

Rotary Club of Bendigo South **SIGNPOST**

Volume 64, No. 50, 7th June 2023

Meets Thursdays at 6pm for 6.30pm at the Lakeview Hotel (TBC weekly)

IMAGINE ROTARY



bendigosouthrotary.org.au

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

President's Report

This is Report number 50 and the penultimate one in my Presidency. I'd like to express my thanks to Zoe for her getting the Signpost out in a timely fashion every week.

I was unable to attend the last Meeting due to a necessary rehearsal in Melbourne and Paul Gibbons has kindly done a report of the Meeting.

The Changeover Dinner at the Shamrock approaches. The Bendigo Youth Choir will sing at the commencement of the night and the City of Greater Bendigo Brass Band are providing an eight piece group to play some dance music. The Raffle proceeds on the night will be shared by these two groups. By the way, if you haven't caught up with the information, the BYC is launching a book on the history of the choir. If you know or are related to any former choristers I'm sure they would like to have a copy. It is being launched at St Andrew's on Sunday June 18 at 2.00pm!

If you are attending the District Changeover to cheer on Ron Payne as he takes on this role, there is a bus travelling to and from the event. Details in the body of the Signpost.

Stay warm and dry!

Merlyn Quaife AM



Meeting Report courtesy of Paul Gibbons and Greg Penno

Last week's speaker was Ivan Honey the founder of the youth mental health project called GET HAPPIER project. It aims to equip kids with the tools for a Happier, Healthier life. Available in a range of formats for both primary and secondary students the program uses dougdragster to follow the Open road as opposed to the Dead end road. The creator Ivan has worked all over the world as a psychologist and this program is a result of those experiences. He presented a few of the ideas to the club in his presentation and had a great range of resources on display.

The dragsters teach children to learn the skills for mental health by being able to identify their feelings. Ivan introduced the brochure Open Roads and Dead End Roads and asked which road we should be taking. The Project has produced a number of books to assist learning. 1. Happy Parenting, this provides understanding and support for each other. 2. Ready Set Go for young kids. 3. Life is an Adventure G2 and 3. 4. Magic in Life G4 and 5. 5. Magic in Life G4 and 5. 6. Get Happier in Action G6. These books cover the topics of Self Esteem, Self Respect and to be in control of yourself first. Encourages Love and Belonging, feel significant and feel success. They impress the need for success and to feel freedom of choice in our lives...and to have Fun. They encourage people to take responsibility for their own lives. The Q&A session was lively and members enjoyed the session.

JUNE PROGRAM

Thurs 15th June

Lake View Hotel
The Year in Review
Chair: Merlyn Quaife
Followed by Change Over Board Meeting

Thurs 22nd June

Shamrock Hotel
Changeover Dinner

Thurs 29th June

Lake View Hotel
The Year Ahead
Chair: Rod Spitty

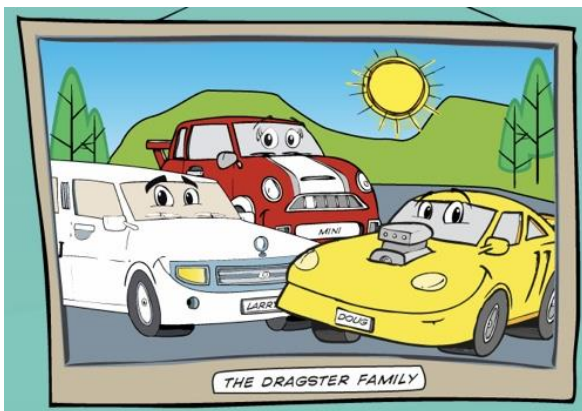


Bereavement

The Club wishes to extend condolences to Elizabeth Bell on the death of her mother.

