



# FOREST HILL HAPPENINGS

No. 29

President: Bill Marsh

8 February 2023

## BILL'S BY-LINE



Our guest speaker this week was Jessica Redwood from Children First Foundation. Jessica was an excellent presenter and I have included contact details below for any other clubs who would be interested in hearing more. At this stage Jessica is only presenting via Zoom due to time constraints.

[Jessica@childrenfirstfoundation.org.au](mailto:Jessica@childrenfirstfoundation.org.au)

Jessica would be happy to hear from other clubs so she can spread the message about the great work done by the Children First Foundation.

More about Children First Foundation in the meeting report. Our club has been a long- time supporter of ROMAC and so we were a little surprised to find the Foundation works in a similar space to

ROMAC. Fortunately, there is no overlap. ROMAC now operates out of Canberra while the Foundation is Victorian based. They also have their own, purpose-built rehab and accommodation centre at Kilmore and so there is no need for clubs to find home hosting for families while children are being treated. End result – more children can receive life-changing medical care.

Next week we will be meeting at Bucatini so please let Stuart know if you will be attending and if you are bringing a guest by Friday. Our guest speaker will be Kirsty Porter from 'Dementia Cafes'. Don't forget to include it in your calendar. If any interested people from outside the club would like to attend, please contact Stuart, [stucat25@gmail.com](mailto:stucat25@gmail.com) or 0417 573 828, by Friday so catering can be arranged. Meal cost is \$25 for visitors.

The club will be supporting, through RAWCS, assistance for Ukrainian refugees in Australia.

Forest Hill College and Burwood Heights PS have been invited to attend the International Women's Day Breakfast as guests of the club.

A busy weekend coming up with the Blackburn Market and the WFM. My 'Thanks' in advance to all those who have offered assistance. As usual, 100% of the available members will be involved plus family and friends.

We have 10 people booked for Peridot Theatre on the 17<sup>th</sup> Feb. We can get additional tickets so if you would like to attend and haven't booked in contact Sue Ballard.

The *First Friday Film Night* Mazaj Lebanese restaurant was followed by an entertaining movie. 10 members and friends had a most enjoyable night out.

We were happy to be able to welcome Stuart back from his holiday in Thailand. Stuart has made so many visits to Thailand I think they are about to bestow honorary citizenship on him. Border Force looked kindly upon him on his return for which Stuart is very grateful. The usual airport holdups can still make travelling a testing time.

Bill



*February is*  
*Peace and Conflict Prevention / Resolution Month*  
*Month*

## NEXT WEEK

**13 February      Kirsty Porter      Dementia Cafes**

**Chairperson:**                      Bob Laslett

**Greeter:**                              Warwick Stott

**Notes for "Happenings"**      Stuart Williams

**Thanks**                                Sue Ballard

## COMING UP

**11 February      Blackburn Craft Market**

**12 February      Whitehorse Farmers Market**

**20 February      Veronica Sherman      Happily Made**

**27 February      Apprentice awards night**

## CELEBRATIONS



Let's celebrate Melbourne  
weather with all its variety.



## Meeting Report 6 Feb 2023 on Zoom

### Speaker

At our Rotary meeting we had a wonderful speaker in Jessica Redwood who spoke about the work of the Children's First Foundation (CFF).

The Foundation provides services to people particularly children to enable them to have access to safe and quality surgical care. Because one of the most difficult of our healthcare services is how we service children in need.



Jessica expressed her appreciation for the partnership with Rotary, which goes back a long way.

A large proportion of the world population does not have access to surgical services.

We should be incredibly grateful to live here in Australia and never have to make decisions like that of my own family but unfortunately most of the world's developing countries have to make these decisions every day.

The situation doesn't get as much attention as it deserves. But did you know the lack of access to safe surgical care kills more children every single day than HIV, TB and gastro combined.

