



# FOREST HILL HAPPENINGS

No. 33 President: Bill Marsh

8 May 2024

## BILL'S BY-LINE



Ron has done it again!! Another excellent speaker on Monday night. Betty Chetcuti was both entertaining and informative with a talk about her journey into the world of plant-based foods. From her research and personal experience, the move away from meat, fish and dairy has some amazing, positive results.

With the closure of our club coming up fast we are all trying to get our heads around completing programs, trying to honour commitments already given and generally 'cleaning shop' before the 30th June.

This weekend we have our two markets – Blackburn on Saturday and WFM on Sunday. If you can help out it would be most appreciated.

We have been making financial donations to a number of organisations that we have been involved with over the years. The gratitude shown by them all has been very welcome and makes the hard work it took to raise the money all worthwhile. Almost without exception they were saddened to hear of our closure, thanked us for our support and wished we could continue. (If only each one had been able to give us one member, we would have been able to continue for many more years!)

We will hold our regular meetings for the next three weeks and then we may suspend meetings until the 24th June when we will hold our final meeting before closing the doors. We will be holding a special dinner on the 9th September to celebrate our birthday and all former members and friends of the club will receive an invitation. A night to chat and fondly remember the success of the club over the last 49 years.

Take care of each other and enjoy Rotary.

Bill

## NEXT MEETING

**13 May**

**Business meeting**

## COMING UP

11 May	Blackburn Craft Market	
12 May	Whitehorse Community Market	
20 May	TBA	
27 May	Rob Moschetti	Compassionate Friends

*May is  
Youth Service  
Month*

## CELEBRATIONS



It is time for belated congratulations to Glenys and Rob Grant for their wedding anniversary on May 6. Sorry no bulletin last week.



## Meeting Report

- **May 6, 2024**

Our meeting was a cosy affair due to late apologies from Bob Laslett and Glenys Grant. Other apologies were John McPhee and John Bindon.

Present were Guest Speaker- Betty Chetcuti, Bill Marsh, Ron Brooks, Stuart Williams, Sue Ballard and Barbara Searle.

RB chaired the meeting.

### Reports

- SB has the WFM shifts covered. There has been some contact with Box Hill Institute.
- Four from the club will attend the Peridot play - To Kill a Mockingbird.
- RB reported that he only needs another 1.6 kg of foreign coins to make up the 60 kg that are needed to forward the coins to UNICEF. The project has raised more than \$30,000.

### Pres. Bill's report

- Seven more meetings left.

- Due to the club folding we will have dispersed approx \$80,000 to charities in the last few months.
- Ethan Newnham has been awarded a scholarship to attend Oxford University. The initial funding of \$10,000 USD for a Global Grant has been funded by The Davis family. This will be matched and doubled by District and RI to approx. \$54,000. Another club is also going to contribute, and Ethan is out and about trying to raise the balance of the almost \$86,000 required for the year.
- We hope to have a special last meeting in June and the club will cover members attending meal costs.
- We have the Blackburn Market Saturday morning. We are down 2 or 3 people to work there. Please make a special effort to come along and help.
- SW- John McPhee is now home, John Bindon is struggling.
- The raffle prizes went to - Betty, guest speaker, BM, RB and our waiter, Peter.
- RB introduced our guest speaker who had interacted with us during the meal in a very relaxed manner.

### Speaker

- Betty Chetcuti had written and produced a very impressive cookbook- MY VEGAN COOKBOOK.
  - Betty gave many examples of the benefits of plant-based living. She quoted a woman who after a long history of heart disease and many operations, went off all meat and all oils- even nuts, avocados and olive oil and after 2 weeks had no symptoms. Betty created her menus by substituting meat with plant items.
  - A trained psychologist, she stressed that a happy life was most important. Attempt to eliminate stress in your life. She believed that it was possible to see physiological outcomes within 2 weeks of taking up a plant-based diet. After she took it on, she had no hot flushes, her sleep went deeper and "she had a glow over her". She went vegan due to her animal welfare beliefs and her love of animals.
  - Her books are sold in selected booksellers, nurseries, health food stores and at some markets. She also recommended a video-- available on Netflix- "Hack your Health".
  - Betty concluded by stressing-- It is important to ENJOY your food.
- The interesting and enjoyable meeting concluded at 8.15pm.

