

# *Rotary Club of Bendigo South* **SIGNPOST**

**Volume 65, No. 22, 2<sup>nd</sup> December 2021**

Meets Thursdays at 6pm for 6.30pm at the Lakeview Hotel (TBC weekly)

**SERVE TO CHANGE LIVES**



[bendigosouthrotary.org.au](http://bendigosouthrotary.org.au)

<http://www.twitter.com/RotaryBendigoS>

## **PRESIDENT'S REPORT**

At our last meeting we had Matt Maudlin, the Community Engagement and Fund-raising Manager of Myeloma Australia join us via Zoom. Myeloma is an incurable blood cancer which affects more males than females with a higher proportion being over 70 years of age. The Rotary Club of Camberwell established ROMP (Rotary Outreach Myeloma Program) which aims to deliver quality support for people living with myeloma in regional Victoria. More information can be found on [www.romp100.org](http://www.romp100.org)

On February 27 2022 there will be a fund-raising and awareness event '3.8 with a mate'. Keep the date free so our Club can be part of this!

Christmas is just around the corner and Members are asked to sign up for the dinner and celebration at RC Eaglehawk Club premises, as well as for the BBQ at Kangaroo Flat this Thursday. This is to be a joint Meeting of our two Clubs.

I would encourage Members to make a donation via the Club Account to be given to Uniting Care to purchase Christmas Gifts for underprivileged children. The 'magic machine' will also be at the Christmas Dinner for donations to be made on the night.

I am unable to attend the next two meetings due to work commitments – I'm singing at a Book Launch and the following week judging the Final of the prestigious Sun Aria singing competition. In my absence PP Paul Gibbons will Chair and provide a report for the Signpost.

If you want to catch me singing in Bendigo, come to the BSO 40<sup>th</sup> Anniversary Gala Concert on either Dec 11 or 12, 11.00am Mass at the Cathedral on Dec 12, Carols in Rosalind Park – never rains but it pours!

Wishing you all fabulous Christmas and a safe and happy New Year! See you on Jan 13 when we regroup at the Plant residence.

**Merlyn Quaife AM**



## **Our Guest Speaker - Matt Maudlin – Rotary Outreach Myeloma Program**

*Everyone deserves a long healthy life. When you Serve to Change Lives  
your actions today can help extend the lives of others."*

***\*Rotary International President Shekhar Mehta***

***There is always room in the Rotary lexicon for another acronym to add to the dozens of others that flag the world-wide scope of Rotary International Community Service – RYPEN, RYLA, ROMAC, RAWCS... and many, many more. Welcome to "ROMP"- the Rotary Outreach Myeloma Program – an ongoing R100 Rotary project celebrating the Centenary of Rotary in Australasia in 1921.***

**ROMP** is an award winning, multi-club and multidistrict community service program. Begun three years ago by the Rotary Club of Camberwell, ROMP supports the work of Myeloma Australia, the only myeloma specific charitable organisation in Australia. The Camberwell Club has been engaged continuously with Myeloma Australia since it began more than two decades ago.

**Myeloma?** Sometimes called Multiple Myeloma, it is a cancer of the blood and bone marrow that is presently suffered by approximately twenty thousand Australians. More than sixty thousand Australians belong to a national "myeloma community" that includes the partners and families of patients.

***Despite the best efforts of researchers word-wide there is yet no cure for myeloma.***

***Average mortality is less than eight years.***

Two thousand Australians are diagnosed each year. In the words of a Myeloma Australia awareness campaign, ***"That's 38 mate!"*** Thirty-eight new challenged families each week who will need and deserve support and the best outcomes regardless of their address.

***There are more than a thousand myeloma patients living in country Victoria. When their partners, families and others close to them are added, that number expands to constitute a regional Victorian myeloma community that is larger than five thousand.***

**ROMP calls upon Rotary Clubs in regional Victoria to join a regular forum of clubs from across country Victoria to build awareness of the special needs of myeloma patients in their own communities. A core aim is to support the smooth delivery of Myeloma Australia programs and assist in delivering outcomes that are at least equal to those achieved in capital cities.**

Please check out more on myeloma - [www.romp100.org](http://www.romp100.org)

## **DECEMBER & JANUARY PROGRAM**

**(NOTE - The program for December & January is dependent on the COVID situation).**

<b>November</b>	<b>Venue</b>	<b>Program</b>
Thurs Dec 9 <sup>th</sup>	Kangaroo Flat Club Rooms- Gateway Park	Guest Speaker - Toni West CEO Impact Recovery Chair – PP Paul Gibbons  Dinner – BBQ (numbers required – see attached)
Thurs Dec 16th	Mechanics Institute California Gully	Inspection of club storage facility, and Christmas dinner
<b>Fri Dec 17<sup>th</sup></b>	<b>ZOOM – 5pm</b>	<b>Board Meeting</b>
Thurs Jan 13th	Tony and Betty Plant's home	Social night to resume Rotary year

