

FOREST HILL HAPPENINGS

No. 30

President: John Bindon

02 March 2022

MOVING FORWARD



We are only 15 months away with Rotary organising the biggest conference ever held in Melbourne.

The conference will be hosted by the five local districts and plans are already on the way for events in the booking of venues.

Clubs within a 15 km radius of Melbourne are invited to host overseas members on the Monday night of the conference. Up to fifty members can be invited to a club meeting venue in which bus hire & meals for the delegates are to be paid by the conference.

Our district numbers are well down which will now result in our district combining with District 9820, if this happens we will be the largest district in Australia.

Let us take a moment to support our Rotarian Colleagues in Ukraine. They are Rotarians just like you & me. The first Rotary Clubs in the territory of nowadays Ukraine were registered before WWII: in Uzhgorod – in 1929; in Chernivtsi – in 1932; in Lviv – in 1935. When WWII unleashed RI decided to suspend Rotary Clubs activity in the occupied territories. The first post-war Rotary Club was established in Kyiv in 1991, and now there are 46 Rotary Clubs in Ukraine and approximately 850 Rotarians.

The organising committee for our district conference is urging people to register. The closing date will be 14th. March 2022.

Report from the Presidents' meeting.

- All clubs have resumed meeting.
- Some have returned to face-to-face, but 'venue issues' have prevented others.
- Some meeting by Zoom only, but eager to return to face-to-face.
- Some are meeting face-to-face for 2 weeks and then on zoom for 2 weeks.
- All outdoor activities, markets, pop shops and projects have resumed.
- Some indoor projects have been undertaken, e.g. The Whitehorse Rotaract 'For a Meal' project.
- Some international projects have resumed, but without personal visitation being possible.
- Golf days have resumed but may be governed by the new restrictions.
- Indoor fundraising activities have slowed.

John Bindon

2022 ROTARY CONFERENCE

DG Dr Daryl Moran launches his exciting 2022 Family of Rotary Conference.

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 on 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.

Here is the 2022 District Conference Registrations link to the Trybooking website:
<https://www.trybooking.com/events/landing/809916?bof=1>

MEETING REPORT

On Monday evening we enjoyed a remarkably interesting story presented to us by Jaswinder Singh on the history and work of the Sikh Community, their culture, and the work they do for the general community.

Sikhism was founded in 1469 and Jaswinder gave a summary of the history.

Sikh religion was founded by Guru Nanak.

Sikhs believe in one God, a loving Creator.

Sikhism is a way of life that advocates practice of holistic life experiences, worship, and service.

Sikhism does not recognise racial or religious differences, class, caste, or earthly distinctions.

Sikhism recognises the complete equality between women and men in all practical, social, and religious.

There are 126,000 Sikhs in Australia.

Sikhs are encouraged to lead moral lives, earn their living through hard work, and honest means, and to share the fruits of their labour with the needy through charitable contributions and work.

Sikh place of worship is open to visitors, irrespective of their colour, faith, gender, or background.

Jaswinder, went on to inform us of the work they do in the community such as:

They have delivered 271,000 free meals from March 2020 to October 2021, for the needy during the Covid19 Crisis.

Winner – Premier's Award for Community Harmony.

This award recognises an individual or organisation that has made a significant contribution to increasing understanding, acceptance and cooperation between different faith and cultural groups.

Sikh Volunteers Australia (SVA) is a non-profit volunteer organisation focusing on reducing distress in the community by providing free food to disadvantaged or needy individuals and families.

The Sikh community was founded in Melbourne's southeast in 2017. And now regularly helps feed homeless people in the municipalities of Casey and Frankston.

Jaswinder, presentation was followed by questions and answers from members.



Committee Reports:

Sec. Stewart reported that he had received an invoice for their annual fee from the post office. After a short discussion around if we still required a post office box, it was agreed that the account be paid.

Treas. No report.

International/Foundation. Chairperson Bob pointed out if donations were to "Polio Plus" the Bill Gates Foundation would match it \$2 for every \$1 donated.

Vocational. Barbara reported of her disappointed that she had not heard back from the apprentices who had received the awards and were to attend on the 4th April.

