



FOREST HILL HAPPENINGS

No. 26

President: John Bindon

02 February 2022

MOVING FORWARD



The conference is to be held at Caulfield Racecourse on the 25th and 26th March 2022.

Its theme is '*Healthy World and Healthy People*'. The conference will be online of the Friday night with in person conference sessions and breakouts on the Saturday, concluding with a Gala Dinner which can be booked independently of the conference. There is an amazing line up of impressive keynote speakers. More information can be found at <https://dg9810for2021-22.org/conference-program/>

Conference Tickets are \$140 for Rotarians, \$70 for Rotaractors
Gala Dinner Tickets are \$100

Bookings are now open don't delay

[Rotary District 9810 Conference 2022 Tickets, Friday Online and Saturday Caulfield Racecourse, Caulfield East | TryBooking Australia](#)

John Bindon

MEETING REPORT

On Monday 12 members, partners and friends enjoyed each other's company at a dinner at Bucatini's. The meal was excellent and the company was even better. Great to 'see' each other again.

Our next couple of meetings are Zoom sessions and then, hopefully, we will be back to face-to-face meetings.

A link to Monday's meeting will be sent out in the next couple of days.



Scan Me!

**February is Peace and Conflict Resolution
Month**

NEXT MEETING

7th Feb – Fiona Denmark - 'Blind Inspiration'

Roster for Monday 7th. February.

Chairperson. Glenys Grant.

Notes for "Happenings". Sue Ballard

COMING UP

14th Feb – Valentine's Day Special – hosted by Ron Brooks

21st Feb – Leila Ragg – Mitcham Community House

28th Feb – TBC

7th Mar – Vicky Zhou – LINK Community Transport

14th Mar – No Meeting – Labour Day Holiday

CELEBRATIONS



Congratulations to Barb W who joined Rotary 4 years ago. (After many years of helping 'behind the scenes'.)



SPROUTINGS

Urban Greening: What an important topic this is as our cities expand and green space isn't included. How many of us know of an 'inappropriate' development?

Urban Greening is essentially increasing the amount of green infrastructure in and around cities. This improves the environment, reduce urban heat effect from climate change, causes less stormwater runoff, and increases shade and the natural habitats for wildlife.

CSIRO Interdisciplinary ecologist Dr Brenda Lin was interviewed about best-practice urban greening to make our city environment cooler, cleaner, more enjoyable and better for all in the community. This is part of what she said.



"Being able to spend more time outside leads to mental health improvements, especially if green spaces provide areas for physical exercise for walking, biking and playing sport.

"... to be in, or walk in, a green space for just a couple of minutes can start to help reduce stress, depression, anxiety. Even being able to see trees from a window can provide a mental break for your mind."

Unfortunately, according to Dr Lin, in some areas, cities have become more compact with less space for green infrastructure to be implemented. As a result, planners, governments and advisors need to be more creative and deliberate in the way they manage and plan for cities.

“The issue in Australia is the number of different local councils within a single metropolitan area, with each council having different resources and community expectations to manage.”

In place of this and for already established communities, Dr Lin said creativity and community cohesion and education was required.

“The goal is to try and get a coordinated approach where governments are talking to communities or talking to developers and actually having a really good conversation about what’s going to happen with public space, what’s going to happen with private space and how it’s going to be funded.

“Anything we decide to do has to be funded and we have to have community buy-in and co-design”

Dr Lin went on to list a number of examples of good urban planning, mentioning green grids in Sydney and pocket forests. She stressed the need to take action now for improved urban greening.

So, folks, isn't it great to be living in Whitehorse green space areas?



Thank you to Bob and Barb Williams for sending us this. Space does not permit publishing the whole comprehensive article, which appeared in CSIRO ECOS and was by Chris Thurmott.

It is republished from the Urbanist.

I'm sure you will enjoy reading the original article, entitled Greening our Cities.

