



FOREST HILL HAPPENINGS

No 43

President: Sue Ballard

16 June 2021

FROM THE PRESIDENT'S DESK

A lot has been said about the issues of Domestic Violence and Abuse recently, though the issue has been around for an eternity. The most recent statistics are horrifying. Government campaigns are stepping up to stop and prevent domestic violence and abuse, but it's something we all need to be aware of and where possible do something. Domestic violence and abuse aren't limited to specific economic groups or situation or cultures. It's occurring in our community and possibly amongst people we know. The Whitehorse Centenary Committee as one of our projects is working with a local shelter to help survivors start anew and look to the future.

I personally have knowledge of DV/DA in my family. One aunt was married to an alcoholic who had suffered from PTSD and had been attacked regularly. Another aunt had married a man looking for companionship, but found a controlling abusive partner. Both these women had lived in the era of "you made your bed, you lie in it" and didn't feel they had many options. The first aunt did flee the marriage, moving interstate and trying to make a new life for herself and her family. The second aunt lived with the abuse despite having people offer to help her. She said she didn't want to be alone and it was better to live with the fear.

I can talk of other cases I know, but the common thread is the support they have to take the next step. It's not easy for anyone to get out of a relationship as the emotional toll and control can be debilitating. For those who do, there are support groups out there to help. Our project goes a small way towards these survivors starting over. We will be creating culturally specific start up home kits for those setting up a new home. These survivors are often people who have a family and little access to money. They have usually fled with very little other than the clothes on their back.

While prevention is preferred to cure this goes some way to improving lives.

Sue

Note: Stuart will be liaising with Bucatini. Please contact him for dinner meeting attendance and visitors.

MEETING REPORT

No meeting this week due to Queen's Birthday holiday.

June is Fellowship Month

While COVID may be impacting many Fellowship activities, remember to check in with family and friends on a regular basis. A friendly face or a supportive word is always appreciated, especially when times are difficult.

NEXT MEETING

21st June - Committee Handover Meeting
Chair: Stuart W Thanks & Report: Ron B

COMING UP

28th June - Changeover
Chair: Bill M Thanks: John B Report: Stuart W

2nd July - First Friday Film Night (TBC)

5th July - Club Forum
Chair: John B

9th July - Peridot Theatre (TBC)

10th July - Blackburn Market

11th July - Whitehorse Farmer's Market

RYDA DETAILS FOR 2021

1 June 2021 deferred to 10 August

Sandown Sue, Ron, Anna, Hans, Barb W, Bob W

I have emailed our volunteers for availability which I will then send to Catherine.

17 August 2021 Sandown Stuart, Hans, Bob W plus 3 Maroondah

16 November 2021 Sandown Stuart, Ron, Anna, Hans, Barb W, Bob W

22 November 2021 Wonthaggi Barb and Bob W and maybe Anna and Hans
Bob W

Note: Bob will provide an update for our next newsletter as 8th June session also deferred.

TRIVIA NIGHT



Katie Norton
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Trivia night with special guest host Bobby Fox- ONLINE VIA ZOOM

Thursday 17 Jun 2021 - 6:00 PM to 8:00 PM

Join us for a night of trivia and fun run in partnership with Nadrasca and hosted by Irish-born Australian actor and star of musical theatre Bobby Fox. There will be prizes for trivia champions and who knows, maybe even a song or two! We have an amazing array of donated prizes: There's a 1kg Mega Bar of Chocolate, a Family Pass to Puffing Billy, 2 Adult Tickets to Gumbuya World, a 2 year membership to Big 4 Holiday Parks, 2 x \$50 vouchers to Costco, Geelong Football Club signed AFLW guernsey, Melbourne Football Club signed AFLW Guernsey. Hampers, Wine, more chocolate. With all this to giveaway there is a good chance that everyone's a winner!

Tickets are strictly limited so book yours now! It's free to attend.

Book here + invite your friends:

<https://wml.spydus.com/cgi-bin/spydus.exe/ENQ/WPAC/EVSEENQ?SETLVL=&RNI=2092376>

You will be sent a link to join the meeting.

SPROUTINGS

This was a news item this week in ABC News:

'You've probably heard by now that WA is fast-tracking its planned phase out of single-use plastics.

On the weekend, [Premier Mark McGowan said loads of items, including plastic straws, cups, plates and cutlery, will be outlawed in WA from the end of the year.](#)

More items will follow, and by the end of next year, a wide range of disposable plastics will be banned.

