

Rotary

Club of Footscray (Inc)



November 2020 Bulletin

Dear Rotarians,

Hope you are all doing well and enjoying a walk by the beach, a drink with a mate or just staying home binge watching Netflix. I have heard lots of great reviews about the sitcom, The Crown and have added it to my long list of shows and movies I want to catchup once holidays begin (3weeks to go!).

My apologies for the error about last month's zoom meeting which included a section about guest speaker Prof Andrew Bennett who attended our meeting this month infact. The art of multitasking can only be challenged so far. I was pleased to see everyone at the first zoom meeting of November and will sadly be missing seeing you all in person next two weeks. As you know I have been studying and working non stop since July this year, the heat of the burnout is catching up to me. But I must admit, I feel very grateful and thankful for everyday, to be alive, to have a place to call home, friends to make plans with and the big fat discounts that keep my rythm going!!

A quick reminder that the Christmas Meeting scheduled (face to face) is set for 10th December 2020 at 6:30pm at 540 Barkly St. (tbc). Numbers are limited. Further information will be announced in this week's zoom meeting.

Enjoy the penultimate bulletin edition of 2020.

Pragya
Editor

November Zoom Meetings

The two zoom meeting in November saw special guests, Elwyn Davies, member of Community Consultative Committee sharing about the 'Progress update on New Footscray Hospital' and Prof Andrew Bennett from La Trobe University, a landscape ecologist who has an interest in the effects of the change in native vegetation and the impact on flora and fauna.

Elwyn Davies shared an informative presentation about the New Footscray Hospital sharing the timelines and the consultative nature of the committee. Footscray Rotary members asked several questions to Elwyn about the departments, parking, the role of Sunshine and existing Footscray Hospital in treating patients. He also shared the benefits of the new hospital as it would treat more patients, will have an integrated quality care, close to home along with reduced wait times, more jobs and improved patient outcomes. The timelines of the project include the contract award expected to be finalised by early 2021 with the details about the builder and hospital design included. Construction is expected to start in early 2021 with community information sessions including details about construction and how the community will be supported during construction.

Here is an overview of Prof Andrew's presentation prepared by Graeme Thompson.

Throughout the world native vegetation has been cleared for agriculture and urban growth with profound implications for conservation.

Post settlement the transition to intensive agriculture and urban development has resulted in decreasing natural ecosystems. In Victoria 60% of land has been cleared. Globally ~40% of land surface is covered by cropland and pastures.

Meeting society's need for food and reducing agriculture's environmental harm is a challenge.

Andrews research has included examining the changes to flora and fauna of temperate forests and woodland, inland to the Great Dividing Range – the food bowl of Australia.

By studying bird populations in an area of the Rushworth Forest, a remnant box and ironbark native forest, he has examined factors affecting woodland birds over 20 years.

At 12 sites he has surveyed bird population on 115 occasions from 1996-2016.

A diverse community of 83 species of birds has been identified averaging 24 species per survey and 10 common species made up 60% of all observations.

He observed variation in species observed at each visit and identified the reasons:

1. Seasonal migration e.g. Rufous whistler present in spring for nesting but never in winter. Golden whistler only in autumn/winter
2. Irregular food source - some birds are attracted to the nectar of the winter flowering red ironbark.
3. Long term environmental change. The drought 2000-10 resulted in a significant decrease in total bird numbers.
4. Local extinction

The Rushworth forest is connected by migration to many other areas including PNG, Indonesia, northern Australia, Great Dividing Range and Tasmania. The wattle bird commonly seen in metropolitan areas migrates from this area.

The study shows the importance of natural forests for woodland birds, part of our natural heritage, and the impact of changes in rural landscape.

Rotary Walk With Us – Ending Polio

By Grant Hocking on behalf of Kitty O'Connor and Murray Verso, Rotary District 9800, End Polio Walk With Us Team

During the month of October, Rotarians and friends in Australia and across the world took action to raise awareness, funds and support to end poliomyelitis, a vaccine-preventable disease that still threatens the children of the world today. **The Rotary Walk With Us campaign was very successful, raising over \$123,000 for the Rotary End Polio campaign. The amount raised by District 9800 was over \$73,000, 4-5 times more than previous walking events.**

<https://rotarydistrict9800.org.au/stories/rotary-walk-with-us-%e2%80%93-ending-polio/>

During the month of October, Rotarians and friends in Australia and across the world took action to raise awareness, funds and support to end poliomyelitis, a vaccine-preventable disease that still threatens the children of the world today.