Community. No report.

Youth and environment. Chairperson Glenys reported that arrangements were being made for the Primary School Speech Competition night. Glenys reported she still waiting to hear from Forest Hill Secondary College regards to the environmental program.

Markets. John McPhee gave an update on the Blackburn market for 12th. March. Monday morning several members inspected the site where we conduct the sausage sizzle, to see if a new barbecue trailer would fit into the area.

Program. Ron Brooks (from Dubai) gave an update on the program for our next two meetings.

Whitehorse Library, Club Display. Glenys reported that she required a report from each committee of 100 – 150 words outlining the committee's work and no more than two photographs for the display case at Nunawading library.

John Bindon



Scan Me!

March is Water & Sanitation Month

NEXT MEETING

7th Mar – Vicky Zhou – LINK Community Transport (Zoom)

Chair: John Bindon

Thanks: Bob Williams

Report: Stuart Williams

COMING UP

14th Mar – No Meeting – Labour Day Holiday

21st Mar – PDG Una Hobday – Food Action Group (Zooming in from Tasmania)

28th Mar – Members reporting back on District Conference (Bucatini)

4th Apr – Apprentice Awards Evening (Bucatini)

11th Apr – Ian Crawford – “Birds in the Suburbs” TBC (Bucatini)

18th Apr – No Meeting (Easter Monday)

25th Apr – No Meeting (Anzac Day)

CELEBRATIONS



Congratulations to John B as he celebrates his birthday on the 9th.
Have a great day, John.



POLIO UPDATE

Highlights from the latest End Polio Now newsletter

- Pakistan, one of the last two countries where polio is still endemic, has gone a full year without one report of a child being paralyzed by the wild poliovirus. This shows that a polio-free world is within reach.
- As the first organization to envision a polio-free world through mass immunization of children, Rotary believes that vaccination is a humanitarian imperative.
- World Immunization Week, 24-30 April, gives Rotary and Rotaract clubs an opportunity to raise awareness of the part that vaccines play in saving lives — as well as of the critical need to continue supporting global polio vaccination for children and COVID-19 vaccines for all.
- Please consider contributing to Rotary's PolioPlus Fund. Your donation will be matched 2-to-1 by the Bill & Melinda Gates Foundation and will help us reach vulnerable children with the polio vaccine and other essential health services.

Bob Laslett

DANDENONG'S STORM RECOVERY FESTIVAL



Photos: Stuart Williams

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

FOOTY TIPPING COMPETITION

Hi all

Time to reactivate your footy tipping.

We will keep our competition name the same-- Kickgoals20

Cost is \$30.

Rules are on our site. \$23 goes to prize pool. \$7 goes to our Rotary Club signature International project -- Hope Katolo Nursery School-- Kenya.

We pay weekly winners who tip 9 winners or on split rounds the maximum possible...eg 6 games- 6 winners.

The majority of the money goes to the prize pool at the end of the season.

log into ESPN.. footy tipping

You can probably just hit reactivate your account.

PLEASE ask friends at work. Ask family. It is fun. Last year 23 participants. We would like 30 this year.

Want to join? Contact Stuart.

Stuart Williams Administrator. Email: stuc25@gmail.com

RC of Forest Hill Footy Tipping

SPROUTINGS

This week I'm discussing how to live with possums. Yes, live with them in a modern environment – since basically modern developers and expanding industrialisation are destroying their natural living habitat.

In Blackburn, when the recent railway development denuded the railway edges of trees, the local residents noted a huge increase in possums and possum damage.

A week ago, a tree expert visited our property to discuss the six trees that have fallen in the past year, assess those still standing and advise the best course of action. While we were assessing the trees we noticed the whole of the top foliage of one tree was bare- possum damage.



Was it these little fellas, spotted recently in our garden?

How best to live with possums and nature, we thought.

So onto google..

The most current article appeared to be from the NSW Department of Planning and Environment.

As the most abundant, widely distributed and frequently encountered of all the Australian marsupials is the Brush Tail, here is some information that may help on that native animal.

