

Welcome to this weeks edition of the SignPost...

Greetings from PP Wendy.

I was pleased to fill in for Helene at the last meeting and to introduce Jeannette O'Brien from Bendigo Community Health. Jeannette explained about the new service provided, StandBy Response Service. Their motto is 'You are not Alone.' This service was developed in Noosa by the community in response to the suicide of family members of a previous suicide. Noosa is a small community, but each thought the other was looking after the emotional needs of those left behind. When it was apparent that this wasn't the case, the community got together to do something about it so that it wouldn't happen again. The program was so well received that it has now been rolled out to 17 other communities Australia wide. Our area, the Loddon Mallee is the the first in Victoria.

The program is all about support for the families and friends of those left behind. It is a response program not a prevention program. It has a free telephone counseling service - 1300 659 467 - StandBy also provides an information and support pack, links to community services, and importantly, community awareness and training. Suicide is a difficult topic to discuss, it can be very confronting, but it is something that needs to be brought out into the open along with mental health issues. Thank you Jeannette for your talk on Thursday.

StandBy Response - 0439 173 310
Lifeline - 13 11 14

See you all at the Christmas Dinner next Thursday, bring your singing voice with you as there will be a sing-a-long. \$25 per person in the Platinum Room. Make sure you let either myself (Wendy) or Ros know if you are coming along as we can't take walk ins. Thank you, and I look forward to seeing you for our final meeting for 2013 on Thursday night.

*Engage Rotary; Change lives.
Wendy Learmount - Past President of the Rotary Club of Bendigo South*

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ROTARY CLUB OF BENDIGO SOUTH -

Calendar of Events

CALENDAR KEY:

- Family/ Social Events
- Guest Speakers
- Connect to Community Events
- Other Events



WHEN?	WHAT?	WHERE? (Details & Contact Info)
December	Rotary Family	
Thursday 19	Christmas Dinner - \$25 per person	Family & Partner Night
Thursday 26	Rotary Christmas Break	
2014	Rotary Awareness	
January		
Thursday 2	Rotary Christmas Break	
Thursday 9	BBQ & Outdoor Movie	Family Night Partner Night
Thursday 16	Guest Speaker- Rotary Friendship/ Fellowship Exchanges	Foundry Complex
Thursday 23	No Meeting due to Australia Day	
Thursday 30	Fellowship & Family Night	
February	World Understanding	
Thursday 6	Board Meeting & Club Forum	Foundry Complex
Thursday 13	Guest Speaker- Kaye Greaves (Bendigo Refugee Health)	Foundry Complex

** As we enter 2014, this calendar will be extended to reflect the club's events forward of February.

THIS WEEK AT BENDIGO SOUTH ROTARY...



LEFT: In this photo are Past President Wendy Learmount (standing in for President Helene), Nomi Cummings (LCMS) and Jeannette O'Brien from Bendigo Community Health.



"Wishing you all a Merry Christmas and a Happy New Year... See you all back at Bendigo South Rotary in 2014!!"

CLUB DUTY ROSTER

THIS WEEKS CLUB DUTY ROSTER:

- Date:** 19th December 2013
- Theme:** Christmas Gathering
- Chair Person:** Wendy Learmount
- Cashiers:** Rod Spitty & Ruth O'Connell
- Regalia:** Ian Ellis
- Raffle:** Ros Chenery
- Fellowship:** Elaine Harrington
- Sergeant:** Not Required

**** Remember that we will be having two weeks break from Rotary after this week, resuming on the 9th January 2014.**

**DON'T FORGET TO
PURCHASE YOUR
ROTARY CHRISTMAS CAKE, PUDDING OR
PANFORTE THIS WEEK,
BEFORE IT'S TOO LATE!!**



WEEKLY CLUB DUTY ROSTER

Rotary Club of Bendigo South, January Roster Theme for month - Rotary Awareness

Dates	2 nd	9 th	16 th	23 rd	30 th
Guest speaker	Christmas Break	Fellowship and Family Night BBQ & Outdoor movie	Guest Speaker Friendship Exchange & Rotary Jeanette Lynch & Dr Leon Lew	No meeting due to Australia Day	Fellowship and Family Night
Chair Person	N/A	NA	Anne Peace	N/A	Wendy Learmount
Cashiers	N/A	Mark Mott	Bill Ashman Wendy Learmount	N/A	Ros Chenery Bill Ashman
Regalia and badges.	N/A	Gary Pinner	Andrew Palmer	N/A	Gary Pinner
Raffle	N/A	Elaine Harrington	Rod Spitty	N/A	Anna Kollar
Fellowship	N/A	Andrew Palmer	Anna Kollar	N/A	Andrew Palmer
Sergeant	N/A	N/A	Tony Plant	N/A	Mark Mott