Stuart

### Visit to Camp Getaway



A jolly band of six- the Marshes, the Brooks, Bob L and Chris Stott ventured through the rain to the sunshine of Camp Getaway. We were met by Ken Maxfield and his colleague from RC Bendigo. It was a delight to see what had been accomplished and it was topped off with a splendid lunch at the Axedale Tavern.



## Multicultural Inclusion Day

RC Glen Waverley is holding a fun multicultural inclusion day on Sunday 12 May from 10am-3pm.

The venue is Mount Waverley Youth Centre 45 Miller Crescent. It is free!! Food, fun, stalls and dance.

## Foreign Coin Collection for UNICEF

Recently we shipped off another 60 kg of coins & notes, so we are now over **three quarters of a tonne of coins**. In these last nine years Rotary has actually sent off 720kg valued at over \$25,268.11 and with the latest Forest Hill donation of 1.6kg, we have 58.1 kg towards our next shipment. We have had valuable contributions from D9810, D9820, D9800, and D9790. We also organized for Star Casino to send coins they'd collected which were valued at \$4,705 which have been credited to us, making our total contribution to UNICEF \$29,973.11. The coins and notes are sent off in 60kg batches in 10kg pouches which UNICEF organizes through Change Global Exchange who pay for all the transport.

When we first contacted UNICEF back in 2015, the UNICEF Partnerships Manager Eamon Bryant emailed "*We see Rotary and UNICEF as a perfect match, a dream fit*". UNICEF works in over 190 countries for the rights and welfare of all children. It supports children's health needs, clean water and sanitation, quality basic education, and protection from violence, exploitation, and HIV. It has the same ideals as Rotary.

The **Rotary Give Every Child a Future** is a centenary project aiming to immunize 100,000 children in the Pacific: <https://everychildafuture.com/> It is a UNICEF project that Rotary has agreed to fund.

**This coin collection has contributed over \$29,973 to the centenary project.**

UNICEF pointed out that they partner with very few organizations. They only want their names linked to world-class organizations. Qantas and CBA are just about the only ones apart from Rotary.

In summary, this is a NO COST project for Rotary, apart from the effort of all those people who donate the coins and notes. Most clubs in D9810 have contributed along with some churches, some branches of the Bendigo Bank where clubs hold their accounts, a Sikh temple, a Hindhu temple, two clubs in D9820, one club in D9800, one club in D9790 and of course the many friends of Rotary. UNICEF wants this project to extend to other districts in Zone 8. The coins and notes are sent in secure courier bags to a company, Change Global Exchange Pty Ltd who pay all transport charges. They value them and give A\$'s to UNICEF. [www.changeglobal.com.au](http://www.changeglobal.com.au)

**For more information, coin pick up contact: [ronbrooks1942@gmail.com](mailto:ronbrooks1942@gmail.com) 0413-042-043**



## ESRAG News

It has been rewarding to see the displays put on by environment teams at recent District Conferences. Ted Waghorne, District 9800 sent through some photos of ABCs Costa Georgiadis who was a presenter at their conference. He also participated in the Waggle dance for Rotarians for Bees and met the enviro team.

Ian Dempsey reports that the District 9790 Conference was also a great success with their R4Bees stand overwhelmed with people wanting to know more.

District 9510 held their conference in Loxton with two environmental displays.

Glenys

## PROBUS

Our past Rotary member “Mr Probus” Stan Harper founded 11 Probus clubs in our area. Three of them have handed back their regalia to us in recent times. In honour of the work he did, here are records of those clubs.

