Ham/ Tuna/ Pasta Sauce/ Pasta/ Rice/ Spaghetti/ Baked Beans/ Biscuits - Sweet or Savoury/ Lollies/ Chocolates/ Nuts/ Chips/ Christmas Cake/ Pudding/ Mince Pies/ Toiletries/ Toilet Paper

The items will be distributed via Uniting Care in East Burwood

*Bob Laslett*

## CELEBRATIONS



***Congratulations on reaching this point-in-time and still maintaining your sense of perspective and, hopefully, humour.***

***Take care of yourself and those around you.***



## DAYS FOR GIRLS



Anna Burnley spoke at our club in September. We all learned that periods don't stop for Pandemics, and neither did the Doncaster Chapter. The Daisies just continued to work from home to ensure women and girls have the menstrual health solutions they need. Days for Girls International celebrated their 13th birthday last month and the Doncaster group was founded 8 years ago. Robbie started sewing for them 4 years ago. They have now distributed 2.4 million kits worldwide, with Doncaster contributing 6,600 kits.

In 2021 they produced and packed off 300 kits to Sri Lanka, 100 to the Democratic Republic of Congo, 300 to refugees in Somalia, and last week Robbie helped pack their final 100 off. A fantastic effort. They have had financial contributions from the Benevolent Health Eltham Fund, several Rotary sponsorships, a donor who covers our rent, and other regular financial donations with Templestowe Baptist Church provide facilities.

*Ron Brooks*

## RYDA UPDATE

Anton Hockey is the new Program Coordinator for RYDA in Victoria and also looks after South Australia and Tasmania.

He has three young children and so relates well to students and “slightly” older kids, like me.

As he has only recently commenced in the role, John Elliott who is the Australia wide program coordinator drove down from Sydney to help him with his first couple of RYDA days.

Last Monday was at Wonthaggi Secondary where Barb and I assisted with a RYDA day in March, but this time Barb had another engagement, so I spent the day at this lovely new campus for years 10 – 12. With a couple of facilitators unable to attend, both John and Anton took sessions, so we were able to run the usual six sessions for six groups which as usual were well received. The Speed and Stopping sessions were held in the school entrance roadway and the inside sessions were held firstly for two groups at a time with John presenting on the ground floor of the library and the students sitting on steps leading up to the first floor. I spent most of my time sitting near the three first floor rooms where the remaining sessions were run guiding students in and out of sessions and giving the three facilitators “five minutes left” hand signals which I thought more appropriate than two-minute hand signals.

We had 170 students so a lot for Anton and his team to cope with and I had a few trips up and down stairs for books, pens for kids etc so I too got some exercise.

I spoke to one of the accompanying teachers who said this was the 5<sup>th</sup> year he has been involved and from the kids feedback they always get a lot out of the day so that was great to hear.

The country school days often start at 9-10am for a welcome, three sessions then half hour morning tea then the final three sessions closing at 1pm so no lunch and after packing up I got away soon after 1-30pm.

Friday was at Leongatha Secondary College, so Barb and I chose to drive there and back home on the day rather than stay at Inverloch overnight as I did for the Wonthaggi day. Anton was told by the school there would be 50/70 students but, on the day, there were only 18 so only one group. Starting with the outside session the two driving instructors who run that session were then able to leave and as the remaining five sessions were in two rooms, we were able to contain everything well.

I confessed to Anton of me dropping the lunch box when Catherine entrusted me to pick it up at Wonthaggi in March which mashed up the sangers a bit, but he gave me another chance. I successfully collected our morning tea and as the day included a lunch break, I was also able to collect the sangers without a disaster. Whew!

After the lunch break, I spoke to the teacher who rounded up the 18 students for the last session and asked if she needed a sheep dog to get them all in, but she said the students were so keen on all that RYDA taught them that she had no difficulty getting them back in class to finish the day.

Well done, Anton and team for another very successful RYDA day and I always like to think that the driver of the car coming towards me has been to a RYDA day so won't be on the phone or otherwise distracted and will be respectful of me and the other drivers on the road.

*Bob W*

The front and back of Anton



## YOUTH ACHIEVEMENT AWARDS

The unique RCFH Youth Achievement Awards are in progress. These commenced 42 years ago, and, to date, awards have been given to 372 well deserving unsung hero students.

Twelve local primary schools have chosen their winners, written their citations, and arranged presentation times for the awards.

Bob Williams has videoed club members reading the citations; Bill Marsh is preparing and framing the certificates; and vouchers have been purchased.

Each prize winner will receive a Coles/Myer/ Officeworks voucher, a framed certificate, a laminated copy of the citation, and a USB documenting all the awards.

Congratulations to our 2021 Rotary Club of Forest Hill Youth Achievement Award winners.

