



# FOREST HILL HAPPENINGS

No. 41

President: John Bindon

08 June 2022

## MOVING FORWARD



**WELCOME TO WINTER!!!** (Only 84 days 'til Spring.)

President John continues to keep the staff on their toes at the Donvale rehabilitation Hospital.

John's plea to attend this week's Youth Achievement Awards fell on deaf ears and so all he could do was send his Best Wishes to everyone as they enjoyed this great evening.

John is counting down the days until the 10<sup>th</sup> June when, all going well, he will be released back into the wide world.

We certainly look forward to welcoming him back to Rotary when he feels up to it.

### Notes from this week:

Our attention this week has been focussed on the Youth Citizenship Awards held on Monday evening,

This was a lovely evening where five young people from Year 8 at five local schools had their contributions to their schools and community recognised.

The smiles on their faces and those of their proud parents said it all – a great night.

It was a chance to recognise the talents of the youngsters and also to highlight Rotary at work - helping others and Making a Difference in our community. A great effort by the club.

For the rest of the week, we will take up weather forecasting and harnessing the power of positive thought on the weather. We have our Blackburn Market on Saturday and the Whitehorse Farmers' Market on Sunday. Good weather makes a huge difference to both days – so fingers crossed!



## INTERPLAST UPDATE

Zoom meeting 1 June opened by Rotary Engagement Coordinator Janette Etherington with Rotarians from New Zealand and most States of Australia in attendance. Introductions of attendees revealed there are many Districts combining around Australia and NZ. CEO Cameron Glover told us that the last Interplast team to go overseas was in March 2020 and since then it has been mainly training overseas surgeons with webinars and assisting online with operations. A Sri Lankan surgeon has been training in Melbourne for the past 6 months and a Nepalese surgeon is arriving here soon for training.

Teams to re-start overseas work soon concentrating firstly on SE Pacific – Solomon Islands, PNG, Samoa etc as the backlog of operations is huge.

It will be Interplast's 40<sup>th</sup> birthday in 2023. The plan is to train 7,500 clinicians in 20 countries by 2030 including Timor Leste.

Interplast will be there at both the Melbourne RI convention next year and the Zone 8 conference in Canberra October this year and hopes to re-start face to face meetings and club presentations soon.

The webinar training seminars have proved so popular they are even being used in developed countries such as the USA.

We watched a video of a boy in the Solomon Islands with a cleft palate who travelled days with his mother to attend a clinic. He was ostracized at school and eating was an issue. After his operation he is back at school, eating and developing well. Deformities like cleft palate in that country are thought to be witchcraft and the whole family suffers and now after the operation the mother has been allowed by the authorities to have another baby.

Interplast Changes Lives.

Resources website is [www.idc.resources.org.au](http://www.idc.resources.org.au)

Bob Williams

## INTERNATIONAL

The latest update for our Fiji Society for the Blind project is as follows:

Training -Oct/Nov 2022

Patient screening -Jan/Feb 2023.

There are a few restrictions still in Fiji.

Bob Laslett

## BREAKFAST CLUB

Our service to the Forest Hill College community will not commence until at least mid-July.

Bob Laslett

## **RYDA 7 June 2022 at Box Hill TAFE, Lilydale Lake campus.**

Barb and I celebrated our 52<sup>nd</sup> wedding anniversary Monday 6 June and generous me took her out to dinner that night and followed it up on the 7<sup>th</sup> with a day trip to Lilydale.

OK back to normal transmission. On a cold, wet day that would have been better spent staying under the doona, four hardy souls from Forest Hill (Sue, Hans, Barb, and I) plus two from Maroondah, Andrew Brownlie and John Lambert braved the elements to assist with 170 "L" plate students from Vermont Secondary College with their RYDA day. It was a coincidence in that Barb and I the previous night at our club Youth Citizenship Awards night hosted at our table an awardee and her family, and the student attended year 8 at Vermont Secondary so we told her that in year 11 to sign up for a RYDA outing.

Sue drove to our place, and I drove us to pick up Hans from his Chirnside Park home and as Hans behaved himself, we also drove him back home afterwards. The next RYDA school scheduled in August is Norwood High which Hans and I attended together, and Hans is keen to sing the school song on the day although Anna his wife has threatened to not attend if he does as his singing voice is about as good as mine which is awful.

Despite the rain, Anton decided to still set up and run the outdoor speed and stopping session, so we set up the marquee etc on the roadway carpark then warmed up inside. Two double group sessions were held in the ground floor auditorium and the remaining three all held in three second level rooms.