As a founding partner of the Global Polio Eradication Initiative, Rotary has helped to reduce polio cases worldwide from an average of 1,000 cases per day in 1987 to a total of only 174 cases in 2019, a 99.9% reduction.

The District 9800 *End Polio Walk With Us* organising team would like to thank all those who walked and donated. It was pleasing to see so many embrace the event in our first year. The 355 individuals and 47 teams who walked, and all their supporters, can feel very proud of their efforts.

The Rotary Walk With Us campaign was very successful, raising over \$123,000 for the Rotary End Polio campaign. The amount raised by District 9800 was over \$73,000, 4-5 times more than previous walking events.

Knowing that donations will be matched 2 to 1 by the Bill and Melinda Gates Foundation is exciting...this is a huge result.

The *Walk With Us* site will remain active throughout November to accept late donations.

The added benefits from this event included encouraging people to get out and walk, improving their health and fitness, as well as their mental health, especially during COVID restrictions. Another significant benefit was increasing public awareness of Rotary in general, and the important role Rotary has played in the effort to eradicate Polio.

An attraction to sponsor event participants was the tax deductibility of all donations, which were credited via Rotary to the individuals, Rotary clubs and Districts where appropriate. We are hopeful of increased involvement from more Rotary Districts next year.

The surprise this year was the overseas involvement with several countries joining the campaign. We will explore this more next year and review the capacity to replicate the platform

for other countries.

The final challenge remains: to eliminate polio from Afghanistan and Pakistan, the last two countries where it remains endemic. Failure to do so, whilst also keeping all other countries polio-free, would see as many as 200,000 children paralysed each year within the next decade. Fortunately, Rotary and its partners are committed to making polio the second disease ever to be totally eradicated, the other being smallpox.

We look forward to seeing everyone return next year, along with many new people and Rotary Districts joining the fun and fundraising for a really important cause.

Fun and Fundraising - It's what Rotary does!

Supporting Local Relief Centre, Empower

By Immediate Past President John Wall, Rotary Club of Melbourne South

Empower Australia operates food relief centres that are open to anyone who is facing serious food insecurity. There are five relief centres across Melbourne: City Road, Lower Plenty, Ringwood, Pakenham and Grovedale (Geelong). Approximately 80 volunteers work at the City Road venue with 150 volunteers in total across all five sites.

As at 11th October 2020, Empower Australia provided the equivalent of 747,000 meals, compared to 104,583 in 2019; and, 36,951 volunteer hours compared to 13,273 in 2019. In the last week of October, Empower supported 2,493 people and up to 3,000 in previous weeks.

Empower receive food from Food Bank, OzHarvest, Fareshare, McCains and SecondBite. They support Camp Quality, Mother's Groups, Refugees with English as a Second Language, South Melbourne Primary School (with venue facilities), World Vision, and Prison Fellowship.

Since 1st July this year, Rotary Melbourne South and Rotary Brighton North have donated \$4,620 to Empower. Rotary Melbourne has donated a further \$500. These funds have been used to purchase essential pantry items such as oil, pasta and rice.

Rotary has also sourced donations of shopping bags, face masks and hand sanitiser through Donations in Kind, Rotary Club of Wyndham and Australia Post. Clothing (new jeans along with winter gloves), has been donated for Empower's youth projects.

Next year, Rotary Melbourne South will approach its members to volunteer, and in the long-term, fundraise to purchase coolers (\$2,500+ each) for the City Road Centre to store goods received outside the weekly drop-off period.

Empower is currently in the planning stages for their annual Christmas Appeal and would love to hear from any Rotary club interested in donating gifts for children, money to buy gifts, or purchasing an "Empower Giving Tree" with "Giving Tree Christmas Tags" that people can take to also donate gifts.

Last year Empower was able to donate over 3,000 Christmas gifts to children in need. This year, along with their partners, their aim is to donate 5,000 gifts. Let's help them achieve this goal!

To find out more about Empower Australia, go to: <https://www.empoweraustralia.com.au/>

Making Masks During COVID-19

By Past President Lisa Lowcock, Rotary Club of Essendon

Days for Girls (DfG) Keilor Gateway Cluster is an international project of the Rotary Club of Keilor East, and involves team members making sustainable kits containing menstruation sanitary items.