Remember the conjoined twins. We have actually had these children in the Foundation because that is how the organization started with the conjoined twins about a decade ago. Historically this Australian charity that provides life- changing services and sometimes helps light-sensitive children from developing countries. In 1999 thanks to Rotary in the southern part this organization was able to be started and provided services to children who are desperately in need.

The organisation provides support for pre-and post-surgical preparation and recovery, reminiscences from the surgeons and medical and holistic care, with the help of dedicated volunteer support to children and guardians that every child needs so that our services are in a much better state.

The specially designed facility in Victoria is an extraordinary place for children to recover as it has everything that you can imagine from a specially designed facility to enable recovery in the best possible way with a dedicated physio room, hydrotherapy pool.

The facility has nice wide corridors with handrails to enable a client to move around. The CFF program really allowed us to continue reaching out to children when we had all the challenges of COVID, border closures and hospitals closed in 2020. It facilitates local surgical support with the support of Australian surgeons in a child's home country.

Jessica spoke about a number of examples of the lifesaving and life changing surgery for disadvantaged children of developing countries.

The organization aims to have a positive impact on every child's health and well-being, enabling them to reach their full potential.

At the conclusion of the presentation Jessica took questions and gave answers to members.

Jessica indicated that she would be willing to speak to other Rotary clubs to put the message out about the Children First Foundation.

Barbara Searle gave the vote of thanks to Jessica on her presentation.

### Meeting

Pres Bill Marsh open the club meeting and invited reports.

**Youth** committee. Glenys Grant reported that she had been in contact with Forest Hill College and that two new projects were under discussion. Glenys was awaiting confirmation when MUNA would be held.

**Community** services. John Bindon had no report but said he would be contacting a couple of agencies within the next week.

**Blackburn market.** John McPhee checked that all shifts were covered for Saturday's market. John had received two new enquiries regarding stall holders. Discussion took place regards to egg and bacon, and it was agreed that we will continue with the egg and bacon in conjunction with a sausage sizzle.

**Whitehorse Farmers Market.** Warwick Stott carried out a cross check that we are able to cover all shifts for Sunday's market.

**Apprenticeship awards.** Sue Ballard informed members that the Apprenticeship Awards would be Monday, 27 February.



**Vocation.** No report.

**International.** Bob Laslett was awaiting information on the PETS meeting. A donation was recommended to the Children's First Foundation.

**Publicity.** Glenys grant reported that she had been successful with several articles for the local newsletter.

Ukrainian appeal. Discussion took place about support for the Ukrainian appeal. It was agreed that we should make a donation through the RAWCS program.

John Bindon

## SPROUTINGS

To all Rotarian bee-lovers (and there are a lot of us) Here is some interesting information for you.

### Native solitary bees – information sheet

Victoria is home to 7 groups of bees: Reed bees, Blue banded bees, Teddy bear bees, Leaf cutter bees, Resin bees, Homalictus bees and Masked bees.

Leaf cutter and Resin bees nest in pre-existing holes or gaps, in timber, stonework or bee hotels.

**Australia has over 1,500 species of native bees.** During the warmer months you have a good chance of seeing native bees no matter where in Australia you live. We hope you enjoy exploring Australia's magnificent native bees in your local gardens and bushland!

#### **Resin Bees (*Megachile*, formerly in genus *Chalicodoma*)** (About 100 Australian species)

Resin bees come in many colours and sizes. For example, there are large black 14 mm bees with white tufts of hair, and small 8 mm black bees with bright orange abdomens. They nest in pre-existing holes or gaps in timber or stonework.

They are called resin bees because they collect resins and gums to build partitions between their brood cells and to seal their nest holes.



Apparently resin bees are very partial to flowers in the pea family (Fabaceae)

Resin bees build nests in narrow holes in timber, ranging in size from 4 – 9mm wide and 100 - 150mm deep. This resin bee is sealing her nest entrance. Some resin bees use pure resin to seal their nest entrances. This bee is mixing chewed leaf material into her resin seal. ©Aussie bees

#### **Leafcutter Bees (*Megachile*) (Over 40 Australian species)**

Beewatchers often first discover these amazing 6 to 15 mm long bees when they notice rows of neat circular cuts on the edges of some leaves in their garden. Leafcutters use the disks of leaf as a nest building material. They particularly like the soft leaves of roses, *Bauhinia* and *Buddleja*.