As usual the groups were all well behaved as the facilitators are so well versed in obtaining and retaining their attention. My group's first session was with Scott who had a bad motorcycle accident when he was 23 and "invincible", until on a private track he collided head on with a mate which left him in a neck brace for months with broken vertebrae plus permanent damage to his right arm so it is practically useless (he can't carry two beers now) and changed his life forever. The usual other five sessions followed and my second last one was the outdoor one which started with rain and the students under the marquee we had set up plus using supplied umbrellas, as the group was nearly 30 and too large to all fit under the marquee. Fortunately, halfway through the rain ceased.

Anton and his team as usual worked their magic with everything going to plan including my favourite session, lunch.

The welcomes and closings were held in the individual sessions due to covid as was the case at Springvale last week.

Another 170 "L's" soon to become "P"s who will be more aware and more respectful on our roads.

Bob Williams



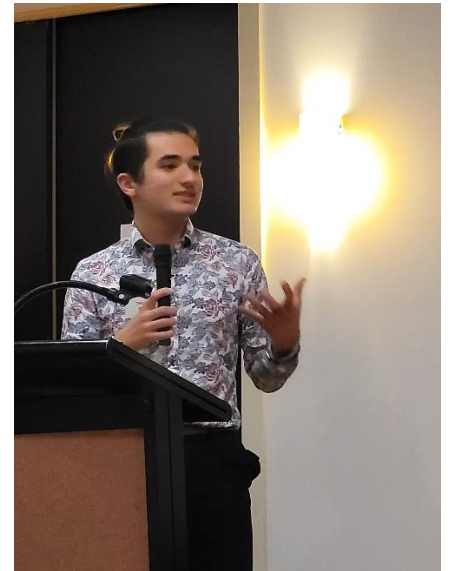
MEETING REPORT











# *SUPER KIDS & GREAT FAMILIES*

**June is Fellowship Month**

## **NEXT MEETING**

13<sup>th</sup> June – No Meeting (Queen's Birthday)

20<sup>th</sup> June – Rotarians Against Malaria (Peter McPhee)

## COMING UP

### Club roster for 20<sup>th</sup> June 2022.

Chairperson:	Bob Laslett
Greeter:	John McPhee
Vote of thanks:	Sue Ballard
Notes for "Happenings":	Bob Williams
Cashier & Recorder:	Barbara Williams

## CELEBRATIONS

No birthdays, etc this week.



Best Wishes to Ron & Robbie off to Dubai & Europe and also to Bob & Judy who are off to Darwin.  
Stuart is still enjoying the warm weather in Thailand.  
John is out of rehab on Friday.  
All good reasons to celebrate.



## SPROUTINGS

Sorry I missed doing the column last week. It was my first miss in 12 months of writing the column in a newsletter issue.

My excuse- well - what with working on and then setting up the Whitehorse Nunawading Library four window display about our Rotary club, combined with organising the Youth Citizenship Awards and the awards night at Bucatini restaurant I just "*plum ran out of time*"... Happenings Editor Bill and President John gave me the week off, and now I'm back researching and writing it until changeover. Thank you to those who send me links.



So on to the news.

Good news re our **Forest Hill College Enviro greening project**. It is now at the actual planting planning stage! The VCal students have done a great job. It was hoped that this project would be finished in John Bindon's presidential year, and we may go close.

Anyway, considering Covid caused many holdups, the students, while now completing their final and more intensive year, are doing well to get this far in the few months they have been back at school.

Their bee book is on the way, as well. That's another good educational project.

I will be working with them again now the **Youth Citizenship Awards** are completed. We had these YCA Awards on Monday night and the Ollie, the awardee from Forest Hill College, had mention made in his citation of his environment work.

Maybe in the future someone could set up a **Rotary Environment Award** for students?

Also, did you listen to the speeches from the Queens 70th year Jubilee? Prince William is now the third generation of Royal environmentalists. He acknowledged his father, Prince Charles, and his grandfather, Prince Phillip, as devoted environmentalists (and they were way ahead of their time on that).

Now following in their footsteps, he is dedicated to the legacy of keeping the earth safe for his, and all, children. This gives us, or me anyway, hope.

Here are some interesting happenings...



### Strathdon House and Orchard Precinct

**JUNE 18 Growing veggies in a wildlife garden**

by Whitehorse Trees and Urban Forest Education

This workshop, facilitated by Richard Rowe from SGA, will introduce you to approaches to integrate produce and wildlife gardening.

Richard will talk on many subjects including utilising the garden as an ecosystem for both wildlife and food growing; inviting wildlife into your garden, etc.

