Rotary Bendigo South

SIGNPOST

Volume 68, No. 18, 29 October 2026

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

Find us on: facebook | www.bendigosouthrotary.org.au | www.twitter.com/RotaryBendigoS

Rotary Club of Bendigo South
PO Box 346, Bendigo, VIC 3552

Email: secretary@bendigosouthrotary.org.au

President's report

Greetings to all my fellow Rotarians,

At last Thursday's meeting, we were pleased to welcome Ms. Manorama Shah, a Mental Health Worker and Aged Care Nurse for Women's Mental Health Professional Development Unit from Bendigo Health.

Ms Shah was born and raised across different regions in Nepal, Bhutan and Botswana before migrating to Perth. She later relocated to Bendigo in 2008.

Ms Shah is passionate about supporting women's mental health and wellbeing, particularly in understanding how cultural norms, values, beliefs and experiences influence help-seeking behaviour and access to valuable support services. Ms. Shah gave insights into and understanding about women's perinatal wellbeing through a culturally responsive and trauma-informed lens.

According to Ms Shah, perinatal mental health refers to a person's emotional, psychological and social wellbeing from conception throughout the first year after the child's birth; emphasising that this transitional phase involves a profound biological, social and psychological shift in women. She explained why women's mental health matters and the challenges that most women experienced during and after perinatal periods. She also explained the importance for women to have access to relevant support in all areas of her health needs, family support /situations and wellbeing and how can we provide support to women in a culturally responsive way.

Ms Shah stated that perinatal mental health is a family issue, explaining that when a partner experiences mental health challenges, this may also affect their spouse and increase their risk of experiencing mental health difficulties. Statistics shows that **1 in 10 men** experience depression, and **1 in 4 men** experience anxiety during the perinatal period.

On behalf of our Club, we would like to thank Ms. Shah for providing us her valuable time, enhancing our knowledge in relation to the above topic.

Reports:

Cora – Last Tuesday, 27th October, I attended the Combined Rotary Club's Annual Rotary Foundation Dinner at the Bendigo Club with Members from our Club namely, Lindsay and Nena Jolley, Gary Pinner, Heather Nixon, Shishu Domondon and Vicky Reyes. Also present were other Rotarians, from various Clubs across Bendigo and the surrounding districts. District Foundation Director Julie Mason gave us an insight of Rotarians' worldwide involvement in the historical journey towards eradication of Polio. This event was arranged/facilitated by Members of The Rotary Club of Bendigo.

Lyn Comer – Lyn provided valuable information of the upcoming Mandurang Market on 29th November and monthly Lansell Market as well as coin donations (more info at this week's Signpost)

Gary Pinner – updated us on our Club's other events; dates of BBQ's and Christmas Raffle Trailers (more info in this week's Signpost)

Glenn Madden – updated us on Tony's current health and recovery.
I would like to thank Rotarian Heather Nixon, for chairing this week's meeting; well done and congratulations to all Rotarians for your ongoing support and dedication to our Club.

Yours in Rotary
Cora Fuentes-Mahnic
President



Our guest speaker, Ms. Manorama Shah with our Members,
President, Cora Fuentes-Mahnir and Heather Nixon (chairperson – left)

****

Next week's Guest Speaker
Andrew Cooney, CEO of the City of Greater Bendigo

Andrew Cooney became CEO of the City of Greater Bendigo in December 2023.

He is a highly regarded executive who is passionate about community development and enjoys long, established relationships locally, regionally and at the State Government level.

He first joined the City as Director Corporate Performance in 2018 and led the City's involvement in the development of Galkangu - Bendigo GovHub.

He also served as Director Commonwealth Games and is well-versed in all areas of the organisation, with excellent skills in financial management, governance, advocacy and community engagement.

Prior to joining the City, Andrew's previous roles include as an Executive Director with DELWP, the Department of Environment. Land, Water and Planning (now called DEECA, the Department of Energy, Environment and Climate Action), General Manager Governance and strategy at Coliban Water, Director Community and Corporate Services at Gannawarra Shire Council, and Manager Organisational Development at Leddon Shire Council.

He is currently on the Board of Goulburn-Murray Water and Bendigo Strikers Netball.

