

Presidents Message

President Meg welcomed members and guest speaker Luke Frost from WDHS

Art Show Report



Rotary Hamilton Art Show
8-11 October 2026
Hamilton Performing Arts Centre

Raffle Tickets \$2 each
Drawn Wednesday 14 October 2026

Available at Robson's Pharmacy, Glenn Howell Optometrist, Rotarians and throughout the Art Show. Rotarians will also be selling tickets outside Woolworths Wednesday and Saturday from 2nd September

First Prize
"I'm Still Standing, Flinders Ranges"
Value \$1,000
Framed photograph by John Wilson

Second Prize
56 Piece Stanley Rogers cutlery set and \$100 Gift Voucher
Donated by Permewans Mitre 10
Value \$400

A fundraising event
Proceeds to Rotary projects

Brian Jenkins distributed raffle tickets and Gala tickets to members.

Please return money to him or Bob Cadden when sold.

Art Show - Raffle tickets Roster for selling at The Hub Wed/Sat along with other Art Show tasks are on Shared Drive.

This is our next major event and all members are encouraged to participate.

The recent August 2026 flash floods and landslides along the Nepal-Tibet border have triggered an immense humanitarian crisis, with the collective death toll surpassing 1,100 people and nearly 4,500 individuals still missing



Rotary District 9780 RAWCS
Nepal Disaster Appeal

Floods have devastated communities in Nepal. Thousands are in urgent need.

Rotary District 9780 is supporting RAWCS as it works with Rotary partners on the ground to provide:

- Emergency relief, food, shelter and essential supplies
- Medical care and hygiene support
- Support for affected families and communities to rebuild

TOGETHER, WE CAN MAKE A DIFFERENCE

HOW YOU CAN HELP
Your donation will help Rotary and our partners deliver the saving aid and long-term recovery support to those who need it most.

DONATE TODAY
Every contribution counts.

DIRECT DEPOSIT
Please visit the RAWCS Appeal website (www.rawcs.org.au) for current banking details and instructions. See the link above this poster.

Rotary - People of Action.
Standing with Nepal.

Together with Rotary, Friends of Rotary and our community, we can bring hope and help when it's needed most.

Glenn Howell recommended that we donate from the International Budget - Nepal Disaster Appeal RAWCS - \$1000 and Disaster Aid \$500

Celebrations this week (2-16 Sept)

Birthdays Bruce Warburton 3rd Gillian Jenkins 7th

Wedding Anniversary Peter and Wendy Radley celebrating 50 years on 11th September - Congratulations

Inductions David Indian 2nd 17 years and Simon Wilson 9th 34 years.

Condolences to the Ferguson family on the passing of Past Rotarian Ian Ferguson. Funeral Monday see Greeds Notices.



UPCOMING EVENTS

9 September NO MEETING NO BULLETIN

16 September Chris Simson - Why am I here?

23 September Glenn Howell Cognitive Training

30 September Art Show Briefing

7 OCTOBER NO MEETING

8-11 OCTOBER ART SHOW

Setting up and receiving of Art work 5-7 October

Gala Evening 8th October All hands on Deck

14 October Zoe Brinsden Country University Centre

Please note

Apologies must be submitted by 12 noon on the Tuesday before each Wednesday meeting. Please note that the number of meals ordered by that time must be paid for.

Weekly social events

Bike Riding Thursday 09:00 at the Ansett Museum, finishing for coffee at Tosca Browns, around 09:35

Friday Coffee: meet each Friday Morning, 10:30 at the Roxburgh, all welcome

Saturday Park Run 7:45am at the Adventure Playground Walk or run 5kms around Lake Hamilton
<https://www.parkrun.com.au/register/>

Editors note - Artificial intelligence tools, including ChatGPT, may be used by the editor to assist in drafting content. Final content is reviewed and published at the editor's discretion.

Building Respectful Relationships from the Early Years

Our Domestic Violence Project, managed by Peter Irvin, this week supported a two-day **Resilience, Rights and Respectful Relationships (RRRR)** Professional Development Workshop for primary school educators.

Held at The Hamilton and Alexandra College and led by Dr Helen Cahill, the workshop brought together more than 40 educators from schools across our region. It builds on the professional development provided for secondary school teachers last year.

The RRRR program provides educators with practical knowledge and resources to help children develop resilience, understand their rights, and build respectful and healthy relationships.

The workshop was funded through grants from Southern Grampians Shire Council and Jigsaw Farms, enabling Rotary Hamilton to continue its focus on education and early prevention.

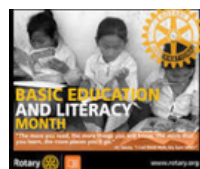
A special thank you to Marg Moffatt and her catering team, who generously provided morning tea and lunch on both days. Their contribution was greatly appreciated by all participants.



Peter Irvin made special thanks to Marg, Wendy, Juile K, Lyn, Liz, Jenni, Margy, Lorraine, John M, Peter R, Meg W, Sue I, Bruce W, Ainsley and David who all contributed in catering or assisting on the day-a team effort

September is Basic Education and Literacy Month for Rotary International.