Club members first heard of Days for Girls in 2014. A small group of ladies armed with scissors and sewing machines enthused about this hugely impactful project. So, a team of volunteers (nicknamed "the Daysies") got to work in Past President Cherrie Osborn's kitchen and lounge room. This team has inspired more than 100 people to meet each month in Essendon to create 500 kits annually. With assistance from Donations in Kind (DIK), the kits and a DfG education program are distributed to women and girls in Balibo, Timor-Leste, who would otherwise miss school and work due to their menstrual period.

Enter COVID-19, and the directive of the State Government to wear face masks. Commencing with a few masks for her family, team member and Rotary Club of Essendon Past President Lisa Lowcock, busily started sewing. Pleased with how hers looked and felt, Lisa's daughter posted a photo on Instagram and Facebook and the orders started coming in from friends, then friends of friends, and then families of friends. This gave Lisa a "light bulb" moment! Why not utilise some of the DfG fabrics and ask for \$20.00 per mask or \$30.00 for two masks with all proceeds going to the Days for Girls project?

Orders rolled in, including from local companies and schools. Within a few days, Lisa found herself swamped with orders and welcomed the assistance of four other Daysies (DfG volunteers)—Jane Odgers (Co-Leader of the team), Jenny Oldham, Romana Sultana and Helen

Penna. Two weeks later and over 300 masks had been made and sold with the proceeds of sales amounting to over \$4,000 for the DfG Keilor Gateway Cluster team to purchase supplies.

Lisa is thrilled with the way the masks have been received, especially by a Royal Children's Hospital Oncology Department staff member and friend, who commented on the softness of the fabrics in the masks she used at home compared to the medical masks worn in the hospital, which caused skin irritations. This was another "light bulb" moment for Lisa. Still armed with her scissors and sewing machine, she decided that these frontline workers needed help. So, Lisa made up 90 more masks and donated them to the grateful nursing staff.

The Daysies are now just waiting to get together again and enjoy each other's company. They are eager to continue fulfilling Rotary International's motto to "Open Opportunities" for the women and girls in Timor-Leste, who, by receiving these wonderful Days for Girls kits, can maintain their dignity and look forward to a more positive future.

Learn more about Days for Girls: <https://www.daysforgirls.org/australia>

FORaMEAL—60,000 meals delivered locally

By Tony Laycock, President, Rotary Club of Canterbury

The FORaMEAL project is an initiative of the Rotary Club of Canterbury. It was originally established to help those across the Asia Pacific region, an area prone to many natural disasters leading to the loss of homes and access to basic necessities including food.

However, in 2017, Dr Douglas Hawley brought to life the idea of creating simple meal packs that could be stored on location and distributed immediately after a disaster occurred. Each pack contains a mixture of rice, oats, lentils, vitamins and minerals, and can feed between five and six people. Because the packs are vegan, people from most cultures can consume them. Designed to be bland in taste, the packs can be modified by the addition of spices, vegetables, meat, fish, fruit and even sugar to accommodate most culturally significant tastes. Each FORaMEAL pack provides a nutritious meal containing the main food groups of carbohydrates, fats, proteins and nutrients.

The FORaMEAL packing project has been a great success across District 9800. Financial and physical support is provided by a number of individuals and organisations including, but not limited to, the District leadership; clubs within the Eastside cluster, particularly Rotary Balwyn and Camberwell; schools in the Boroondara area; and, Swinburne University. Packing events at District conferences have been a great success with up to 40,000 meals produced in a short space of time. Sponsorship of material from suppliers has also meant that a large stockpile of packs is ready for distribution. Originally destined for the Philippines, but held up because of COVID, these packs have been diverted for use in Victoria.

The global pandemic has had a massive financial and physical impact on those who have lost their jobs within our community, and have been unable to access essential support. Refugee and community organisations in Victoria have been actively helping their constituents by delivering food packs and basic commodities. Rotary Canterbury has been assisting through arranging the distribution of packs across the District. Working with other clubs such as Melton, North Melbourne, Bacchus Marsh, Bendigo Sandhurst, Glen Eira and Glenferrie, along with some twenty community organisations acting as distribution partners, approximately 60,000 meals have been delivered to various organisations across the State.

