



Rotary Opens Opportunities

R.I. President – Holger Knaack
District Governor – Philip Archer
Assistant Governor – Graeme Lynas

Rotary Club of Eaglehawk



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Chartered 8th August 1966
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Most weeks we meet at the Mechanics Facility, 8 School Street, California Gully for a dinner meeting. However, as this sometimes changes please see below for details on the program for each Club meeting.

May Birthdays

2nd Geoff Adcock
4th Sarah Wainwright
18th Gail Fitzpatrick
30th Lynne Cooper

Dates and Events for Your Diaries -		Club Members Duty Roster -
May 8 th	Club Garage Sale – Car Boot Sale 9am-1pm Rotary Book Shop 10am – 12noon	Charlie Cunneen/Eric Smith
May 12 th	Club Dinner Meeting - Stroke Association of Victoria Presentation	Bar – Alison Cleanup – Lindsay & Chas
May 15 th	Rotary Book Shop 10am – 12noon	Brian Fitzpatrick/Trevor Lock
May 19 th	Club Dinner Meeting – PE Gary Frank – 2021/22 Strategic Planning	Bar – John J Cleanup – Mary & John G
May 22 nd	Rotary Book Shop 10am – 12noon	Gary Frank/Mary Preston
May 22 nd	District Assembly (Online)	
May 26 th	Club Dinner Meeting -	Bar – Geoff A Cleanup – Carolyn/Doug
May 29 th	Rotary Book Shop 10am – 12noon	Geoff Gallagher/John Jones
June 4 th	Goldfields Cluster Event – FORaMEAL Bendigo Event – Eaglehawk Clubrooms	** Volunteers Needed **
June 5 th	Goldfields Cluster Event – FORaMEAL Echuca Event – Echuca Rotary Park	** Volunteers Needed **
June 5 th	Rotary Book Shop 10am – 12noon	John Gurr/Doug Harrison





Mick's Quote of the Week

“Everyone has a genuine passion to play,” he says. “I don’t coach for money, they don’t play for money.” David Lake, Coach Gold Coast AFL Women’s Team.

Hi all,

What a presentation we were privileged to have Wednesday night.

Emma Grant, retired Collingwood Women’s Footballer was our guest speaker. Emma took us on her life journey from a Footscray mad young girl playing football with the boys (until having to stop playing at the age of 12 because there was no competition available for Girls) to being drafted to Collingwood in their inaugural year. Emma was the Vice Captain of Collingwood for the 1st 3 years of the competition until being forced to retire due to recurring concussions in 2020.

Emma covered all aspects of how difficult and the sacrifices she and her family had to make so as to make it in the AFLW. Emma also talked at length about her battle with concussion and how the Football Clubs are dealing with it.

Emma, since her retirement has gone into coaching and in her role as a Physical Education Teacher has just started at Bendigo South East College as a teacher in their Athlete Development Program.

Well done Emma on your achievements so far and we look forward to hearing where you end up.

Saturday we have the Car boot Sale at the Mechanics Hall starting at 9.00am, so all hands on deck. Book a site and bring along all your unwanted stuff and hopefully get rid of it. We will be having a sausage sizzle as well.

Next Week’s Meeting we will hear from Stephen Iles CEO of the Stroke Association of Victoria, this will be a good opportunity for us to find out more about what services they offer from our premises and future plans.

See you all on Saturday and next Wednesday.

Mick Costello,
President 2020-2021



CAR BOOT SALE



MAY 8th

9:00am - 1.00pm \$5.00 per site

Mechanics Institute Hall
8 School Street California Gully
Phone - 0428 468 298



Sometimes it's the little things that mean the most – here is a recent testimonial received that highlights a aspect of our weekly dinner meetings that we should celebrate -

"I think the staff who provide the dinners do a great job.

I am sure it's appreciated by the members especially after so many work long hours then come to Rotary - or just enjoy a hearty dinner with friends.

And it's good to see that so many members show the caterer their appreciation as they quietly go about serving out the dinners."

And this was last week's meal – mouth watering isn't it!



Club members will recall that 3 of these 4 students spoke at our meeting in February.

re NYSF 2021/22...I spoke today to Anne Brown who will be co-ordinating it for our D9800

There are some changes but it will be online again , cost \$1900 each and also no quotas .

closing date is not until July so plenty of time for us to promote and have an information session etc

I have spoken to Joy Bruce today and we are planning a youth directors meeting on May 11.

I will keep in touch and offered to let all our clubs from Echuca to Castlemaine know about the youth directors get together.

<https://www.youtube.com/watch?v=3WRI3s6vgD0>

Lynne Cooper



Congratulations to Lynne Cooper on selecting our club. Lynne brings with her a vast knowledge of rotary and a passion for youth projects such as the National Youth Science Forum and Rotary Youth Leadership Award, to name but two. Lovely to have you on board Lynne – we look forward to working with you.

