



FOREST HILL HAPPENINGS

No. 05

President: Bill Marsh

03 August 2022

BILL'S BY-LINE



On Monday a small (very) group of members listened to Peter Koens as he spoke about the 'Cardiac Cath Labs for Fiji' project. Full report in newsletter.

Next week we will have Bob Allardice speaking to us about RC Nunawading's 'Overseas Playground' project.

Our 'Thanks' to Ron Brooks who continues to provide the club with a wide range of interesting & entertaining speakers who educate us and highlight the range of areas in which Rotary is involved across the world.

This morning I had a meeting with representatives from APH Holdings who would like to start a weekly market in the area. They would very much like to partner Rotary in this project. I will be contacting the six clubs and Rotaract in our area to gauge their interest.

I hope all who attended the Hope Katolo movie afternoon last Saturday enjoyed 'Where the Crawdads Sing' as much as I did. Around \$1,000 was raised to support the work at Hope Katolo.

Our club will again provide the prize to the winning team (club) at the District Conference Golf Day in March 2023.

The 4 Way Speaking Competition will be held this year and the contestants will speak to an audience at the Box Hill Town Hall on November 15th. We will not hold a meeting that week and I hope all members can attend the dinner at Box Hill and be part of the audience. Further details later regarding times and costs.

I will be away for the next two meetings and the club will be in the capable hands of John Bindon. Enjoy yourselves and I will send you some photos of the sun and beautiful beaches in FNQ.

Bill Marsh

August is Membership Month

MEETING REPORT- 1 August



We had six club members in attendance plus our speaker from RC Nunawading, Peter Koens and met in the front room at Bucatini.

Pres Bill advised that he will be away for the next two meetings.

He asked that members with updated WWC details to please send to Bob W. Thanks to those who attended the Hope Katolo movie fundraiser Saturday with \$1,000 raised. Zoom membership seminars coming up. Any new calendar dates to Bill. Board met last week and approved our membership fee to be \$270. Our District Conference next year will see the return of the Golf Day and Forest Hill will donate the usual \$500.

Our District has 961 members so well down on the 1100 we recently had with most clubs in decline. Ukraine appeal still running. NYSF, re-starting as is the four-way test.

Bill will meet with APH to discuss their proposed new market. He advised that John McPhee has had a bad fall.

Secretary Stuart advised no mail and updated us on our footy tipping results.

Treasurer Warwick advised that our membership dues emailed out. He also advised that our post office box is now costing \$140 per year but a necessary expense for clubs.

John Bindon has received two certificates that would normally have been given out at changeover, and these were for our Environment projects and the other for Projects, PR and Communication.



Our guest speaker Peter is a RAWCS member and showed us a Powerpoint presentation commencing when the first Cath Lab was installed in Nepal in 2000. In 2002 Peter received an invite to go on a fact-finding visit to Mongolia and 20 years later he is still involved. He was one of five Rotarians who recently volunteered for a project in Fiji of transporting and then installing a Cardio Cath Lab. The equipment was transported in a container and because of the size and complexity of the equipment it required a lot of work to complete the installation. The container was then able to be sold for more than they paid so funds donated to the new facility. Fiji has the highest incidence of

coronary heart disease in the Southern Hemisphere with 1500 in 2021 on the waiting list to be diagnosed before the new equipment arrived. The first 4 days after installation saw seven people's lives changed and to date 250 people have been diagnosed. Since 2000, tens of thousands of the most underprivileged have been diagnosed and treated with many stents put in. Peter recently flew to the Gold Coast to collect parts to repair a monitor that had failed and then onto Fiji. He is again to fly there soon with a replacement x ray tube.
What a wonderful project.
Raffle raised \$26 with Peter winning first draw and Bob W the second one.
Sergeant raised \$16-70.
Next week we will hear from another Nunawading Rotarian, Bob Allardice on Rotary Overseas Playgrounds.
Stuart gave our vote of thanks and presented Peter with a club mug.
Pres Bill closed the meeting.
Bob Williams

NEXT MEETING

8 August Bob Allardice Rotary Overseas Playgrounds

Club roster for 8 August 2022.

Chairperson: Stuart Williams
Greeter: Warwick Stott
Notes for "Happenings" Glenys Grant
Thanks John Bindon
Cashier & Recorder: Bob Williams

COMING UP

15 August Bucatini A La Carte
22 August David Tolstrup Zone 8 Pilot Options
29 August Nafty Vanderhoek Climate Change-a Scientific Perspective

CELEBRATIONS



Glenys -don't forget August 4 -it's Rob's birthday. Many happy returns.



