

UNITE FOR GOOD

Rotary Rowville Lysterfield



NEWSLETTER 42, MAY 26, 2026

**Rotary meets
weekly at
Tosaria's Café
60 Henderson Rd
Rowville**

Tuesday 6.30 pm to
7.00 pm start

Meetings are hybrid unless
indicated otherwise

[Zoom meeting link](#)

Visitors are warmly welcome

Contact :

President Bob Morris

0416105326



**Satellite Club meets
at Tosaria's Café**

Alternate Thursdays at
7:30am

Contact :

Chair: Kevin Harrison

0419919011

**Home Club of
DGN Murray Wilson
PDG Daryl Moran**



This week's presentation - FOFA - Lily and Tom

There was a warm sense of anticipation in the room as members settled in for our guest presentation from Feed ONE Feed All (FOFA) — an organisation many had heard of, but few truly understood in depth. What followed was one of the most inspiring and heartfelt presentations we've had in some time, delivered by FOFA Founder Lily and Tom, one of the volunteers.



Tom spoke on behalf of the team. He shared how he first became involved with FOFA two years ago, volunteering every second Friday while juggling full-time work. What keeps him going back, he said, is simple: *the people*. They are an infectious group who make a difference — and that's what FOFA does.

Tom introduced Lily, describing her as FOFA's "pocket rocket" — a tireless, energetic force who seems to run on little more than determination and heart. And as Lily began to speak, it was easy to see why she has earned that reputation.

FOFA's origins began after the devastating 2021 storms in the Yarra Ranges. With communities cut off and families struggling, Lily gathered a small group of friends, loaded her car with whatever she had at home, and set up a makeshift kitchen at Kalorama Reserve. They cooked meals for anyone who needed them with a lot of heart and two wok burners. People came not only for themselves but to take meals back to neighbours who couldn't leave their homes.

What began as a simple act of kindness quickly grew. Requests came in for meals for the sick, the elderly, and those isolated during lockdown. Soon Lily was cooking 50 meals a week from home — then 100, then 200 — until her glass cooktop cracked under the strain! From there, FOFA moved between borrowed kitchens, community centres, and church halls, cooking wherever space could be found.

Today, FOFA operates out of Light Chapel Church in Scoresby, producing between 1,500 and 2,000 meals every week. Their meals go to people facing hardship across Knox, Maroondah, and the Yarra Ranges — from elderly residents living alone to families under financial stress, refugees, people recovering from illness, and those experiencing homelessness.

FOFA now works with 29 partner agencies, rescuing surplus food from supermarkets, markets, farms, and food businesses. Volunteers cook nutritious meals, pack them, label them, freeze them, and prepare them for distribution. As Tom reminded us, the growth in demand is not something to celebrate — it reflects the increasing number of people struggling to put food on the table.

The heart of FOFA, however, is its volunteers as without them nothing would get done. They are the unsung heroes. And as Lily shared her own story of growing up in hardship, it became clear that FOFA is built on lived experience, compassion, and a deep understanding of what it means to go without. Lily described what a typical week looks like. Mondays start with planning: sorting through the protein freezer, defrosting what's needed, and allocating ingredients for Wednesday and Thursday's cooking sessions. Volunteers register their availability, and Lily builds menus around whatever food has been rescued or donated.

Wednesdays are a whirlwind. FOFA's driver heads out early to Foodbank and similar organisations to load up with rescued food. The team never knows what they'll receive until it arrives — so creativity is essential. If vegetables are missing, someone dashes to Aldi or a local grocer. If 100 kilograms of frankfurts arrive, the team invents sweet-and-sour frankfurt dishes (a surprising favourite among clients). If crates of potatoes appear, potatoes become the base for the week's meals. *(Continued on p. 7....)*

MUFFINS ROSTER

4th June Muffins	Marg, Fiona, Heather & Bob, Anita & Rajeev
18th June Muffins	Mary, Corinne, Pete & Sue, Glennys & Howard



FOOTHILLS
COMMUNITY CARE



The new Soup Roster will begin on Wed 17th June and run monthly until the 4th November. If you are able to assist with this please let Glennys and Howard know so that the roster can be finalised. Each soup maker will need to provide 5 litres of soup.