Congratulations to all of the club members who worked to ensure that this great program continued despite the effects of COVID.

*Glenys*



Bob W videoing while Bob L reads the citation.

## SPROUTINGS (With a different view!)

Have you ever wondered what happens to surplus food which, if not used, goes to waste? Well, here is how it can be recycled for a worthy cause....



As you will have read elsewhere in this newsletter, on Sunday afternoon and early evening a number of our club members joined with RC Mitcham at **Mitcham Community Meal** to provide free, nutritious & nourishing community dinners to those less fortunate than ourselves.

What is Mitcham Community Meal.? *“Each Sunday night, a different local club, business, or church group provides and serves a free, sustaining and healthy meal to people in the Mitcham Community”.*

Since they started in October 2018, there have been about 100 different teams who have prepared and served a meal. The organiser on Sunday was Ben Frawley who, ably assisted by his wife Jane, runs a very efficient operation. Completing the group were Councillor Prue Cutts (a fantastic worker, who also provided some of these photos) and a number of Mitcham club members, who had invited us to join them in this venture.

As you know, Rotarian David Winter was honoured recently with an Order of Australia for organising 50 volunteers to produce 2500 meals over the COVID lockdown – a wonderful effort. I was tired just helping producing eighty meals on one day ( and I suspect I wasn't the only one!)

Along with many church groups, neighbourhood houses and community centres, New Hope Baptist Church, North Blackburn does this same community service.

Working there, and being so involved in the process of preparing and serving food, I've never thought much about who provides the uncooked food in the first place...

When we arrived on Sunday, boxes and boxes of vegetables and tins were stacked on the benches in the professional kitchen. Chicken breasts were in refrigerated carriers. There were a number of Christmas cakes and tins of peaches – from where?

Food seems to be donated from everywhere - from retail food suppliers, markets and individuals with the major suppliers being foodbanks and food pantries.

What is the difference? The definition seems to be that a **food bank** has the capacity to distribute millions of pounds of grocery products every year, whereas a **food pantry** is an individual site that distributes bags or boxes of food directly to those in need who reside in a specified area. A food pantry is a member agency of, and obtains food from, a food bank.

Most of the food sourced for the needy comes from two major Melbourne-wide food relief organisations, namely **Foodbank** and **SecondBite**. They seem to be the largest hunger relief non-profits in Australia –storerooms to the charity sector, linking surplus food and groceries to provide food for vulnerable people.

These food banks fight hunger by sourcing and rescuing food for people in need. They accept donations of all kinds of food and groceries from farmers, retailers and manufacturers throughout Australia. Food that might otherwise be wasted and end up in landfill.

They also partner with food companies who donate ingredients and services to provide essential items like breakfast cereals, pasta, sauce and tinned fruit and vegetables.

Volunteers then visit these food banks and take food back to their charity organisations, where they prepare and distribute it. A huge number of free meals are prepared by all these different organisations each week.

Australia is ranked sixth in the world in Quality of Life rankings – yet these services to feed the needy are so essential and are relied on by our system –weird, isn't it?

Open Table, who organise a number of community lunches each month in various neighbourhood houses, says they *"take surplus food that would otherwise be thrown away, and turn it into nutritious meals to share with the community, in order to reduce food insecurity and food waste."*

It seems **Mitcham Community Meal** gets food from foodbanks, Food is Free Pantry, local shops and private individuals. For instance - the generous local baker donated about 200 assorted bread rolls! At the end of the day all food leftover was distributed – and no-one went away hungry.

What a wonderful service!

Food donations go a long way towards helping end hunger and food insecurity.

**Donate any surplus home grown produce – it will be welcome.**

***And remember next Monday to bring your Christmas food donations for Bob Laslett to collect and distribute.***

Glenys



The workers on show!

Stuart cooking, Ben supervising



Barb washing up



Bob, Barb preparing vegetables



## RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

### GARFIELD FRESH HARVEST

Originally of Greek heritage, they are well settled locals now. Your intrepid reporter had difficulty getting much information out of them..... they did not like talking to “the press” ie the Rotary website writer. I just managed a quick few words from Terry and Irene before being shooed away.

These fresh vegetable stall people have been coming to the Blackburn Craft Market for over 2 years. They have had an egg farm at Coldstream since 1982 and have been selling at markets in Mt Waverley, Warrandyte and Longwarry for 20 year and also have a shop in Garfield.

They also sell a whole range of home-made chutneys, pickles, and relishes plus various quiches like spinach & tomato, spinach & capsicum, mushroom & leek. Yarra Valley Eggs, including free range, can be bought as well.



We will be back soon - COME TO THE MARKET!!! 11<sup>th</sup> December