It is so pleasing to see Victorian environmentalists among the Australia Day Honours list for 2022. Five AO's, two AM's and four OAM's were rewarded for environmental activities. Here are a couple of them and what they have achieved.

John Church (AO)



John Church says urgent action must be taken to prevent further sea level rises. (*ABC News*)

Through years of painstaking research, climate scientist John Church has proven sea levels are rising at an increasing rate.

One of his biggest achievements has been linking tidal gauge information with satellite data to develop a time series of global sea levels stretching back to the 19th century.

Formerly with the CSIRO, he is now heavily involved in steering research at the international level through the World Climate Research Programme and he is a professor at the Climate Change Research Centre of UNSW.

He had one simple message for Australians: "Unless we take very significant ... and sustained mitigation efforts, we will commit the world to metres of sea-level rise over hundreds of years and that will impact hundreds of millions of people who will have to move," Professor Church said.

"So, the urgency of responding to the climate change challenge is my message."

<https://www.abc.net.au/news/2022-01-25/australia-day-honours>

Alan Finkel (AC)

One of just seven Australians appointed as a Companion of the Order of Australia.



Alan Finkel has led Australia's pandemic response while spearheading the nation's adoption of low-emissions technologies. (*ABC News: Patrick Rocca*)

He is now at the forefront of safeguarding Australians from two of the biggest threats the world is facing: COVID-19 and climate change.

As Australia's chief scientist from 2016 - 2020, Dr Finkel was handed a crucial task when the pandemic hit: ensuring the country had enough ICU ventilators.

He also led a national review of COVID-19 testing, contact tracing and outbreak management, which has been an integral part of Australia's pandemic response.

Wearing his other hat as special adviser to the Australian government on low-emission technology, he is spearheading the country's movement away from high-emission industries.

When asked what drove him, Dr Finkel said he thought of life being split into three trimesters, 1. education 2. family and career 3. giving back to the community

He says "... that's the phase I'm in, I enjoy doing things for the greater good. But I am a geek, I enjoy being able to look at the application of low-emissions technology to reduce emissions and therefore global warming and therefore reduce the ravages of climate change, which is very satisfying."

<https://www.abc.net.au/news/2022-01-25/australia-day-honours-recognised/100778914>

Bush Heritage Australia invite you to their first webinar for 2022.

It is on Wednesday Feb 9, 12.00pm AEST

'Restoring the bush to protect our native species'

Australia's native plant species are an invaluable life source for our ecosystems, providing wildlife with food and habitat. They are often the last refuge for many endangered animals. However, they are also under threat...

More than 1000 native plants are on the brink of extinction or threatened.

Register for this webinar on their website bushheritage.org.au to hear about the revegetation efforts being undertaken to protect significant contiguous bushland critical to a number of native species, including Carnaby's Black Cockatoo and the Honey Possum.

Thank you to Sue Ballard for passing on this invite to our members.

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Finally, in these hot and steamy 30c days, think of Toronto...
Glenys



HOPE KATOLO – THE WORK ROLLS ON!!



BUNNINGS SAUNA AND SAUSAGE SIZZLE 26TH JANUARY.

Sue and I were asked by RC Nunawading to assist with the sausage sizzle at Bunnings Nunawading on Oz Day. They obviously wanted the best two Forest Hill workers with Sue doing the 2pm to 4-30pm shift and I sweltered in the noon to 2pm shift.

Why on earth anyone would want to visit Bunnings on Oz day in 36 degree heat and then have a sausage I don't know but many did.

I would have thought with the choice of going to buy something at Bunnings and have a snag or sitting at home in front of the aircon watching the tennis with a cold beer, would have been an easy one for me.

Nunawading received a Grant from the Australia Day council and decided to partner Whitehorse Council at their event at the hub but that got cancelled and as Bunnings had a bbq cancellation the club sought to have a freebie snag sizzle, but Bunnings wanted to charge so the day made over \$1,200 to go to a worthy charity.

