



FOREST HILL HAPPENINGS

No 33

President: Sue Ballard

31 March 2021

FROM THE PRESIDENT'S DESK

Hop to it.

Rotary International have put out a reminder on the importance of immunisation. With the control on Polio, immunisation has been the basis of world health everywhere. With some of us starting to get Covid immunisation we must also remember to line up for the flu vaccine. Advice I have had was to allow at least 2 weeks between the Covid and flu vaccines.

Last chance

Baton relay participation. If you haven't already contacted me or you have heard from past members, friends and supporters who would like to be involved please contact me by Thursday midnight this week. I don't want to have to keep making last minute changes

Cluster dinner at Brickworks.

Sales are going well. Tickets are \$35 which includes food and a drink. Restraint is Acre located on the roof of Brickworks shopping centre (does have cover from the elements and lift access). Book through trybooking.

Wine sale fundraiser. Wines available through the link in previous newsletter.

Enjoy the Easter break.

Hope you all have a lovely Easter. When you are contemplating having that extra chocolate egg think about the health benefits attributed to chocolate. Good quality chocolate can be good for you. Especially dark chocolate. Try to avoid white or extra sweet chocolate. But enjoy in small regular amounts. If nothing else it can make you feel very good.

Finally, don't forget to get your waggle on. The Bee Challenge is on. Not that complicated. Break it down into stages. Practice flapping your wings, waggle your bottom

Keep buzzing.

Sue



MEETING REPORT

No meeting this week. Instead, we enjoyed a lovely dinner and chat with members and partners. A great chance to catch up and see how everyone is getting on with life.

March is *Water & Sanitation* month.

NEXT MEETING

5th April - No meeting – Easter.

12th April – Kevin Walker ... “Schizophrenia – Hope & Recovery”

COMING UP

5th April -

No Meeting

10th April -

Blackburn Market

11th April -

Whitehorse Farmers’ Market

11th April -

Baton Relay

12th April -

Kevin Walker – “Schizophrenia –Hope & Recovery”

19th April -

Rotary 100 Year Celebration Dinner

CELEBRATIONS

Congratulations to John Donaghey (recently retired) on joining Rotary 29 years ago. Thanks for your fantastic contribution, John.



SPROUTINGS

This week I would like to tell you about our exciting 2021 Environment and Youth Project.

Participants are staff and students at Forest Hill College and RCFH Rotarians. Assistance will be given by Council, Bungalook indigenous plant nursery and Gardens for wildlife, so this is a true community project aimed at enhancing the environment and the school as well as supporting its students.

Aim of Project

Aim 1: to create an indigenous Garden to beautify a green area outside the library at Forest Hill College. By beautifying the area adjacent to the library it will encourage students to sit outside, read and enjoy the environment. There will also be a 'time out' quiet space.

Aim 2: to benefit the environment by encouraging bird life, bees and butterflies to return to the space. This will be achieved by planting indigenous flora that are known to attract birds and bees.

Aim 3: to encourage VCal Yr 11 Students to form business plans for the garden and the funding; design the garden and plan the ongoing maintenance; liaise with others in business and the community; learn more about the environment and indigenous plants, bird feeders and bee hotels.

Project

At the start of the project the students listed three sites that needed beautifying. The site finally chosen is perfect for this sort of project. It has a pre-existing garden that has become overgrown and rundown. There are bench seats that were once used by students to sit and enjoy time reading. These seats are now rotten and unappealing. There is a pond that once housed fish but as they disappeared they were not replaced.

The garden area is enclosed by a large brick wall that is currently being used as a canvas by an indigenous artist.

The Yr 11 VCAL class will first remove the current plants, pond and furniture. Their plan is to clear the area, keeping only healthy trees. Then they will nourish and prepare the garden for replanting.

RCFH have so far formulated the project in conjunction with the school personnel. We then gave advice and shared information with contacts at the **Whitehorse Council** Environment section, the **Gardens for Wildlife Service** and **Bungalook Indigenous plant nursery**- all of whom are enthusiastic about assisting with the project.

Students will be able to seek the support of these contacts to either get advice on the types of plants that would support this outcome and would be suitable for the location or to supply the chosen plants.