The demand for the product continues to grow and the Rotary Club of Canterbury stands well prepared to provide ongoing assistance.

For further information about this important project please feel free to visit website: www.forameal.org or contact tony.laycock@canterburyrotary.org

District Governor's Message

As we come to the time of year when festivities abound, there have been several highly successful events over the past week in our District including the International Men's Day Virtual 'Happy As Larry' Lunch jointly hosted by Rotary Brighton North and Rotary Melbourne. Well-known comedian and actor Shane Jacobson entertained the audience, along with Rotary District 9810's "Toilet Warrior", Rotarian Mark Balla. My congratulations go to both clubs and in particular, Presidents Peter Killey and Marion MacLeod on not only delivering a fantastic event, but also the very important messages on men's health.

Also held this past week was Rotary Central Melbourne's 28th Annual Paul Harris Breakfast, which was combined with District 9800's Business Leaders Breakfast at which Ian Wishart, CEO, Fred Hollows Foundation, spoke on eliminating Trachoma. This event was very well attended and highlighted the powerful results that Rotarians are able to achieve when working together to eliminate disease. We are so capable of making a difference!

District 9800's Annual General Meeting was held last Monday with Past District Governor Grant Hocking providing a wonderful report on his year's activities despite COVID-19. The meeting went extremely well with a strong attendance and I congratulate PDG Grant on his amazing year.

Last week Sunday we had another fantastic and uplifting Rotary in Harmony event focused on Celtic music. Incredibly talented musicians, including our own Sue Foley with her band Bhan Tre, along with Damien Leith and Maria Forde, provided wonderful entertainment. Our final Rotary in Harmony event for the year will be held on Sunday 13th December and will feature Christmas carols.

On Saturday, 5th December we have our final Morning Tea with the DG for 2020. We have some great surprises lined up, so do book.

RI President Holger Knaack has this week advised of an important update regarding Rotary Youth Exchange. At the November Board meeting the difficult, but necessary decision was taken to suspend both short-term and long-term Rotary Youth Exchange through 30 June 2021. In response to the COVID-19 pandemic, the Board continues to significantly limit or suspend all Rotary activities that require travel or in-person meetings. Whilst disappointing, many districts around the world are creating virtual exchanges. If you would like to know more about creating your own, or participating in, virtual exchanges, you can join a webinar on 22 January 2021.

Have a great week everyone—Rotary is a powerhouse for making a difference!

Rotary District 9800 Governor Philip Archer

The Rotary Foundation, Rotary Club of Essendon and Caroline Chisholm Society - Working Together to Achieve Goals

The Rotary Club of Essendon and Caroline Chisholm Society have had a long-term and successful partnership since 2007. Over those years Rotary Essendon has assisted the Society to provide support to mothers and families in need with food and warm clothing, access to safe and stable accommodation and other support services. This support has helped those families to live in a safe and nurturing environment. Rotary Essendon has sourced and provided many valuable items over this time, such as a car, computers, clothing and other necessities.

Established in 1969, the Caroline Chisholm Society is a non-denominational charitable organisation that provides a range of programs for families in need, including counselling, housing, material aid and in-home family support. Caroline Chisholm, the Society's namesake, was a 19th-century English humanitarian, well known for her support of immigrant female and family welfare in Australia.

<https://rotarydistrict9800.org.au/stories/the-rotary-foundation-rotary-club-of-essendon-and-caroline-chisholm-society-working-together-to-achieve-goals/>

December Birthday!

December Birthday

Happy Birthday, Cindy!

Cindy Tai - 31st December

Morning Tea with the DG

December 5, 2020, 10:00 am to December 5, 2020, 11:30 am

Join us for our Xmas edition of 'Morning Tea with the DG'. It is guaranteed to be another informative and entertaining morning.

LOCATION

The link to the online event to be provided by the event organiser. [Click here](#) to book.

[Read More...](#)



Rotary in Harmony - Lift the Lid on Mental Health

December 13, 2020, 3:00 pm to December 13, 2020, 4:30 pm

Join fellow Rotarians, families and communities for our Rotary in Harmony Concerts online via Zoom.

The value of the enjoyment of music on one's mental health has prompted a group of Rotarians to gather vocalists and musicians together for a series of afternoons to uplift the soul.

Entry is free however you are welcome to add a donation to Australian Rotary Health as part of your booking. [Click here](#) to book.

[Read More...](#)



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