Probus club	Blackburn South Ladies	Blackburn Lake Ladies	Blackburn Bellbird
<b>Founded</b>	<b>15th Aug 1989</b>	<b>3rd Sept 1992</b>	<b>8th Oct 1993</b>
	Presidents	Presidents	Presidents
1989-1991	Claire Wilkinson		
1990-1991	Claire Wilkinson		
1991-1992	Janet Tremain		
1992-1993	Kath Williams	Sandra Rowe	
1993-1994	Jean Trewin	Sandra Rowe	Graham Lydiard
1994-1995	Elizabeth Farrell	Joan Webster	Graham Lydiard
1995-1996	June Rouke	Gaye Chinnock	Elaine Gunst
1996-1997	Rose Butcher	Barbara Smith	Fred Dodd
1997-1998	Fay McKinnon	Aileen Stooke	Joyce Smith
1998-1999	Isobel Paton	Pat Kniepf	Patrick Vittle
1999-2000	Connie Gude	Iris Chivers	Margaret Daff
2000-2001	Betty Wallace	Mary Durham	Don Allen
2001-2002	Beverley Cranfield	Joan Webster	Margaret Robinson
2002-2003	Gwenda Rodriguez	Gwenneth Fielding	Savvas Athan
2003-2004	Lesley Mullins	Marline McAllister	Elaine Stephen
2004-2005	Claire Wilkinson	Aileen Stooke	Doug Horner
2005-2006	Margaret Daley	Joan Moore	Rona Halliwell
2006-2007	Isobel Paton	Iris Chivers	Warwick Robinson
2007-2008	Gwenda Rodriguez	Pat Chapman	Pat Tebboth
2008-2009	Marlene Morley	Gwenneth Fielding	John Stephens
2009-2010	Anne Tobey	Yvonne Roy	Pam Williamson
2010-2011	Margaret Clarke	Yvonne Roy	Bernard Shanahan

2011-2012	Margaret Daley	Pat Chapman	Beryl MacDonald
2012-2013	Judy Brooks	Joyce Orchard	John Stephens
2013-2014	Judy Brooks	Joyce Orchard	Bert Van Eijk
2014-2015	Margaret Clarke	Sheilah Blanchfield	Nola Kinder
2015-2016	Margaret Clarke	Sheilah Blanchfield	Kevin Cowling
2016-2017	Isobel Paton	Beryl Homes	Patricia Miniken
2017-2018	Pat Mackley	Beryl Homes	Bert Van Eijk
2018-2019	Pat Mackley	Lyn Newberry	Gae Robinson
2019-2020	Gwen Shield	Lyn Newberry	Nell Kleeberger
2020-2021	Gwen Shield	Lyn Newberry	Bert Van Eijk
2021-2022	Louise Barradine	Lyn Newberry	Bert Van Eijk
2022-2023	Louise Barradine	Lyn Newberry	Gae Robinson
2023-2024	Mary Naylor		Bert Van Eijk

Ron

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

Every month for the last 10 years or so we have heard the sometimes lively and sometimes plaintive sounds of jazz drifting down over the stalls at the Blackburn Craft Market. The **Skiddadle** group give their time freely to entertain us while clearly having fun (or is it that they would play anywhere for a free sausage at the end of the morning?). If you haven't met them, they are Richard Desmond (cornet), Dave O'Sullivan (drums), Jim Badger (banjo), Ezra Kawadlo (trombone), Simon Gilbert (guitar), Tony Lee (clarinet), and Rod Evans (double bass). Richard and others also sing. So next time you are at the craft market, go up, say hello, smile, tap your feet, sing along - they'll love you for it. Rod is their low-profile leader and told me they are available for parties, and for gigs particularly their 16-piece big band that plays swing music mostly from the 30's and 40's. You may have seen and heard some of the other bands they play in, which include the Dandenong Ranges Hot Jazz Orchestra, South Dereel City Stompers, U3A Big Band, and the Diamond Valley Big Band, too many to list. Many in the band will be playing at the Port Fairy Jazz Festival in February 2024. As I was listening to them play, I heard one say let's change the key to ..., I didn't realise it but all these guys read music as well..... and there was me thinking they just play it all by ear.

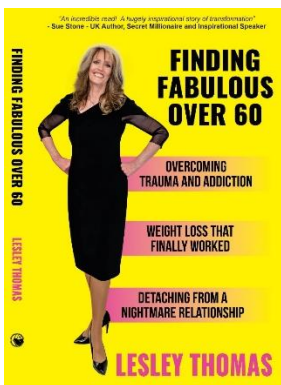
So if you want to hire them please contact: [rode.evans@macrodynamics.com.au](mailto:rode.evans@macrodynamics.com.au)





**THE SKIDADDLE GROUP**

**SOME OF OUR BLACKBURN MARKET STALLHOLDERS**





## Come and frequent the Market this week—May 11

Disclaimer: Articles and reports do not necessarily reflect Rotary Club of Forest Hill opinions.