<https://www.environment.nsw.gov.au/topics/animals-and-plants/native-animals/native-animal->

Brush-tailed possum

Appearance

Brush-tailed possums are domestic cat size, and have a pointed snout, pink nose, long whiskers and large ears. They also have sharp claws, which they use to climb trees and comb their fur.

Habitat

They can be found in forests and woodlands all along the east coast, and also lives in inland areas along tree-lined rivers and creeks. Or unfortunately sometimes also in your roof. They are nocturnal animals and are active at night.

Food

In the bush, brush-tailed possums feed on leaves, buds, flowers and fruits.

They can thrive in urban areas, as well as a wide range of natural and human-modified environments. Around people's homes, brush-tail possums are determined foragers with a liking for fruit trees, vegetable gardens and especially your favourite flowers.

It is illegal to remove a possum from your property. All possums caught must be released back into the area near the property. They don't survive if taken elsewhere



You can try to:

- cover the plants the possums seem to favour with wildlife-friendly netting. See **WIRES: Wildlife friendly netting**.

- boil a litre of water with a handful of hot chillies, garlic and vinegar and leave to brew for a few days. Strain and spray the cooled liquid on the affected plants (this is safe for dogs and cats).

Sustainable Gardening Australia had an excellent article:

Living with possums by Helen Tuton <https://www.sgaonline.org.au/living-with-possums/>

Helen explains how to live in harmony with possums in our shared urban spaces. As she says – they were here first. She lists a step by step procedure to remove possums from inside your roof and then to entice them into nesting boxes.

For more info on nesting boxes, check out websites such as **this**.

Possums eating your plants?

The article goes on to give us solutions to stop our precious plants being gobbled by hungry possums! Possum repellents work by two methods: taste and smell!

1. *Net the affected plants with shade cloth or white bird netting at night time. Include a hanging cat scary face or two- available from nurseries,*
2. Sprinkling blood and bone fertiliser around the base of plants is a significant possum deterrent. They hate the smell, and so won't munch on treated plants!
3. *Make a homemade garlic spray of two tablespoons of crushed garlic in one litre of hot water, left to stand overnight, strained and sprayed onto foliage, fruits and tasty growing tips Subsequently, try chillies or Indonesian fish sauce.*
4. A spray made from Quassia chips (chips of bark from a South American tree). Add 100 g chips to two litres water and heat for one hour before straining. Add one tablespoon detergent. Dilute at rate of one part of solution to four parts water and apply as a spray.
5. *Use a tea-based deterrent. Boil two litres of water; add four heaped teaspoons of Lapsang Souchong tea and leave to cool. Strain off liquid and apply from a plastic spray bottle directly onto affected plants. Reapply frequently.*
6. Dribble a bit of undiluted Tabasco sauce on affected plants
7. *Use a watered-down solution of a little detergent and some English mustard sprayed directly onto the foliage and fruits of tasty plants.*
8. Commercially available possum deterrents such as Poss-Off or Scat work by emitting an unpleasant odour, It is recommended that most sprays be re-applied every two to three weeks, and after rain.