But what will it mean for those of WA citizens? What about people with medical conditions who are reliant on plastic drinking straws?

What about food delivery services like Uber Eats?' The information is extensive, and you can read it all in

<https://www.abc.net.au/news/2021-06-14/wa-single-use-plastic-ban-explained/100213628>

Basically this is what was said:

Coffee cups: Cafes will only use fully biodegradable takeaway coffee cups.

Take-Away containers: cardboard.

Reusable Plastic Bags:

Single use plastic bags were phased out three years ago. Now the WA government wants to phase out reusable bags as well and find alternatives that don't impact marine life and contribute to landfill.

What else is being banned?

Helium-filled balloons and cotton buds with plastic shafts.

But some people need plastic straws for medical reasons (like people within aged care, disability care and hospital settings)- **and they will have access to them**

Why are we doing this again?

For the planet, of course.

Australians use about 3.5 million tonnes of single-use plastics a year.



Turtles shouldn't swallow plastic. (Rod Prendergast: Supplied)

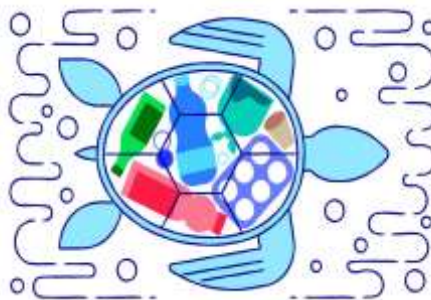
Worldwide, an estimated 8-10 million tonnes of plastic ends up in the ocean each year.

That's why.

And, from rotary.org, more on turtles.....

TRICK OR TREAT

We all know plastic bags are trash, but sea turtles are often tricked into thinking they're a treat. They munch on the floating bags, mistaking them for jellyfish, or eat other bits of plastic that look like algae or seagrass. More than 50 percent of the world's sea turtles are estimated to have eaten plastic — and some of them have ingested hundreds of pieces of it.



Bags can cause intestinal blockages, sharp plastics can rupture organs, and the decomposition of debris can trap gases and make turtles more buoyant so that they have a harder time swimming to feed or to escape predators. Young turtles are most vulnerable, because they will eat whatever floats past them.

Drawing: Studio Warburton

<https://www.rotary.org/en/way-to-wash-water-clean>

Rotary International environment area of focus:

Rotary gives funding for initiatives such as:

- Restoring habitat, planting native vegetation, and removing invasive plant and animal species
- Protecting endangered species and preventing illegal wildlife trade
- Addressing overfishing, pollution, and coastal erosion
- Educating communities in conservation and resource management
- Supporting eco-friendly agriculture and sustainable fisheries
- Promoting the use of traditional and Indigenous knowledge in resource management
- Supporting the transition to energy-efficient transportation
- Eliminating exposure to environmental toxins
- Reducing food waste

More than \$18 million in Foundation global grant funding has been allocated to environment-related projects over the past five years. Creating a distinct area of focus to support the environment gives Rotary members even more ways to bring about positive change in the world and increase our impact.



Supporting the environment is Rotary's seventh area of focus, which are categories of service activities supported by global grants. Grant applications for projects will be accepted beginning on **July 1, 2021**.

<https://www.rotary.org/en/supporting-environment-becomes-new-area-focus>

Planting is on again.

I know a number of Rotarians and friends helped out in the past at Blackburn Lake, planting tube grasses, bushes and trees. The

Community Planting Day on June 5 had to be cancelled. If restrictions lift please assist on June 19 in planting a few hundred indigenous tube plants. That's all for this week, *Glenys*



Scan Me!!

RCFH BLACKBURN STATION CRAFT MARKET – TRADER OF THE MONTH

KUMFY KIDS

For 22 years, there has been a knitting corner at the Blackburn Market just opposite the Band stand. They have been selling at markets for 26 years. Everything on sale is hand knitted, mostly acrylic “to keep the price down” Bernadette told me. But they will, and do, make woollen items on order. They generally knit items for new born up to about 4 years of age. They also sell handmade knitted clothes hangers. Jeanne was sitting alongside Bernadette and told me that they do have other knitters at times working at home including one lady of 92. They have a regular turnover of garments and if anything doesn’t sell after a little while they donate it to the op-shop. That is an amazing community spirit. Go and see them at work both knitting away while they chat. They will make any item at any size on order. Kumfy Kids can be contacted at bmcrennan@gmail.com

