

Rotary Club of Bendigo South **SIGNPOST**



Volume 61, No. 49 JUNE 21, 2020

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

Rotary – Connects the World



bendigosouthrotary.org.au

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

PRESIDENTS REPORT

We live in uncertain times. After looking set to have a live Presidential Changeover function the State government has opted not to extend the number of people in a restaurant to 40 as was originally planned. This puts a big question mark over whether we go ahead with just 20 people in attendance or resort to a zoom meeting changeover. Members will be notified of the club's decision with this at this Thursday's club zoom meeting.

On a brighter note, we had six of our club members and a friend attend the working bee at Scope last Friday. We landscaped, weeded, planted 90 shrubs and groundcovers, laid a drip watering system and mulched the planting area. This was all accomplished in three hours and the Scope staff, clients and their families are very appreciative of our efforts. The plants, watering system and bobcat work were funded by our club through the donation to Scope. The plants were sourced from Peppergreen Farm who were very pleased that we chose to buy from them. In all, this was a very good community project which helped two organisations who work with people with disabilities as well as giving our club a meaningful task in these difficult Covid-19 times.

We will be conducting a club zoom meeting this Thursday evening. Please try to tune in because there will be important information regarding the changeover, Luna's farewell and plans for the new Rotary Year conveyed.

Lucky Lotto winner for this week is Kay McLaughlan with number 17.

Stay Well.

President Glenn Madden

INFORMATION ON CLUB ZOOM MEETINGS.

Starting time is listed as 6 pm but the actual business part of the meetings will not commence until 6.30 pm. **Can we suggest asking another member to your place to take part if they are having problems getting connected.**

To get connected one should click on the **live link that is displayed in red.**

Join Zoom Meeting

<https://zoom.us/j/99880057514>

LOOKING FORWARD TO SEEING YOU ALL ON THURSDAY!



JUNE BIRTHDAYS MAY YOU ALL ENJOY YOUR CELEBRATIONS!!!!

MATTHEW SCOTT JUNE 3.

From the Secretary's Desk. Tony Plant.

Zoom Meeting with David Benn.

At our last zoom meeting our guest presenter was David Benn who hails from Wagga Wagga and is a member of one of the six Rotary Clubs in that regional centre boasting a population of approximately 60 000. David is a member of the Wollundry Wagga Club which is still a men's only club currently with 58 members. David recently sent me a written summary of the things he talked to us about as well as providing us with a bit of Australian poetry. Given that we have just had **Men's Health Week** and the fact David mentioned in his talk his involvement with an organization known as the Riverina Blue bells I thought I would provide his information to you all via this week's Signpost.

About the Wollundry RC.

- The 2019 year we distributed \$208K to charities, communities, and Youth programmes
- This year we lost one of our major fund raisers which will deplete our community fund by about \$60K
- From our accumulated funds we distributed \$15K to Tumbarumba Rotary Club for help to those badly affected by the recent bushfires
- We have adopted the new constitution in accordance with RI guidelines
- We are planning our annual Gears & Beers for the long weekend in October. Last year we had 3000 riders in various events including a very popular "dirty 130"
- We have had seven Zoom meetings and our first face to face meeting will be our changeover on June 30

Contact the Riverine Bluebell Committee

You may want to contact the Riverina Bluebell committee about:

- Running a fully funded mental health event in your community
- Ideas for events and activities to support mental health
- To have Riverina stories or news included on our website.
- Advising us of additional support services available in your community
- Joining the committee, based in Wagga
- Becoming a “friend” and helping out at our events
- Making a donation to Riverina Bluebell
- **Please email:** committee@riverinabluebell.org.au

Our goal is to raise awareness about mental health issues in the Riverina and encourage people to get help and support. We are not a service provider.

We do not offer a counselling or referral service.

If you need help – Please contact any of the 24 hour services listed on our [homepage](#) or call 000 for any emergency.

Rural Outreach Counselling (ROC)

Rural Outreach Counselling (ROC) is a charitable mental health support service available to people of all ages in rural and remote New South Wales. The strength behind Rural Outreach Counselling Inc is that mental health is everybody's business by providing Mate Keepers and Counsellors to support local people.

1. Helping people with mental health problems earlier, thereby avoiding harmful individual and social impacts

2. Fostering a culture of community support and service delivery that is based on acceptance, respect and the chance to achieve individual wellbeing and personal goals

3. Providing easier access to the most effective treatments, be it in a public mental health service, a ROC Counsellor or another professional service, before people become acutely unwell or go into crisis

4. Reaching out with longer term, holistic support to sustain people in the community, drawing on all relevant health and community services.

The ROC Mate Keeper and Counselling program aspiration is to be an active participant in creating a more cohesive response to mental health that addresses the overall needs of an individual and is not constrained by barriers between providers. Our vision is a mental health strategy that embraces the roles of many sectors and services across the community and the whole-of-government, emphasising that mental health is everyone's business

Through the Mate Keeper Program proactive volunteer members of rural and remote communities are encouraged and supported in a manner that enables ordinary people to help themselves and others. The ROC enabling process, which raises self-confidence, and revolves around increasing awareness in the wider community of the strengths and positive strategies of lived experience that lies with the members of their own community. Through Mate Keeper development the pathways and access points to trusted and accredited sources of information and mental health service provision are made visible at a local level and are made available to the whole of community via the Mate Keeper.