As some of the students are studying carpentry they are keen to build new seating and tables for the area. They are seeking the support of their TAFE tutors with this part of the project.

They also plan the inclusion of bird feeders and bee hotels to support the aim of getting more wildlife returning to the environment.

There is also an area that is very tranquil and lends itself to mindfulness or quiet contemplation. In this area they are hoping to produce some kind of wind chimes or small decorative windmills.

At the end of the project there will be an official opening where we will present students with certificates of participation.

Managing the Project

The Yr 11 VCAL teacher will oversee the project and liaise with our RCFH Youth team and Environment Officer.

She will look for opportunities to further enhance the project utilizing the skills of students from the College e.g. art students to create name plaques for plants and trees.

The Principal team at Forest Hill College fully support the proposed project and have thanked the Rotary Club of Forest Hill for their involvement in this project.

Our RCFH Board have agreed to support the project with a grant of \$800.

We will also assist and give guidance throughout the entire project.

If you have any suggestions which will help advance this great project please let me know.

Glenys

Current status of area. Brick fence denotes boundary.



Scan Me!!

RYDA AT WONTHAGGI SECONDARY SCHOOL MONDAY 29TH MARCH 2021

Barb and I volunteered for the day at Wonthaggi and had offered for a couple of the presenters to stay with us the night before at our Inverloch place.

With both of us working for the Mitcham Community House Bunnings sausage sizzle the same day we were meeting the RYDA presenters at Inverloch it kept us on our toes. I also worked the last shift till 4 after which I counted the money and loaded up our Prado with all the Rotary boxes of stuff, car fridges and smelly rubbish so I left the final Bunnings inspection to others. A quick unload which Barb did most while I showered, Barb then phoned the RYDA lady with whom we had been in touch, to say we were a bit later than planned and she said that the other lady, Andrea had the flu so was not coming. We had the windows down a bit to try and blow out the onion/rubbish smell but still when we got to Inverloch, the Prado didn't pass the sniff test.

We had dinner at one of Inverloch's pubs with the lovely RYDA presenter, Karen who had come from Kinglake so appreciated not having to drive all that way on the RYDA day and we had so much in common it was like having an old friend with us. We met with Catherine and the other RYDA

presenters 8-30 at the new (\$35 million opened last year) Wonthaggi Secondary school which had years 10-12 with the other Wonthaggi campus having 7-9 levels.

As an aside, Karen and her husband's home at Kinglake on 20 acres was burnt to the ground in the Black Saturday fires in 2009 and with Insurance and building issues, they are still living in a shed on their property after living for a year or so in rented places. They also lost their horses and so sad that after all they went through that they are still being stuffed around by Insurance and Builders.

Interesting at the school Monday to see so many buses bringing in students from all over the surrounding areas and we had to wait until the last one left before we were able to set up the outside "Speed and Stopping" session which Catherine had to work at with Dennis, because of the absentees. Barb stayed outside all the time also assisting with the six sessions and commented how much Catherine puts in (as does Barb).

The usual six different coloured wrist bands for the six groups of around 20 plus in each. With fewer presenters there were two doubled up sessions, "Crash Investigators" and "Road Choices" in the school's library steps area. The other three sessions, "Drive S.O.S", "Mind Matters" and the "I" in drive" were held in adjoining rooms, so I sat close by checking on time for them.

At schools we finish at 1pm with a "substantial" morning tea at 10.50am and Catherine gave me the very responsible job of picking up the morning tea from a Wonthaggi bakery reminding me that she needed the receipt from them. The order had the sandwiches in a box with a lid and the hot party pies etc in an open container with aluminium foil on top plus the receipt. All went well until I rounded the corner to the car park when a gust of wind hit me with the aluminium foil and receipt flying away, in my haste to try and grab them, I lost a few hot goodies onto the ground and managed to upset the sandwich box in my arms so that all the fillings were shucked out and mangled together with bits of bread etc. But I did save the receipt (whew!) and shame faced took it all back telling Catherine that I expected the sack but in her usual amenable manner told me all was ok as she had the receipt. So with skilful use of tongs, we were still able to eat most of the sandwiches and the now cooling hot stuff with our hot drinks at the kitchen/staff room in this amazingly appointed school.