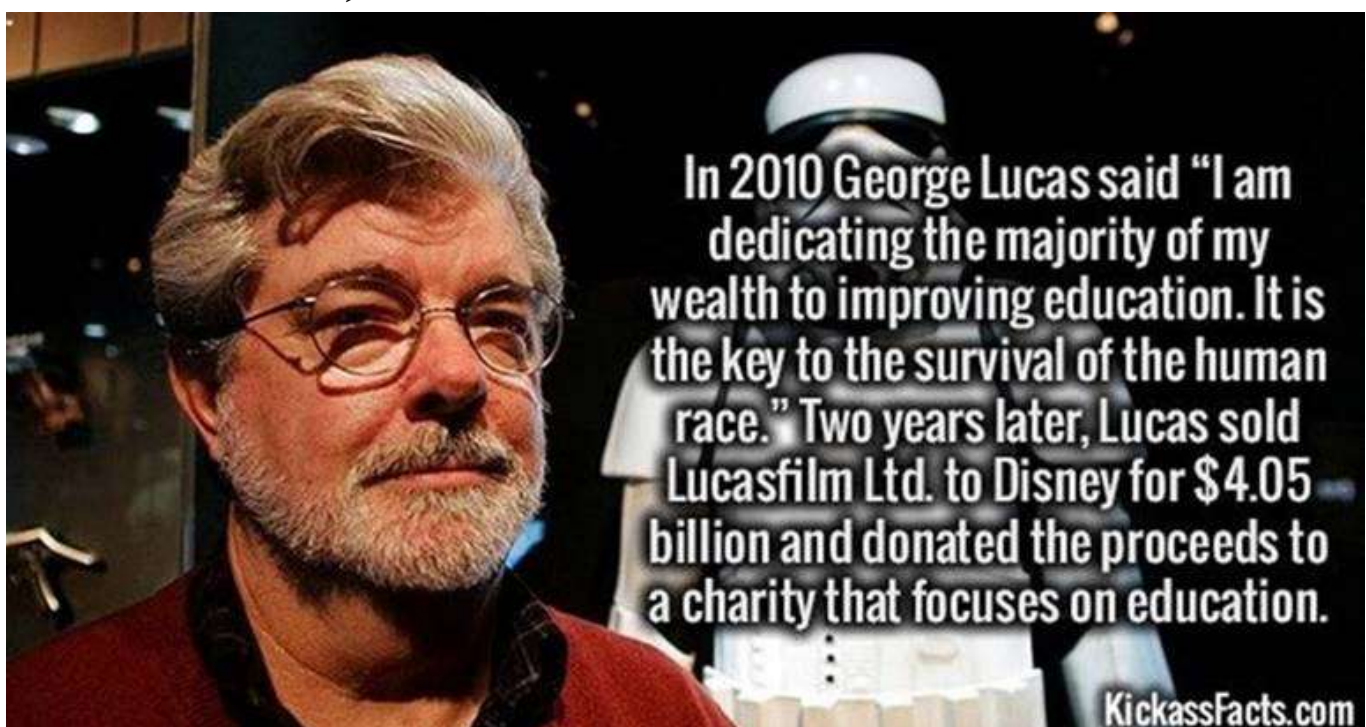
Use these repellent sprays along "possum highways" as well (e.g.: tops of fences, well used tree branches).

As possums are creatures of habit, any disruption to their regular routine can be really upsetting, and will often result in the possum moving away to seek a feed elsewhere.

Or leave them be - honestly – do they eat much?

Glenys

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RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

THE *Bee-autiful* BASIN BACKYARD

Nine years ago, Michael asked Meredith for a beehive for his 50th birthday present because he didn't want to keep hand pollinating their trees and plants on their ¼ acre block in the foothills of the Dandenong ranges. Who would have realised that it would lead to a new career and the launch of The Basin Backyard, with over 240 beehives throughout Victoria, 10 regular markets a month, and a shop in Knoxfield (Unit 1, 31 Rushdale St).

Michael & Meredith told me “at the Basin Backyard, we sell pure raw honey & bees wax and related products e.g. lollies containing our honey (eg. honey & eucalyptus drops, nougat & peanut brittle). As well as our beeswax which we make into candles & food wraps. We are the beekeepers so we are hands-on for the whole process, from looking after our *bee-autiful* bees, harvesting the honey & jarring the honey and collecting the wax which is in our products. We are located in The Basin and we have 240+ beehives throughout Victoria. Whilst we have 5 hives on our property, the majority of them are local in the Dandenong ranges and we also have them on properties in NW Victoria, the Mornington peninsula, Gippsland and various other locations in Victoria where our bees can collect different varieties of flora for our different tasting honeys. Come and have a chat to us about our bees, our honey, our wax, our lollies & the value of bees in our environment.”

They will organise bee swarm collection, they have bee-keeping supplies. Usefully, you can pay by card.

www.tbbyard.com.au 0419 607 807 www.facebook.com/Thebasin1backyard/
[instagram.com/tbbyard/](https://www.instagram.com/tbbyard/)



We will be back soon - COME TO THE MARKET



Market operates on the second Saturday each month (except for January)