

Rotary Club of Bendigo South **SIGNPOST**

Volume 65, No. 15, 7th October 2021

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

SERVE TO CHANGE LIVES



bendigosouthrotary.org.au

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

BSRC PRESIDENT'S REPORT:

October is National Mental Health month. At last Thursday's Zoom meeting we heard from Dr Rob Blum, who runs the Cancer Centre at Bendigo Health. He talked about what he is doing both personally and with his department to ensure good mental health. Rob spoke of restorative activities which we all need, to balance out day-to-day stress and prevent burn-out: meeting with friends and family, music activities (concert-going or own performances), group sport etc, many of which have been restricted by Covid Lockdowns. Plus, knowing when to switch off and say 'no'. It's great to have a strong work ethic but not when it leads to burn-out! It is wonderful to know we have such a caring person in charge of Oncology, caring for his staff who in turn care for their patients.

A big thankyou to all who rallied to assist Glenn at Scope last Wednesday and we can happily announce that all our seedlings have found homes.

Lindsay Jolley has been busy contacting all our schools regarding potential scholarship winners. At BSS, Tom Fleming, a talented guitarist has been nominated the winner of Musician of the Year as judged by Graham Abbott, international conductor, radio presenter (ABC Keys to Music etc) and Bendigo resident.

I have been busy walking in this glorious Spring weather. I've signed up to raise money for End Polio Now, clocking my walks for the month of October. If you'd like to make a donation for my efforts, here's the link: <https://www.rotarywalkwithus.org/fundraisers/merlynquaife>

The Auction is underway!!! Get your bids in! Thanks to Tony Plant for getting this happening and for members who have donated items.

The video clip memory last week that Clive Hughes supplied reminded us of a most enjoyable day a few years back! Let's hope such activities can resume again in the not too distant future!

At our next meeting we go International!! Read on...

Merlyn Quaife, AM

Work Place Resilience

Guest Speaker – Rob Blum – Director of Oncology – Bendigo Health



Jean Kerr...

The only reason they say 'Women and children first' is to test the strength of the lifeboats.

Spike Milligan...

The best cure for Sea Sickness is to sit under a tree.

OCTOBER PROGRAM

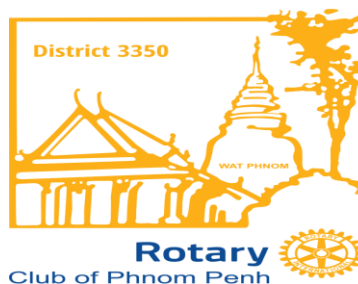
(NOTE - The program for October is dependent on the COVID situation).

September	Venue	Program
Thurs Oct 14th	ZOOM	Guest Speaker - Rotary Club of Phnom Penh – Cambodia Chair - Greg Penno
Thurs Oct 21st	Zoom	Guest Speaker - Bev Watson – Polio Network Victoria Convenor Chair - TBA *** Board meeting to follow ***
Thurs Oct 28th	Covid allowing Iris Farm, & then the Allies Pub	Vocational Visit to Iris Farm with meal to follow at Allies Hotel Beer Darden Venue - Iris farm - (address to be supplied) and Allies Hotel Chair - Merlyn Quaife
Thurs Nov 4th		TBA
Thurs Nov 11th		TBA
Thurs Nov 18 th	Lake View Hotel or Zoom	Annual General Meeting & Social night Chair - Merlyn Quaife *** Board meeting to follow ***

***Next Club Meeting via Zoom- Thursday October 14th, - we go
International!***

Come and enjoy the Rotary Club of Phnom Penh!

*Rotary Club of Phnom Penh provides help in the areas of health,
education and community development.*





Club Members Auction Project.

Following a brief discussion re the potential of conducting an inter club auction at our last club members zoom meeting we have decided to pursue the idea adopting the following format.

Our auction is to be conducted over the next 4 weeks (4 Thursdays in succession) – the first week would be to introduce the idea to members and gather in the items and/activities or services they are prepared to donate.


Then we List the items, and allocate those interested parties a number, and then the bidding begins!

We invite you all to participate – firstly by contacting Tony on anthony.plant@bigpond.com and he will allocate you your number

Next step is to peruse the List of Auction items (see attachment), then email Tony with your number and the amount you would like to bid!

The latest Auction Catalogue is part of the Attachments!

So, if it is fishing, home made baking, stunning wall art, or a ride in a vintage car – much to choose from and don't get left behind!



**Put your
bid in now!**

Spring is Sprung with another pic of these amazing Tulips – check out Rosalind Park



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

Our fund raising contributions to the Footy Gear Project has Including the cash I received at so far raised \$360, as of 4pm Friday the 8th October!

Keep up the Good Work!

You have only got once in a life time opportunity to stay at home, lying in front of TV to save the world.
Don't screw this up.



Over 30 years ago, Rotary made a promise to the world to eradicate polio.

When we get there, it will be only the second time that a disease affecting humans has been eradicated. Now we're on the brink of history, thanks to the support of partners like you and the generous support of the Gates Foundation.

Let's drop to zero.

Two drops, every child, every time...

We are challenging you to walk, run or roll 10, 20 or 50km throughout the month and raise vital funds that will help eradicate and prepare us for a Polio free world.

You can do them wherever you like, whenever you like and all while maintaining your social distance.

If you'd like to make a donation for Merlyn's efforts, here's the link:

<https://www.rotarywalkwithus.org/fundraisers/merlynquaife>

WORKING BEE AT SCOPE

Thanks to the efforts of seven energetic Rotarians the Scope garden area was weeded last Wednesday greatly improving the appearance of the area. It was good to see the planting we have done there over the last 12 months has been successful and now weed free the plants should do even better. We are hopeful of acquiring some mulch shortly to spread around the plantings and help with that is also sought. Thank you to Bernie, Anthony, George, Trevor, Tony and Clive for their help with this project. Our work is greatly appreciated by the staff and clients who attend the Scope Centre. Glenn Madden



Tree Planting Opportunity.

Last Saturday in cooperation with the Rotary Club of Rochester, I was able to deliver 1400 trees to the Strathallan and Family Landcare Group. As sometimes happens what can seem like a potential failure can then become a great opportunity. I met this wonderful couple who are passionate about restoring habitat for the local sugar glider population and are in fact conducting a breeding program at their residence to produce more Sugar Gliders for release into the local area. Next Saturday their intention is to plant our trees in the vicinity of the river near the Rochester township. If members, partners and friends would like to join me let me know and I will put together the day including lunch and a car pooling arrangement. Rough plan at this stage would be to meet at 9 am in the Howard Street car park Epsom in front of the Woolworths shopping centre. Then car pool and head off to meet up with the Rochester group at 10 am. Plant through till 1 pm and have a lunch break then another hour or two in the afternoon. If the interest is there we drive out to see the Sugar glider complex before coming home. Hopefully our Landcare people will get excavation work done through the week and it will only be a matter of putting the trees in the ground-no crow bar work required. Unlike Bendigo soil Rochester soil is much more user friendly anyway.

At this point in time I have Lindsay, Paul and George coming with me. Let me know if you want to join us. Still waiting to hear from the Landcare group to re confirm final arrangements



Email Tony on anthony.plant@bigpond.com

A lovely Note from the Bendigo Maubisse Friendship Incorporated Scholarship Program

Dear Heather,

Please pass on my thanks to the Rotary Club of Bendigo South for its generous support of the Maubisse scholarship program in 2021. It is sincerely appreciated both by the committee and by the Maubisse community.

At this time last year I stated that the year had been a challenging one in Australia, Timor Leste and indeed the whole world. Well, that is still the case for this year, and perhaps even more so! However, despite this the scholarship program has been extremely successful in 2021 given the many serious issues we have all faced.

This year we (you) sponsored 76 high school students and 18 university students. That totals an impressive \$31,480 to assist in the education of young Timorese students and to add to the local economy.

As in Australia, there have been a number of Lock-downs in Timor Leste and schools have had to close for extended periods. One positive note is that Father Feliciano discounted student fees so that they only paid for 10 months of schooling. The students were very pleased and excited about this and Sister Henrietta wished me to pass on their gratitude to the scholarship donors.

On a positive note, senior high school students are now preparing for the National Exams which are to be held in October. University students in Dili have largely completed their studies off-campus.

BMFI is very appreciative of your club's support and participation in this invaluable program and, given the additional challenges of the pandemic, it is even more critical to continue this important initiative in 2022.

If you would like to continue your involvement please fill in the attached form and make your donation.

Should you require any further information or clarification please do not hesitate to contact me on 0417 126859 or at mlongjewellery@bigpond.com

Kind regards,

Milton Long

BMFI Scholarship Program Co-ordinator

SEEDLING DISTRIBUTION SUCCESS IN OCTOBER, 2021!



Images: 1400 plus Seedlings on their way to Rochester last weekend courtesy of Tony and his Designed and Patented Seedling Transport system (had a tarp placed over all for safe transport to Rochester).

Yes, its Good News at last!!

The Seedlings Team have been able to find locations for all of our useable seedlings this week, thanks to the great efforts of club members and friends. All should be in the ground over the next few weeks and after all this rain they will get a great start!

. Please see below a list of where the Seedlings they are going.

1. Clive Hughes and Friends down Elmore way.
2. Glenn Madden's sister at Birchip.
3. Glenn's contacts at the Friends of the Old Church on the Hill, Quarry Hill, Bendigo.
4. Debbie Bish Rochester.
5. Heather Watson President of Rochester Rotary club.
6. Scope Bendigo Garden.
7. Strathallan Landcare Group, Rochester
8. Strathfieldsaye Primary School via Greg Penno.

Thanks to all members for their assistance and we hope to have our next batch ready to go in December for Nurturing and Nourishment for planting in early 2022.

Paul GIBBONS on behalf of Seedlings team.

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:
RI DISTRICT 9800 GOVERNOR:

Shekhar Mehti
Dale Hoy

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

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

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 Mc Clure 044339116

