



# FOREST HILL HAPPENINGS

No. 32

President: John Bindon

23 March 2022

## MOVING FORWARD



We certainly have been in a changing environment the last 2 years, and finally we start to see the road ahead much clearer. I am certainly looking forward to getting back to face-to-face meetings next week as we endeavour to put our programs back into action.

Some of our members have coped better than others but we are here to support one another, so please reach out to our fellow members, so we can get our club back into full operation.

Rotary is an essential service for the community, with our support to youth programs, community service, national disasters as well as the

overseas programs which we support.

This coming weekend will be the District Conference conducted at the Caulfield Racecourse and several of our members will be involved. We look forward to their report at our next meeting.

**ROTARY AUSTRALIA WORLD COMMUNITY SERVICE** (RAWCS) has established a National Flood Appeal, if anyone is interested in supporting this worthy cause please refer front page of the RAWCS web site for full details <https://rawcs.org.au/>

### **Our united Global response to Ukraine**

We continue to encourage our members to donate or direct fundraising to Rotary Europe's Ukraine appeal, while we consider how we might provide support in the longer-term.

**Volunteering:** make yourself available, and ask your partners and friends to assist, by volunteering to help, especially on those "high demand" days.

**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

Chairperson Stuart Williams opened the meeting. Apologies were received from two members. Stuart introduced our speaker from Hobart, PDG Una Hobday, OAM, who spoke to us about Food Plant Solutions Rotary Action Group.

*PDG Una Hobday OAM was the first female president of a Rotary Club and was also the first female District Governor in the southern hemisphere, being elected DG District 9540, 1999 – 2000.*

*Una is Chair of Food Plant Solutions Rotary Action Group –which provides a solution to global malnutrition and food insecurity.*

*Una explained how the group differs from other groups. It is science based, low cost and sustainable. Their aim is to enable people to understand the nutritional value of local plants through educational materials and support services.*

*Their educational materials explain how to have healthy immune systems; how to have easy access to nutritional food, what plants to grow locally and how best to source them.*

*The group works with local partners and women, engaging and empowering them through education.*

*They have recently embarked on a new venture in Tasmania: Fresh Food for Families. It brings together the multicultural community, teachers, and Rotarians to extend food knowledge. Workshops include gardening, cooking skills, food sustainability and nutritional guidance.*

Una's presentation concluded with question time from a very appreciative audience and a discussion as to how Rotarians can get involved.

A vote of thanks was given by Sue Ballard.

.....  
The **general meeting** followed.

Pres John Bindon proposed toasts to Australia and to Rotary International.

John recommended that, since COVID restrictions are lifted, club members now work together to increase club activity.

### Service Reports:

**Secretary** Stuart Williams - the Insurance information has been submitted.

He asked that those not attending the next few meetings at Bucatini let him know.

**Treasurer** Warwick Stott - Blackburn Market moneys are banked. Financial report will be amended.

**International /Foundation:** Bob Laslett - the Fiji Eye program may go ahead in October.

Bob also has received an email from the Forest Hill College Chaplain that the breakfast club is not progressing at the present time due to building renovations.

**Vocation:** Sue Ballard (on behalf of Barbara Searle) reported that two of the three apprentices, along with two teaching representatives, an employer and two parents will be attending the apprenticeship awards night on April 4.

Sue has sent in the contract for next year for the same awards.

**Community:** John Bindon has connected with various community groups with the possibility of assisting them.

He now has a contact at Forest Hill Chase, and will be communicating with him.

There is a possibility of a pop-up booth there in future.

The Robotics team we are supporting got into the finals.

**Whitehorse Rotary Farmers Market:** Warwick Stott thanked members who assisted. He will discuss further duties on the last shift with those involved.

**Blackburn Craft Market:** John McPhee- reported some attendees asked about the lack of a sausage sizzle.

**Football Tipping:** 25 participants have signed up to enjoy the fun.

### **Nunawading Film night.**

Join the Nunawading Rotary club and friends for a fundraiser for End Polio.

The film is called **The Duke** and is about art theft.

**\$20 per ticket which goes 100% to eliminating polio.**

March 30 at the Croydon Cinemas- book online with TryBooking.

**Conference:** four members are attending.

Bob Williams reported:

**RYDA:** six Rotarians, including Judith Eadon, are attending the program at Springvale on March 29.

**Archives:** the archives are sorted and boxed ready for the next step.

**Bunnings Sausage Sizzle** with Nunawading club netted us \$203.

Glenys Grant reported:

**Youth:** Brief discussion was held with Malcolm Chiverton on future 9810 Youth programs. The 9810 Youth Forum is expected to be held soon, after 9810 & 9820 meet to discuss what programs may be linked.