We are keen for our Cluster Event – Friday June 4th and Saturday June 5th. All of the eight clubs within the Goldfields Clusters have agreed to come together and combine our efforts to bolster the supplies of FORaMEAL kits for the Rotary Club of Canterbury.

Each club will be responsible for gathering a contingent of about 12 people aiming to cover the two venues over the two days. This is a fantastic opportunity to showcase the work of Rotary and all clubs are encouraged to promote this activity throughout their communities.

Additional information can be found on the Rotary Club of Canterbury's FORaMEAL website but in the meantime here is some information for those who are looking to participate in our forthcoming Cluster Event – these are the packs we will be preparing -

FORAMEAL PACKS



01.

— A Meal for Everyone

- i) 400g pouches for easy distribution
- ii) Halal, Kosher or vegetarian
- iii) Nutritionally balanced for 5-6 people
- iv) The product's flavour is bland thereby allowing cultural flavours to be added such as spices, vegetables, meat, fruit and even sugar.

02.

— Main ingredients

- i) 3 main grains for a balance of carbohydrates, fatty acids and proteins: lentils, rice and oats
- ii) sachet of important vitamins and minerals including folate (Vit B9)

03.

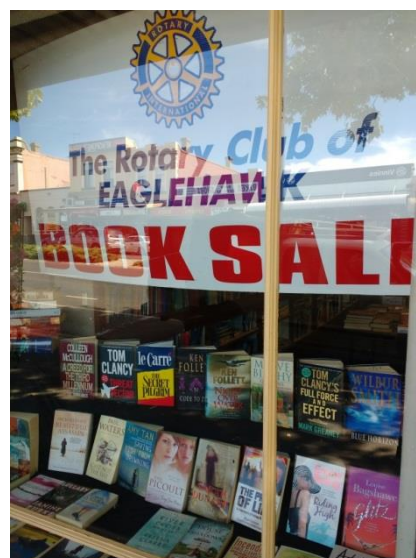
— Easy to prepare and combine with other foods

- i) Add water to match your requirements: Low heat 25-30 minutes
 - Porridge consistency: 1 x 400g to 2.5L water
 - Rice consistency: 1 x 400g to 1.8L water
- ii) Optional: add spices, vegetables, meat, sugar (requiring additional preparation on the side)
- iii) Cool to eating temperature, then add sachet of vitamins and minerals.

Rotary Book Shop



Don't forget to see when you have been rostered for the book shop – it's a two hour shift on a Saturday – if it's not convenient then see who you can swap with.



RC Eaglehawk Acts of Kindness.

Listed below are the latest contribution to our 'Acts of Kindness.' Please let us know of others happening within the club and within families of our Rotary members.

23. President Mick, PE Gary and PP's John, Alison and Ron all spent a few hours doing a thorough clean-up of our storage shed. The "might come in handy one day" gear now resides elsewhere.
24. A young, disabled girl was struggling to pay for her purchases at the register in Kmart. The cashier very kindly tried to assist but it was a challenge for all involved. PP Alison Bacon's offer to pay on her behalf resulted in a positive outcome for a difficult situation.
25. Rotarian Charlie Cunneen's regular and ongoing support of St. Vinnie's certainly is one of the unsung acts that really deserves a mention.
26. A local elderly Vietnam Vet had to take his car to a dealership in Ballarat but he was unable to make the trip. PP Alison took it for him, and ensured that the issue he was experiencing was resolved.
27. Rtn. Geoff Adcock has been involved with the Bendigo Volleyball Association helping Karen boys become involved in the Junior Volleyball.

A refresher for planning for our meetings –

As a club we are fortunate to have the Mechanics facility for our meetings and club events. This also means that we need to plan and consider all those who help us to ensure our nights run smoothly and everyone is able to enjoy the experience. Additionally, we need to ensure we don't incur unnecessary costs. Some time ago the board decided




upon a process to ensure we maintained accurate numbers for catering purposes so here is a reminder for us all as to what we need to do –

1. If you are a member it is presumed that you will be attending the meeting and requiring a meal each week. This means that a meal will be ordered on your behalf and payment for such is required.
2. If you are NOT going to be able to attend the meeting then you will need to advise the President before 5.00pm on the Monday immediately prior to the meeting that you are an apology and will not be requiring a meal.
3. If you are bringing a guest then you need to advise the President as per 2. above.
4. A member is responsible to pay for any meal that has been ordered on your behalf.

It has been so long since we enjoyed the 'normal' meeting experience that we may be out of sorts for a while but if we all work together we can quickly get back into the groove.

Four-Way Test



The Four-Way Test

of the things we think, say or do.

- 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?

This was destined for the car boot sale – but I needed a bigger boot!

This lovely piece of furniture is currently up for grabs. Wall unit consists of two sections, bottom ideal for storage and the top display cabinet has plenty of space for your treasures. Unit measures 2.7metres wide and will require 3-4 people to lift for removal. Currently advertised on Facebook marketplace with an asking price of \$800.

Enquiries can be directed to Alison 0417562952

