



SIGNPOST

Volume 65, No. 7, 3 August 2023

We meet Thursdays at 6pm for 6.30pm at the Lakeview Hotel, McRae Street (TBC weekly)



bendigosouthrotary.org.au

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

President's Report

Hello everyone. Well we are now into the last month of winter. Thank you to all members for attending our weekly meetings. Welcome back to Tony, Glenn and Heather. Over the last two months we have had several members away on holidays to avoid the cold and yet our attendance meeting numbers have been pretty good.

At our last meeting Catherine Eagleson (PP,PHF) was our guest speaker via zoom. Catherine's vocation is Puzzle compilation/library services. She is a member of Rotary Club of Glenferrie, and the Secretary of the 9800 District ARH Committee.

Over the last 20 years she has built a small business called the Clue Detective Puzzle Agency which has led to her creating a niche that she calls puzzling for mindfulness/mental health. Her primary aim is to demonstrate to people how the enjoyment of solving puzzles can alleviate anxiety.

Her presentation was interesting and provided an insight into how a crossword puzzle is designed and the mental benefits of crossword activity. Our Club will be having discussions with the City of Greater Bendigo Library on Catherine's work.

Gill and I attended the Rotary Club of Echuca Changeover last Saturday and have enjoyed attending all 8 events representing the Rotary Club of Bendigo South. They have been fun and rewarding to attend. The first Goldfields Combined Cluster Presidents meeting is scheduled for the 13th August.

This meeting our Guest Speaker will be our own Tony Plant who is the Club's Maubisse Representative and has just returned from his trip to Timor Leste with the Maubisse Project Group. Tony travelled to Darwin and then flew to Timor Leste. His presentation will be interesting along with his first hand impressions.

Reminder - keep August 17th free for Max Ellis 90th Birthday Celebration and partners night.

See you this Thursday.

Yours in Rotary
Rod Spitty
President

Save the date!!!!

October 29 our Fund-raiser in Ulumbarra with the Victorian Welsh Choir with Merlyn Quaife

This week in pics



Guest speaker Catherine Eagleson presenting via Zoom on puzzling for mental health

CLUB PROGRAM		
August theme: Membership and New Club Development		
Thurs 10 August	Tony Plant Maubisse presentation. Chair Tony Plant	Lake View Hotel
Thurs 17 August	Max Ellis 90 th birthday celebration & social night. Partners welcome. Chair: Rod Spitty. Board meeting.	Lake View Hotel
Fri 18 August	Science & Engineering Challenge. All welcome.	Girton Grammar stadium
Thurs 24 August	Mark McGowan, CEO, Police Veterans Victoria. Chair: Greg Penno	Lake View Hotel
Thurs 31 August	Visit by DG Ron Payne. Preceded by Board meeting with DG at 5pm. Chair: Rod Spitty	Lake View Hotel

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:	Gordon McNally
RI DISTRICT 9800 GOVERNOR:	Ron Payne

CLUB PRESIDENT	Rod Spitty
SECRETARY	Bernie Young
TREASURER	Greg Noonan
YOUTH SERVICES DIRECTOR	Paul Gibbons
INTERNATIONAL SERVICE DIRECTOR	Lindsay Jolley
COMMUNITY SERVICE DIRECTOR and IPP	Merlyn Quaife AM
MEMBERSHIP & COMMUNICATIONS DIRECTOR	Matthew Scott
CLUB SERVICE DIRECTOR and PRESIDENT ELECT	Peter Kilpatrick
CLUB PROTECTION OFFICER	Geoff McKinna
FOUNDATION DIRECTOR	Rod Spitty
FUND-RAISING and FINANCE DIRECTOR	Gary Pinner
VOCATIONS DIRECTOR	Susan Ducan
NEWSLETTER EDITOR	Shireen Yeoh

D9800 Goldfields Cluster Club Meeting Times

RC KANGAROO FLAT: Monday 6pm, Rotary Gateway Park

Secretary - Geoff Wakefield 0408510218

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

Secretary: Kaye Lehmann – kaye.l.lehmann@gmail.com 0418 355 253

RC ECHUCA MOAMA: 1st, 2nd and 3rd Tuesdays of month - 6 for 6:30pm, Rotary Park Clubrooms, Rose Street, Echuca

RC BENDIGO SANDHURST: Wednesday 7am for 7.30am start, Peppergreen Farm, 40 Thunder Street, North Bendigo

Secretary: John Harkin – 0409957000

RC EAGLEHAWK: Wednesday 6pm, Mechanics Institute

Contact on 0428468298

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