

Rotary Club of Bendigo South **SIGNPOST**

Volume 64, No. 08 28th August, 2020

Meets Thursdays at 6pm for 6.30pm at the Foundry Hotel, High Street Golden Square.

Rotary Opens Opportunities



bendigosouthrotary.org.au

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

PRESIDENT'S REPORT FOR SIGNPOST AUGUST 31, 2020.

The new Rotary Year of 2020/2021 has continued on as it started with plenty happening always.

It was great to see the great turn up of members and guests on our last Zoom Meeting. A special welcome once again to members of the Rochester Rotary Club as well as Lyn Comer and Lynne Cooper and AG Graham Lynas who were also part of the meeting.

A special thank you to chairperson, Jan, for her great work and to Anne for her contribution on the Rotary Minute, as well as program director Rod and Secretary Tony for their efforts in this area. Our Guest Speaker, Mayor Margaret O'Rourke, gave an interesting presentation and generated plenty of questions from members on many different issues.

On another front, I have sent out some District information today to some club members on various presentations that were shown to the District Presidents Seminar the other Sunday at our final training session, and I trust they are of interest and provide some thought-provoking reading.

I ask members to consider Ian Ellis (the Christmas Cake KING) suggestions from our last meeting re this year's effort on that front and to contact him directly or a board member with your thoughts.

I look forward to catching up on the outcomes of another round of Zoom sub committees club meetings this week.

Have a great week and stay safe in these challenging times.

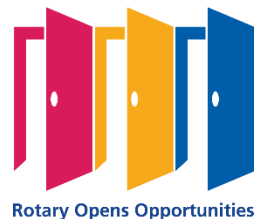
Yours in Rotary

PAUL GIBBONS

The Rotary Club of Bendigo South-

"Connect to the Community"

PAUL GIBBONS PRESIDENT 20/21.



Pics for our Rotary Club of Bendigo South Zoom Meeting 28/8/2020 – Thanks to Clive



The Program for September

3rd September - Sub Committees Via Zoom or teleconference

10th September - Zoom Meeting: Guest Speaker Smith Family
Bendigo and possible Bairnsdale (confirmed)

17th September - Zoom Board Meeting

24th September - Zoom Meeting Steve Leed- East Loddon P12

Please contact Rod with your ideas for our meetings on 0402883747 or rspitty@gmail.com



Assistan Governor – Graham Lynas



BSRC President Paul



Chairperson - Jan

Quote for the Week

“We need in this world a more better and clearer understanding of the worth of some things and of the worthlessness of others.”

The Rotarian, February 1915

Paul Harris, Rotary International

Further to Anne Peace's Explanation of Acronym DIK:



DONATIONS IN KIND

How can our Club get involved?

There are many ways a Rotary club can get involved:

- Locate goods suitable for donation to DIK.
- Inspect potential donations located in your area.
- Arrange and volunteer to load donated goods to be shipped to the Store.
- Establish your club's own international service project, based on shipping and delivering goods available in the Store.
- Visit the Store. This is the best way to understand the process and see what goods are available.
- Consider arranging a club or cluster meeting, or a working bee for members.
- Invite potential new members to your function at DIK. This is an excellent opportunity to demonstrate the power of Rotary.
- Involve other Rotary clubs by suggesting potential projects to them or through joint club or cluster projects.
- Become a Sponsor Club or make a financial donation towards a current DIK project.
- Join the team that manages the Store including many roles that can be done from home.
- **Contact the Store Manager on (03) 9315 1544 for more information.**

Things to keep in mind:

- Ian Ellis spoke at our meeting asking for input as to whether we continue with the Christmas Cakes & Puddings
- Lotto is on again, so please read the info below and get involved!
- I am still after some recipes and pics from members to add to the Signpost

Feel free to send anything through to me on krissureg@hotmail.com or 0417321033



LUCKY LOTTO IS BACK.

After a two month break, and due to member demand, we have decided to bring back Lucky Lotto.

It will operate the same as previous except that payments will be made electronically.

I am hoping that with all of the money members have saved whilst not attending dinner meetings there will be plenty of idle cash lying around.

To buy a number in Lucky Lotto you will need to transfer \$50 into the club account.

If your husband , wife or partner wish to be included that is great and everyone is welcome.

Once you have transferred your \$50 into the Club account Greg will let me know who is paid up and I will allocate numbers.

As soon as we have 30 plus entries we will begin weekly draws of \$20.

Last year, Lucky Lotto raised over \$1000 for the Club's Admin account and we are hoping for a similar result again.