*The Rotary Club of Bendigo Next Generation would like to invite you to our 'Christmas Wrap Up' party on **Wednesday the 18th of December** to showcase projects and achievements undertaken by the club over the past 6 months. You will have the opportunity to hear about the club's latest projects and events; including the Next Gen trivia night, working with the other Bendigo Rotary clubs to contribute towards community events such as the famous 'Swap Meet' weekend and our big project for the year – the humanitarian Cambodia trip run by World of Difference.*

It is our pleasure in particular to showcase our collaborative primary school project, where 3 Bendigo primary schools have taken on the challenge to turn recyclable goods into artworks, namely Christmas trees and decorations. These artworks will be displayed on the night and the club's president will present the children involved in the project with certificates of thanks for their hard work on the night.

Location: *The Exchange Café Bar Restaurant (formerly Wild Mint, under the Bendigo Bank building)*

Time: *7pm onwards*

Dress code: *Smart casual*

Food: *Finger food provided (the restaurant and bar will also be open)*

The event is free and throughout the night you can purchase a unique paper snowflake for a gold coin donation and write a wish for those less fortunate at Christmas time. Snowflakes will be placed on the window at the Exchange along with the artworks to create a beautiful display. All money raised will be donated to the Salvation Army who provide those less fortunate with aid at Christmas time.

CONGRATULATIONS

BIRTHDAYS:-

Elaine Harrington - December 23rd

Bill Ashman - December 25th

Greg Noonan - December 28th

ANNIVERSARIES:-

Rod Spitty - December 18th



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 persons united in the ideal of service.

WHO'S WHO?

ROTARY INTERNATIONAL PRESIDENT- Ron D. Burton

RI DISTRICT 9800 GOVERNOR- Ross Butterworth

ASSISTANT GOVERNOR (GOLDFIELDS CLUSTER)-

Grant Hocking

PRESIDENT- Helene Brown

PRESIDENT ELECT (Club Service)- Rod Spitty

HON. SECRETARY (Club Protection Officer)- Peter Ryall

HON. TREASURER- Jim Boyer

MEMBERSHIP DEVELOPMENT/ P.R.- Andrew Palmer

COMMUNITY SERVICE- Ian Ellis

ROTARY FOUNDATION & FELLOWSHIP- Wendy Learmount

VOCATION- Geoff McKinna

NEW GENERATIONS- Tony Plant

INTERNATIONAL SERVICE- Ros Chenery

PROGRAM COORDINATOR- Anne Peace

DIRECTOR OF CLUB COMMUNICATIONS-

Matthew Scott- mattgscott@telstra.com

ATTENDANCE & MAKE UP OPPORTUNITIES

**DISTRICT 9800 GOLDFIELDS CLUSTER
ROTARY CLUB MEETINGS**

KANGAROO FLAT- Monday 6pm, Rotary Gateway Park

BENDIGO- Tuesday 12:45pm, Bendigo Club

BENDIGO STRATHDALE- Tuesday 6pm, All Seasons

BENDIGO NEXT GENERATION- Wednesday 7pm, The Exchange (Beneath Bendigo Bank)

ECHUCA MOAMA- Tuesday 6pm, Border Inn Moama

BENDIGO SANDHURST- Wednesday 7am, BRIT Restaurant

EAGLEHAWK- Wednesday 6pm, Mechanics Institute

ROCHESTER- Thursday 6pm, Shamrock Hotel function room.

THE ROTARY CLUB OF BENDIGO SOUTH ATTENDANCE OFFICER

ROS CHENERY-
ros.chenery@visionaustralia.org

TELEPHONE- 0407 802 801

Or 5445 5721

THE FOURWAYTEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?