Muffins involves 2 Teams of 4 households who provide 12 Muffins once a month. This means that we are providing muffins every fortnight but members are only providing them once a month.

Although we have been asked by Foothills to continue with Muffins and Soup, we need to know who is available to help. Please reply your wishes on WhatsApp to Marg or email Glennys and Howard directly so that they can organise a roster.

PROGRAM

Date	Registration	Chair	Setup and Production	Program
JUNE - Fellowship				
2nd June	Ian	John P	John W Bob	Michael Johnson - The World of Bees
9th June	NO MEETING - CLUB SOCIAL NIGHT (Details TBC)			
16th June	Glennys	Cheryl	Alan Kevin	Earlyact Club Parkridge PS—update
23rd June	NO MEETING—CLUB CHANGEOVER—Details soon			

UPCOMING CLUB DATES FOR YOUR DIARY

TUES 9th June - NO MEETING - Club Cinema /Indoor Barefoot Bowls Night. Please let Kaye know which you would like to do.

TUES 23rd June - CLUB CHANGEOVER EVENING TBC

SAT 11th July– Brunch at Tosaria with Guest Speaker Louise Perryman from Knox Police - Tosaria 10am





Makers and Bakers Market at the Rowville Community Centre, Fulham Road Rowville.

SUNDAY
7th June
9am—2pm

Latest Market News

Next month we will set up in the kitchen to continue providing Bacon and Egg Rolls and then Hot Dogs, which will be much easier to manage. Members with certification will still be required due to the bacon and egg rolls. Bob reminded everyone that getting the certification is not difficult and that he would love to see a few more members doing the safe food handling unit online. To do the assessment click on the link. [DoFoodSafely](#)

There are plenty of vacancies on the roster, so if you are available, please use the link below to choose your spot.

<https://docs.google.com/spreadsheets/d/16QvHXSGDYayD5DYgg0mZkKUC-rNe3MLA/>

Bunnings BBQs

NEXT BUNNINGS BBQ FRIDAY 5th JUNE

please add your name on this or other dates if you are available

<https://docs.google.com/spreadsheets/d/17MgWI6b0-pgyBCOxnsxee5WVuqVP-IpCgW9HpQbmfdI/edit?gid=1103626758#gid=1103626758>

COMMUNITY

Victoria Police

Knox Neighbourhood Policing Forum

The Victoria Police Neighbourhood Policing Forum welcomes local services and community members to talk with police about what issues are important in your community.

The forum will explore topics including:

- Current crime trends and crime prevention
- Young people
- Family violence
- Road policing
- Drugs and drug related crime.

The Neighbourhood Policing Forum will be run by a Victoria Police panel and questions will be taken from the audience throughout the event.

Registration is a must.

To attend, please register by sending your details to:
KNOX-PSAMANAGER-OIC@police.vic.gov.au

or scan the QR code.

To submit a question prior to the forum:
[KNOX NHP questions](#)

Event details

Date:
11th June 2026

Time:
3:00pm – 6:00pm
(Doors open 2:45pm)

Location:
Knox City Council Civic Centre
511 Burwood Highway,
Wantirna South VIC 3152



Scan here to register your attendance



Got a question for police?

Scan the QR code to submit prior to the forum



A SAFE VICTORIA

Marg has provided a flyer for the upcoming Knox Neighbourhood Policing Forum for those who may be interested this community event.

With an extensive list of topics to be explored, this should be an informative forum with plenty of opportunity for people to ask questions of the Victoria Police panel.

Registration using the QR code is required.

A bit of fun.....



