



FOREST HILL HAPPENINGS

No. 33

President: Bill Marsh

15 March 2023

BILL'S BY-LINE



Our Blackburn Market was very successful. After a slow start it kicked into gear from around 10.30am and was very steady for the rest of the morning. Our little square reader is proving its worth: it now collects around 50% of the sales for the day. Yet again we had a full turnout of members and so the load was spread around and a great deal of socializing took place. A fun day for all involved. Ron Brooks is back in the country after a super trip overseas and he promises he will be over his 'jet lag' by the next market. Welcome back, Ron & Robbie.

We have taken the decision to not have a 'sizzle' at the next market. The market falls in the middle of Easter and we anticipate business could be well down. A couple of our regular workers will not be available. A number of stalls are giving the day a miss in favour of family gatherings and weekend holidays. Stall holders have been told they are welcome to set up their stalls and there will be no rental charge for the day. Several members will be on hand to ensure the day runs smoothly.

Ron will, yet again, take part in the Australian Rotary Health Charity Bike Ride and he will be looking for sponsors to support his effort. I think the ride is around 650 km. Ron would appreciate all the financial support you can manage. You can make a donation or sponsor him for each km. Jump on and support this great Rotary program without having to do any of the work. Even my car baulks at 650km.

Next Monday we will hear from Norm Boreham as he tells us about the sailing ship 'Alma Doepel'. All are welcome and we already have a couple of people from other clubs joining us for the night. If you would like to come along, please let Stuart Williams know so that he can arrange the catering.

The following week we will have those who attended Conference talking about their adventures in the land of the Pollies.

Enjoy your week. Stay safe.

Bill

Fiji Eyes

Peter Malden reports that the Fiji Society for the Blind have scoped out the medical screening training and the course is set for April. Its format will include fieldwork and actual patient assessments. The area of focus has moved to Taveuni and Vanua Levu only to save transportation costs as medications are very expensive. Full report with pictures to come.

March is
Water and Sanitation
Month

NEXT WEEK

20 March Norm Boreham The 'Alma Doepel'

Chairperson: Glenys Grant

Greeter: John McPhee

Notes for "Happenings" Ron Brooks

Thanks Bob Laslett

COMING UP

27 March Conference Reports

CELEBRATIONS



Celebrations are in order-
Stuart joined the club on 21
March 1988 and John
McPhee on 22 March 1982.



International Women's Day Breakfast

The breakfast to celebrate International Women's Day was held on Wednesday 8th March with the key theme being Embrace Equity. The Rotary Club of Forest Hill sponsored a teacher Adrienne and 4 students from Forest Hill College to attend.

It was the 7th year the International Women's Day breakfast hosted by our local Rotary Clubs has operated and was an inspiring morning.

We had the marvellous MC Ashley Coleman-Bock and heard from three incredible speakers:

- Dr Helen Szoke AO - Inaugural Chair of You Matter (the organisation this event supported!) and previous CEO of Oxfam. Helen spoke on the key topics of respect, responsibility and resilience.
- Hayley Dureau - Assistant Principal at Mentone Girls' Secondary College and recipient of the Outstanding Secondary Teacher of the Year in 2016 and National Secondary Mathematics Teacher of the Year in 2018. Hayley spoke about growing up without having a conscious awareness of the gender inequity that exists and the importance of being "you".
- Mikaela Stafrace - MBA-qualified lawyer and founder of WomenCan Australia. Mikaela talked on the importance of peer support and the value of connecting with women who are different from you.

The event raised over \$10,000 for You Matter! An incredible effort by the organising team.
Sue Ballard

Sproutings

Clean Up Australia Day was again well supported in all the various parks, gardens and nature areas of Whitehorse and everywhere in Australia.

Here is some news from Blackburn Lake Sanctuary on their activities on Clean Up Australia Day.

Peter Dempsey, CUAD Co-ordinator at BLS, reported:

We had a very successful Clean Up Australia Day, Sunday, March 5.

A total of 75 people, including 13 children, participated.

There were volunteers from Blackburn Lions and Leos, Deakin University Student Environment Club, local community members, Advisory Committee Members and Friends of the Lake.

There was also a large contingent from Dawoodi Bohras Community, "Project Rise" who are based on the corner of Canterbury and Forest Roads. The Dawoodi Community provided very tasty snacks for the Volunteers.

Thank you all who helped on the day. It was a wonderful community effort.

Seven full clean up bags of rubbish was collected, 47kg for landfill and 10kg for recycling. Most of the rubbish was soft plastics, plastic beverage bottles, aluminium cans, cigarette butts and lots of polystyrene pieces. Also, there were many balls and bed sheets and other rubbish collected from the roadside on Central Road.



Working Bee: BLS next Working Bee is on Saturday 18th of March 2023 at 9:30am. All welcome.

MUNA news: the Model United Nations Assembly met this week to plan this year's MUNA, which again will be a joint venture between Districts 9810 & 9820 and held at Berwick High School on August 15.

It is likely some resolutions will be on environment protection and climate change, as this is a prime discussion focus with students and also with the UN now.

ESRAG news: The ESRAG (Environment Sustainability Rotary Action Group) Oceania March Zoom meeting is on Tuesday March 21 at 6.00pm AEDT.