### **Our Next Guest Speaker – Ms Toni West – Impact Recovery**

**I M P A C T**  
R E C O V E R Y

Toni West  
CEO

**0438 553 772**

ceo@impactrecovery.org.au  
impactrecovery.org.au



**Toni West is the CEO of Impact Recovery Ltd. Toni has over 20 years of leadership experience in the for profit, not-for-profit and community services sectors, developing a range of pioneered business units that deliver quality services to Australian communities.**

**Toni was employed by Impact Recovery Ltd. with a single focus to change the organisation and propel it forward into a new strategic destiny to support individuals to an opportunity of freedom from addiction.**

Toni has led innovative partnerships and created joint ventures which have allowed the companies she has represented to expand their business opportunities. Toni's future focus is to work in new environments that allow her team to continually develop, and add value through her leadership capabilities, strategic and operational alignment, business acumen and relationship building capacity to effect change in people, their families and communities. If it takes a village to raise a child, it takes a whole community to discover the potential of a person and to fan this into flames to bring hope and support, where it may be deferred or non-existent.

**Toni's greatest desire is for all people to know they are loved, valued and wanted, they have a purpose!**



## **SECRETARY's REMINDERS:**

1. Indications are currently being taken for the Rotary CLUB of Bendigo South Christmas Function to be held on Thursday December 17, 2021 at the Eaglehawk Rotary Clubrooms.

It would be greatly appreciated if members would email or text their intentions regarding their attendance or otherwise at this function to the Secretary ASAP.

2. INTER CLUB VISIT TO GATEWAY PARK AND KANGAROO FLAT ROTARY CLUB NEXT WEEK - Thursday DEC 9, 2021

As the club is providing the catering for this visit an indication of numbers is required.

If club members are participating in this visit and were not at the last meeting at the Lakeview Hotel, a RSVP by text or email to the Secretary by lunchtime Wednesday 8th Dec would be warmly received.

The Rotary Club of Bendigo South Inc.

PAUL GIBBONS

SECRETARY 21/22.

Mobile 0429 091 802. Email: [secretarybendigosouth@gmail.com](mailto:secretarybendigosouth@gmail.com)

## **FOODSHARE – *Are you able to help?***

Once again we are able to assist Foodshare in early January, so the following volunteers have come forward for **Tuesday January 4**

**Foodshare - here's the team thus far:**

Morning: George (Driver)

Matthew and friend (Rescuers)

Afternoon Merlyn (Driver)

Phil

Paul

Still need two people to do 'meet and greet' with clients at the Eaglehawk Community House.

Thanks xx

Merlyn Quaife AM

## Rotary Overseas Recycled Playgrounds

### Swings and Slides—recycling playgrounds

Recently, the Rotary Club of Flemington has had a super project in Sri Lanka to provide a Library and an equipped Playground for a girl's school there.

The project was transported through Donations in Kind at West Footscray and with support from a number of organisations in Sri Lanka, the playground provides a wonderful addition to the life of the girls at the school.

Now that was a single playground to a single school and there are lots of schools there who could use a similar playground and it seems there are lots of playgrounds available here that are just waiting for some activity to get them there. The same position exists elsewhere in the world and it's a question of bringing the various elements into sync to see it all come together.

PP Peter Cribb has been out beating the drums around councils, schools, kindergartens and suppliers and has established that they are available and right now he has offers of playgrounds from Carrum Downs, Bendigo, Diamond Creek and Saltwater Creek. Local councils have also indicated that they too will have playgrounds coming available over the next year or so.

It is clear that this has the potential to grow into a monster undertaking and one that needs a few people to help Peter get things moving.

**STEP 1.** Peter needs a couple of people to join him and form the Committee to manage the organisation and administration of the activity.

**STEP 2.** Once the playgrounds are identified, he needs assistance from Rotary Clubs in the near vicinity to the playgrounds to manage the dismantling and arrange transfer to appropriate storage. Here is an opportunity to work with Men's sheds, scout groups and the like and help build relationships with other groups in the area.

**STEP 3.** Arrange delivery to Donations in Kind and into a container which will be used to store the dismantled playgrounds until a full container can be despatched to Sri Lanka where Rotary and other groups are ready and willing to handle the reassembly.

This is a project with some good hands on fellowship, a strong international flavour and excellent use of the playgrounds which will otherwise go to a metal recycler or landfill.

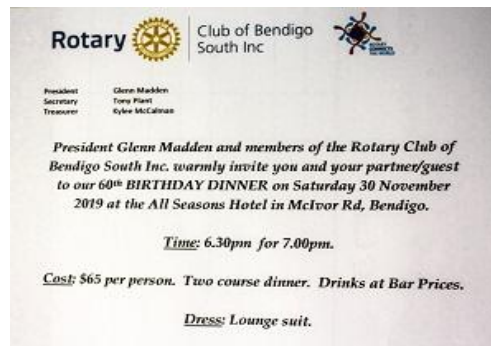
If you or your Club are interested in getting involved give Peter a call on 0410 548 543 and get this project really "swinging"

Bb Glindemann  
District 9800 International Chair  
Donations in Kind





## Tootling down Memory Lane – BSRC 60<sup>th</sup> Birthday!



Many thanks to those that supply articles and photos for the Signpost

Rotary  
Districts of Australia



## Australian Rotary Health

Supporting healthier minds, bodies and communities  
through research, awareness and education.

# And



# Freemasons Victoria

PRESENT

## MENTAL HEALTH FIRST AID COURSES FOR ROTARIANS AND FREEMASONS

**WHY:** One in every five Australians aged 16-85 experience some form of mental illness in any year.

COVID-19 has exacerbated the problem. Everyone in the community can play a role in early intervention to support a person developing a mental health problem or experiencing a mental health crisis.

**HOW:** The knowledge and skills and how to provide initial assistance can be acquired by doing a Mental Health First Aid Course.

**WHAT:** The standard mental health first aid course will be presented as a 12-hour blended course. This course teaches the skills to help a person developing depression, troublesome anxiety, psychosis and substance use problems or a person who may be in a mental health crisis such as feeling suicidal or having a panic attack.

**WHO:** This course will be taught by Betty Kitchener AM, co-founder of the program, and former CEO of Mental Health First Aid International. The standard course is suitable for any adult but will be particularly relevant to members of service clubs and people working in human service roles.

**WHERE:** Online - this will be delivered as a blended e-Learning program  
Component 1 is an e-Learning course (5-7 hours). Component 2 is conducted via Zoom in 2 X 3 hour sessions on two consecutive Saturdays.

**WHEN:** Saturday, 4th & 11th December 2021 from 9:30 a.m. to 12:30 p.m. on each day

**INVESTMENT:** A heavily discounted rate of \$200 per participant.  
All proceeds towards research into mental health.

**DEADLINE:** Register on or before 15th November 2021 as spaces limited to 12 per session.

**CONTACT PERSONS:** Freemasons: WBro. Richard Skinner - [skinner.rd@gmail.com](mailto:skinner.rd@gmail.com) /0417 320 376  
Rotarians: Suresh Marcandan - [suresh@stellamarisinternational.com](mailto:suresh@stellamarisinternational.com)/0448 838 838



MENTAL  
HEALTH  
FIRST AID  
Australia

# Rotary

## District 9800



### THE FOUR WAY TEST

- Is it the TRUTH
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned

### THE OBJECT OF ROTARY

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST.

The development of acquaintance as an opportunity for service;

SECOND.

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD.

The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH.

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional



**SERVE TO  
CHANGE LIVES**



## WHO'S WHO?

ROTARY INTERNATIONAL PRESIDENT:	Shekhar Mehti
RI DISTRICT 9800 GOVERNOR:	Dale Hoy

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CLUB PRESIDENT	Merlyn Quaife AM
SECRETARY	Paul Gibbons
TREASURER	Greg Noonan
YOUTH SERVICES DIRECTOR	Mark Tracy
INTERNATIONAL SERVICE DIRECTOR	Heather Nixon
COMMUNITY SERVICE DIRECTOR	Zoe Pocock
MEMBERSHIP DIRECTOR	Tony Plant
CLUB SERVICE DIRECTOR	Rod Spitty
CLUB PROTECTION OFFICER	Geoff McKinna
ROTARY FOUNDATION CHAIR	Peter Kilpatrick
FUND-RAISING and FINANCE	Gary Pinner
CLUB COMMUNICATIONS	Matthew Scott
NEWSLETTER EDITOR	Sue Duncan

## CLUSTER CLUB MEETING TIMES

### *DISTRICT 9800 GOLDFIELDS CLUSTER ROTARY CLUBS*

RC KANGAROO FLAT: Monday 6pm, Rotary Gateway Park

Secretary - Geoff Wakefield 0408510218

RC BENDIGO: Tuesday 12:45pm, Bendigo Club, Park Street, Kennington.

Secretary: Danielle Ioniescu – 5444 0190 [secretary@rotarybendigo.org.au](mailto:secretary@rotarybendigo.org.au)

RC ECHUCA MOAMA: Tuesday 6pm, Moama Bowling Club, Shaw Street, Moama.

RC BENDIGO SANDHURST: Wednesday 7.30am, New Meeting Venue to be advised.

Secretary: John Harkin – 0409957000

RC EAGLEHAWK: Wednesday 6pm, Mechanics Institute

Contact on 0428468298 [eaglehawkrotary@gmail.com](mailto:eaglehawkrotary@gmail.com)

RC ROCHESTER: Thursday 6pm, The Court House building, Moore Street (Opp. G. Nelson Motors)

Contact - Heather Watson on 0439842177

RC CASTLEMAINE: Wednesday 6:30pm, The Cumberland Hotel

Secretary - Lyndal McClure 044339116