Trivia Night

2026 National Games Fundraising

SATURDAY, 27 JUNE

6:30 PM

SCAN THE QR CODE FOR TICKETS

1 Ticket = \$20
10 Tickets = \$150



TEAM UP FOR THE ULTIMATE TRIVIA TEST

No BYO Alcohol | Club Bar Open | BYO Snacks

Knox Italian Community Club
99 Karoo Rd, Rowville 3178

The Special Olympics Australia Melbourne Eastern Ranges Trivia Night will be a lot of fun and raising funds for the 2026 National Games. President Bob and Heather will be going and it would be great to make up a table with other club members. If you would like to go, let Bob know.

A fundraising, fun event organised by the Rotary Club of Casey in support of rizeup.

The Real Paul Hogan doing covers of some very well known artists.

SATURDAY 20th JUNE

Rotary Club of Casey PRESENTS

UNLOCKING HOPE

LIVE MUSIC. GREAT FOOD. EVEN BETTER CAUSE.

Paul Hogan

ABOUT LIVE MUSIC FROM LOCAL TALENTS FROM AROUND THE WORLD PERFORMING REMIXED COVERS OF SOME WELL-KNOWN ARTISTS AND MORE

WINE:
7PM TILL LATE SATURDAY 20TH JUNE 2026

WHERE:
THE REACONFIELD CLUB, 100 REACONFIELD EMBALD ROAD, REACONFIELD

Celestial Style event
Generous food & drinks included
Drinks at bar prices
Thousands of dollars in silent auction items up for grabs!

TICKETS \$65

Unlocking Hope: Join us to raise, celebrate and support Rotary, empowering families impacted by domestic and family violence to rebuild and move forward with hope.

DON'T MISS OUT. SECURE YOUR TICKETS NOW!
www.unlockinghope.com.au





District 9815 CHANGEOVER NIGHT



UNITE FOR GOOD
Rotary

CREATE LASTING IMPACT
Rotary

BUILD CONNECTIONS | SERVE WITH PURPOSE | CHANGE COMMUNITIES | INSPIRE FUTURES | CREATE LASTING IMPACT

DISTRICT 9815 CHANGEOVER INVITATION

To be held on **Saturday 4th of July** at the **Cardinia Cultural Centre, Lakeside Blvd, Pakenham.**

6:00pm arrival for 6:30pm start.

Cost is \$80 per person.
Booking via <https://events.humanity.com/district-9815-changeover-2026>

Bookings close 17th June.

We invite you to celebrate the year of amazing achievements in our District, with District Governor Peter Behm and Gail, and wish District Governor Elect Emma Clark and James all the best for the year ahead.

TOGETHER, WE CREATE LASTING IMPACT.

Please note that our Changeover Night will be held on **TUESDAY 23rd JUNE.**

Further information will be out very soon.

AVENUES OF SERVICE AWARD



Congratulations to Jen Luu, a Satellite Club Member who has been awarded an Avenues of Service Award for her work in the Area of Focus - Basic Literacy and Education and Saving Mothers and Babies.

Jen's passion is a charity in Cambodia known as Restore One which focusses on restoring a normal life for one child, one family, one village at a time and to ensure the sustainability of that village before moving onto the next.

As a Chiropractor, Jen has taken several groups of students over to Cambodia to work with Restore One and helped provide a library for a school. Jen returned to our Club after a visit to Cambodia where she ascertained how the Rotary Club could help.

As a result, with help from a District 9815 Foundation Grant, the Club was able to provide shelving and furniture for the library.

The school not only provides an education but it is also a safe place for children who would often become the victims of Child Trafficking which is very prevalent in the area.

Jen also brings back local Cambodian handcrafts which she sells at the Makers and Bakers market and then sends all money she raises back to Restore One.



GWS COMMUNITY RAFFLE



Just a reminder that the GWS Community Raffle tickets are due back to Heather as she has to account for every single ticket whether it is sold or not.

Please try hard to sell these to family, friends and colleagues as every dollar in sold tickets is returned to our club for use on our various projects.

Three great prizes and only \$2 per ticket.

Transfer money from sold tickets into the club fundraising account or give cash to Heather along with the ticket stubs or unsold books. Best to put these into an envelope or ziplock bag with your details clearly marked on the front.

Club Account BSB 633-000 Account No. 156363616

Thank you from RC of Knox....