The CEO's responsibilities include:

- Establishing and maintaining an appropriate organisational structure for the Council
- Ensuring that council decisions are implemented promptly
- Overseeing the daily management of council operations following the Council Plan Developing a code of conduct for council staff
- Providing timely advice to the council

The Council delegates the powers, duties, and functions of the council to the CEO. The CEO is the only direct employee of the Council. All other employees report through their respective managers to the CEO.

The Executive Services unit reports directly to the CEO.

****

Member's Report

Photos from the Combined Rotary Club's Annual Rotary Foundation Dinner

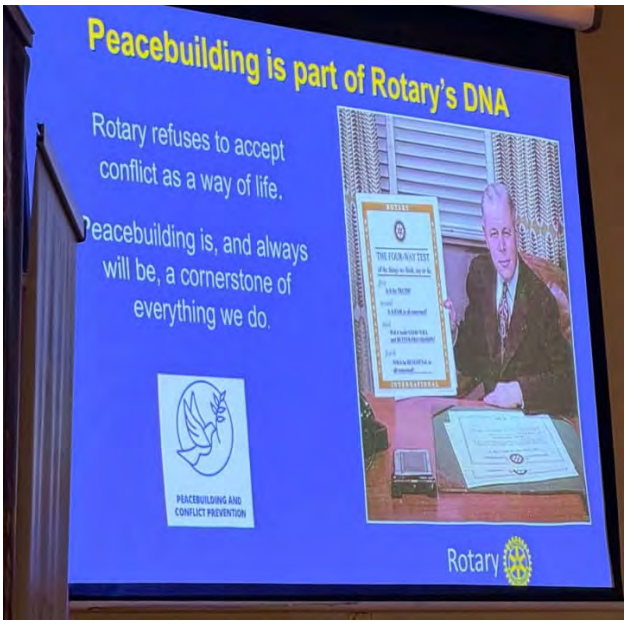


District DirectorFoundation, Julie Mason



Rotarian Wayne Smith, Rotary Club of Bendigo





****

Meeting program

Date	Speakers	Chairperson	Meet & Greet	Venue
NOVEMBER THEME: ROTARY FOUNDATION				
Thurs 5 Nov	CEO Bendigo Council Andrew Cooney	Gary	Shireen	Lake View Hote
Thurs 12 Nov	Bendigo Athletics Association	Rod	TBA	Lake View Hotel
Thurs 19 Nov	AGM & Member talk Rod Spitty Board Meeting	Cora	Shishu	Lake View Hotel
Thurs 26 Nov	Maubisse Film Night			TBA
Sunday 29 Nov	Mandurang Market			Mandurang
DECEMBER THEME: DISEASE PREVENTION AND TREATMENT				
Thurs 3 Dec	Vocational visit - Chinese Museum & dinner to follow	Rod		Chinese Museum
Thurs 10 Dec	TBA	TBA	TBA	Lake View Hotel
Thurs 17 Dec	Christmas Party combined with Eaglehawk	Glenn		Camp Getaway Axedale

****

Volunteers wanted

Sat 7 Nov	Lansell Square market BBQ	10am - 3pm. 3 volunteers	
Fri 20 Nov	La Trobe Uni BBQ	10.30 – 1.30	Fully crewed
Sat 28 Nov	Activism Against Family Violence BBQ Canterbury Park Eaglehawk	8 am – 11 am	2 more volunteers required
Sun 29 Nov	Mandurang Christmas Market BBQ	9am-12.30: Fully Crewed 12.30-4pm: 2 more	Fully crewed 2 more volunteers required
Sat 5 Dec	Lansell Square market BBQ	10am - 3pm.	I more volunteer required

Please contact Volunteer Coordinator George Ellis if you can assist.
Email: george_ellis55@outlook.com; Mobile: 0438353414

****

Energy Breakthrough

Venue: Maryborough
Date: Wednesday, November 18th & or Friday, November 20th
Time: 9am – 4pm.

Volunteers required to assist running of the event.
In particular judging of the team's verbal presentation.

- Primary students: Wednesday
- Secondary student: Friday.

Great opportunity to be involved in a fantastic event as a judge or a track marshal.
Carpooling will be arranged prior.
If you would like to be involved register https://www.eb.org.au/volunteer/

Please advise Gary Pinner if you would like to carpool.
0408507868 or gary@gejayautomotive.com.au

****



\

****

The People's Piano Launch Concert
Bendigo Fine Music has, through the kind donations of many locals, acquired a brand new grand piano which will live at St Paul's Cathedral and be available for use for concerts. On November 8, there will be a celebratory concert followed by refreshments. Matilda Wilby, 2026 Musician of the Year and recipient of our Rotary Club Award, will be one of the artists performing. She's definitely a talent to watch!
Merlyn Quaife AM


THE PEOPLE'S PIANO
LAUNCH CONCERT
BENDIGO
FINE
MUSIC
A concert of celebration launching Bendigo's own brand-new People's Piano
Featuring a showcase of over 30 musicians in a dazzling afternoon of highlights from Handel to Mozart and more.
Merlyn Quaife AM (Soprano), Masahide Kurita (Flute), Matilda Wilby (Soprano), Rachel Lin (11-year-old Pianist), Bendigo Chamber Choir (Michael Bottomley, Director) accompanied on The People's Piano by Louise Matthews and Thomas Heywood
ST PAUL'S CATHEDRAL BENDIGO
Sunday 8 November 2026
2pm-3pm
Followed by a reception to celebrate this landmark occasion in Bendigo's cultural life.
www.bendigofinemusic.com
ON SALE NOW!
trybooking.com

****


Rotary
Club of Echuca Moama
Shop Local Night
Come along for a great night out of shopping and fun!
Grab all your Christmas gifts while supporting local business
Door prizes & raffles
15+ participating shops
Exclusive specials
Thursday 19 November 2026
Meet from 5pm at Bar Lee
Shopping from 6pm
Tickets: $5 per person
Scan the QR code for tickets or visit:
www.trybooking.com/DQITQ
COMMITTEE FOR 4EM ECHUCA MOAMA

****

Save The Date

Sunday 17th January 2027

High Tea at Camp Getaway Axedale

View the progress of our Ken Briggs Memorial Garden

Games to be played as well



This Photo by Unknown Author is licensed under CC BY-NC-ND

****

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	Olayinka Hakeem Babalola
DISTRICT 9800 GOVERNOR	Graeme Hope
DISTRICT 9800 NC VIC COMMUNITY LEADER	Peter Shepheard
CLUB PRESIDENT	Cora Fuentes-Mahnic
VICE PRESIDENT& IMMEDIATE PAST PRESIDENT	Lindsay Jolley
SECRETARY	Bernie Young
TREASURER	Peter Kilpatrick
COMMUNITY SERVICE DIRECTOR	Endel Vallak
YOUTH SERVICES DIRECTOR	Rod Spitty
INTERNATIONAL SERVICE DIRECTOR	Heather Nixon
MEMBERSHIP, COMMS and MARKETING DIRECTOR	Tony Plant
CLUB SERVICE DIRECTOR	Tony Plant/Gary Pinner
FUND-RAISING and MAJOR PROJECTS DIRECTOR	Gary Pinner
VOCATIONS DIRECTOR	Rod Spitty
FOUNDATION DIRECTOR	Lindsay Jolley
NEWSLETTER EDITOR	Shireen Yeoh
CLUB PROTECTION OFFICER	Geoff McKinna

D9800 Goldfields Cluster Club Meeting Times

RC KANGAROO FLAT: Monday 6pm, Rotary Gateway Park,22A High Street, Kangaroo Flat
Secretary – Geoff Wakefield: 0407 561 997

RC BENDIGO: Tuesday 12:45pm, Bendigo Club, Park Street, Kennington
Secretary: Daniela Ionescu – d.ionescu@latrobe.edu.au

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: Paul Henderson – 0428 177 314

RC ROCHESTER: 2nd & 4th Thursday at 6.30pm at the heritage courthouse,
community chat is on the 3rd Thursday at 8am at Rochester Hotel

RC EAGLEHAWK: Wednesday 6pm,
Mechanics Institute Hall, 8/12 School Street, California Gully
Contact 0428 468 298

RC CASTLEMAINE: Wednesday 6:30pm, The Cumberland Hotel
Secretary – Lyndal McClure: 0438 391 160

INNER WHEEL CLUB of BENDIGO: 11.15am, 2nd Tuesday of the month,
Mechanics Institute Hall, 8/12 School Street, California Gully
Bernadette: 0407051722

****