We were busy without being flat out as there were numerous multiple orders. Janette Etherington was the captain of the five on our shift and asked us all individually several times if we wanted a

break and go into the café for a cold drink as four could handle most times and the perspiration was dripping off all of us. The Council had organised a photographer who took many pics of us and our patrons. As the ladies wanted to look their best there was much face wiping when pics were taken, and I had forgotten to put on my lippy.

I was getting a bit wobbly after one and a half hours so sat in my car for a few minutes with the aircon on before returning.

Nunawading do so many Bunnings days so were well organised with Colin Read taking the orders and money and poor Roger Wilson had the most sauna-like role of cooking the snags and onions so I reckon he would have lost several kgs even though we all drank lots of water. Judith as we know is never lost for words and managed to talk to all the patrons while being saucy with their snags and we also gave away Oz flags on sticks to the kids.

Great to work with Nunawading club.

Bob Williams

TENNIS FUN

You can relive your Oz Open tennis moments every Thursday morning by joining a group of active retirees who play tennis in Vermont. How long since you have played a love game? Did you show Ash Barty how to do the back-hand slice or Nick Kyrious how to serve or even Stosur how to crunch a forehand winner? You won't have forgotten those skills and the great thrill of whacking a winner into the corner. Come on, relive those magic moments.

This friendly, keen and energetic group come from Whitehorse and neighboring local government areas. Playing tennis is a great way to have fun while boosting your health. The men and women who make up this fitness friendly group undoubtedly improve and sustain their mind and body while having fun. Come and confirm that playing tennis beats going to the gym when it comes to preventing muscle and bone problems in later life.

Recent studies have shown that playing tennis is an excellent sport for older people as it enables them to maintain their health, fitness, balance, strength and agility. Tennis also has numerous social and mental health benefits as well. Our morning laughs and smiles can be added to benefits like-increasing aerobic capacities, increasing bone density, improving muscle tone, strength and flexibility as well as maintaining and improving balance and reaction times. We certainly reduce our stress every Thursday morning.

We play on the excellent en-tout-cas courts at the Vermont Tennis Club. The courts are in Nunkeri St, off Terrara Road, Vermont. The group is one of the activity groups associated with the Whitehorse Activities Club. We only play doubles and the group is comprised of men and women aged from mid-sixties to late eighties. Most mornings we are able to play 3 sets. An 8am -8.30 am start allows us to get our exercise done before it gets too hot and head off for a social cup of coffee.

We are keen to have more people join the group. We have access to at least 4 courts so there is not a lot of sitting around. Come join us.

For further information contact club president Bob Laslett – 0429 138 997, Sandra Sexton 0425 721 972 or Stuart Williams 0417 573 828



RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

THE HAZELNUT TREE

The Hazelnut Tree is a small business based here in the eastern suburbs of Melbourne producing handmade soaps and body products. Hazel has been a regular with us at the Blackburn Craft Market for eight years and her products can also be purchased from the “Market Fair” 2/794 Burwood Hwy, Ferntree Gully. She lives just around the corner. At busy times she ropes in her children and husband to help on the stall making it a family affair.

As you can see from the photographs, there is a beautiful unique range of soaps poured and cut by hand. She makes her soaps using the traditional cold process method from olive oil, castor oil, coconut oil, avocado oil and hemp seed oil – no palm oil here. Hazel then uses natural colours, plant extracts and essential oils. The range also includes liquid soaps, shampoo bars, moisturisers, lip balms and more. She has an unscented range for people with sensitivities.

Hazel will be happy to talk to you about any of her products as she personally makes them. Come along to the Blackburn Craft market or email her. To make things simple, you can pay by EFTPOS.

Hazel can be contacted by email on hazel@thehazelnuttree.net and take a look at her website www.thehazelnuttree.net



We will be back soon - COME TO THE MARKET