Darren Hill from the Rotary Club of Knox presented Jenny and Alan with thank you gifts for their assistance in applying for grants through RAWCS.

Jenny helped with a grant for the Simple Steps Project which RC Knox has run for many years to support young people who lack funding through Headspace. The project aims to improve youth literacy and mental health. Alan assisted Elenor, a member of RC Knox and a volunteer at FOFA to apply for a grant for FOFA. The aim is to raise \$15,000 which will then grow to \$30,000 with the assistance of a grant.



Well done to both Jenny and Alan who have spent time assisting another club in the preparation of successful grant applications and consolidating the wonderful work that Rotary does in our community.

Next week's meetingVOTING ON THE CONSTITUTION

All members should have received an email about the changes to the Constitution (now referred to as the Rules) and the voting process to accept the changes. A 75% vote is required and voting will take place at next Tuesday's meeting on 2nd June. Any members who cannot attend (including Satellite Club members) please email your acceptance by 4:00pm on 2nd June, so that we will have the 75% necessary votes.

There is still time to vote on the priorities that you believe the RC Rowville-Lysterfield should focus on in 2026/27.

This is an important step in shaping a member-driven Action Plan for the year ahead and your input really matters.

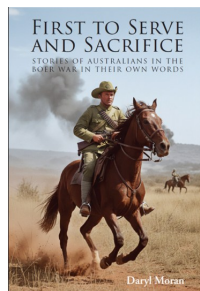
Please take a few minutes to cast your vote/votes now. All votes are anonymous.

Go straight to the voting page below.....

docs.google.com/forms...header

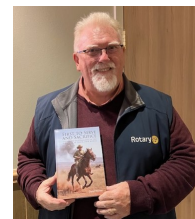
Member News Snippets.....

MEMBER BIRTHDAYS MAY 18th - Gary



Daryl launched his 4th book this week and is well on the way with his 5th and 6th. "First to Serve and Sacrifice" is filled with stories from Australians in the Boer War in their own words.

Daryl is happy to sign a copy if you wish to purchase a copy.



Glennys and Howard have headed off for a few days of good food, good wine and good accommodation as they celebrate their 54th Wedding Anniversary in wine country around Great Western. A wonderful achievement. Congratulations to you both.



KNOX BUSINESS AWARDS - Nominations and referrals **NOW OPEN**. If you know of a business that you would like to nominate please do so by either asking that business to fill out an application or pass their details onto Bob, Andy or John W

FOFA PRESENTATION (Cont'd from p.1....)

Nothing is wasted. Whatever isn't used on Wednesday is carried into Thursday or even Friday. Anything that can't be kept is donated to local street pantries so it can still help someone in need.

But the work doesn't end with cooking. FOFA operates out of a church space so everything must be packed away at the end of each day. Trolleys are wheeled out, ingredients sorted, tables folded, floors vacuumed — all to return the space to its original condition. It's labour-intensive, but FOFA does it with pride and gratitude.

FOFA's challenges are significant. They urgently need more space, more storage, and more freezer capacity. They also need emergency drivers who can help collect food when their regular driver is unavailable. Like all volunteer-powered organisations, they rely on people willing to give their time, skills, and energy.

Despite these challenges, FOFA continues to grow. They are exploring a second kitchen, expanding youth mentoring programs with Deakin and Monash Uni students, and strengthening partnerships with councils and community organisations. Their motto — "making a difference one meal at a time" — guides everything they do.

The evening concluded with heartfelt thanks from our club, a donation of \$300, and an offer to organise hands-on volunteering sessions. Members were invited to visit FOFA's kitchen, see the operation firsthand, and share lunch with the team.

As one member said during the Q&A, FOFA embodies Rotary's motto of Service Above Self. Their work is practical, compassionate, and deeply human — a reminder that sometimes the simplest act, a meal made with care, can be the moment someone realises they are not alone.

The presentation left the room moved, inspired, and grateful — not only for FOFA's work, but for the reminder that service, at its core, is about seeing people who feel unseen. We thank Lily, Tom and Elenor for their presentation which has struck a chord with each and everyone of us.



DISTRICT 9815 SURVEY

You should have received the following email a couple of weeks ago.

*This email is sent to all D9815 Rotarians from the District 9815 G-Train –
DG Peter, DGE Emma & DGN Murray.*

We (DG Peter Behm, DGE Emma Clark & DGN Murray Wilson) are building a strong, connected and future-focused District 9815. We have developed a survey so that we can learn about you, as we are keen to explore any untapped resources and skillsets in our District 9815 community!

By completing the survey you can let us know your worklife experience, the skillset which you have developed and any passions, which you would like to share and which would benefit members of the District. We also want to know where you think we should focus in the next 1 - 3 years.

Completing this Expression of Interest will help us align your skills, passions and availability with meaningful opportunities at both Club and District level. The estimated completion time is short. Only 5–8 minutes.

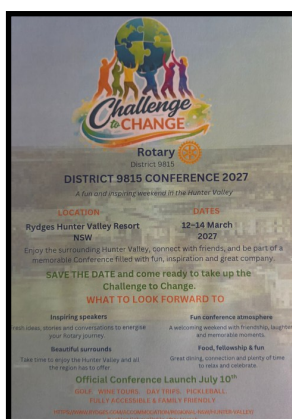
So please copy this Survey link into your browser and fill out the form: <https://forms.gle/J87YBRCK2Wyb3jH9>

Thank you for your time and interest.

District 9815 G-Train – DG Peter, DGE Emma & DGN Murray

Emma Clark
District Governor Elect

DISTRICT 9815 CONFERENCE 2027—Save the date.....



**DISTRICT 9815
CONFERENCE 2027
OFFICIAL LAUNCH JULY 10TH
SAVE THE DATE
RYDGES HUNTER VALLEY RESORT
N.S.W.
12-14 MARCH, 2027**

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The Knox Business Network Satellite club
of the Rotary Club of Rowville- Lysterfield.
www.knoxbusinessnetwork.com.au
Email: knoxbusinessnetwork@gmail.com
President: Kevin Harrison 0419 91 90 11
Secretary: Dominic Scuteri
Treasurer: Neil White
Vice President: Fiona Johns

Meeting timetable for
the rest of the 2026:

May	7, 21
June	4, 18
July	2, 16, 30
August	13, 27
September	10, 24
October	8, 22
November	5, 19
December	3 Finish for the year

Come and join us at Tosaria's @ 7:30 AM
and expand your business
and also make a difference through **Rotary**



Proudly involved with
the Knox Business Awards



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CONTACT DETAILS

Club website: <https://www.rowvillerotary.com.au/>

District website : <https://rotary9815.org.au>

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

2025-2026 BOARD MEMBERS

<i>President</i>	Bob Morris	<i>Secretary</i>	Heather Morris
<i>Vice President</i>	Murray Wilson	<i>Treasurer</i>	Neil White
<i>President Elect</i>	Andy Round	<i>Immediate Past President</i>	Jenny Moran
<i>President Nominee</i>	Marg Vesey		

2025-2026 COMMITTEE CHAIRS and OTHER ROLES

Community Service Chair	Marg Vesey	Program Committee	Marg Vesey Heather Morris
Youth Service Chair	Cheryl Harrison	Facebook	
International Service Chair	Alan Lunghusen	Website	Andy Round
Environment Chair	Gary Forrest	Newsletter	Corinne Baillie
Vocational Chair	John Williams	Rowville Secondary College Council Rep	Rajeev Wadhwa
Foundation	Neil White	On-to-Conference	Heather Morris
		Rowville Lysterfield	Jenny Moran
		Community News	
Membership	Kevin Harrison	Social Convenor	Kaye Sharman
Club Protection Officer	Bob Morris	Muffin and Soup Roster	Kate Kidd
Makers and Bakers Market	Bob Morris	Art Show Chair	Jenny Moran
BBQ Coordinators	Ian Vesey Marg Vesey		
War Memorial Project Chair	Daryl Moran		