



FOREST HILL HAPPENINGS

No. 30

President: Bill Marsh

15 February 2023

BILL'S BY-LINE



Ever wondered about Dementia? Then you need to listen to Kirsty Porter and Lyn Young from 'Dementia Cafes'. Kirsty will tell you how she came across a Dementia Café in a little village in England and then brought the idea home to Blackburn and Lyn will tell you about her 'lived' experience when her husband, Cary, (Sale of the Century champion over 2 decades) was affected by dementia. See Meeting Report for more.

Next week our speaker will be Veronica Sherman from 'Happily Made'.

The following week will be the much-anticipated Apprentice awards night which is always a highlight.

There will be no meeting on the 6 March or 13 March.

A great weekend with our Blackburn Market and then the WFM. A very big 'Thank You' to all who helped in any way. In the case of the Blackburn Market, we had all available members plus partners and relatives on deck. Our Thanks also go to David Winter from 'Breadstreet' and Angela from 'Garfield Fresh Harvest. Their donation of bread and eggs is very welcome and ensures we can make a profit while keeping prices reasonable.

On Thursday I attended the WFM organising committee meeting. This small group of dedicated workers are the ones who make sure the market happens each month. Each club should have at least one member attend their meetings. We all owe a debt of gratitude to this group as their work ensures each club receives around \$8,000 a year for **projects within the City of Whitehorse**.

Peridot Theatre is on this Friday, 17th February. Sue has 10 people booked in but can add more if you would like to attend.

There will be no First Friday Film Night in March due to members attending our District Conference in Canberra.

Donations have been made to the Children First Foundation and RAWCS Ukrainian Appeal

Summer is about to return over the next few days so stay cool, stay safe, enjoy each other's company and enjoy Rotary.

Bill

February is
Peace and Conflict Prevention / Resolution Month
Month

NEXT WEEK

20 February	Veronica Sherman	Happily Made
Chairperson:	Sue Ballard	
Greeter:	Bob Laslett	
Notes for "Happenings"	Glenys Grant	
Thanks	John Bindon	

COMING UP

17 February	Peridot
27 February	Apprentice Awards Night
11 March	Blackburn Market
12 March	Whitehorse Farmers Market
20 March	Conference Presentations

CELEBRATIONS



Let's celebrate Victoria with
all its fabulous variety.



Meeting Report 13 Feb 2023

It was nice to be back at Bucatini. We had 13 present. Ron and John McPhee were apologies.

Guest speakers were- Kirsty Porter and Lyn Young. It was wonderful to have past member, Rotarian Nancy Notman, visiting us from Gold Coast. Judy Laslett and Judy Marsh were welcome visitors.



Nancy and Stuart

Bob Laslett was chair and opened the meeting paying respects to the traditional owners of our land. Bob reported that past member Ivan Binns had passed away.

President Bill announced there would be no meetings on 6th March, and 13th March. We will do District Conference reports on 20 March.

There were very few reports: Glenys reported that all parents and schools have been informed about the school awards.

Warwick thanked Bill, Bob and Stuart for working at the Whitehorse Farmers Market. It was reported that the year 11 students had not presented their cheques to the banks. Stuart will contact the school.

Sue reported on the apprentices attending our dinner on 27 March. Peridot Theatre is on this Friday. She also distributed a petition re Withdrawal of Home Services in Whitehorse.

Nancy reported on her club conducting a book fair. They collected 20,000 books and cleared \$17,000.

Our guest speakers Kirsty and Lyn spoke on UMBRELLA DEMENTIA CAFES



They are community social groups for families, couples, and people experiencing dementia. They are based on a village model in UK. There are many, many forms of dementia—we should say-----“the person is living with dementia” . Dementia is not a normal part of ageing. There are now 5 Cafes. Blackburn, Blackburn North, Box Hill South, Rosebud and Sorrento. They are not government- funded, some have been operating for 5 years. There are 56 volunteers and 15 community partners.



Lyn talked about the experience with her husband- Cary Young. It costs about \$15,000 a year to run each café. Staffing is- one volunteer per two couples. Each café is open once a fortnight. They are so successful because they provide a social construct for the people enabling them to talk to others with dementia and hope for the carers.

Kirsty conducted two raffles. John Bindon won the umbrella and Bob Laslett the \$50 Myer card.

Sue gave a vote of thanks.

Bill closed the excellent meeting at 8.25 pm.

Stuart

SPROUTINGS

Showcasing Sustainability at Rotary's Melbourne Convention

By Dr. Pat Armstrong, ESRAG Chair



This special newsletter February 2023 features the many exciting events that will take place at the Rotary International Convention (RICON) 2023 in Melbourne, Australia, 27-31 May, including wonderful opportunities for fellowship and learning in the days just before the Convention. Featured:

- The story behind RICON Sustainable Convention in Melbourne 2023
- Why Melbourne stands out for sustainability
- Discover our Sustainable RICON Program!
- ESRAG Environment Actions Summit May 25th
- RAGTime - celebrate the impact of Rotary Action Groups
- RICON Breakout Sessions support our ESRAG presenters
- Volunteer for our House of Friendship Booth to promote ESRAG
- Environmental excursions planned for May 24-26

- Announcing ESRA's Green Events Handbook
- Use ESRA Flight Carbon Estimator and donate to RI for flights to and from Melbourne

For further information go to <https://esrag.org/newsletters>, , or,

if you want one item emailed to you, contact glen.grant008@gmail.com

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!

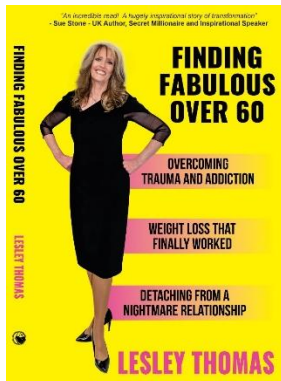
Bec said “We take preloved second-hand unwanted jewellery and turn it into new, one-of-a-kind statement earrings. There is already so much “stuff” in the world, why add more when we can use what we already have?”

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). 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



SOME OF OUR BLACKBURN MARKET STALLHOLDERS



Come to the Market next month- March 11