Get Happier Project

"Members listening attentively to Guest Speaker Ivan Honey"



Doug Dragster's
Get Happier Project

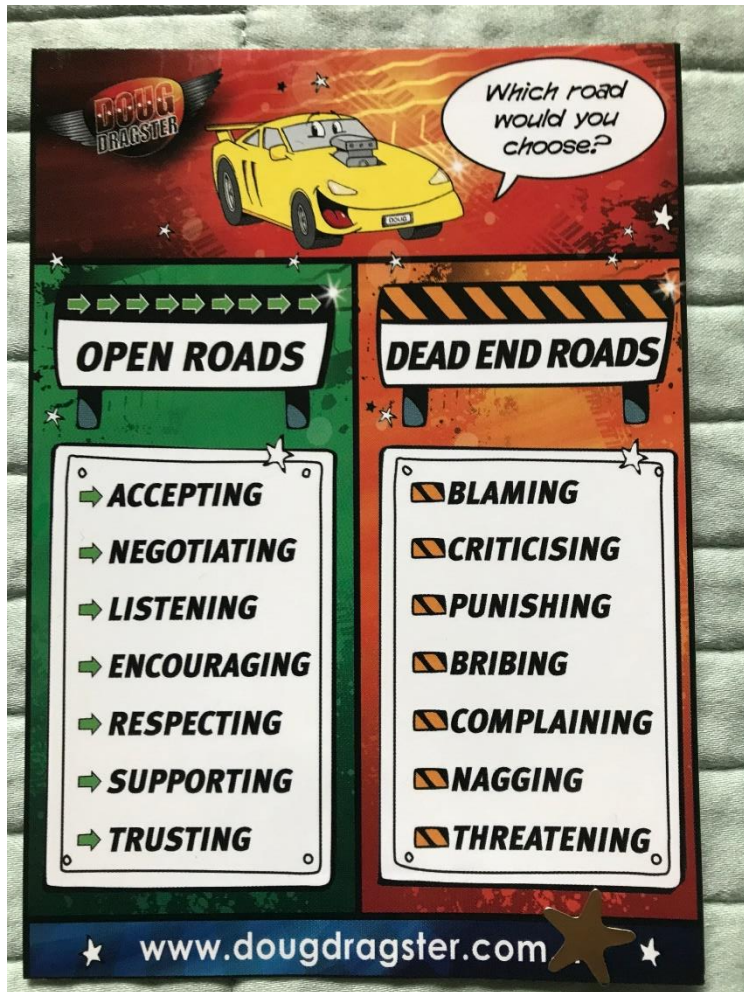
Equipping kids with the tools for a happier, healthier and more successful life!

Have you read 'The Amazing Adventures of Doug Dragster'?

Now available in paperback and as an ebook on Amazon.

"Doug Dragster is truly **REMARKABLE!** He will captivate, entertain and teach valuable information that can transform lives!"
Dr William Glasser Founder Choice Theory

www.dougdagster.com www.gethappier.net





Good to see a Bendigo Junior Football League responsible behaviours sign, funded by our club a few years ago, in good condition and prominently on display at a recent junior football match at Golden Square.

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



WHO'S WHO?

ROTARY INTERNATIONAL PRESIDENT: Jennifer Jones
RI DISTRICT 9800 GOVERNOR: Amanda Wendt

CLUB PRESIDENT	Merlyn Quaife AM
SECRETARY	Paul Gibbons
TREASURER	Greg Noonan
YOUTH SERVICES DIRECTOR	Mark Tracy
INTERNATIONAL SERVICE DIRECTOR	Lindsay Jolley
COMMUNITY SERVICE DIRECTOR	Emily Mudge
MEMBERSHIP & MARKETING DIRECTOR	Tony Plant
CLUB SERVICE DIRECTOR	Rod Spitty
CLUB PROTECTION OFFICER	Geoff McKinna
ROTARY FOUNDATION CHAIR	Susan Ducan
FUND-RAISING and FINANCE	Gary Pinner
CLUB COMMUNICATIONS	Matthew Scott
NEWSLETTER EDITOR	Zoe Pocock

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: Last Tuesday of month - 6 for 6:30pm, Rotary Community Park, Rose Street, Echuca.

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

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