

Rotary Club of Bendigo South **SIGNPOST**

Volume 65, No. 14, 30th September 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:

My sister, Andrea Salmon, joined us on Zoom to talk about MS, regaling us with much interesting information about how this disease affects sufferers. There are two short video clips she was unable to show via Zoom but she has forwarded us the links which you will find in the Signpost. I watched them and they really help to understand the symptoms of MS – clever and informative! The irony of MS is that the sufferers do not look ill so to see how they are affected is quite an eye-opener.

A big thanks to members who donated money to go to the BSFN Club uniform library. Our Club has also offered to meet with CEO Alan Ellis with the view of assisting at their fund-raising activities. This will happen later in the year.

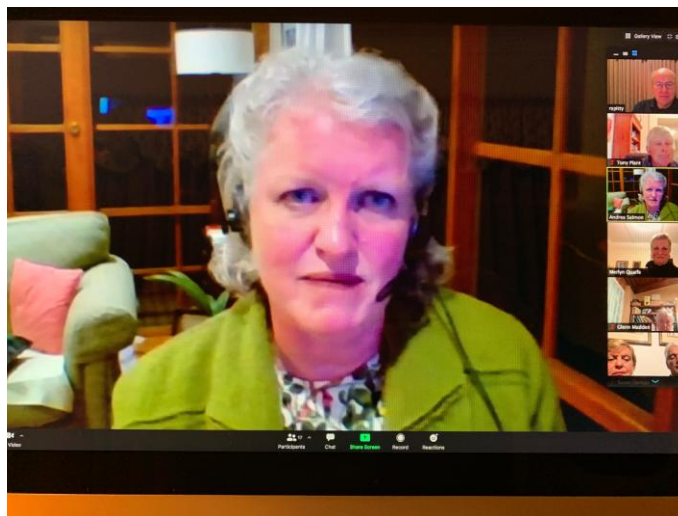
Glenn Madden is organising a weeding working bee at Scope – after all this luscious rain the weeds should come out very easily.

Get your thinking caps on regarding Auction Items you could donate for our on-line Club Fundraiser. I've come up with three items: a framed watercolour by me, two jars of homemade jam and four hours of rose-pruning next July! This will hopefully give you some ideas as to what might be possible...

I look forward to seeing you all on Zoom at our next meeting with guest speaker Dr Rob Blum. Have a great week!

Merlyn Quaife, AM

Understanding Multiple Sclerosis with Guest Speaker – Andrea Salmon



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

OCTOBER PROGRAM

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

September	Venue	Program
Thurs Oct 7 th	ZOOM	Guest Speaker - Dr. Rob Blum - Director of Oncology - Bendigo Health Chair - Merlyn Quaife
Thurs Oct 14 th	ZOOM	Guest Speaker - Rotary Club of Phnom Penh – Cambodia Chair - Greg Penno
Thurs Oct 21 st	Zoom	Guest Speaker - Bev Watson – Polio Network Victoria Convenor Chair - TBA *** Board meeting to follow ***
Thurs Oct 28 th	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 4 th		TBA
Thurs Nov 11 th		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 7th, with Guest Speaker



Dr Rob Blum - Work place resilience - Establishing what a good day looks like

Clinical Director of Cancer Services at Bendigo Health

Trained at Austen, St Vincent's and Petermac

Underwent a sabbatical in Prato Italy in Breast Cancer Research

Moved to Bendigo in 2003.

Passion for work place resilience

Part time musician





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 would like to pursue the idea adopting the following format.

- 1/ The auction is to be conducted over next 4 weeks (4 Thursdays in succession) first week would be to introduce the idea to members and gather in the items and/activities or services they are prepared to donate.
- 2/ Once all auction items have been pledged they then to be assembled in a table form that can be emailed out to all members. Photographs may also be included

Sample Only.

Item No.	Item and description	Donor	Wk 1 Bids	Wk 2 Bids	Wk 3 Bids
1	Boat Fishing at Lake Eppalock, all equipment and bait supplied- Duration 4/5 hrs.	Pedro	\$20 (6) \$30 (34)	\$32 (6)	\$40 (34) \$45 (6) \$50 (12)
2	1 cu metre firewood-delivered	The Club			
3	1 Doz. native trees-choose from 5 varieties	The Club			

- 3/ Each member will be allotted their own bidding number and this will be sent out to each participant. Will keep a bit of mystery and intrigue during the bidding process.
- 4/ The table of items and latest received bids to be emailed to all members at least weekly seeking further bids. Would try to have an updated list for each weekly Signpost during the 4 weeks.
- 5/ On the concluding Thursday after 3 weeks of on line bidding time, the final auction would take place, hopefully face to face where anyone could make a final verbal bid on any item.
- 6/ Any funds raised from this activity will be used to pay the clubs ever increasing administrative and Annual operating costs. Club dues mostly cover our Rotary International and 9800 fees leaving little to pay other costs such as website, zoom subscription and storage shed council rates as just three examples. The auction items will come from mostly member support and in turn sold onto other members. However if you wish to invite a donation from a non-member or in turn invite a friend to make a bid on any particular item that is fine as long as you organize that specific arrangement.

What to do this week.

Come up with your item/s for the Auction Catalogue.

Items can be something at home you no longer require and are prepared to donate. It could be something you are prepared to create-eg. Piece of Artwork, Bake some cakes and/or a skill or activity you are willing to offer to share for a fee with other members. Items with description details to be emailed to anthony.plant@bigpond.com If applicable provide a photo too.

Spring is Sprung with these amazing tulips – check out Rosalind Park





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. For every kilometre you walk over the month you'll be improving your overall health and wellbeing. Research shows that getting at least 30 minutes of moderate intensity physical exercise a day is ideal to help reduce your risk of developing breast cancer.

To Register to Join the End Polio Walk - <https://www.rotarywalkwithus.org/register/walk-with-us/member>

WORKING BEE AT SCOPE

A weeding working bee is being held at the Scope centre in Bennett St, Ironbark on Wednesday 6th October from 9.30 am. Bring your gardening gloves, maybe a hoe and come and catch up with club members over a few weeds. All welcome. Glenn Madden



ATTACHMENTS

This Edition' Memory Lane is in the form of a link.
Held at Clive & Jenny Hughes
A Musical Recital by Meryl Wilkinson – To End Trachoma 2020

Understanding MS videos from Andrea Salmon -

This Bike has MS <https://www.youtube.com/watch?v=yYYrJyGltvU>

MSUnderstood café <https://www.youtube.com/watch?v=0s3E2DjWCQU>

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



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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