<https://www.whitehorse.vic.gov.au/things-do/arts-culture/strathdon-orchard-precinct/classes-events-strathdon>

### The Food and Garden Organics Service | Whitehorse City Council



From July 2022, you can add food scraps to your lime-green lid organics bin. This includes raw and cooked food, as well as meat and bones. If you already have the lime-green lid Garden bin, you are all set and ready to start recycling your food waste from July 2022. An article on this is on the Whitehorse Council website. It includes: *Kitchen Caddies and Liners; Recycle your food waste right; Why we are introducing this service; Your other questions answered.*

<https://www.whitehorse.vic.gov.au/waste-environment/rubbish-recycling/food-and-garden-waste-service>

[garden-waste-service](https://www.whitehorse.vic.gov.au/waste-environment/rubbish-recycling/food-and-garden-waste-service)

The Burwood Bulletin was interesting reading. I saw many Rotary and enviro articles.

### NewHope's Food Pantry – Burwood Bulletin, Page 26,



NewHope Community Care Food Pantry offers food parcels and toiletries to people in need. They have a constant supply of non-perishable foods as well as some refrigerated and frozen items and basic toiletries.

NewHope welcomes members of the community to wander through their food pantry at their leisure and select what they require.

grants they receive as well as the work of their volunteers enable them to offer this important service. Blue donation bins are located throughout the NewHope buildings allowing the community to participate with donations of non-perishable food items and toiletries.

Items you can donate: coffee, tea, Milo, sugar, longlife milk; rice – large sizes; canned vegetables – all types; canned tomatoes, canned fruit, pasta sauce, noodles in a cup, tuna in oil, honey, peanut butter, Vegemite, jam, two-minute noodles, flour – all types; dry/sweet biscuits, muesli bars, Cheese 'n biscuits, Tuna 'n biscuits, potato chips, cereal; wraps, toilet paper, soap – personal, toothbrush and toothpaste, sanitary pads, shampoo and conditioner, deodorant, baby nappies – all sizes.



NEWHOPE Baptist Church is at 3 Springfield Road, Blackburn North and is a very caring church. Their community involvements as listed on their website are many and varied – asylum seekers, CAP debt management, ESL, food pantry and other practical assistance. I know – it's my church...

<https://burwoodbulletin.org/wp-content/uploads/2019/09/BB154.pdf>



**Council** offers a Reusable Items Collection for e-waste (electronic waste), reusable clothing and household items, so that they do not end up in landfill. The refreshed program, previously known as Re-new, will include a bookable home collection service trial called **HomeCycle**.

This current trial ends on 30 June 22.

You can donate preloved clothes, reusable household items and electronic waste.

<https://www.whitehorse.vic.gov.au/waste-environment/rubbish-recycling/recycling/reusable-items-collection>

That's all Folks. Back next week. *Glenys*

## The Spread of COVID-19 Is Based On Two Factors:

1. How Dense The Population is
2. How Dense The Population is



For More Funny Quotes Visit:  
[www.bizwaremagic.com](http://www.bizwaremagic.com)

## RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

### OUTBACK SPIRIT

**Outback Spirit** have been regulars at our market for years and they also regularly sell at the Rotary Club of Mt Waverley and Dingley Farmers markets amongst others. Juleigh and Ian Robins make all their chutneys, sauces, pickles and marinades at their new Dandenong factory. Not only are they delicious but they are gluten and MSG free. Ian and Juleigh are recognised pioneers of the Australian native food industry and have been at the forefront since its inception in 1986. They established Robins Foods in 1997. Ian and Juleigh's vision is to bring Indigenous foods into the mainstream food market and the company is the industry leader supplying the **Outback Spirit** branded range of products to supermarkets nationally in Australia.

In 2000, Ian and Juleigh decided to formalise their relationships with the company's indigenous suppliers and established an ethical supply chain that ensures that benefits from the sale of **Outback Spirit** products go back to the Aboriginal people who are developing their own enterprises based on native foods. They established the Outback Spirit Foundation to further help the Aboriginal people.

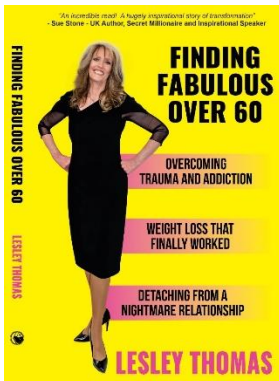
Juleigh is an accomplished cook and together with Ian has written three native food cookbooks – Wild Lime (1996 Allen & Unwin) and Wild Classics (2000 Allen & Unwin – with Ian Robins) and Wild Food (2010 Lantern Books, a Viking Books imprint).

So, go and have a chat to Juleigh's brother in law Bill at the Blackburn market stall and taste some of these unique foods. Find out more about the products, the company, and the Foundation at [www.outbackspirit.com.au](http://www.outbackspirit.com.au)





## We will be back soon - COME TO THE MARKET



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