Glenn Madden

COVID KEEP FIT! From the Rotary District 9800 website:

Keep in shape with five key exercises This program, by Steven Brook, involves five basic exercises, takes just 11 minutes and does not need equipment.

In these self-isolating times, I have gone back to the future for my workouts, replacing my four times a week gym therapy with just five calisthenics exercises developed by the Royal Canadian Air Force.

Dubbed the 5BX program, it involves five basic exercises, takes just 11 minutes and needs absolutely no equipment. The program, launched in the 1950s, has also been credited with starting the fitness boom after it sold 25 million copies. Now, as we emerge from our chocolate egg comas, it offers a gentle way to kickstart our fitness routines.

Celebrity devotees include Helen Mirren and generations of British royals. I first came across it on my parent's bookshelf when I was a kid. As someone who wouldn't be seen dead in a gym, it suited me then, and now as someone who can't do without gym, it suits me now. The five exercises boost flexibility, strength and aerobic fitness .



STRETCHING

At the start, this is simply touching your toes. But as you advance, add extra touches to your left and right. The advanced level calls for upright torso circle bends. I'll never get there.



SIT-UP

This starts as merely raising your head and shoulders off the floor before progressing into a full blown sit-up . Keep your back straight.



BACK EXTENSION

Be still my middle-aged back! This is actually great for reducing lower back tightness. Lay on your front and raise your head and legs off the floor . (Vacuuming carpet beforehand is essential.)



PUSH-UP

Builds arm and shoulder strength. Starts as a simple push-up from the knees. Graduate to a full pushup and then adds a forehead touch to the floor for extra difficulty .



RUNNING IN PLACE

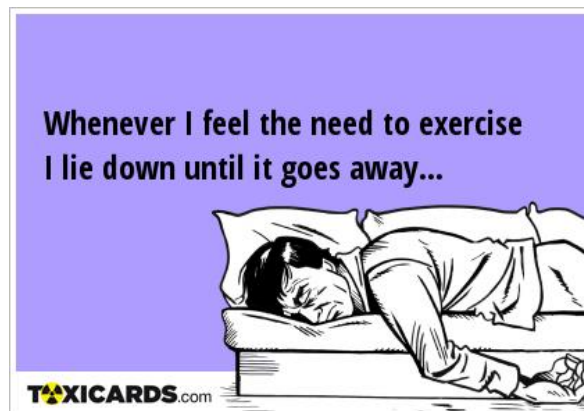
This is the high intensity part. Start with just 100 steps in six minutes, before increasing steps. But every 75 steps, add another exercise, such as scissor jumps, knee bends or star jumps.

Each original exercise starts with a basic movement modified for women, before becoming progressively harder. Then five new exercises are designed to improve flexibility, strength and aerobic capacity. Two are performed while laying on the floor : side leg raises while lying sideways and alternative leg lifting while laying on the back.

The remaining three exercises are performed standing: front knee raises, lateral side bending while sliding the arm down the leg towards the ankle and circling arms forwards and backwards. Some criticize the program as old-fashioned and potentially unsafe in its advanced phases. But the instructions are clear. Start at the very bottom of the first chart, never skip a level, and don't fast track

“ My impression is that the 5BX is a very thorough program,” says Professor Emmanuel Stamatakis, from University of Sydney's School of Health Sciences.

“ Considering all the circumstances of COVID-19 this will be very suitable for some people because it requires no equipment.”





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 persons united in the ideal of service.

WHO'S WHO?

ROTARY INTERNATIONAL PRESIDENT:	Mark Maloney
RI DISTRICT 9800 GOVERNOR:	Philip Archer
ASS'T GOVERNOR (Goldfields South):	Graeme Lynas

CLUB PRESIDENT:	Paul Gibbons
SECRETARY:	Tony Plant
TREASURER:	Greg Noonan
YOUTH SERVICES DIRECTOR:	Kay McLaughlin
INTERNATIONAL SERVICE DIRECTOR:	Heather Nixon
COMMUNITY SERVICE DIRECTOR:	Merlyn Quaife
MEMBERSHIP DIRECTOR:	Sue Duncan
CLUB SERVICE DIRECTOR:	Rod Spitty
CLUB PROTECTION OFFICER:	Geoff McKinna
ROTARY FOUNDATION CHAIR:	Glenn Madden
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

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

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

RC BENDIGO SANDHURST: Wednesday 7.30am, Bridge Hotel, Water Street.

RC EAGLEHAWK: Wednesday 6pm, Mechanics Institute

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



Secretary Tony & Assistant, Murphy, on patrol