This month highlights one of Rotary's core areas of focus: giving people the tools they need to read, write, and build better lives.



Our club continues to gift a book to every baby born at WDHS

President +1

Meg Waton

President Elect

TBA

Vice President/Membership

Brian Jenkins

Secretary

Lyn Christie

Treasurer

Bob Cadden

Immediate Past President

Bob Cadden

Community

James Dunn

Environment

Marg Moffatt/Gerri Griffin

Vocational

Bruce Wheeler

International

Glenn Howell

Youth

Leo Cummins

Rotary Foundation/IT Support

Simon Wilson

Catering

Bruce Warburton

Public Image/Social Media

Bulletin Editor

Lorraine Wilson

District Governor

Toni Thiel (Casterton)

Club Contact

sec@rotaryhamilton..org.au

PO Box 182 Hamilton

Other Key positions for 2026-27

Risk Assessment Bruce Wheeler **Programs** John Main **Club History** Ian Black

Art Show Brian Jenkins **Sheepvention Catering** Simon Wilson

Domestic Violence Project Kevin Safe **Youth Protection** Heather Ward **Welfare** Margy McIntyre

Links to Club

[Facebook](#)

[Website](#)

Editor

bulletin@rotaryhamilton.org.au

Created in CANVA

Meetings held

The Speckled Frog 6pm

Wednesdays

Luke Frost Exercise Physiologist WDHS

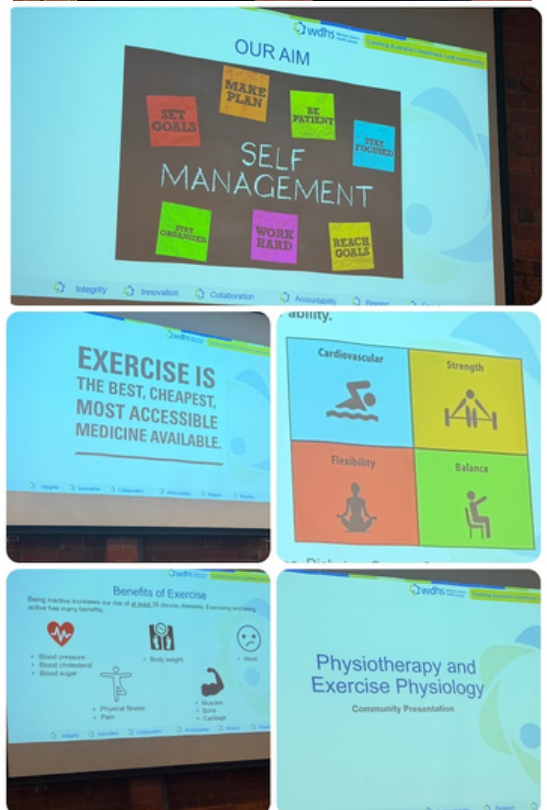
We were pleased to welcome Luke Frost, Exercise Physiologist with Western District Health Service, who gave members an informative and practical presentation on the importance of exercise at every stage of life.

Luke explained the difference between exercise physiology and physiotherapy, and how exercise physiologists work with people across a wide range of areas, including musculoskeletal and cardiovascular conditions, metabolic health, cancer recovery, persistent pain, aged care, disability and mental health.

A key message was that any physical activity is better than none. Current guidelines recommend 150–300 minutes of moderate physical activity each week, together with muscle-strengthening activities on at least two days. Luke also encouraged us to break up long periods of sitting and build movement into our everyday lives.

Importantly, exercise doesn't have to feel like a chore. Enjoyment is a major factor in maintaining an exercise habit. Luke suggested exercising with friends, listening to music, choosing activities we enjoy, varying our activities and setting achievable goals.

His presentation was a great reminder that small, regular amounts of movement can make a significant difference to our health and wellbeing.



Some Rotary News



President Meg encouraged at least a couple of members to log into this Mega Meeting



DISTRICT 9780
POSITIONS AVAILABLE

Please let your club members know that there are several District 9780 positions currently available.

Participating in District activities by taking on a District role is a great way to learn more about Rotary, support our clubs and make an even greater contribution to our community.

All club members are encouraged to consider taking on a District position.

**CURRENT VACANCIES**

**Rotary Leadership Institute (RLI) – 9780 Lead**

**District Foundation Fundraising Chair**

**District Chair – Australian Rotary Health**

**District Chair – ROMAC**

**Youth Exchange Placement Officer**

**POSITIONS COMMENCING 1 JULY 2027**

Club members are also welcome to express their interest now in the following roles, commencing 1 July 2027:

**RYLA Committee Members**

**For more information please contact DG Tonie Thiel**

Together, we inspire, connect and create lasting change

**Learn more about Rotary**

**Support our clubs**

**Enhance our community service**

**Make a difference**

PEOPLE OF ACTION