After my disaster, all else went well and we finished on time at 1pm with another 120 or so young "L" platers now more aware of the various skills required, and as Ray Shuey told us at our club a month or so ago, the respect for others, needed to drive safely on our roads.

Barb took a pic of her session outside.



Report: Bob W.

BUNNINGS NUNAWADING SAUSAGE SIZZLE SUNDAY 28 MARCH 2021

As the Treasurer and resident snag sizzler at the Mitcham Community house I was asked to organise their Bunnings day on Sunday with the wonderful House admin person, Pam organising all the volunteers including a couple of Mitcham RC guys.

Bunnings now hand out an extensive list (10 pages) of instructions with suggested amounts (65/70 kgs snags, 16kgs onions etc etc)

Bunnings also ask for five volunteers for each shift from 9am to 4pm and supply two marquees, so plenty of room. The system is to queue as per the roped-off line, then order and pay at one end with the person walking around to the front to receive their order and the sauce put on by the volunteer deliverer.

We used one to cook, one to take the order to the deliverer so the bread container sat next to the bbq, the order placed in the snag holder then the deliverer put on the required sauce. If a drink was also ordered (\$1-50) the person taking the order and money had the car fridge by them and gave the person (snageree?) the drink before they walked around to get their snag.

We used all our Rotary club's implements plus all drinks we had over from the Oz day plus some I donated and sold out well beforehand so if our club is doing one, we will need 10 dozen or so drinks I suggest. I also said that the RCFH sauces could be used plus serviettes as a small donation to the House so I will top up all of these before our next Blackburn Station market 10th April.

We also used the House card reader quite extensively so that also should be part of our club's money taking equipment.

I hit a small "snag" at Coles Mitcham where I had ordered 65kg of sausages on the Thursday but somehow, they had mixed our order as only 20 kg (in 1.8kg 24 snag packs) were on hand but the helpful guy there managed to finally find sufficient to complete our order. Three House ladies had pre-cut up 16 kgs of onions which were more than enough and we finished with 9 full packs of snags over which I have purchased for the Blackburn station market and as discussed with John Mc last night I will bring 6 packs on the 10th, buy a 5kg bag on onions and someone else can buy the 9/10 loaves of bread.

The day proved to be a real social event with so many House staff, House users and volunteers working together in a friendly (but tiring) environment.

Mitcham Community House thanks RC Forest Hill for their generosity with using their equipment and drinks etc.

Further, Peter McPhee from RC Mitcham asked me if his RSL club could use our bbq trailer on Anzac Day, as they usually breakfast on egg and bacon in their club rooms but with restrictions they may need to meet outside. I, of course agreed.

Bob W.

UNICEF D9810 FOREIGN COIN PROJECT

The latest 60kg bag of foreign coins has been sent off. Despite travel restrictions the coins keep coming in (and going out!!). This has been an absolutely super project and has now raised \$16,934.04 with a further \$4,705 being collected directly from Star Casino. A total of \$21,639.04 raised from 'shrapnel'.

A super effort, Ron.

Ron's dream now is for this project to go Australia wide. What a fantastic fundraiser that would be for a great cause.



It was a great night. Thanks for the photo, Glenys.

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

Powerhouse Cheese

Barbara Power started making her own cheeses over 10 years ago. With a degree in Microbiology she had a good scientific foundation to base her production. Two years ago, she started up her own commercial business **Powerhouse Cheese** and persuaded her sister, Donna Hall, who also has a Science degree, to leave her native New Zealand and join her in this venture. These two Artisan Cheesemakers use cow's milk in small 100 litre batches of milk from St David's Dairy in Fitzroy. They sell their cheeses at markets every Saturday and Sunday around the Melbourne area or you can order on line for pick up on Monday afternoon. The rest of the week you will find them busy in their cheesery making their standard Blackburn Blue, Whitehorse White and Ash Bree cheeses or producing new varieties like their Bellbird Blue or a surface ripened Rosella Red which may become another standard offering in the future. Certainly, these two talented very local artisan cheesemakers running **Powerhouse Cheese** have a future.

www.powerhousecheese.com.au

