



Rotary



Club of Eaglehawk

R.I. President – Gordon McNally
District Governor – Ron Payne
Assistant Governor – Rob Foran

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Chartered 8th August 1966
President – Eric Smith 0438 688 806
Secretary – John Jones 0419 113 065
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We meet every Wednesday at the Mechanics Facility, 8 School Street, California Gully for a dinner meeting.

The next fortnight....		
5 August	Bookshop	Rita & John P
9 August	Club dinner meeting	Bar- Trevor Clean- John G & Alison
12 August	Bookshop	Rita & Lynne
16 August	Club dinner meeting	Bar – John J Clean – Charlie & Tim

Happy Birthday to you in August!

Aug 10th Laurie
Aug 15th John G
Aug 26th John J



Reminders:

1. Footy gate duty – **Saturday 5th August** – Mary and Laurie
2. Bonfire at Gary's – **Saturday 12th August- please see attached flyer.** Members are welcome to bring a guest, and Gary has organised some musical entertainment.
3. Regional Engineering Challenge – **Friday 18th August.**
4. Car parking event at the Atisha Centre - **Saturday 26 August.**
5. Ron to visit club meeting – **Wednesday 30th August.**
6. Bunnings BBQ- **Saturday 28 October.**
7. Welcome back John G and hope you trip to Qld is relaxing Lindsay and Marg W. These Rotarians are never home!

****Message from Lindsay re remaining roster: Eaglehawk Football/Netball Club Gate Roster**

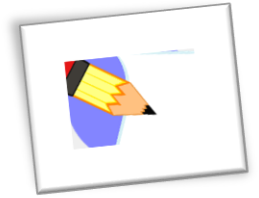
If anyone can assist the members listed below on the following dates, please either contact Lindsay Walkington or directly with the members listed:

05/08/23: Mary & Laurie Preston

19/08/23: Lindsay & Marg Walkington

President's report:

You can't say that our Dinner Meetings are not different. With so many flitting around the world, Italy, Brisbane, and somewhere in southern Western Australia, we were down to 14 attending and our guest speaker (Catherine) via Zoom.



The most exciting part was the Induction of our newest member Rotarian Gai Porh La Myint (GP). With the assistance of PP John Jones, I was pleased to undertake the Induction of Gai Porh as a member of our club and Rotary. GP was supported by Marco and was enthusiastically welcomed by all members attending.

GP has a very interesting story. She is a member of the Eaglehawk / Bendigo Karen community, arriving as a refugee in Australia at the age of 13, with only one word of English, "hello".

Since then, she has developed a very good use of the English language. She is now able to teach it to the friends in the Karen community.

GP has continued her schooling in Australia, including La Trobe University. She graduated as a pharmacist and is now employed at Bendigo Health. GP works not only in the Pharmacy, but is in high demand all over the Hospital, translating for both Karen patients and staff.

We are certainly looking forward to having GP in our midst and welcome her into the Rotary Family.

Carmel Fitzpatrick returned this week and is invaluable assisting Rita at the book shop on Wednesdays.

I understand that this week we had a Radio star (Phoenix FM). John Pearce was interviewing Geoff Adcock as the start of the program. John plans to continue regular interviews of club members, so stay tuned for a call. Thanks to John for this initiative.

Our guest speaker, Catherine, gave us an understanding of the connection between Mental Health and doing cross word puzzles. It doesn't seem that there is a connection on the surface, however, it appears that from trials undertaken there is! It is certainly worth considering. (Refer to comments below).

With the new Catering team in place this week, we were spoilt with a choice of two mains and two sweets. I am looking forward to what eventuates next week.

As usual take care this week, particularly those that are traveling where-ever that maybe.

Regards- Eric

Meeting apologies: Brian, John G, Geoff G, Mick and Ron

Meeting guests: Carmel F.



Our meeting guest speaker:
Catherine Eagleson

Catherine was as a Member of Rotary Club of Drysdale and recently joined the Glenferrie Club and she is a Paul Harris Fellow.

She Started doing crosswords in her early years with her mother and as she got older, she wrote several puzzle books as a way to help mental health issues (bipolar disorder). A number of years ago Catherine was the founder of a business 'Clue Detective Puzzle Agency' as she developed her puzzle writing skills including clueless crosswords, again with the intent of helping people with mental health issues and preventing suicide. Catherine is involved in Library Puzzle Clubs too.

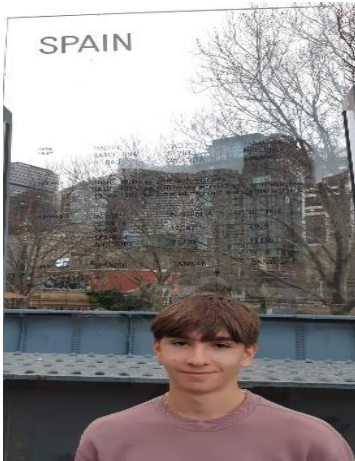
Catherine has been involved with Australian Rotary Health for many years and spreading the mental health message, including being involved in the early stages of the Suicide Prevention Project.

Thanks to Catherine for providing us with these insights and keep up your great work!

Nacho's adventures this week to Melbourne, with over 14,000 steps!



Vic Market, trams, Immigration Museum and First Nations exhibition at the Lume



Adventures with Geoff G and Mick (Marg G and Mandy too!)



The Bluff –
Melrose SA

The Head of the
Bight

Taking Air B&B to a whole new level!



Eucla in the dunes



Thanks, Lynne, for this article from the Bendigo Advertiser:

Sea change for BSC Students

ALICIA COOK

ROTARIANS were treated to tales of the high seas on Tuesday night, as told by three students from Bendigo Southeast College who took part in this year's Rotary Youth Sailing Challenge. Keely Milne, Kayla Ludeman, and Lachy McDougall took turns describing their adventures at sea with the three of them agreeing that the experience had been transformative.

"I learned to take charge of my surroundings," Keely said.

"You have to actually actively take part in something that you might have no idea what's happening but it feels bigger than yourself,

"Because it is, because there's so

many working as a collective to work the ship," she said.

Kayla said she had witnessed her peers grow from the experience.

"It was incredible seeing Lachy and Keely before they went on the trip and after they went on the trip," she said.

"Before it I kept to myself and now I feel a lot more confident," said Lachy. "I just feel more aware of my surroundings."

Hayley Lethlean, year ten level leader at Bendigo Southeast College was supportive of the program and said that the sailing challenge had been an opportunity for the students to gain authentic experience.

"I think the students have missed out on so much during COVID and the

lockdowns,

"Missed out on developmental milestones and missed out on opportunities to actually grow as individuals with team members and community members," Ms Lethlean said.

The year 10 students were sponsored by the Rotary clubs of Bendigo, South Bendigo and Kangaroo Flats.

In past years only one student had been sponsored by Rotary but the clubs came together to support three applicants after seeing the enthusiasm of the students.

"They liked us so much that they brought the other clubs together and banded together to get us all on it," Keely said.



Beaming: Year 10 students Keely, Kayla, and Lachy recounted their sailing adventure to a rapt rotary audience last night at the Bendigo Club. Photo: ALICIA COOK