<https://us02web.zoom.us/j/84104534457>

Guest Speakers will be Barry Antees from Adopt-a-Tree and Phil Lyons from Trees for survival. They will each speak about their respective programs encouraging involvement and support from the wider community in large scale tree planting.

Rotary Adopt-a-Tree New South Wales: rotaryadoptatree.org.au

Trees For Survival New Zealand: <https://www.tfsnz.org.nz>

Gardens for Wildlife news:



As you know, I've been singing the praises of the Gardens for Wildlife Whitehorse team since they visited our home last year and gave us such good advice about the garden.

In February 2023 the group reached a huge milestone of 300 garden visits!

Congratulations and a huge thank you to those 300 participants and the volunteers who have shared their time, knowledge and expertise.

A word of warning: White-tailed Spiders are on the move..

In early December 2022 I was bitten by a spider on the jaw. It manifested as a huge swelling and throbbing reddened area tracking right along the jaw line.

At the same time our lovely young Labrador, Bentley, was also bitten. (Guess who loudly suffered the most and needed multi expensive treatment – yes, you guessed right). The Vet diagnosed it as a spider bite because of the dual puncture marks and swollen redness on Bentley's tender stomach, and said he had seen a number of bites recently. So we needed to track the culprit down. The Vet said he thought it probably was a white-tailed spider, and a 'spider collecting' friend agreed. (As an aside – how can anyone love spiders enough to collect them!).

I'm sharing this with you, as apparently there have been a number of children, animals and adults bitten recently by white-tailed spiders – and bites are on the rise. Please be on the lookout for them – and don't get bitten!

So how to identify them, and find them? The Australian Museum says:

'Identification is easy: White-tailed Spiders have a dark, cigar-shaped body and dark legs. The grey dorsal abdomen bears two pairs of faint white spots (less distinct in adults) with a white spot at the tip. Two common species are found in southern Australia, *Lampona cylindrata* and *L. murina*. Their bites have been controversially implicated in causing severe skin ulceration in humans.

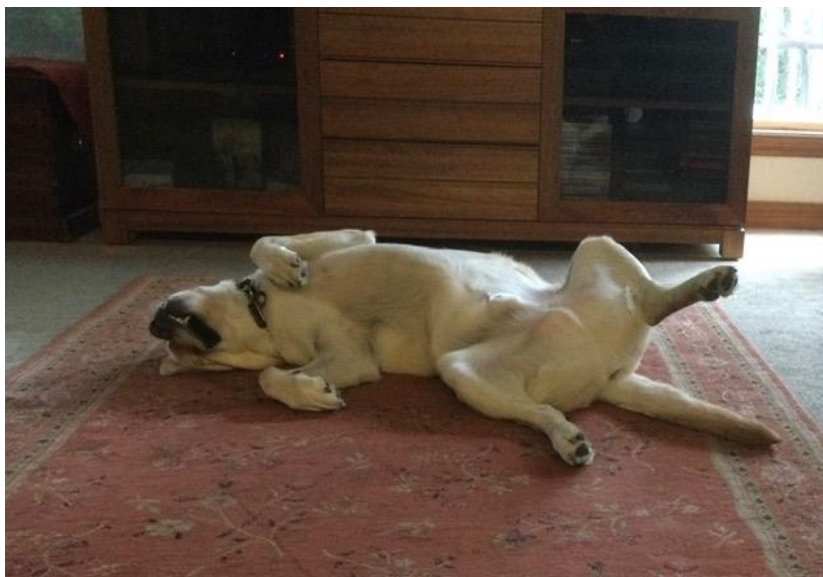
Habitat: White-tailed Spiders are vagrant hunters that live beneath bark and rocks, in leaf litter, logs and detritus in bush, gardens and houses.

They are most active at night when they wander about hunting for other spiders, their preferred food. They have been recorded eating curtain-web spiders (Dipluridae), daddy-long-legs spiders (Pholcidae), Redback Spiders (Theridiidae) and black house spiders (Desidae).

And since they are, in turn, eaten by birds, etc, they are an important part of the ecological food chain system.

During summer and autumn White-tailed Spiders are often seen in and around houses where they find both sheltered nooks and crannies and plenty of their favoured black house spider prey.'

We found ours under the bed... So now we've sprayed with surface spray, and we are hoping that's the end of white-tailed spider bites in our family.



Endnote: Bentley got the best of treatment, with lots of cuddles. His bites, pain, swelling and redness disappeared after about 4-5 days. I had treatment also (maybe not as much sympathy or as many cuddles). Yet, 12 weeks later, still have four areas on my jawline that are constantly flaring up, itching and don't seem to want to heal..

I'm not showing you photos of either of our bites, (too horrible) but here is the culprit.... sorry it's such a bad photo.. my hands were shaking a bit.

... And yes, I know the right thing to do would have been to capture the spider and gently relocate him outside...



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!

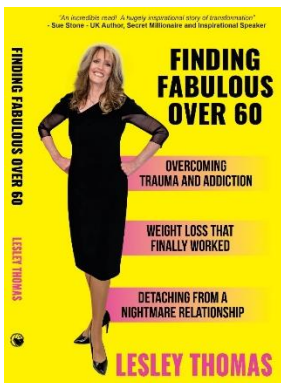
Bec said "We take preloved second-hand unwanted jewellery and turn it into new, one-of-a-kind statement earrings. There is already so much "stuff" in the world, why add more when we can use what we already have?"

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- April 8