School staff are COVID depleted in numbers, so are finding it hard to cope.

**Environment:** Glenys met with Adrienne Baucke, FHC College and Belinda Moody, Whitehorse Council, about the FHC greening project.

Clearing of area is progressing when possible. Pond has been removed.

Some trees may be planted near the perimeter of the grounds.

An exciting bee project is being developed. A full report is being written up and is available.

### **Whitehorse Library Display.**

Space has been measured up, and a maximum of 12-13 A4 sheets can fit. So copy will be limited.

Glenys met with Display organiser who recommended:

- Use Perspex A4 display stands. Check whether vertical or horizontal best
- Large clear text is needed.
- Dot points or short sentences.

Text from some Service Directors is still to come. Once everyone's input has been received, important aspects and programs will be prioritised.

A club invite to join will be included in the club description.

Glenys Grant



Scan Me!

## March is Water & Sanitation Month

### NEXT MEETING

28<sup>th</sup> Mar – Members reporting back on District Conference (**Bucatini**)

**Chairperson:** Bob Williams.

**Greeter:** John Bindon

**Vote of thanks:** Glenys Grant.

**Notes for “Happenings”** Susan Ballard.

**Cashier/recorder:** Barbara Williams.

### COMING UP

4<sup>th</sup> Apr – Apprentice Awards Evening (Bucatini)

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

18<sup>th</sup> Apr – No Meeting (Easter Monday)

25<sup>th</sup> Apr – No Meeting (Anzac Day)

### CELEBRATIONS



We celebrate Stuart Williams club anniversary on March 21 and John McPhee’s club anniversary on March 22. Congratulations to Stuart and John.



## INTERPLAST UPDATE

### Highlights from the latest Interplast newsletter

- The Direct Patient Support project is one of Interplast's creative solutions aimed at continuing to provide reconstructive surgical care despite the travel limitations imposed by the COVID-19 pandemic.
- Patients like nine-year-old Rewan from Nepal have been the beneficiaries of this life-changing surgical intervention. He was severely burnt on his neck while trying to start a fire with petrol in a cow shed.
- With Rotary's support, patients like Rewan can benefit from Interplast's help, even though our volunteer teams can't travel to our partner countries at the moment.
- Interplast has found new ways to both repair bodies and rebuild lives during the COVID-19 pandemic, as well as to train clinicians throughout Nepal and other developing Asia-Pacific nations.

Bob Laslett

# ROMAC

### Rotary Oceania Medical Aid for Children

ROMAC is a project of Rotary Clubs in Australia and New Zealand.

It is an approved Rotary International project.

ROMAC provides medical treatment for children from developing countries in the Oceania region in the form of lifesaving and dignity restoring surgery not accessible to them in their home country.

Read more about ROMAC at: [www.romac.org.au](http://www.romac.org.au)

### The Rotary Club of Camberwell presents one of the best art shows in Melbourne.



2022  
Camberwell  
Art Show

Matthew Petrucci - Moves in Shakers #9

25th June to 3rd July 2022  
Gala Opening 24th June 2022

At Swinburne University in Hawthorn  
featuring many of Australia's top artists  
with a range of mediums, genre, styles and prices.

[www.camberwellartshow.org.au](http://www.camberwellartshow.org.au)

Advanced Technologies Centre  
Swinburne University  
427-451 Buwood Road Hawthorn 3122

BOROONDARA  
City of Harmony

SWINBURNE UNIVERSITY  
of TECHNOLOGY

Rotary  
Club of Camberwell

## 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: [stucacat25@gmail.com](mailto:stucacat25@gmail.com)

RC of Forest Hill Footy Tipping

## SPROUTINGS



*Here is some exciting news from Forest Hill College about our indigenous plant greening project with VCAL students.*

### **Forest Hill College Yr 12 VCAL class**

It has been an extremely frustrating time over the past year having a class of students who were very motivated to create their indigenous garden but, due to COVID, were unable to begin. When they started their project they were in the intermediate stage of their VCAL certificates where there was a level of support provided to the students. Now they have moved into their Senior VCAL year resulting in much of the support being removed. To their credit the students have really stepped up and are now actively working on the garden as well as beginning an additional project that is related.

### **2022 Project**

As this class is a literacy class and is predominantly project based I suggested to the students that they might like to write a picture book that has an underlying environmental message about the importance of bees in our gardens. This was directly related to our garden project which had the brief of attracting Bees, Butterflies and Birds. The students were excited by this idea and immediately said that they wanted to give these books to local schools to get the environmental message out to the community and also as a way of promoting Forest Hill College. They were eager to take the book writing process from inception to publication which is what we have set out to do.

