

FOREST HILL HAPPENINGS

No. 27

President: John Bindon

09 February 2022

MOVING FORWARD



In my 35 years plus with Rotary, there are three programs which have given me a wonderful opportunity to give service to Rotary.

1. The Rotary Youth Exchange Program which I was directly involved with for over 20 years, and with my workplace, used for orientation days, committee meetings etc. Having the opportunity to being the courier for outgoing students to USA and Canada.

Being the leader of three outback camping safaris to Central Australia and observing the reaction of students to the vastness of our country and the spectacular sites that we visited.

2. The Team Leader of the Group Study Exchange Team to Sussex /Surrey in England. It was a fantastic opportunity to see the team develop over their training and their excellent presentation to conference clubs etc. I have been back to that district on several occasions, and each time been informed that our team was the best team to visit their District. One of the team members becoming a District Governor to our District.

3. Working with the two girls who were, accompanied by their mothers and were from a small village in Tonga. **Lu'isa Mafi** (aged 7) &

Elisi Halafuka (12 years) were in Melbourne for 5 weeks with the ROMAC program for open-heart surgery. Taking the two girls with their mothers, around Melbourne was like taking four kids on an outing, who had never seen traffic lights, being in an elevator, viewing Melbourne from a multi-storey building, and their reaction to exhibits at Science Works, was also entertaining for other visitors at the site.

I get messages from Elisi, thanking us for her new life.



Photo of Elisi, a few days after her operation, and last December 21.

An experience like mine, is a good reason to invite other members of the community to be a member of Rotary International to service our local community and support overseas projects.

We are in a position now that we need to improve our membership, so that we can get back to being the leading community organisation in our municipality!

John Bindon.



A blue poster for the Rotary Storm Recovery Festival. At the top left is a '40 YEAR ANNIVERSARY' logo. Next to it is the 'Rotary District 9810' logo with the Rotary gear. To the right is a globe logo with the text 'SERVE TO CHANGE LIVES'. The main title is 'Rotary Storm Recovery Festival' in large yellow letters. Below it is the date and time: 'SUNDAY 27th FEBRUARY 2022 10.00am - 2.00pm'. The location is 'St George's Anglican Church Paddock, Main Street, Monbulk'. A quote reads: 'A Time to Heal - A Time to Thank - A Time to Help'. The event details are listed: 'STALLS. AMUSEMENTS. FOOD. LIVE MUSIC. DISPLAYS. Food Stalls. Crafts and Gifts. Coffee Van. Live Music. Amusements. CFA and SES Displays. Pop-corn. BBQ. Yarra Ranges Information tent. Give-Aways. (Formalities commence at 12 Noon) Gold Coin Entry donated to CFA and SES Festival Proceeds Directed to Rotary Storm Recovery Projects'.

MEETING REPORT

Guest Speaker

Chair Glenys opened meeting introducing guest speaker Fiona Demark with her presentation "Blind Inspiration"

Growing up in Broken Hill, Fiona and her oldest sister were diagnosed legally blind as a result of a degenerative condition. Due to the lack of specialty facilities, she was brought up in the regular school system, learning to adapt and modify what was available.

Fiona talked about her journey, changing her expectations and reaching her goals and challenging limitations.

Using her experience, she set challenges to us all to recognise and change the internal negative conversations we all have with ourselves and to stop and change that conversation to a more positive and thought-provoking dialogue.

Fiona has given herself and others regular challenges not limiting herself by her disability but working out ways to tackling life in a positive way. Instead of letting the negative internal thoughts take over and be overwhelmed with fear and social limitations.

Set challenges and reach your dreams.

Website fionademark.com.au

Club Meeting

Chair Glenys introduced Pres John who thanked Fiona and started formal meeting with toasts.

Glenys called for reports

Secretary: Stuart started to talk about the displays at the Nunawading Library. Glenys said she had a late update which will be covered in her report.

Treasurer: Warwick 2 cheques not presented from the Box Hill High School scholarship. Stuart to check it out.

International: Bob L said NOMAC have taken the opportunity to update records.

Vocational: Barbara S stated discussions have started with Box Hill Institute and the new contract regarding the next awards, the contract will be completed before end of June.

Youth: Glenys was happy to announce the likely return of programs such as YCA and speech competition but conversations with schools and facilitators are ongoing. RYLA has been adapted and will continue later in the year.

Enviro: Glenys has said Forest Hill Collage is restarting the enviro project begun prior to lockdown,

Markets: WFM Warwick thanked Barb S, Stuart and Sue for volunteering to do gates, Barb W will help Warwick with collections and office duties.

Program: Ron states next week will be a St Valentine's Day theme. He announced the apprentice award dinner will be on 4th April. Other speakers and presentation have been booked for the financial year.

Whitehorse library cabinets: Glenys said that the library has agreed to change the allotted cases from C block to A block and we will be allocated the whole of June. It is a better position with more space. All display material will be the responsibility of the different areas coordinated through Glenys to ensure standard appearance

Other: Stuart talked about a fundraiser for an Afghan family new to Melbourne.

Fellowship: Bill discussed options for fellowship activities for the months ahead. Peridot has moved but other local theatre groups are an option. Not enough interest for the Puffing Billy event currently. More details on options to come.

Bill will be away in March and is looking for someone to facilitate in his absence.

Ron will hopefully be travelling to Dubai for an extended family visit.



Scan Me!

**February is Peace and Conflict Resolution
Month**

NEXT MEETING

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

Chair: Ron Brooks

Vote of Thanks: Bill Marsh

Recorder for "Happenings": Barbara Searle

COMING UP

21st Feb – Leila Ragg – Mitcham Community House

28th Feb – Jaswinder Singh – Sikh Community Culture & Volunteering

7th Mar – Vicky Zhou – LINK Community Transport

14th Mar – No Meeting – Labour Day Holiday

CELEBRATIONS



Congratulations to all who have managed to stay safe and care for those around them in these strange times. There is a light at the end of the tunnel – it just seems to be a very long tunnel!!