FOUNDATION

Did you know that Programs of Scale is a Foundation program that awards grants to Rotary clubs or districts that have demonstrated evidence-based interventions in one of the areas of focus. The grants fund large-scale, high- impact projects that can attract partners. The first grant was awarded in 2021 to Partners for a Malaria-free Zambia. The second was Together for Healthy families in Nigeria. Details in rotary.org/programsofscale.

SPROUTINGS

Schools National Tree Planting Day was held last Friday, July 29. I was invited, as representative of the Rotary Club of Forest Hill, to take part in a community project at Strathdon House, a heritage home and land area in Springvale Rd Forest Hill. It was quite a fulfilling experience.

The project was to plant a large number of trees in a zigzag pattern around half the perimeter of the planned future nature-play space, to create a sensory experience for those using the area. As an added bonus the trees would create a windbreak and also shield the children from the surrounding buildings.

Others involved in and organising the project were Belinda Moody, tree expert, Whitehorse Council, Forest Hill College teachers Liam and Adrienne, and their VCAT year 12 students. I think it may be good to show the rest of the story in pictorial form...



That day the students planted 60 Black Sheoaks (*Allocasuarina Littoralis*), a great environment effort. Thank you to all.

We were all then given a tour with history of Strathdon House by Jo Harkin.



Strathdon House is a historic modest homestead 1893, set on two hectares of land which was once mainly orchard and formal cultivated landscape.

The character and heritage of the area has been maintained. The front garden will be restored with key plant specimens and some of the orchard will be re-established.

The aim is to use this area as a multi-use well-being and sustainability hub, a valuable asset to Whitehorse and its community.

For more information <https://www.whitehorse.vic.gov.au/things-do/arts-culture/strathdon-orchard-precinct>

Strathdon House August events:

Sat. Aug 13 – Food and Organic Waste Workshop

Wed. Aug 17 – Sashiko Mending

Sun. Aug 21- Glass Upcycling

Thurs. Aug 25 – Book Week activity to connect with nature and honour Country

Sat. Aug 27- Low Waste Comfort Food

For all activities booking is essential. Please go to whitehorse.vic.gov.au – classes and events – Strathdon House and Orchard Precinct

RMIT Enviro News.

Hats off to RMIT, who recently hosted the 2022 World Building Congress, confirming its status as a leading university in building and built environment research, and welcoming industry experts and leaders from across the globe. This year's theme was *Building our Future: Informing practice to enhance the lives of current and future generations.*

RMIT Professor Usha Iyer-Raniga, who leads the [Circular Economy Hub](#), says

"The research we are doing is ultimately about ensuring all generations of building industry professionals 'touch the earth lightly'—not just in Australia, but also in other parts of the world, particularly in the areas of the world where rapid city building is taking place,"

"We are looking at ways we can reduce the use of virgin resources and ensure that resources that already exist in the economy are used over and over again, rather than ending up in the landfill or just left as waste."

"We need to fundamentally change the way we think about design, build and operation of our buildings to ensure we leave behind a planet for current and future generations," she added.

So congratulations to RMIT University for leading this building industry environmental and sustainability focus.

(It's great to be able to give my old Uni a plug!)

Congratulations also to the firm below. I will leave you to work out who it is....



That's all for this week,

Glenys

RCFH BLACKBURN STATION CRAFT MARKET – TRADERS 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 online 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.

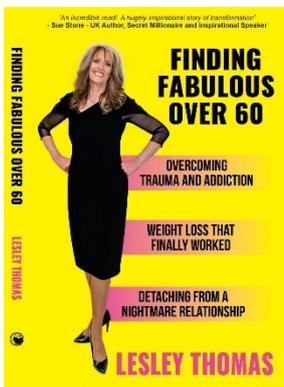
www.powerhousecheese.com.au



Dawn's Flowers

Dawn Hooton has been a regular at the Blackburn Craft Market from the very beginning. If you want her plants, you have to come to our market as she sells nowhere else. Dawn lives in Forest Hill and propagates every plant herself from her own seeds or cuttings. Her love of flowers and gardening started as a young girl when her father bought her a packet of fuchsia seeds..... it has been her hobby ever since. It's amazing looking at the large healthy specimens of evergreen perennials such as the fuchsias, ferns, and pelargoniums she sells with long flowering periods all at very reasonable prices.





Come to the Market August 13