To begin the process the students have analysed a number of picture books, have been explicitly taught about the features in a picture books, literary devices, format, and publishing requirements. We have been lucky

enough to have an Australian picture book author mentor the students and support them over Zoom meetings. Currently the students are finishing picture books they have written independently and we plan on beginning our collaborative writing next week.

The book project will involve a number of mini projects worked on concurrently to bring everything to the final product. We will have students: researching bees, writing the story, editing and critiquing, illustrating, applying for grants, contacting publishers, costing the project and generally working collaboratively.

We are very energised by the project and the students are enjoying the hands-on nature of the garden and the book. We have begun clearing the garden having emptied a very smelly pond and removing it as well as clearing weeds.

We really appreciate the flexibility the Rotary Club of Forest Hill has shown with our garden project timeline. It has been severely affected by the COVID pandemic but now the project is extended we feel that we are in the midst of an even more exciting project that we are determined to complete as soon as is practicable.

Thanks for your support

Adrienne Baucke, Yr 12 VCAL Literacy Teacher

***Note: Our Enviro publication, Larry the Lorikeet, has been loaned to the school and is being perused and discussed at present.***



**Una Hobday: A solution to malnutrition and food security- RC of Central Melbourne**

Food Plant Solutions Rotary Action Group creates science-based educational materials that explain what nutritional food is, why human bodies need it and how to grow and use it. These materials are designed to empower people, mainly women, so that they can knowledgeably choose what plants to grow and eat to nutritiously feed themselves and their families. The group is centred in Tasmania.

Volunteer agronomists use Food Plant's International database, created by Bruce French OAM who has been working on this for over 40 years, to identify information on what we consider could be potentially important plants for a country. The database houses over 32,000 plants from all countries.

Programs are currently underway in approximately 40 countries in Asia, Africa, the Caribbean, Western Pacific, South America and Central America. The most important component in each program is a local partner. They have the local knowledge, networks, resources and they are invested in its outcomes. Examples of the materials and current operations are on the group's website

website [www.foodplantsolutions.org](http://www.foodplantsolutions.org)



***Food Plant Solutions Rotary Action Group —***

*Food Plant Solutions is an innovative solution to end hunger, malnutrition and ensure food security that is sustainable, cost effective and proven to work.*

*It's simple – identify and grow the best local foods, that are highest in nutrients, to meet the nutritional needs of malnourished people throughout the world. by FPSRAG*

**PDG UNA HOBDAY — JUL 8, 2021 PUBLISHED IN DISTRICT 9560 NEWSLETTER**

As the Chair of Food Plant Solutions Rotary Action Group, I have had the privilege to speak to many clubs via Zoom, around the world. All of them are pleased to learn about Food Plant Solutions Rotary Action Group and how it can help their communities. The Food Plant Solutions Rotary Action Group creates educational materials that:

- Identify highly nutritious local food plants
- Explain how to grow them in a sustainable, agro-ecological way
- Display their nutritional values
- Describe why human bodies require those nutrients.

The material allows people to better understand the importance of their local food plants; specifically their nutritional content and how to grow and use them.

By identifying a range of highly nutritious local food plants with differing seasonal requirements and maturities, it helps to supply a continuous, nutritious, sustainable food supply, which ensures food security and helps end malnutrition.

You can learn more about us and our projects from our [website](#), [What We Do](#), [Us in Action](#) and [Fresh Foods for Families](#)



*It's really great when we get others contributing to this column. Thank you to Belinda Moody, Tree Education Officer, Whitehorse Council, for this. The photos were taken by and published with permission of a local resident, who we also thank.*

**A Wedge-tailed Eagle** was spotted in Blackburn early in March. The eagle caused a bit of concern for this Little Raven before landing in a large Yellow Box tree.

It's wonderful to see such a huge top order carnivore in our municipality but it does lead us to wonder why?

It could be the case the population of eagles is doing really well and a young eagle has been sent packing to find new territory but it could be that the eagle was having trouble finding food in peri-urban and regional areas and came into the suburbs.

Either way, we will be keeping an eye out for it in the future.

**Glenys**

## **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 50<sup>th</sup> 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.”

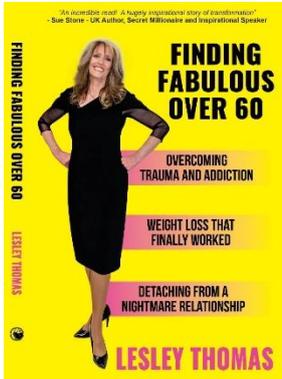
They will organise bee swarm collection, they have bee-keeping supplies. Usefully, you can pay by card.

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