ROMAC NEWS

ROMAC chairman Harold Sharp has given a recent update

The 'patient-free' period provided by COVID has allowed time to update patient records into the medical section of the ROMAC database: ROMAC Connect.

In the past, almost every patient's case was well documented, with photos, media reports etc, but there was no centralised collection system, which we now have in place.

Many of the early records are still in various folders, shoeboxes, 'holding pens' and other databases on other computers.

It is a time-consuming process to add these to the database.

The end result will be worth it as we will then have a much more comprehensive database of all patients treated by ROMAC since our inception in 1988.

IT specialist Richard says there are still lots of gaps in the information and he is asking for help from **host families** and **Rotary clubs** who have been involved in ROMAC over the years to provide him with any records or photographs they may have that he can add to the database.

Bob Laslett

FOOD PLANT SOLUTIONS ROTARY ACTION GROUP

I have organised Una Hobday to be our guest speaker on 21st March Zooming in from Tasmania. The following is from the Action Groups latest newsletter

Each of you can assist by joining Food Plant Solutions Rotary Action Group personally, or asking your club to join, for either \$30 per year, per person or \$100 per club, per year. What a difference it would make to children in the world to not only grow food but be confident in the security of the food source; for parents to know their families will survive because they understand how to grow and cook sustainable, nutritious food. <https://foodplantsolutions.org/get-involved-and-join-us/>

*Yours in Rotary, **PDG Una Hobday OAM, PHF**, Chair – Food Plant Solutions Rotary Action Group*

Ron Brooks

SPROUTINGS

It's all good news this week. Firstly, this summary of an article by Daniel Mercer, ABC, Rural

Australians install record amounts of rooftop solar despite lockdown and supply chain pressures

- More than **3,000MW** of rooftop solar was installed by Australian householders in 2021
 - The figure was a record and carries on a consistent trend of new records each year since 2016
 - Almost one-third of Australian households have solar panels — the highest rate in the world
- So, if you have solar panels, you are helping the environment, and hopefully your electricity bills are reducing as well!

Last week I published the environment achievements of two Order of Australia Awardees. So this week, meet New South Wales' Australian of the Year 2022.

Professor Veena Sahajwalla,



Veena Sahajwalla, New South Wales' Australian of the Year 2022. (ABC News: Mridula Amin)

Growing up in Mumbai, Veena Sahajwalla witnessed recycling in manufacturing was a great way to live with the environment.

Now a materials scientist, engineer and inventor, Professor Sahajwalla has made her mark by pioneering the high-temperature transformation of waste — turning it into a new generation of green materials and products.

One of her most notable works is the invention of polymer injection technology, also known as 'green steel'.

In 2018, she inaugurated the world's first e-waste microfactory, and created her own green ceramics and plastics microfactories the following year.

"Collectively through our micro actions, we can have a big impact on our environment," she said.

<https://www.abc.net.au/news/2022-01-25/australian-of-the-year-2022-finalists/100777194>

Russell Reichelt (AO)



Russell Reichelt led the Great Barrier Reef Authority for more than a decade. *(Supplied: Jen Huxley)*

Russell Reichelt is determined to use his honours appointment to raise greater awareness of climate change.

The former executive chairman of the Great Barrier Reef Marine Park Authority believes conservation is central to the marine ecologist's message.

He has developed a reporting system that has been adopted by UNESCO to monitor all World Heritage Sites listed for their natural values.

"Climate change is the greatest threat to, not just the Barrier Reef but coral reefs worldwide and so this award has inspired me to work harder to explain that in every forum I can" He said.

"There's a good future ahead if we tackle this with both hands and heart."

<https://www.abc.net.au/news/2021-01-25/australia-day-honours-celebrate-health-hero-and-former-pm/13088068>

ESRAG Oceania meeting:- Tuesday 15 February at 7.25pm AEDT.

ZOOM <https://us02web.zoom.us/j/5598376225>

Guest Speaker Dr Zoe Squires.



Zoe works in the Science Impact and Collaboration Team at the Arthur Rylah Institute for Environmental Research, Environment and Climate Change. Department of Environment, Land, Water and Planning.

Currently, she is working on the [Victorians Valuing Nature](#) (VVN) goal of the Biodiversity 2037 Strategy.

Zoe will speak to us about Biodiversity, one of ESRAG's focus areas; and how we can all make a difference in this area.

Finally, Peter Dempsey, Working Bee Co-ordinator, Blackburn Lake Sanctuary invites you to join an enthusiastic group at

[Blackburn Lake Sanctuary Twilight Working Bee](#)

Thursday February 27 at 6pm.

This is the first working bee for the year. The twilight working bees are fun, not too hot and of course in the open air!

Details:

Meet at the Visitor Centre at 6pm for an 8pm finish. Then join this enthusiastic group for refreshments.

Bring something you like to eat and drink; the committee will have some hot food – sausage rolls & party pies and tea and coffee. But of course, bring your own drink bottle.

Wear suitable clothing - enclosed toe shoes, long sleeves and long pants. (Sun hat and sun screen might still be needed at this time!). Bring your own gloves if you have them, if not we have some you can use. Tools provided.

The activity will suit all abilities; children are welcome if supervised by a responsible adult.

Usual check in procedures will apply.

Hope to see you on Thursday next week, February 17 at 6pm.

Book in (for catering purposes) by ringing Peter on **Ph: 9878 6829**

That's all for this week. Glenys



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

