



FOREST HILL HAPPENINGS

No 44

President: Sue Ballard

23 June 2021

FROM THE PRESIDENT'S DESK

It is Men's Health Week and it's of special importance to me. My father died, aged 42, from a heart attack. Like many men he didn't seek medical help when he wasn't feeling well, probably thinking it was nothing important. I talked to my GP last week about Men's Health Week and he explained that even now where there is a lot of promotion about medical intervention he finds men, in particular, are not good at telling their doctor what they feel or have fears of. It's usually left to the doctor to ask a series of questions and hope they get the story. I have told work colleagues and make friends get medical intervention when they have said they didn't feel well. Commonly hearing, "it's nothing" or "maybe later". It doesn't hurt to go and get something checked out, it may even save a life. If it turns out to be nothing then they have confirmation. If my father had gone to a doctor he could have had a long and productive life and I wouldn't have had to mourn him at the age of 6.

This week I am attending a breakfast Zoom meeting with Box Hill Central on Youth in Rotary. It's a discussion panel and a serious topic we should embrace for the survival of Rotary.

Lastly the District Changeover Dinner is on in the first week of July. Last time I checked there were still some tickets available.

Sue

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

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

28th June -

Changeover

Chair: Bill M Thanks: John B Report: Stuart W

COMING UP

5th July -

Club Forum

Chair: John B

CELEBRATIONS



Congratulations to Robbie Brooks and Glenys Grant who celebrated their birthdays on Sunday.



SPROUTINGS

Thank you for your interest in the Spotted Pardalote we featured recently. To hear there are a number of sightings gladdens our hearts.

Here is another one which is not being seen much anymore in this area, and we would love to hear that someone has spotted one.

It's a Golden Whistler.

These wonderful photos are by Ian Moodie

Golden Whistler – Female



Golden Whistler - Male



Golden Whistler – description by Birdlife Australia.

Pachycephala pectoralis

Pachycephalidae

<https://birdlife.org.au/bird-profile/golden-whistler>

Though Golden Whistlers sometimes perch quietly among the foliage of trees or shrubs, the males are often noticeable by their rich, golden plumage, extending from their underparts and in a collar around the bird's neck, contrasting with a jet-black hood and a white throat patch. The female whistler is drab by comparison, greyish and indistinct. Even if they are not seen, their beautiful whistled song carries on the wind for hundreds of metres, and is a common sound in the Australian bush throughout spring and summer.'



Storm and wind damage:

So much damage with the recent wind and rain over the past weeks. I hope none of your properties were affected. In the past couple of years we have had fires, floods (with more expected, apparently), storms and pestilence (if COVID 19 can be labelled that way). Are the first three due to environmental damage – why is all this occurring?

It's so good to know Rotary is on the ball and we are helping the recent victims.

So far three friends have been hit with the recent storm in a big way. Our friend L... 's daughter' bedroom – smashed by a huge tree from a neighbouring yard.

R..., another friend, who lives in the hills near that elderly lady recently admitted to hospital after four days in the dark and cold, has only had his power restored last Friday. Awful cold and miserable time for him and his family.

Our granddaughter, C..., who proudly moved into her first house three months ago, now has a smashed garage.

Luckily no one was hurt in these three incidents but think of the insurance claims- and more importantly – think of the suffering all these people, and so many more, are enduring.

This is our recent experience:



Feb 21: Front drive, part of garage smashed.



June 21 – our back fence – two days ago

The February insurance claim led to garage repairs that were only finalised last week.

The June photo is from our back reserve two days ago. It shows the tree across the walk track. Luckily no human casualties. The entire top of the tree was over the fence into our back yard. I couldn't take the photo from inside our back fence as all you could see was a huge tree canopy. When it was cleared yesterday from our fence the whole back garden area was smashed. In both cases the root ball was too small for the canopy – should the tree tops be trimmed sometimes as they grow larger? Possibly.

We have to redo the large garden damage ourselves, which is okay by us – we are just glad it wasn't worse.

Whitehorse News - June 2021

'Rising energy prices and more time spent indoors can lead to huge electricity bills from home heating.

That's why heating your home efficiently is so important and now is the time to prepare your home for the coming winter months. This is especially important as more people have a flexible working or studying arrangement and spend more time at home.

To maximise the heating properties of your home, here are some handy tips:

- Set your heating to 18-20 degrees for a comfortable temperature. Each degree higher corresponds to about a 10 per cent increase in running cost.
- Draught seal all the gaps around your home to stop cold air leaking in and warm air leaking out.
- Ensure windows have coverings such as curtains and pelmets to stop the cold glass radiating into the home.
- Assess ceiling insulation for gaps and correct thickness to reduce heat loss.
- Arrange a maintenance check for your air-conditioner and/or space heater and clean the filters to ensure it is working at its optimal level.

To book a free 20-minute phone consultation with an energy advisor visit the Australian Energy Foundation website.'

More information
Australian Energy Foundation
[1300 236 855](tel:1300236855)
www.aef.com.au

Woolworths is going **green**.

70% of customers have told the store that taking care of the planet is important to them.

This is their progress:

Zero food waste to landfill by 2025

They currently divert enough surplus food for the equivalent of 20 million meals a year to hunger relief partners like OzHarvest, Fareshare and Foodbank.

A further 58 million kilograms of surplus food has been donated since January 2020 to local farmers, zookeepers and now, in partnership with WIRES, wildlife carers.

All stores will be powered by 100% green electricity by 2025, (solar panels).

A wind farm will supply 30% of NSW stores energy needs.

More energy efficiency, as stores have converted to LED lighting.

And more...

New recyclable meat trays

**Paper carry bag, made from 70% recycled and responsibly sourced paper
and also transitioning these bags to be 100% Australian**

Removing all single-use plastic tableware - like cutlery, cups, plates and bowls - from sale nationwide.

This is so good to hear.

That's all for this week, folks. *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