The ROC Mate Keeper Program promotes practical options and strategies that empower recognised and trusted individuals in rural communities to connect and reach out proactively to those struggling with poor mental wellbeing. Through strategic guidance and connection, the Mate Keeper Program enhances resilience and builds mentally healthy rural communities. Mate Keepers, ROC counsellors and networking provide individuals, their families and the community with visible, accessible pathways to support and professional help.

The benefits of the ROC Mate Keeper Program are all encompassing. The connections, the reaching out, relationships formed and the networking via ROC and the Program enable and empower individuals, families and communities to address mental health challenges early and so prevent crisis or suicide.

PP. David Benn. PHF (Sapphire Pin)

District Secretary 2018-19

Rotary District 9700

Wollundry Secretary

SCOPE INFORMATION (THE SITE OF THE MOST RECENT CLUB WORKING BEE)

See the person, not the disability

This is the heart of Scope. It guides everything we do. It's how we deliver [services](#). Scope was founded 70 years ago by families who wanted better support for their children.

Today, we're one of the largest not-for-profit disability service providers in Australia, supporting thousands of people with complex intellectual, physical and multiple disabilities. Our great team of people includes specialists in [communication](#) and [positive behaviour support](#), dedicated to working in partnership with you. We know the NDIS and have supported people to successfully move to this new system since it began in 2013. With our range of services, from [therapy](#) to [accommodation support](#), [communication support](#) and more, we help turn people's hopes and dreams into reality. Along with delivering high quality services for people with a disability, Scope's been active in [research](#) for more than 30 years and this helps us deliver the positive outcomes. We've also led the way in working with the [wider community](#) to remove barriers to social inclusion.

PRESIDENT GLENN AND HIS TEAM OF GARDENERS READY FOR ACTION LAST FRIDAY MORNING.





ROTARY DISTRICT 9800 CHANGEVER

DG Grant Hocking & DGE Philip Archer

Invite you to attend the District 9800 Changeover

ZOOM MEETING

SATURDAY 27th JUNE 2020

1.00 PM – 3.00 PM



RSVP: 22nd June 2020

<https://www.trybooking.com/BJUIV>

Zoom link will be sent upon RSVP

Stay in touch with your Club and District



GUEST SPEAKER THIS WEEK ORGANISED BY P/E ELECT PAUL G.



FAREWELL LUNA SAFE TRAVELS AND FROM ALL AT THE CLUB

CLUB PROGRAM		
JUNE 2020 theme: FELLOWSHIP		
	<p>ALL CLUB ZOOM MEETING AT 6.30 PM ON THURSDAY JUNE 25 2020</p> <p>PLEASE NOTE LINK OPEN FROM 6PM AND MEETING WILL START AT 6.30 PM</p> <p>PLEASE TAKE NOTE OF SUGGESTION TO INVITE ANY MEMBER AROUND TO TAKE PART IN ZOOM MEETING NOW THAT WE CAN DO THIS.</p>	

Date	JUNE 25, 2020.
EVENT	ZOOM MEETING
Guest Speaker.	EXCHANGE STUDENT LUNA AND JOHN FALLON FROM BAIRNSDALE ROTARY ON GIPPSLAND FIRE AID.
Chair	TONY
Cashiers	
Room Set up	
Welcome	PRESIDENT GLENN
Technology	ALL PRESENT
Photography	Clive

UPCOMING EVENTS			
JULY 9 2020	CHANGEOVER DINNER EVENT	THURSDAY JULY 9 2020	
		AT BENDIGO TENNIS CENTRE.	

THE FOUR WAY TEST

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?



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.

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 BENDIGO STRATHDALE: Tuesday 6:15pm, 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).

WHO'S WHO?

ROTARY INTERNATIONAL PRESIDENT:

Mark Maloney

RI DISTRICT 9800 GOVERNOR:

Grant Hocking

ASS'T GOVERNOR (Goldfields South):

Cliff Downey

CLUB PRESIDENT:

Glenn Madden

SECRETARY:

Tony Plant

TREASURER:

Kylee McCalman

YOUTH SERVICES DIRECTOR:

Kay McLaughlin

INTERNATIONAL SERVICE DIRECTOR:

Heather Nixon

COMMUNITY SERVICE DIRECTOR:

Merlyn Quaife

MEMBERSHIP DIRECTOR:

Paul Gibbons

CLUB SERVICE DIRECTOR:

Sue Duncan

CLUB PROTECTION OFFICER:

Geoff McKinna

ROTARY FOUNDATION CHAIR:

Sue Duncan

CLUB COMMUNICATIONS:

Matthew Scott

NEWSLETTER EDITOR:

Paul Gibbons

VOCATIONS CHAIR:

