



Last Meeting - Risdon Vale Primary School Kitchen Garden Program *Grow, Harvest, Prepare, Share*



Rachael Wells & Peta Burr from Risdon Vale Primary School gave a presentation to a very well attended Club meeting on their 24 Carrot Kitchen Garden Program.

The school is a MONA 24 Carrot Kitchen Garden School associated with the Stephanie Alexander program. Students participate in weekly 'seed to plate' gardening and cooking experiences that are linked to the curriculum and promote health and well-being. The school has a newly-developed "outdoor classroom" which allows them to provide further opportunities for students to engage in meaningful, practical learning beyond the traditional classroom.

They have supplemented the program with an Aboriginal Education Worker, "Aunty Deb", who gives the students an appreciation of aboriginal language & culture, safe & sustainable practices for caring for the land and a respect for the local environment.

The school is keen to try and improve the program by the addition of a greenhouse. This would enable students to cultivate their own seedlings and allow them to grow produce all year round for their cooking program, as well as creating a windbreak to protect the more delicate crops.

Thank you Rachael & Peta for a very great insight into your wonderful school program.



MEETING ROSTER

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| <p>This Meeting</p> <p>18 March Club Inductions & Club Assembly</p> <p>Chair: Peter F Reception: Nigel G Set Up: Those present</p> | <p>Next Meeting</p> <p>1 April Don Maisch – Tasmania and the Crimean War</p> <p>Chair: David L Reception: Allan M Set Up: Those present</p> | <p>Last Meeting</p> <p>4 March Rachael Wells – 24 Carrots & Aboriginal Ed at Risdon Vale Primary</p> |
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Reminder: Please advise the secretary by 9am on the Tuesday morning before the meeting if you will not be attending, so that numbers can be confirmed with the caterer.

PROGRAM - 2020 (Meetings to be held on first and third Wednesdays)

| Date | Speaker | Topic |
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| 18 Mar | Club Inductions & Club Assembly | |
| 1 April | Don Maisch | Tasmania and the Crimean War |
| 8 April | Board Meeting | |
| 15 April | Mike Brown –Retired Tas Fire Chief Plus Denise from Friends of Nepal with a brief update on their projects | Disaster preparation |
| 29 April | Social event - TBA | |
| 6 May | Club Assembly | |
| 13 May | Board Meeting | |
| 20 May | RACT (Invite wider audience?) | 30 year Greater Hobart Mobility Vision |
| 3 June | Betty Clennett - Lindisfarne Historical Society | Lindisfarne stories |
| 10 June | Board Meeting | |
| 17 June | Changeover night | Or as President Mike calls it the Non Changeover night! |
| 1 July | Anita Oliver – our sponsored Rotary Exchange Student | Her Exchange experience in Italy |
| 8 July | Board Meeting | |
| 15 July | Anna Fay Pharmacist from Chemmart Lindisfarne | What the modern day pharmacy offers the community |
| 29 July | Social event – TBA | |
| 5 Aug | James Walker – Podiatrist | Being foot aware |



(Thank you Cyril B)

News from Member Kesh

Hi Richard ,

I hope my email finds you well .

I will be arriving back on Wednesday 18th March and will be under self quarantine from that date until the 1st of April, as per the new laws.

I am sorry I won't be available for the prize giving ceremony on the 26th March and also any club meetings until after that date .

Not to worry, I have stocked myself with plenty of food & red wine and am looking forward to enjoying Netflix and catching up on some sleep (sounds like I have retired already!)

Kind regards, Kesh



Yesterday Bioversity International released 'Agrobiodiversity, School Gardens and Healthy Diets, Promoting Biodiversity, Food and Sustainable Nutrition'.

The promotional description is as follows: 'The book critically assesses the role of agrobiodiversity in school gardens and its contribution to diversifying diets, promoting healthy eating habits and improving nutrition among schoolchildren as well as other benefits relating to climate change adaptation, ecoliteracy and greening school spaces.'

Many schoolchildren suffer from various forms of malnutrition and it is important to address their nutritional status given the effects it has on their health, cognition, and subsequently their educational achievement. Schools are recognized as excellent platforms for promoting lifelong healthy eating and improving long-term, sustainable nutrition security required for optimum educational outcomes. This book reveals the multiple benefits of school gardens for improving nutrition and education for children and their families. It examines issues such as school feeding, community food production, school gardening, nutritional education and the promotion of agrobiodiversity, and draws on international cases studies, from both developed and developing nations, to provide a comprehensive global assessment.

This book will be essential reading for those interested in promoting agrobiodiversity, sustainable nutrition and healthy eating habits in schools and public institutions more generally. It identifies recurring and emerging issues, establishes best practices, identifies key criteria for success and advises on strategies for scaling up and scaling out elements to improve the uptake of school gardens.'

For further details: <https://www.routledge.com/Agrobiodiversity-School-Gardens-and-Healthy-Diets-Promoting-Biodiversity/Hunter-Oro-Burgos-Roel-Calub-Gonsalves-Lauridsen/p/book/9780367148867>

You can watch the school gardens with FPS and AOG in Vietnam here - <https://youtu.be/x32uDwBVRTA>



2020/21 BOOKS NOW AVAILABLE

Members and friends of Rotary Club of Lindisfarne

Many of you have supported our club through the purchase of an Entertainment Book, where 20% of the purchase price is paid to the Club and is used to help fund various projects. This year there will be no paper copies of the Entertainment Book and this will allow greater flexibility as most people always have their phone with them. In the past I have often left the book at home and been caught out. The electronic version is far better and is far more flexible. Also this year you can purchase single and multi-city memberships. The various options are included in the following.

Regards
Nigel Grey
Entertainment Book Coordinator

Get up to **3 months extra**
Membership
on Single City & Multi City*

Buy now

15 months Membership when you buy in March*

Meet your **New** Memberships

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| Single City \$69⁹⁹ 1 Year <small>Discover all the best savings in your city</small> | Multi City \$119⁹⁹ 1 Year <small>MOST POPULAR</small> <small>Enjoy savings across all of Australia, New Zealand and Bali</small> | Multi Plus \$229⁹⁹ 2 Years <small>BEST VALUE</small> <small>2 years of savings across Australia, New Zealand and Bali</small> |
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