**All Native solitary bees have two basic needs: Food and shelter.** It's as simple as that! We can all provide habitat, homes and foraging habitat for bees -

- **Introduce a variety of indigenous flowering plants, preferably in large patches with year-round overlapping blooming for food and shelter resource.**
- **Provide a water source, including a rock 'island' to help the bees climb out if they fall in.**
- **Avoid pesticide use.**
- **Leaving garden 'refuse' like tree stumps, bark, bare ground, sand piles and dead stems to provide habitat • Place 'bee hotels' in a sheltered spot away from direct sunlight and rain, preferably between 1 – 2m off the ground.**

#### **Additional information and needs of all Victorian bees –**

**Some plants used by solitary bees for nesting:** Soft deadwood such as banksia, casuarina, melaleuca, leptospermum, also grass tree spikes, bamboo, dried/dead cane of raspberry or elderberry.

**Some plants used by solitary bees for food:** Though bees' housing needs vary, they all feed exclusively on nectar and provision their larvae with pollen. Wattles, banksia, eucalyptus, hakea, bursaria, melaleuca, prostanthera, correa, hardenbergia, pandorea, leptospermum, and kennedia are some food sources.

**Creating foraging habitat for bees:** Patches of foraging habitat can be created in many different locations, even a small area planted with good flowers will be beneficial for local bees, because each patch will add to the mosaic of habitat available to bees and other pollinators. Have a diversity of plants flowering all season. Most bee species are generalists, feeding on a range of plants through their life cycle. By having several plant species flowering at once, and a sequence of plants flowering through spring, summer, autumn and winter, you can support a range of bee species that fly at different times of the season. Choose several colours of flowers in a range of sizes and shapes. Bees have good colour vision to help them find flowers and the nectar and pollen they offer. Flower colours that particularly attract bees are blue/violet, mauve/pink, white, and yellow. Plant flowers in clumps. Flowers clustered into clumps of one species will attract more pollinators than individual plants scattered through the habitat patch.

**They need places to nest:** Solitary native bees don't build the wax or paper structures we associate with honey bees, social stingless bees or wasps. Many solitary bees nest in a small series of tunnels and cells they construct underground connected to small chambers. In order to build these nests, bees need direct access to the soil surface, often on sloped or well-drained sites. Others nest in narrow tunnels often left behind by wood-boring beetle larvae in dead trees (carpenter bees will excavate their own holes), and a few use the soft pithy centres in some plants. Some bees require small cavities, either in tree boles, under clumps of fallen grass or underground. Whether underground or in wood-tunnels, most solitary bees spend most of the year maturing in their nest (brood) cells. In these cells, they are vulnerable to nest disturbances such as soil tillage or tree removal. Enhance habitat for bee communities by removing vegetation from small patches of sunny, well-drained soil and leave logs, branches, posts, wood whenever they do not pose a hazard. Solitary bees will be productive year-round if temperature range is good, however most activity in your garden will be in September through to late Autumn (April May). Little is known of the complete life cycle of solitary bees. Basically, there are two generations of leafcutter in a year, most of the others lay just once.

**Bees need protection from most pesticides:** Insecticides are primarily broad-spectrum and are therefore deadly to bees. Furthermore, indiscriminate herbicide use can remove many of the flowers that bees need for food. Avoid disturbing the soil surface during flowering; never apply insecticides to plants in flower (apply herbicides in the most targeted way possible e.g. spot spraying).

**Tunnel nesting bee biology.** The vast majority of native bee species, including tunnel-nesting bees, lead solitary lives. While they may have gregarious tendencies, preferring to nest near other members of their species, each female individually constructs her own nest and provisions it with food for her offspring.



To make a nest, a female bee builds partitions to divide the tunnel into a linear row of brood cells. Depending on the species, the partitioning walls may be constructed of mud, plant resins, leaf pieces, flower petals, and even cellophane-like glandular secretions. The female provisions each brood cell with a mixture of pollen and nectar, onto which she lays a single egg before sealing the cell and moving on to supply the next cell.

Her offspring pass through the egg, larval, and pupal stages in the cell before emerging as adults to renew the cycle, usually the following year. Depending on the species and climate, there may only be a single generation of bees per year (univoltinism), or multiple generations per year (multivoltinism).

• [http://www.beesbusiness.com.au/articles/Halcroft\\_and\\_Batley\\_The\\_Bee\\_Hotel\\_ID\\_Guide.pdf](http://www.beesbusiness.com.au/articles/Halcroft_and_Batley_The_Bee_Hotel_ID_Guide.pdf) •  
<http://www.aussiebee.com.au>  
• <https://www.ala.org.au/>  
• <http://mrccc.org.au/wp-content/uploads/2014/02/Attract%20Bees%20v2.pdf>

## FACTS ON LONGEVITY

*Here are some interesting facts on longevity*

*Some things to ponder as we age:*

The inventor of the treadmill died at the age of 54

The inventor of gymnastics died at the age of 57

The world bodybuilding champion died at the age of 41

The man who made jogging and running popular (Jim Fixx) died at 52

The best soccer player in the world, Maradona, died at the age of 60 (Ok, Pele died last week at 82.)

**And then..**

KFC inventor died at 94

Inventor of Nutella brand died at the age of 88

Cigarette maker Winston died at the age of 102

The inventor of opium died at the age of 116 - in an earthquake

Hennessy cognac, Irish inventor died at 98

How did doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping, but it lives for only 2 years.

The turtle that doesn't exercise at all, lives 400 years.

**So ...**

*Have a glass of wine..*

*Take a nap ...*

*And IF you wake up, have bacon & eggs!*

*Glenys*

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

### HOOPS RELOOPED

The founder of **Hoops Relooped**, Bec is a local from Nunawading. She has always loved collecting earrings but doesn't love always buying new products. She went through her (extensive) earring collection in early 2022 and found several pairs that she hadn't worn for years but were too good to throw out. She started



pulling the pieces apart, re-working them into new earrings, glued on some new posts and **Hoops Relooped** was born!

Bec said “We take preloved second-hand unwanted jewellery and turn it into new, one-of-a-kind statement earrings. There is already so much “stuff” in the world, why add more when we can use what we already have?”

They source as many of their pieces second hand as they can - think preloved necklaces, earrings and bracelets from friends, family and op shops - they're working towards a circular jewellery economy. They purchase all their backings from women-led small businesses in Adelaide and Brisbane. They endeavour to be plastic free as much as possible - they ship plastic free; use carbon neutral shipping carriers; and use recycled cardboard boxes, eco tape, and recycled paper bags. Bec sees **Hoops Relooped** as her creative outlet away from work and computers.

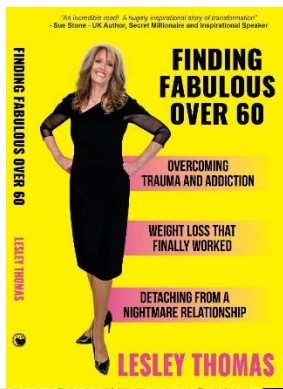
They are regulars at many markets in the area (see [www.hoopsrelooped.com.au](http://www.hoopsrelooped.com.au) ). If you have some jewellery, you would like fixing, changing, updating then contact her via the website to chat about it or email her on [hello@hoopsrelooped.com.au](mailto:hello@hoopsrelooped.com.au)



## SOME OF OUR BLACKBURN MARKET STALLHOLDERS







**Come to the Market this month- February 11**